



February 2021



# ENKAMGAK

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

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Note: all links above and within the newsletter are clickable



Offices closed to the public until further notice.

## Council Meetings

February 2<sup>nd</sup> & 16<sup>th</sup>  
@ 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](mailto:fredam@nfn.ca).

## Second Vote on Anishinaabe Governance

Vote by mail-in ballot or online from February 1-27, 2021

Chief and Council have decided to hold a second vote on the Anishinabek Governance Agreement in February 2021 via mail-in ballots and electronic voting.

We held three information sessions to discuss in detail what this agreement means for Nipissing, and to provide opportunities for citizens to ask questions. As Chief McLeod has stated many times, this agreement alone is not self-governance, but staying under the *Indian Act* because we know it so well isn't better than moving forward. This is just another step in our journey of getting out from the shackles of the *Indian Act*.

A 'Yes' vote would give Nipissing legal standing by recognizing our authority in these four key areas of governance and provide long-term, sustainable funding for:

- **Citizenship** – deciding who belongs to – or who is a "citizen" of - Nipissing First Nation
- **Leadership Selection** – deciding how we elect our leaders (Custom Election Regulations)
- **Language & Culture** – deciding how we revitalize Nishnaabemwin, culture and traditions
- **Management and Operations** – being accountable to our citizens, not the Minister of Indian Affairs

Nipissing has already done a lot of work in all of these areas using Own Source Revenue (OSR). This agreement guarantees at least four times more funding, directly from Canada to Nipissing, that will allow us to redirect our OSR to other priorities as determined by the community, not by Indian Affairs. The amount is renegotiated every five years, adjusted for inflation and can never go down. Nipissing in no way surrenders any rights or jurisdiction through this new piece of legislation, and can withdraw from the Agreement at any time.

**We encourage you to learn more about how this agreement can help us build a brighter future together for current and future generations of Nipissing citizens.**

## More Information

Please visit [nfn.ca/anga](http://nfn.ca/anga) to access presentations and recordings of our virtual information sessions and other helpful documents and resources. For more information about the Governance Agreement or to request information in print, please contact Nipissing's Communications Officer, Gen Couchie, at 705-498-2507 or [genc@nfn.ca](mailto:genc@nfn.ca).

## How to Vote

- **Online** from February 1-27: [onefeather.ca/nations/nipissing](http://onefeather.ca/nations/nipissing)
- **Mail-in** ballot (must be received by February 27<sup>th</sup> at 8:00 p.m.)

For more information about voting, please contact Nipissing's Ratification Officer, Laura Commanda at 705-753-2050 ext. 1221 or [laurac@nfn.ca](mailto:laurac@nfn.ca).



Please see [page 6](#) for details about the Governance Summit Series.

## Public Health Update

As of January 26<sup>th</sup>, there have been 187 positive cases of COVID-19 in the Nipissing Parry Sound District Health Unit, with 183 listed as resolved (recovered) and one death. There is one (1) active case in our district, and of the 82,259 tests done to date, the positivity rate for our district is 0.22%. This is the total number of cases to date (187) divided by the number of tests done to date in our district (82,259).

On January 26<sup>th</sup>, our local Health Unit advised that they had received their first shipment of the Moderna COVID-19 vaccine. The shipment is small and allotted to residents of long-term care, as prioritized in phase one of Ontario's COVID-19 vaccination program.

The Health Unit's news release also stated that they have "been in contact with long-term care homes to start the immunization process. It is anticipated to have all long-term care home residents and elder care residents of First Nation communities immunized by the provincial deadline of February 5<sup>th</sup>, 2021." Residents of the Garden Village Seniors' Complex will be offered vaccines first.

A previous release on January 22<sup>nd</sup> stated that if enough supply is provided, the Health Unit will give the vaccine to the following priority groups (after long-term care residents):

- Staff, essential caregivers (including family caregivers) and other employees in long-term care settings, retirement homes and congregate living settings for seniors;
- Health care workers, including hospital employees, staff who work or study in hospitals and health care personnel;
- Adults in First Nations, Métis and Inuit populations;
- Adult recipients of chronic home health care.

## Please see [page 3](#) for details about registering for a COVID-19 vaccine through NFN Health Services.

***While the majority of us may need to wait, the plan is to offer everyone in Ontario the vaccine by September 2021. Until then, we must continue to do everything we can to keep NFN safe by following all public health recommendations:***

- Staying home as much as possible, except for essential reasons such as work, school, medical appointments, or buying medications and groceries.
- Washing your hands often with soap and water or alcohol-based hand sanitizer.
- Sneezing and coughing into your sleeve.
- Avoiding touching your eyes, nose or mouth.
- Avoiding contact with people who are sick.
- Staying 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.
- Practicing [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.
- Wearing a [face covering](#) where required or when physical distancing is not possible.
  - ◇ Note: the Health Unit is now recommending wearing a mask outdoors if physical distancing cannot be maintained (i.e. in walking trails, parking lots, etc.)
- Following outdoor gathering limits (maximum of 5 people).
- Downloading the [COVID Alert App](#) for free from the Apple or Google Play app stores. This app lets users know if they may have been exposed to the virus and doesn't collect any personal information.



## Public Health Information

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

### Nipissing Parry Sound District Health Unit

(updated Monday at 10am & 3pm and Tues - Friday at 3pm)  
[www.myhealthunit.ca/](http://www.myhealthunit.ca/)

**Cases in Ontario** (updated daily at 10:30am)  
[covid-19.ontario.ca/](https://www.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:  
[covid-19.ontario.ca/self-assessment/](https://www.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 Resources

### FOR ADULTS

**ConnexOntario:** 24/7 support to help you find local mental health and addiction services at 1-866-531-2600 or [ConnexOntario.ca](http://ConnexOntario.ca)

**Talk 4 Healing:** 24/7 support and resources for Indigenous women in 14 languages by phone or text to 1-855-554-HEAL (4325) or online at [talk4healing.com](http://talk4healing.com)

### FOR CHILDREN & YOUTH

**Hands The Family Help Network:** Counselling and therapy support for children, youth, and their families 1-800-668-8555 or visit [thefamilyhelpnetwork.ca](http://thefamilyhelpnetwork.ca)

**Kids Help Phone:** Free, confidential professional counselling, information, and referrals for mental health and addictions services. Call 1-800-668-6868 Text: CONNECT to 686868 Live chat counselling: [kidshelpphone.ca](http://kidshelpphone.ca)

### CRISIS INTERVENTION

**North Bay Regional Health Centre:** 1-800-352-1141 Available 24/7

**Sturgeon Falls Alliance Centre:** 705-753-3110 x 288 4p.m.–11p.m., 7 days/week

**Canada Suicide Prevention** 1-833-456-4566 - 24/7

## COVID-19 Vaccination Plan for NFN

### NFN Health Services expects to receive COVID-19 vaccines in March 2021.

Everyone eligible to receive a COVID-19 vaccine in Nipissing First Nation will be offered one. Those at greater risk of COVID-19 exposure, illness and death will be offered vaccines first, according to the priority levels listed below.

**Starting on February 3<sup>rd</sup>,** you can call the NFN Health Centre at (705) 753-3312 and leave your first name, last name, and phone number to register for a COVID-19 vaccine.

Someone will call you back within 48 hours (2 days) to get the information needed for the registration list. Please have your Ontario Health Card and the name of your doctor on hand for this call. We need consent to collect this information and will have to speak with each person who wishes to receive a vaccine individually.

Once your name is on the registration list you will be called when vaccines are available, and when we have an appointment for you.

### You can put your name on the NFN COVID-19 Vaccine Registration List if you meet the following criteria:

- You are over 16 years old; and
- Live in Nipissing First Nation; or
- You are a Nipissing First Nation member who lives in the West Nipissing or North Bay areas.

If you are a member who does not live within these areas, please contact your local Public Health Unit for more information about vaccination clinics in your area.

NFN's priority levels are as follows and are in line with Ontario's guidelines:

- Seniors living in LTC or congregate settings (i.e. Seniors' Complex in Garden Village)
- Health care workers and essential caregivers who have direct contact with clients (i.e. Nurses, PSWs, medical transportation drivers)
- Adults in First Nation populations
- Adult recipients of chronic home health care

Please see [page 9](#) for a helpful poster with more details about COVID-19 vaccines.

## Marking One Year Since COVID-19 Arrived in Canada

As Prime Minister Justin Trudeau noted on January 25<sup>th</sup>, it's been one year since the first case of COVID-19 was confirmed in Canada. The past 12 months haven't been easy, but we need to keep doing everything we can to keep our families and communities safe.

Vaccine rollouts are good news, but we can't let our guards down yet... especially in light of supply shortages that mean the majority of the population that wants a vaccine won't get one until September. Until then, we have to keep following public health guidelines. That means only going out for groceries and essential reasons (work, school), wearing our masks, washing our hands, keeping our distance and minimizing contacts with people from outside of our own household as much as possible.

NFN's travel advisory is still in effect and urges members to not leave our district unless for essential reasons such as medical appointments. The message is clear for now, and it's to "just stay home."



# COVID-19 Detected in First Wastewater Sample

Nipissing First Nation collected samples to test for COVID-19 at the Garden Village Wastewater Treatment Plant on Monday, January 18, 2021 at 9:30 a.m. and 3:00 p.m. No sampling has been conducted in Duchesnay, where the treatment plant is only connected to Nbisising Secondary School and the Community Hall and Daycare building.

Samples were analyzed at the University of Ottawa and each sample was tested three times. COVID-19 (SARS CoV2 viral RNA) was detected in the baseline samples. The next sampling is scheduled for Monday, January 25, 2021 and the results will assess if the presence or amount of COVID-19 is increasing or decreasing.



What this means is that there was definitely one or more individuals with COVID in Garden Village at the time of this testing. This could range from symptomatic, asymptomatic and/or someone who had COVID recently.

It is known that a significant proportion of people with active COVID-19 infections shed the coronavirus (called SARS-CoV-2) in their stool, sometimes even before their symptoms start. Every time an individual with COVID-19 goes to the bathroom, they flush the virus into the wastewater system. Anyone connected to our system can contribute including those who may not even know they are infected.

The wastewater itself is not infectious, and the risk of infection for Wastewater Treatment Operators is low. Full PPE protocols have been in place for over 10 months to minimize any risk of exposure to COVID-19. However, this heightens the need for everyone to be absolutely diligent in following public health guidelines, monitoring for symptoms and to get tested if they have any COVID-19 symptoms.

We will continue taking four samples a week (two from each community per week) as an early detection method for COVID-19. Weekly testing only provides a partial view of COVID-19 activity, however the benefit is that it may identify asymptomatic cases and help us provide early warnings to the community.

## What Does the Presence of COVID-19 in Wastewater Mean?

- The presence of COVID-19 is not a laboratory confirmed case of COVID-19 (as in a positive test result) nor does it confirm that individuals in the community are infectious. The waste matter is not confirmed to be infectious as the samples include virus that is potentially broken apart.
- Mass testing of the community is not warranted as there are no known confirmed cases of COVID-19 in NFN at this time.
- If you are concerned that you may have symptoms of COVID-19 or have been exposed to COVID-19, the public health advice is to get tested at an assessment centre. If you do not have symptoms and have not been exposed to COVID-19 testing is not recommended.
- Community members should continue to follow all public health measures, including: maintaining physical distance from anyone who doesn't live within your house, practicing good hand hygiene, wearing a face covering and following the stay-at-home order.

## More Information

If you have questions or concerns about COVID-19 testing at NFN wastewater treatment plants, contact Patrick Stevens, Director of Community Infrastructure at 705-498-2519 or [patrick@nfn.ca](mailto:patrick@nfn.ca).

If you are concerned you may have COVID-19 like symptoms, please contact Carole Lafantaisie, Community Health Nurse at (705) 840-8830 or [chn@nfn.ca](mailto:chn@nfn.ca) or Misty Arbour, Maternal Child Health Nurse at (705) 498-2137 or [mistya@nfn.ca](mailto:mistya@nfn.ca).

## 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.

Please note: public health officials do not recommend getting tested for COVID-19 if you don't have any symptoms.



## RHT Annuities Case Update

The Ontario Court of Appeal had postponed the hearing for Ontario’s appeal of Justice Hennessy’s Stage 1 ruling. This postponement was due to the untimely death of RHTLF co-counsel, Mr. Joseph Arvay. The stage one appeal hearing will now be held on the following dates:

- (1) April 12, 2021 for technology testing;
- (2) April 13, 2021 for opening statements; and
- (3) the weeks of April 19 and 26, 2021 for seven days of argument.

The plan is for the stage one hearing to proceed by Zoom. This may change if the COVID situation changes. The dates for the Court of Appeal hearing for Ontario’s Stage 2 appeal remain the same: June 1 – 3, 2021.

The COVID-19 restrictions limit public gatherings, but the RHT litigation team wants to ensure there are arrangements in place for viewing of the appeal proceedings.

We will keep you updated.



## Update on Community Votes

### *Custom Election Code Amendments*

The voting period ends on Saturday, January 30<sup>th</sup> and the vote count will be livestreamed on our official [Nipissing First Nation YouTube Channel](#). The vote results will be posted to our website and social media channels when finalized.

### *Second Vote on Anishinaabe Governance*

Nipissing is holding a second vote on the Anishinabek Nation Governance Agreement (ANGA) because we did not meet the threshold of 25% +1 of eligible voters voting ‘Yes’ in the first vote in February 2020.

This standard threshold is set by Canada, and is very difficult for many First Nations to meet. That’s why the Agreement allows for a second vote if the majority vote ‘Yes’ in the first vote, which was the case for Nipissing. Of the 494 votes cast in February 2020, there were 308 ‘Yes’ votes and 186 ‘No’ votes.

Whether you support the ANGA or not, we strongly encourage our citizens to learn more about it and to exercise your right to vote. This will give a clearer picture of whether our citizens want governance in the four key areas to stay within the community under our own authority and accountability to citizens, or whether they would prefer NFN stay under Indian Act legislation.

***This isn’t about empowering government to have more control over us; this is about empowering ourselves to make decisions on our own.***

We strongly believe that this agreement is good for Nipissing as it will correct historical underfunding through new enhanced, stable funding that will free up our Own Source Revenue (OSR). For years, NFN has spent OSR on key areas of our administration to deliver programs and services that should have been supported through a transfer agreement with the federal government. The ANGA would provide stable new funding in the four key areas of Citizenship, Elections, Language & Culture and Management & Operations.

This new funding could help us build on our strengths to help us move forward and realize new opportunities. It is also guaranteed not to decrease— an important consideration given the current 2% funding cap and the \$400 billion dollar (and growing) federal deficit created by the government’s response to the COVID-19 pandemic response.

### *Annual Report 2019-2020*

Our 2019-2020 Annual Report was mailed to all member households in late January. You can read the digital copy by clicking [here](#), or visit the [Publications & Reports](#) section of our website to access it, along with previous community reports.





Tuesday, February 16 & Wednesday, February 17, 2021



## Anishinabek Nation Governance Summit Series II

— ANISHINAABE MIIKAN: OUR JOURNEY

A Virtual Conference for  
E'Dbendaagzijig NIIGAAN ZHAAMIN - Forward Together

### OBJECTIVES:

- Respect and honour the past, present, and future.
- Provide an opportunity for E'Dbendaagzijig (Those Who Belong) to increase their knowledge and understanding of Anishinaabe Governance and Ngo Dwe Waangizid Anishinaabe.
- Provide an opportunity for E'Dbendaagzijig to discuss current Anishinaabe initiatives.

### FEATURING:

- Expert Panels
- Honouring Our Past, Present & Future
- All Our Relations
- First Nations Panel
- Commissioners Panel
- Anishinaabemowin is the Future



### SPECIAL GUEST

Jody Puglass  
Wilson-Raybauld, MP



### OPEN MIC

With Commissioner on  
Governance, Patrick  
'Wedahseh' Madahbee



### CONFERENCE EMCEE

Bob Goulais

TO REGISTER FOLLOW THIS LINK:  
[\*\*REGISTER NOW\*\*](#)



Hosted by:  
**Anishinabek Nation**  
Chiefs Committee on Governance

#### For More Information Contact:

**Barb Naveau**  
Anishinabek Nation  
Telephone: 1-833-297-9850 Fax: (705) 497-9135  
Email: [barb.naveau@anishinabek.ca](mailto:barb.naveau@anishinabek.ca)

#### Conference Coordination:



Ben MacDonald, t: 519 445 1794  
e: [ben@tapresources.ca](mailto:ben@tapresources.ca)

## Office Closure Extended

Due to the provincewide stay-at-home order, all NFN offices will remain closed to staff until **February 16<sup>th</sup>** (date subject to change). Staff are working remotely.

Our offices remain closed to the public until further notice. Please visit [nfn.ca/covid19](http://nfn.ca/covid19) for regular updates about our operations and for a complete list of contacts.



### FOOD BANK ACCESS

The Food Bank will be open on **February 3<sup>rd</sup> & 17<sup>th</sup>** (1<sup>st</sup> & 3<sup>rd</sup> 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, at 705-498-2519.

## Employment Opportunities

To view the complete job posting, please 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.

**Nbisiing Secondary School Teacher** (Phys. Ed & Comms Technology)

Contract Position – *2nd Round Posting*

Apply by Friday, February 5, 2021 at 4:30 p.m.

**Nbisiing Secondary School Teacher** (World Geography, Peer Leadership & Math)

Contract Position - *3rd Round Posting*

Apply by Friday, February 12, 2021 at 4:30 p.m.

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

Occasional shift coverage – no closing date

Please submit applications to [resumes@nfn.ca](mailto:resumes@nfn.ca), or by fax to 705-753-0207, or mail to: Human Resources, Nipissing First Nation, 36 Semo Road, Garden Village ON P2B 3K2

## Statistics Canada is hiring in your community!

- Schools, housing, and health and emergency services are all planned using census data.
- Use your local knowledge and sharpen skills that are sought after by employers.
- 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 now!

### Important to know:

- There are approximately 32,000 jobs available across Canada.
- 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 during days, evenings and weekends.

Apply now / tell a friend  
**www.census.gc.ca**

1-833-830-3106

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



#### Field Operations Supervisor

Tracey Favreau - [tracey.favreau@canada.ca](mailto:tracey.favreau@canada.ca)  
tel: 647-446-7668

#### Recruitment Clerk

Dan Beaupre - [dan.beaupre@canada.com](mailto:dan.beaupre@canada.com)  
tel: 705-303-4946





In effect until Feb 11, 2021



# DUCHESNAY BRIDGE SHUTTLE REDUCED HOURS DURING STAY-AT-HOME ORDER

**NOW OPERATING 7AM TO 8PM**

**After Hours Service for Essential Trips Only**

**Every Hour on the Hour @ Northshore Convenience**

i.e. 7:00am, 8:00am, 9:00am, etc. until 7:00pm

**Every 1/2 Hour on the Hour @ Oak St. Terminal**

i.e. 7:30am, 8:30am, 9:30am, etc. until 7:30pm

## COVID-19 MEASURES:

Plexi Glass screen between driver and passengers

Passengers will be asked COVID screening questions

Passengers must sanitize hands, wear a mask (will be provided),  
and provide their name and phone # for contact tracing purposes

Van will be wiped down with disinfectant after every trip

### SHUTTLE CONTACT

705-471-2602

7AM - 8PM

### AFTER HOURS

705-497-7777 (taxi)

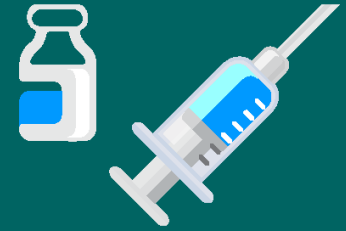
8PM - 7AM





# COVID-19 VACCINES

## have arrived in First Nations across Canada



This document is a high-level summary of information on the COVID-19 vaccines. For more and up-to-date information, please contact your health care provider or visit the [Indigenous Services Canada COVID-19 webpage](#).

### What you need to know:

- COVID-19 is real and spreading across Canada.
- The Federal, Provincial and Territorial governments are responsible for vaccine distribution and delivery to all Canadians, including for First Nations.
- Health Canada has approved two vaccines (Pfizer and Moderna) currently being administered in Canada. Vaccines are expected to become more readily available throughout 2021.
- Both the Pfizer and Moderna vaccines require two doses, 3-4 weeks apart, to produce a 90% protection rate against COVID-19.
- The vaccines (Pfizer or Moderna) should not be interchanged for the 1<sup>st</sup> and 2<sup>nd</sup> dose. Use the same vaccine for both doses, either Pfizer or Moderna, or what is available in your community.
- Tens of thousands of volunteers participated in COVID-19 vaccine clinical trials (43,000 participants for Pfizer and 30,000 for Moderna). These trials have demonstrated the vaccines are safe and effective.



### When can I get the vaccine and where?

- Everyone who wants a vaccine will have access to one.
- Depending on where you live, you will be given the vaccine available to you at your local clinic site. You may be eligible soon, or you may have to wait a few months.
- All COVID-19 vaccines are free in Canada.
- Priority access to vaccines is being provided to those at greater risk of poor outcomes (e.g. seniors and elders; those living far away from access to health care services) or those who are more at risk of exposure (e.g. health care workers). This differs slightly between each province and territory.
- Individuals 16 years and older are approved for the Pfizer vaccine.
- Individuals 18 years and older are approved for the Moderna vaccine.
- Individuals who are immunocompromised, pregnant or breastfeeding are cautioned against receiving immunization and are encouraged to speak with their health provider.



### Myth busting about vaccines:

- COVID-19 is not the flu. The seasonal flu vaccine will not protect you from COVID-19.
- You cannot be infected with COVID-19 from the vaccines.
- Pfizer and Moderna vaccines do not change your DNA.
- There are no microchips in the COVID-19 vaccines.
- The vaccines do not include antibiotics, adjuvants, thimerosal, latex or metals.
- Vaccines are not mandatory.

### AFTER YOU GET VACCINATED:

- There may be local pain at the injection site, fever, chills or feeling tired after immunization. These are common reactions after vaccinations, and it means your body is responding appropriately to the vaccine. Ask your health care provider about any potential adverse reactions to watch for.
- Public health practices will continue even after you are vaccinated. Continue wearing a mask, handwashing or using hand sanitizer and keeping a 2-meter distance from others when away from your home.



## Anishinabek Responsible Project



# YOUTH PHOTO VOICE PROJECT

Why Photo Voice? To share your ideas of Healthy choices that bring Balance, Wellness and Healthy Living for Children and Youth.

### PHOTO CONTEST CRITERIA:

1. Youth AGES: 9 to 18 years
2. Create a collage of 6-12 photos of Healthy Activities other than TV or Online gaming
3. A brief explanation of how your photos bring you balance wellness and healthier living.

**PHOTOGRAPHY THEME:** What can you do you that makes you responsible and healthy?  
**HINT:** activities can be physical, mental or spiritual.

Call: Lori-Anne (705)753-3312 or 705-845-6475 to Register by:

**February 12, 2021 @ 4:30pm**

**DUE DATE MARCH 31, 2021**

TO SUBMIT YOUR PHOTOVOICE PROJECT  
Email [loriannm@nfn.ca](mailto:loriannm@nfn.ca) or  
Call: 705-753-3312 for pick up

All participants names will be entered into a draw

LAPTOP VALUED @ \$400.00  
2ND PRIZE GIFT CARD



**NEW**

## 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 February 3<sup>rd</sup> for a meal package on February 10<sup>th</sup>**

**Order by March 3<sup>rd</sup> for a meal package on March 10<sup>th</sup>**

**The Suboxone clinic is still available on Thursday from 1pm-4pm at the Right Path office during our extended office shutdown. You can also call 705-753-1375 to make pick-up or delivery arrangements.**  
**The CDWMP also provides land based activities and cultural supports.**

Hello, Aanin, Boozhoo, Aniish na? How are you?

This pandemic is getting to all of us, but we must stay on our toes to keep the virus from spreading in our community. Please follow all the health guidelines on social distancing and keep on keep on wearing your facemasks, using hand sanitizers and washing your hands regularly.

NFN Health Services and Giyak~Moseng The Right Path Counselling & Prevention Services are planning safe activities for the community in the near future, so be on the lookout for flyers, posters and road signs as well as Facebook notices for upcoming activities and events.

We have heard through the NFN grapevine and Facebook that there are more people who have given up smoking! This is so awesome every year more and more people choose not to smoke. To everyone who has made this choice, keep up the good work! It takes a lot of willpower and encouragement for someone to give up an addiction of any kind.

We Wish You All Lots of Luck and Best Wishes from the Right Path Staff.



***If you or someone you know needs more information or help with Support or Counselling for Mental Health or Addictions issues, please remember you are not alone, we are here to help!***

**Call Giyak Moseng (The Right Path)**  
**Counselling & Prevention Services at 705-753-1375**

## CIBC donates \$75,000 for new Indigenous student awards

**Nipissing University News Release - December 21, 2020**

Nipissing University has created new student awards for Indigenous students made possible by a \$75,000 donation from CIBC over three years. The President's Indigenous Achievement Awards will provide up to eight students with bursaries of up to \$5,000 in financial support each year.

The President's Indigenous Achievement Awards will be presented to Indigenous students demonstrating high academic achievement in disciplines related to Science, Technology, Environmental Science, Math and Indigenous Studies. These awards address an existing gap in student financial support for Indigenous undergraduate and graduate students who are excelling in these key program areas.

"As guests on the traditional territory of Nipissing First Nation found in the Robinson-Huron Treaty area, Nipissing is pleased to partner with CIBC to offer financial support specifically for Indigenous students," said Cheryl Sutton, President and Vice-Chancellor (Interim), Nipissing University. "The relationships between Nipissing University and the communities we serve are vital, and this financial support for Indigenous learners is essential for students interested in bridging Indigenous and

traditional knowledge with their program of choice to make a positive impact in communities across Northern Ontario. We are very grateful for CIBC's support to continue to keep the success of our students at the centre of everything we do."

"CIBC is proud to help support the academic journeys of Indigenous students at Nipissing University," says Jaimie Lickers, VP, Indigenous Banking at CIBC. "By empowering the next generation to continue their education and foster their passion for study, our communities will benefit from the positive impacts these future leaders will make. We are thrilled to be part of helping to make their ambitions a reality."

Nipissing University is a leader in academic Indigenization, a process to increase Indigenous content in curriculum across the university and recognize Indigenous ways of teaching and learning. With the support of faculty, administration and community members, the University continues to work towards including Indigenous histories, Indigenous knowledge and contributions of Indigenous peoples in its courses.

This work is one action in support of reconciliation and helps better prepare students for their future professions working with Indigenous peoples and communities.



## Anishinabek Education System Wellness Portal

The Anishinabek Education System (AES) Wellness Portal is a digital health network designed to support students, parents, educators, and health care providers in Participating First Nations and partner District School Boards.

With a comprehensive inventory of health and social services to explore, users can search for specific resources and supports available locally, regionally, and provincially.

Developed in partnership by the Participating First Nations and the Kinooaadziwin Education Body, the wellness portal is a multi-functional tool that enables users to access various services that support the health and well-being of students throughout the AES.

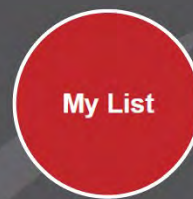
[www.aeswellnessportal.ca](http://www.aeswellnessportal.ca)



Nine customized search categories that contain hundreds of accessible services



Community Profiles that highlight on-Reserve services and local Indigenous services



Features that enable users to build, save and print unique service lists for sharing with others



# Education Department Updates

**Adult Education** is cancelled for the month of February. If you would like to register to begin when the program resumes, please contact Tracy Hanzlik at 705-753-6995 or by email to [tracyh@nfn.ca](mailto:tracyh@nfn.ca).

**Incentives and awards** will be distributed in March. If you have not submitted the [Authorization for Release of Information](#) form, please send your report cards via email to [tracyh@nfn.ca](mailto:tracyh@nfn.ca) and complete the form as soon as possible. A reminder that you need to complete this form if child/ren change school boards and send the updated information to [tracyh@nfn.ca](mailto:tracyh@nfn.ca).



At this point, we could fill an entire newsletter with memes of Bernie Sanders in mittens, and while these jokes may be getting old, we just had to highlight this one of Bernie and Alex at Nbisiing School :)

**Gaa-zhiwebak.  
E-zhiwebak.  
Ge-ni-zhiwebak.**

**What has happened.  
What is happening now.  
Continuing to move forward.**



**Medicine Wheel Education**  
January 18 at 4:16 PM · 🌐

Have you struggled to teach Indigenous language in your classroom? What if there was a way to teach language while also gaining a deeper cultural understanding of each word. Guess what we have been working on!

Juliana Armstrong, an Ojibway language teacher, illustrator, and now author, does just that with her NEW book *This is What I've Been Told*.

"It is my understanding that words carry medicine within them. *This is What I've Been Told* is truly full of good Mshkiki (medicine)".  
~Perry McLeod-Shabogesic.

**Click here to pre-order:** [This is What I've Been Told \(English\)](#) – [Medicine Wheel Education](#)

**Juliana Armstrong**  
a Teacher of Anishnaabemowin Language & Culture first became an artist after growing up watching her Mother and Gokmis crafting. The natural world around her as well as carrying her children during pregnancy have inspired most of her work. With great

## We Were Here, We Are Here, and We Will Always Be Here

Central to our traditional territory and nestled on the north shore of Lake Nipissing are twelve communities where the NBisiing People reside. The NBisiing (Nipissing) People are of Algonquin Ojibway descent. Our motto is an affirmation to protect A-kii (The Land), Bemaadzijik, (The People), E-niigaanwang (The Future).

### Population

In 1615 French explorer Samuel de Champlain reported that the 700-800 NBisiing People at Lake Nipissing.

The Nipissing were the predominant population in the Nipissing area up until the turn of the 20<sup>th</sup> century. The total NBisiing population as of November 2020 is 2,909. NBisiing residing on NBisiing Shkon'gan land number 916.

### Dodems (clans) of the NBisiing (Nipissing)

Early European contact accounts relate five dodems. The Blood (Miskwaa'aa), Birch Bark (Wiigwass), Heron (Ashagi), Beaver (Amikwaa) and Squirrel. In a letter from Shabogestic dated 1848, he introduced himself as being the Chief of the People of the Deer.

This letter was signed by his principal men with their dodems, the deer, elk, moose, fish and marten. Paul Kane in 1848, reported that Shabogestic's clan was the 'bird, possibly heron' and that his name meant 'Against the Heaven'. The NBisiing People today identify the deer as their logo and identify with the heron, eagle, red tail hawk, beaver, loon, bear, marten, moose, hawk, fish and wolf dodems.

### NBisiing Traditional and Nipissing Shkon'gan Land

The NBisiing controlled a vast traditional land area estimated to contain approximately 26,530.75 square kilometres or 2,653,075 hectares (6,555,891 acres).

This land is the NBisiing E-wiijidgbenmang Gete Naadziwin Gda kiimnaan. This land in part or whole, is shared with the Teme-Augama Anishnabai, Temiskaming Algonquin Anishnabeg, the Algonquin of Ontario, Dokis First Nation and other First Nations.

Kin alliances provide the balance for interactions between these Nations. NBisiing Treaty rights remain on this shared territory.

The land named Nipissing Indian Reserve No. 10 is NBisiing Shkon'gan, a land base of 26,047 hectares (64,389 ac). 'Shkon'gan' literally translates to mean those lands left over from their traditional territory.

The NBisiing People despite land appropriations and incursions have remained a presence in the region. Our presence on our land base, ultimately protected the unique environment of Lake Nipissing, its flora and fauna.

If colonial development had occurred over the north shore of Lake Nipissing, environmental impacts would have forever changed the Lake and its environs. NBisiing Shkon'gan land provided for a buffer between our developing neighbors.

The buffer protected inland lakes, and water ways, bogs and swamps, the lungs of Lake Nipissing. This land base provided for a natural migratory path for birds and animals avoiding the developed patented land to the east and west of Lake Nipissing.



# Nbisiing Nishnaabemwin

*Mkwa Giizis - Bear Month*

## Kidwinan (words)

Wiinmoshe Giizhgak	Valentine's Days
Zaagin	I love you
Mkwa	Bear
Mkoons	Cub
Kakjii giizhgak	Ground hog day
Mkwamiing	On the ice
Zaagiganing	On the lake
Naawaj	Out on the lake
Mgisnaak	Fishing rod
Mgisgan	Fish hook
Mkwamii Wewebnaabii	Ice fishing
Giigookegamik	Fish shack
Gijii-gooning mbembizod daabaanes ....	Skidoo
Giigoonyens	Minnows
Wewebnaabii mnigoosh	Fish worm
Gaans	pickerel
Gnoozhe	pike
Saawens	perch
Msay	Ling
mgiskan	Hook
Mkwanege	Making holes on ice
Nii'gewin	trapping
Niigeng	to trap
Niige	to set trap

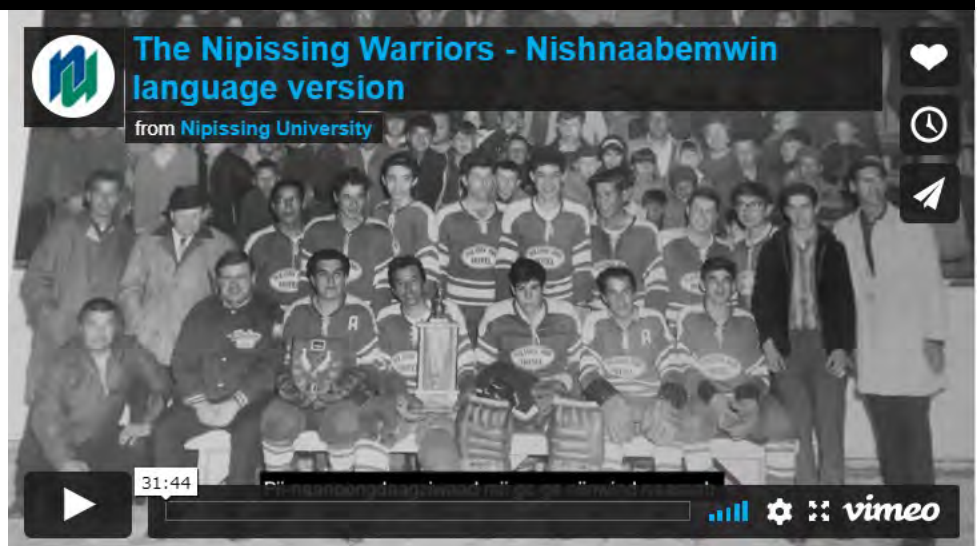
Pkonge	to skin
Amik	beaver
Zhingos	weasel
Zhashk	muskrat
zhaangwesh	mink
ngig	otter
naadsoonaagan	trap
Zesap	rope
Zhiibwaa	to stretch the hide
Zhiibwaagan	stretcher
pkonaa	skinning /cleaning animal
Bshagiigbini	skinning rabbit
Waabzhishii	martin
Niibiishwaabookeng	Tea Making
Shkode	fire
Msan	firewood
Naadoobii	getting water (pail)
Aawsabii	pails of water (back and forth)
Nbii	water
Jiibaakwe kik	cooking pot

## Dialogue

**Wi- wewebnaabiidaa, shkwaa nokiiyang -**  
Let's go ice fishing after work..



**The Nipissing Warriors  
Documentary is now  
available in  
Nishnaabemwin!**



**\*\* With Gratitude to our Fluent Speakers\*\***

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

NFN Members & Affiliates



# VIRTUAL MEETING SERIES PART 2

All Ages  
Event

# Bear Feast



Sharing stories of M kwa Giizis and welcoming a new cycle by acknowledging M kwa as the protector of our medicines.



We are asked to prepare a dish to offer and eat. Lead by Elder Anzoked

**February 11th @ 6:00pm**



Email [MindyM@nfn.ca](mailto:MindyM@nfn.ca)  
to receive your Zoom Link



## Nipissing Nation Kendaaswin Presents Virtual Sharing Contests

*For the entire month of February, you can submit entries for the three contests below.*

*A variety of prizes will be drawn! Please submit entries to [randyp@nfn.ca](mailto:randyp@nfn.ca).*

### Holiday Book Read

Submit a photo of the book cover or a small description of the book to get your name in the draw!

### New Skill Challenge

Submit a description & photo of a new skill you learned during the pandemic to get your name in the draw!

### Nishnaabemwin ID

Submit a photo of any item and its name in Nishnaabemwin to get your name in the draw!

**For more information, please email Randy at [randyp@nfn.ca](mailto:randyp@nfn.ca).**



NFN MEMBERSHIP

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National Indian  
Brotherhood Trust  
Fund, and  
NFN Withdrawal  
Management  
Program*



# TRADITIONAL MSHKIKI

WITH JOSEPH PITAWANIKWAT

*Limited Spots  
Available for  
NFN members.*

*Contact Mindy  
to register at  
mindym@nfn.ca*



## Two Sessions

### MENTAL HEALTH AND ADDICTIONS

Mkwa Giizis - (Bear Moon)  
Nswi Giizhgad. February 3rd.  
10am-12pm

### PAIN MANAGEMENT

Mkwa Giizis - (Bear Moon)  
Mdaaswi shi nshwaaswi Giizhgad.  
February 18th. 10am-12pm



To Register  
Contact [Mindym@nfn.ca](mailto:Mindym@nfn.ca)  
Specifying Session



OPEN TO NFN MEMBERSHIP (ALL AGES)

# STAYING ACTIVE OUTDOORS

IN BIBOON (WINTER)



CAPTURE IMAGES  
OF YOUR ACTIVITIES  
FOR A CHANCE TO WIN PRIZES

**Please send in a photo of your family enjoying the great outdoors** (not a picture of you standing outside your house). Some examples: photos of your family sliding, skating, snowshoeing, making cedar tea over an open fire, setting a trap, ice fishing, or walking in the bush.

Please send photos to [mindym@nfn.ca](mailto:mindym@nfn.ca) by February 25<sup>th</sup> to be eligible to win family prizes. We will draw names of all NFN family group participants at random for the prizes. Photos will be shared on our [NFN Culture & Heritage Events](#) Facebook page.



# in the Spotlight

## Christian Allaire Publishes First Book

Nipissing member Christian Allaire's first book titled "**The Power of Style**" is being published by Annick Press and will be released on April 27, 2021. Check out the pre-order links below... this will be a great read!

**Book description:** "Style is not just the clothes on our backs—it is self-expression, representation, and transformation. As a fashion-obsessed Ojibwe teen, Christian Allaire rarely saw anyone that looked like him in the magazines or movies he sought out for inspiration. Now the Fashion and Style Writer for Vogue, he is working to change that—because clothes are never just clothes. Men's heels are a statement of pride in the face of LGBTQ+ discrimination, while ribbon shirts honour Indigenous ancestors and keep culture alive. Allaire takes the reader through boldly designed chapters to discuss additional topics like cosplay, make up, hijabs, and hair, probing the connections between fashion and history, culture, politics, and social justice."

### **Pre-order your copy today:**

#### **American readers: Bookshop**

Hardcover: <http://bookshop.org/a/4661/9781773214900>

Paperback: <http://bookshop.org/a/4661/9781773214917>

#### **Canadian readers: Annick Press**

Hardcover and paperback:

<https://www.annickpress.com/Books/T/The-Power-of-Style>



**Photo Credit:** Michèle Chrétien

*Teepee & Grandmother Moon - Dec 29, 2020*

## Two Nipissing First Nation friends nominate each other as unsung COVID heroes

*By John McFadden for BayToday - December 28, 2020*

When two friends from the Nipissing First Nation heard that nominations were being accepted for unsung COVID-19 heroes, they thought of each other.

Sgt. Chantal Larocque with the Anishiknabek Police Service knew that Lynn Otonicar had gone above and beyond the call of duty during the coronavirus pandemic to provide food for Elders and other vulnerable people on the territory. Otonicar was aware that the police sergeant had gone out of her way to connect with younger people to make sure they knew they were not being ignored during the COVID outbreak.

"I was actually surprised when Lynn called and I was glad she was nominated as well. For me, I would guess it's because of the work I have done on the side and in between the typical police calls," Larocque said. "That would be thinking outside the box, particularly during COVID. I've had a lot of contact with the youth and the kids in our community just to try to build a rapport as part of Truth and Reconciliation in terms of the history with police.

Larocque said that until normal circumstances she would be connecting with these youngsters at their school. But due to the coronavirus, that has not been possible.

"I was trying to find a way to have contact with the kids ... so I taped a box of Mr. Freezies to the front of my cruiser during the summer. I know where they all live so I drove into their yards. I told them it was COVID-friendly (no contact) Mr. Freezies. So I handed out freezies to all the kids in the community," Larocque said.

Larocque said she also made a couple of ride-along COVID videos that she posted to her own Facebook page.

Otonicar is a registered nurse who is currently off on maternity leave with an infant at home. She said when COVID started back in March, her five-year-old son, with her help, baked homemade dog treats, sold them to friends and family, and donated the money to the local food bank. Otonicar said that raised about \$80.

"Then at Thanksgiving, we did a food drive. We live in one of the communities on the First Nation so we went house-to-house asking if people were interested in donating non-perishable food items. There are two kids the same age as my son who lives right next door who helped. We called them the three musketeers," Otonicar said. "We collected 205 pounds of food for the food bank. Everyone was so kind."

Typically both Otonicar and Larocque said that they don't view themselves as heroes. They said they simply did what they did in order to help people, young and old, to try to get through this devastating global pandemic.

They both had high praise for each other.

"Chantal wanted to make sure kids were safe and healthy during COVID and that they knew where to go if they needed help," Otonicar said of Larocque.

"Lynn takes on community initiatives and serves as a great example. The community is fortunate to have her," Larocque said of her friend.

*John McFadden is a Local Journalism Initiative reporter covering Indigenous issues for MuskokaRegion.com, ParrySound.com, and Simcoe.com. His reporting is funded by the Canadian government through its Local Journalism Initiative.*





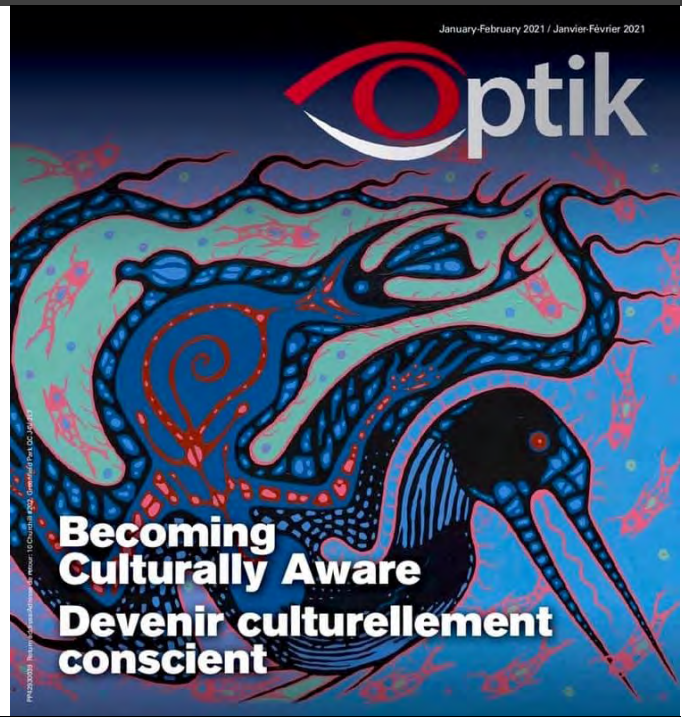
## Don Chrétien 'Loon' Painting Makes the Cover of Optik

The unique style and impact of Aboriginal fine artist Donald Chrétien of Nipissing First Nation springs from his combined passion for colour and woodland-style expression. His ongoing exploration of his heritage has him concentrating on distinct features of Ojibwe clans acrylic on canvas.

View and purchase Don's beautiful and versatile work here:

[donaldchretien.com](http://donaldchretien.com)

You can even purchase eye glass frames and face masks with his artwork here: [claudiaalan.com/donald-chretien-collection](http://claudiaalan.com/donald-chretien-collection)



## Little Elves Deliver Again!

Miigwech to all of the adorable little elves who collect donations every year in Garden Village for the NFN Food Bank.

Head Elf/Organizer Carrie Beaucage said this year's drive was the biggest haul they have ever seen!

Chi-Miigwech to everyone who donated to keep the spirit of giving alive during these difficult times.



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