



Photo by Tracy Hanzlik

March 2021

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

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Offices closed to
the public until
further notice.

Council Meetings

March 2nd & 16th

@ 7:00 p.m.

via Microsoft Teams

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.

Baamaapii to a Beloved Leader and Language Warrior Nipissing Mourns the Loss of Deputy Chief Muriel Sawyer

As our Council, staff and community continues to come to terms with the sudden loss of our Deputy Chief Muriel Sawyer on February 6th, we wish to say Chi-Miigwech and express our sincere appreciation for the immense heartfelt support for Muriel's family and our Nation as we mourn the profound loss of a respected leader, Elder, language warrior, friend, mentor and simply, just an irreplaceable presence in Nipissing's landscape.



It is so hard to put into words the special connection Muriel had with each and every person whose life she touched, but if you knew her, you already know. Facebook was filled with beautiful tributes to Muriel from former students, teachers, colleagues and friends as everyone came together to find comfort in sharing our many fond (and often funny) memories of her.

Muriel devoted over 40 years of her life to teaching – at all levels, including postsecondary – and was a driving force behind our community's preservation and revitalization of our first language, Nishnaabemwin. A strong voice and leader in First Nation Education, Muriel was instrumental in the development of our own high school, and dedicated to her life's work to improving education within Nipissing and First Nations across the Anishinabek territory. She was extensively involved with various education boards and committees, and her vision and belief in passing the historical *Anishinabek Nation Education Agreement* in particular will continue to positively affect educational outcomes for Anishinabek students for generations to come.

The Anishinabek Nation recognized Muriel in 2004 with a Lifetime Achievement Award for her contributions to culture and language retention initiatives. She also received a Prime Minister's Award for Teaching Excellence in 2009 and was described then as a "custodian of language and culture, and an irreplaceable advocate for Aboriginal education."

Despite all of her accomplishments, Muriel was a humble and self-deprecating person. She had an incredible sense of humour and an infectious laugh that could turn anyone's bad day around. Yet, this light side of Muriel was so well balanced with the serious work she did to advance our Nation and other First Nations, and she always did her work with the utmost commitment and respect towards the people she was working with and for.

Muriel truly believed in our one Anishinaabe family and it showed in everything she did. She lived by respecting the past and embracing the present, while also being a visionary for the future. She brought history to the plate in decision-making while considering the present needs and future outcomes. She was always working to make things better for our community, and helped countless people along their own journeys.

We will forever cherish our memories of Muriel and remember her legacy as we carry forward on the trail she blazed for us. We extend our deepest condolences to her family and many friends. Baamaapii.

Public Health Update

As of February 24th, there have been 261 positive cases of COVID-19 in the North Bay Parry Sound District Health Unit, with 230 listed as resolved (recovered) and three deaths. There are 28 active cases (with 25 of those in the Nipissing District), and of the 98,545 tests done to date, the positivity rate for our district is 0.26% (total number of cases to date (261) divided by the number of tests done to date in our district (98,545) and multiplied by 100).

In a [news release](#) issued on February 24th, the North Bay Parry Sound District Health Unit (Health Unit) announced it had received lab confirmation of a second individual testing positive for the COVID-19 Variant of Concern (VOC) originating from South Africa. The individual had previously received a preliminary positive result for a COVID-19 VOC. This case is linked to the Skyline – Lancelot Apartments outbreak in North Bay.

As of February 23rd at 3:00 p.m., 42 people had tested positive for COVID-19 associated with the outbreak. Of these, 26 people have preliminary positive results for a VOC and two individuals have a confirmed VOC strain originating from South Africa. Two individuals associated with the outbreak have passed, both had preliminary positive VOC results.

"There is still much to learn about the COVID-19 Variant of Concern originating from South Africa. We do know that VOCs are 50 to 70 percent more contagious than the original version of the virus, but we do not know all of the health effects associated with this variant," explains Dr. Jim Chirico, Medical Officer of Health.

Dr. Chirico also issued a [statement](#) on February 25th to clarify a media story that suggested the current shutdown and stay-at-home orders would be extended past March 8th in our district. Dr. Chirico stated the following:

"At this time, I have not advocated either way for a decision on whether the district remains in Shutdown or returns to the provincial colour-coded framework on March 8, 2021, it is simply too early to do so. I don't yet have the evidence needed to make predictions about the potential seriousness of our local situation beyond March 8, 2021, as I need to analyze the trends in cases closer to that date. I make decisions that are informed by the current scientific evidence, knowledge and experience we have gained since the pandemic began, consulting with trusted experts and listening to the public's concerns."

"As we have all witnessed, our COVID-19 situation can change quickly. We have a small window of opportunity to try to stop the spread of the COVID-19 Variants of Concern in our district. We must all work together, following public health measures, to slow the spread and save lives."

We have been navigating this pandemic together for over a year now. The stress and uncertainty of daily life can have a negative impact on anyone's mental health. For many individuals, the pandemic has caused or worsened mental health and addictions issues.

If you need to speak to someone, please call Giyak Moseng (The Right Path) Counselling and Prevention Services at 705-753-1375, visit nfn.ca/covid19 for resources, or the Health Unit's [website](#) to find mental health services in your area. A short list of mental health resources for adults, youth and children is also provided in the margin of the next page.

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

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

North Bay Parry Sound District Health Unit
(updated Monday at 10am & 3pm and Tues - Friday at 3pm)
www.myhealthunit.ca/

Cases in Ontario (updated daily at 10:30am)
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/

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](https://www.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

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

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

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

NFN COVID-19 Vaccination Plan Update

COVID-19 vaccines expected to arrive between March 1st - 15th

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.

You must register to receive a vaccine. Please call the NFN Health Centre at 705-753-3312 and leave your first name, last name, and phone number to register for a vaccine. If the automated message picks up, dial extension 2232 or 0 to bypass. If all phone lines are busy, voicemail will pick up and prompt you to leave your name and number.

Please only call once to register, and allow 48 hours for our team to return your call. If you call in on a weekend, this window may be extended to 72 hours due to the high volume of calls.

When one of our team members calls you back, they will need consent to collect the information needed for the registration list, and will have to speak with each person who wishes to receive a vaccine individually. Please have your Ontario Health Card and the name of your doctor on hand for this call.

Once your name is on the registration list you will be called when vaccines are available, and when we have an appointment for you. There is no need to call in again.

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
- You live in Nipissing First Nation; or
- You are a Nipissing First Nation member living off-reserve who can attend a vaccine clinic in Garden Village or Duchesnay; or
- You are employed by Nipissing First Nation, or by a business located on NFN.

If you meet the criteria, and would like to get the COVID-19 Vaccine, please call to register as soon as possible. You should not wait until the vaccine arrives. Everyone must be pre-registered and we will not be accepting walk-up/walk-in vaccine appointments.

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, OWL staff, Midwives)
- Adults in First Nation populations
- Adult recipients of chronic home health care

COVID-19 Vaccine Information for People with Cancer

Vaccines are safe and they can protect you from serious illnesses like COVID-19. Health Canada has approved two COVID-19 vaccines made by the drug companies Pfizer and Moderna. Health Canada is reviewing other vaccines that may also be approved soon.

People who have or have recently had cancer may have a higher risk of getting very sick from COVID-19. The vaccine is an important part of protecting people with cancer. More information is available by clicking [here](#) or contact our Health Centre at 705-753-3312 to request a hard copy by mail. If you have questions about whether the vaccine is right for you, talk to your cancer care team or family doctor or nurse practitioner.

Vaccination Plan Update continued...

The Health Centre has received over 700 calls from community members wanting to register to receive the COVID-19 vaccine. NFN nurses have been preparing for months and have already held a mock mass immunization clinic, which went very well. Our COVID-19 vaccination clinics are expected to begin in mid-March. Details will be announced soon.

To date, all 10 residents of our Seniors' Complex have received the Moderna vaccine, and staff working closely with these Elders or providing direct care were also offered vaccines. Our team is relieved to know that we are one step closer to protecting our most at risk population. A total of 33 people have been immunized, and our skilled nursing team was able to maximize the number of doses, which is critical with vaccine supply being so limited. Second doses will be managed the same way within 28 to 42 days of the first dose being administered.

SARS	H1N1	COVID-19	SEASONAL FLU
Originated in 2003 First appeared in Foshan, China. Population of approx. 7 million citizens. First pandemic of the 21 st Century. Lasted 2 years.	Originated in 2009 First appeared in Mexico. First global flu pandemic in 40 years. Lasted nearly 2 years.	Originated in 2019 First appeared in Wuhan, China. Population of approx. 11 million citizens. Dec 2019 - present	First reported Influenza pandemic reported in 1580. Originating from Asia.
Respiratory virus related to the Coronavirus family.	Respiratory virus related to the Influenza family	Respiratory virus related to the Coronavirus.	Influenza respiratory virus .
8,096 confirmed cases world-wide. 774 deaths world-wide in a period of 2 years.	1.6 million confirmed cases world-wide 18 000 deaths world-wide in a nearly 2 year period.	Over 110 million confirmed cases world-wide. 2.4 million deaths in 1 year.	Nearly 1 billion infections worldwide every year 290,000 to 650,000 deaths every year.
Affected everyone, people with chronic health issues were more at risk of severe cases.	Affected more children and healthy adults.	Affects everyone, it does not discriminate.	Affects all ages.
No vaccine.	Vaccine available and should be taken every fall.	In Canada: Pfizer & Moderna vaccines approved Dec 2020.	Vaccine available and should be taken every fall.
Contained mostly in healthcare settings. Isolation and contagiousness occurred at the same time therefore isolated when most contagious.	Community spread.	Community spread due to missing some positive cases that show no symptoms or mild symptoms, and continue to spread the virus due to not isolating from others. New variants of concern - virus is mutating, and some variants are of higher transmission rates, however they do not appear to be more severe at this time.	Community spread.

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.

Office Closure Extended

Due to the provincewide stay-at-home order, all NFN offices will remain closed to staff until **March 22nd** (date subject to change). Staff are working remotely.

Our offices remain closed to the public until further notice. Please visit 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 **March 3rd & 17th** (**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, at 705-498-2519.

Frequently Asked Questions

COVID-19 Vaccines and Vaccinations

How does the vaccine protect us?

Vaccines train your immune system to recognize a virus and stop it from making you sick. After you get the vaccine, if you are exposed to the virus, your body is ready to quickly respond. Getting vaccinated helps to stop the spread.

For more information check out the "How mRNA vaccines work".

Most people seem to recover from COVID-19. Why should I get vaccinated if there is a high survival rate?

Getting infected with the COVID-19 virus is serious and can have long-lasting effects. This risk outweighs the short-term side effects of getting the COVID-19 vaccine. Even young, healthy people can feel unwell for weeks to months after the COVID-19 infection. The virus can even damage the heart, brain, lungs and increase the risk of other long-term effects such as memory loss, fatigue, body aches, unexplained breathing difficulties.

By getting the COVID-19 vaccine, you will be protected and help prevent the spread of the virus to your family and others in the community such as includes Elders and older adults; and people with certain medical conditions where infection could cause severe illness and death.

There are not enough vaccines to go around. I want to see what happens to others who have received it.

The pandemic – and the lockdowns and public health measures – will not end until most Canadians are vaccinated. To ensure we can vaccinate everyone as quickly as possible, it is important that people get the vaccine the first time it is offered to them.

This is your chance to do your part to end the pandemic and get back to normalcy quickly.

I am concerned that the vaccines were developed quickly. Were there shortcuts?

COVID-19 is a new coronavirus. Since the SARS pandemic in 2003 scientists have been working on coronavirus vaccines. These vaccines benefit from all of these years spent developing this technology. In January 2020 the genome (the RNA code for COVID-19) was identified meant that the technology now had a code to work with.

Tens of thousands of adults volunteered to be in the studies or clinical trials for the vaccine. Health Canada reviewed and approved the vaccines according to high standards and no shortcuts were taken. For more information on this process refer to this link: [Vaccine development and approval in Canada - Canada.ca](https://www.canada.ca/en/health-canada/services/covid-19/vaccine-development-approval.html)

Will it change my DNA?

No. These mRNA vaccines cannot change your DNA. It simply doesn't have access to it. But it will work inside your cells to help your body produce proteins that look like the coronavirus spike protein. This trains your immune system to recognize COVID-19, and it will be ready to fight against it if you are infected.

DON'T WAIT - VACCINATE

COVID-19 Vaccine FAQs continued...

Why do First Nations get the vaccine before others? Are First Nations people being used for vaccine testing?

Compared to other Canadians, First Nations people have more health issues and are more at risk of developing severe illness from COVID-19. Canada's National Committee on Immunization has recommended First Nations be a priority for this reason. Shipments come at different times and we will not receive all our vaccines at once so there has to be priority groups. Long term care residents are the very 1st priority before "Adults in Indigenous Communities". The vaccines are not being tested on First Nations people. The large studies on tens of thousands of people have already been done.

How is the vaccine given and how effective is it?

Both vaccines are given in the muscle of the upper arm as 2 doses. The 1st and 2nd dose contain the same ingredients in the same amount. The Moderna vaccine doses are given at least 4 weeks apart (28 to 42 days) are shown to be 94% effective. The Pfizer-BioNTech vaccine doses are given 3 weeks apart and reported to be 95% effective.

Are the vaccines effective against new variants of COVID-19?

Currently, experts believe the vaccine will work with the new strain. There is no evidence to suggest the vaccine will not be effective against the new strain; however, this is currently being explored through studies.

What are the potential side effects of the vaccine?

Most people have no side effects at all. However, like any medication, vaccines can cause side effects and reactions, such as:

- pain, redness or swelling where the needle was given
- mild fever
- tiredness
- muscle or joint aches/pain

These mild side effects go away on their own without treatment.

Over a million people worldwide have now had vaccines and there have been very few serious side effects.

Can someone be allergic to the vaccine?

Individuals with an allergy to Polyethylene glycol (PEG) are not advised to get the COVID vaccine. PEG is a common ingredient found in many products, and most people use these products without having any allergic reactions.

If you have used any of the following medications without allergies, you are not allergic to PEG: Extra Strength Tylenol, Tylenol EZ tabs, Tylenol Gel Caps, Advil Liqui-Gels, Benadryl 25 or 50mg pink caplets, Laxaday, Go-Lytely, Reactine 5 or 10mg tablets, Enteric coated daily low dose aspirin (81mg).

Serious allergic reactions can happen in rare circumstances with all vaccines, so it is important to talk to your nurse or doctor if you have ever had serious allergic reactions.

For more information, contact:

NFN's Community Health Nurse at chn@nfn.ca or (705) 840-8830

We would be happy to discuss any concerns or questions you may have about COVID-19 vaccines.

To Register for a COVID-19 Vaccine, contact:

NFN Health Services at (705) 753-3312 and leave your first name, last name, and phone number. If the automated message picks up, dial ext. 2232 or 0 to bypass. If all phone lines are busy, voice-mail will pick up and ask you to leave your name and number.

Please only call once to register, and allow 48 hours for our team to return your call.

Please see [page 8](#) for a flyer that explains how mRNA vaccines work.



New Gates Installed

New gates have been installed at the Old Landfill/Branches and Leaf Depot Area in Garden Village as well as at the end of Lily Lakes Road to prevent illegal dumping, mostly from off our Nation and non-members.

There is still access for ATV's and locks will be installed in the spring, same as the lower gate for Mukwa Miikan (Landfill). Members have this key already, or can request one.

We encourage members to report any illegal dumping to Patrick Stevens at 705-498-2519, CrimeStoppers at 1-800-222-TIPS (8477) or online at crimestoppers.ca/send-a-tip, and to report trespassing activity to the APS by calling 1-888-310-1122 or 705-472-0270.



Council Connection

Keeping Our Community Informed about Key Issues

Updates on Community Votes

Election Code Amendments Ratified

The voting period on six (6) proposed amendments to NFN's Custom Election Code ended on Saturday, January 30th and the vote count was livestreamed on our official [Nipissing First Nation YouTube Channel](#). The vote results are as follows:

Yes votes: 255 (138 mail-in & 117 online)

No votes: 187 (79 mail-in & 108 online)

Total ballots cast: 442

Our [Ratification Officer's Final Report](#) was presented to Council on February 16, 2021, with Council accepting the results of the Custom Election Code vote as presented.

Second Vote on Anishinaabe Governance

The second vote on the Anishinabek Nation Governance Agreement ends on Saturday, February 27th at 8:00 p.m. (which will occur after this newsletter is printed and posted online). The vote count will be livestreamed on our official [Nipissing First Nation YouTube Channel](#) and the unofficial results will be posted on our website at nfn.ca/anga, on our official Facebook page [Nipissing First Nation Administration](#) and on our Twitter feed [@Nipissing_FN](#).

We made as much information as possible available on our website at nfn.ca/anga, as well as through our monthly mailings, community newsletter *Enkamgak* and social media, since deciding in November 2020 to proceed with a second vote in February 2021. Chief McLeod sent a letter to all citizens in December to advise them of the upcoming vote, and we held three online information sessions throughout January to engage with members on and off reserve. We also engaged our staff as part of our monthly meeting to answer any questions they had and to help inform our approach. Every question we received directly from community members and staff was answered, and we hope that our efforts to inform and connect were successful, despite the limitations posed by the pandemic.

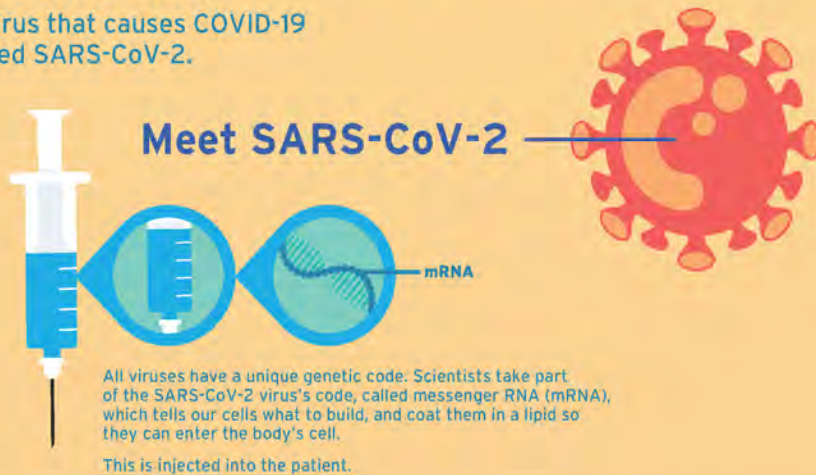
While the vote outcome is unknown at the time of writing this, it's clear that Nipissing will continue on its nation-building path no matter what. Our leadership believes that the agreement is a tool to support the future development of NFN through new stable funding that we would control based on our nation's priorities - and as determined by our citizens based on the laws we have already established.

Having said that, a "no" vote would not cause us to stop the work we are already doing (or affect work we have completed) in the four areas the agreement covers (Citizenship, Elections, Language & Culture and Management & Operations). It just means maintaining the status quo of remaining under the Indian Act and saying "no" to enhanced funding, especially in areas that we currently receive zero funding for, such as Language & Culture. In the end, our members will always decide the path we pursue and we respect your vote.

How mRNA vaccines work

Every virus is different.

The virus that causes COVID-19 is called SARS-CoV-2.



CREATE

The mRNA tells the cells to make a specific part of the SARS-CoV-2 virus: the spike protein.



LEARN

The immune system then produces antibodies and activates T-cells to destroy the spike proteins.



The Benefit of Getting Vaccinated

The virus that causes COVID-19 replicates quickly. Without the vaccine, your body has to identify the virus, learn how to fight it and carry out an immune response. In the meantime, the virus can replicate to a level beyond what your immune system can handle – which means you feel sick. With the vaccine, your body can more quickly identify the virus and skip straight to starting its immune response.

mRNA technology isn't new.

mRNA vaccines are a product of decades of study on RNA therapies and treatment by medical scientists. mRNA therapies are being used to develop personalized cancer treatments, as well as vaccines for infectious diseases such as Zika virus. Researchers are also exploring whether mRNA treatments can be used as protein-replacement therapies for rare conditions such as the blood-clotting disorder haemophilia.



Learn more about COVID-19 Vaccines:

[COVID-19 mRNA vaccines - Canada.ca](https://www.canada.ca/en/health-canada/services/covid-19/vaccines.html)

Watch a short video on how vaccines are developed:

<https://youtu.be/Y51ZgZCS8J0>

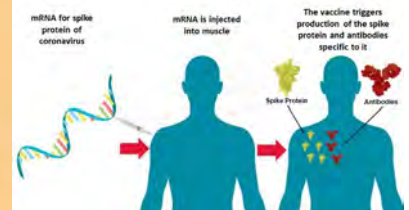
COVID-19 Vaccine Fact Sheet

[What you should know about the COVID-19 vaccines \(ontario.ca\)](https://www.ontario.ca/covid19/vaccine)

NFN COVID-19 Updates

[COVID-19 Updates & Essential Services \(nfn.ca/covid19\)](https://nfn.ca/covid19)

How do mRNA Vaccines Work?



Recruiting New Indigenous Labour Market Information Participants

Are you 15+ years of age?
Are you a Nipissing First Nation member, or do you live or work on Nipissing First Nation?

Complete an Indigenous Labour Market Information (ILMI) Survey for Nipissing First Nation. You can start by clicking [HERE](#) or visit nfn.ca/ILMI for more details.

If you would prefer to do a telephone interview instead of an online version, or if you have any questions about the ILMI, please contact:

Glenn McLeod
ILMI Community Surveyor
glennm@nfn.ca
705 753-2050 ext. 1241

The project is funded by Employment & Service Development Canada (ESDC), and is maintained and supported by Aboriginal Employment Services Inc. (AES). The ILMI database assists communities like NFN in gathering data through training and support.

Participation is voluntary. All information is confidential. Only the survey teams from NFN and Anishinabek Nation will have access to the data that identifies you with your response. All reports will have identifiers removed.

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.

Registered Nurse – HCC and Withdrawal Management – Full Time with Benefits
Apply by Friday, March 5, 2021 at 4:30 p.m.

Home and Community Care Registered Practical Nurse – Permanent Part-Time (28 hours per week) with Benefits
Apply by Friday, March 5, 2021 at 4:30 p.m.

Right Path – Administrative Assistant – Full Time with Benefits
Apply by Friday, March 5, 2021 at 4:30 p.m.

Personal Support Workers – Casual Employment (with paid sick days and mileage)
Apply by Friday, March 5, 2021 at 4:30 p.m.

Human Resources – Administrative Assistant – Permanent Full Time with Benefits
Apply by Friday, March 5, 2021 at 4:30 p.m.

Please submit applications to 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

Census 2021 Jobs

NFN member Tracey Favreau is the Field Operations Supervisor for Census 2021 and she has advised that they are hiring Crew Leaders and Enumerators. Tracey will train Crew Leaders on their assignments, and Crew Leaders will be responsible for hiring and training an Assistant and Enumerators. Enumerators will be responsible for completing Census 2021 questionnaires with community members who cannot complete them online.

Training provided for all positions, and anyone looking for employment is encouraged to apply. For more information, please contact Tracey at tracey.favreau@statcan.gc.ca or call (647) 446-7668.

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



COVID Face Coverings Update

The Public Health Agency of Canada (PHAC) updated their guidance November 2020 on use of non-medical masks/face coverings to now recommending that face coverings should be made of at least three layers, with the middle layer being a filter-type fabric.

Are 3-ply face masks preferable to 2-ply face masks?

- A 3-ply face covering with a filter layer may have an enhanced protective benefit for the person wearing the face covering compared to 2-ply face coverings.
- For anyone seeking to obtain a new face covering, a homemade or purchased 3-ply face covering with a disposable or reusable filter-type layer may offer greater filtration compared to a 2-ply face covering with no filter.

Consistent and appropriate use of either type of face covering is the most important thing to do when you are unable to physically distance or are in shared indoor spaces.

All face covering: 3-ply or 2-ply, should:

- Completely cover the nose, mouth and chin without gaping
- Allow for easy breathing-not contain an exhalation valve
- Fit securely to the head-fit comfortably to avoid frequent adjustments
- Maintain its shape after washing and drying

What should I do with my 2-ply face covering?

- Consider adding a filter as a middle layer in your face covering this will add an extra layer of protection against COVID-19 by trapping smaller infectious respiratory particles.
- PHAC recommends non-woven and washable polypropylene after each use or a disposable filter between two layers of tightly woven fabric (e.g., cotton or linen)

Materials such as plastic, dryer sheets, cleaning or disinfecting wipes or other materials containing chemical products may cause breathing difficulty, respiratory or skin irritation and **SHOULD NOT** be used as a filter.

Other face coverings such as gaters, scarfs, balaclavas are not considered effective and are not acceptable.

To request a 3 ply facemask or disposable filters, contact:

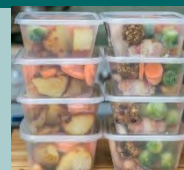
Lori-Ann McLeod at 705-753-3312 ext 2266 starting on March 8th





Meal Program for Seniors

Available until April 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 March 3rd for a meal package on March 10th

Order by April 7th for a meal package on April 14th

Harm Reduction Services (needle exchange and naloxone kits) are available every THURSDAY afternoon from 1pm to 4:30pm at 316 Ted Commanda Drive, Garden Village during our extended office closure. Knock at the door and someone will assist OR call Lisa at (705) 753-1375 and leave a message on the general voice mail and arrangements will be made to get your order to you. You can also reach us by email: lisal@nfn.ca.

The Suboxone clinic is still available on Thursdays from 1pm-4pm at the Health Centre (58 Semo Road, Garden Village). You can also call 705-753-1375 to make pick-up or delivery arrangements. New referrals and self-referrals are welcome. The CDWMP also provides land based activities and cultural supports.



"WELCOME SPRING 2021"

Barn Quilt Sign Workshop

Presented by the 69/400 Mental Wellness & Crisis Response Team



Have you ever noticed the beautiful barn quilt paintings on the side of barns? Now is your chance to make a smaller, personalized version of your very own!

OPEN TO ALL COMMUNITY MEMBERS OF DOKIS, HENVEY INLET, MAGNETAWAN, NIPISSING, WAHNAPITAE & WASAUKSING FIRST NATION. ACCEPTING REGISTRATIONS FOR 10 PARTICIPANTS FROM EACH FIRST NATION. SUPPLIES PROVIDED.

MONDAY, MARCH 22ND FROM 10AM TO 12PM VIA ZOOM

DEADLINE FOR REGISTRATION IS FRIDAY, MARCH 12TH @ 12PM

TO REGISTER, CONTACT TONI JONES AT [MWTADMIN@WASAUKSING.CA](mailto:mwtadmin@wasauksing.ca)



MARCH is Nutrition Month!

Check out what activities are happening...

HEALTH'S KITCHEN: AT HOME EDITION



This month we are offering cooking kits to make a selection of recipes at home

Each kit will have ingredients for 3 recipes, instructions & meal ideas

Recipes include:

Chicken Wild Rice Mushroom Soup

Three Sisters Soup

Butternut Squash and Apple Mash

To register for a kit, call Erika @ 753-3312 or email erikaw@nfn.ca

Register for a kit by March 19th, limited kits available!

Kits will be distributed on March 23rd-24th

Make one of the recipes and submit a picture of your creation by March 30th to be entered to win a prize!

Food Guide Challenge!

This Nutrition Month is all about remembering that **healthy eating looks different for everyone**. So we are **challenging you to make your own version of Canada's Food Guide** that is specific to NFN. Be as creative as you want! ***Wewena Wiisnin Eat Well!***



The newest Canada's Food Guide is a plate divided up into food groups to help promote healthy eating and balanced nutrition. The food guide shows a balanced meal by dividing a plate with 1/2 of it fruits and vegetables, 1/4 of it protein, 1/4 of it whole grains, and recommends making water your drink of choice and including a variety of foods each day.

For more details visit: <https://food-guide.canada.ca>

Email your entry to erikaw@nfn.ca or drop it off at the health centre by March 26th

All entries will have their name put into a draw for 3 prizes!

Request your...

Vegetable Seed Kit

Register by March 26th and you will be entered into a draw for a gift card to purchase additional gardening supplies.

Last year, seeds were distributed to NFN members. This year, we have seed kits available, in limited quantities

We hope you will spend time outdoors, with your family and celebrate your harvest!!

*** ONE KIT PER HOUSEHOLD ***

In the Kit: 9 Varieties of Vegetables*

- * Bush Bean - Tendergreen
- * Tomato - Bonnie Best
- * Lettuce - Buttercrunch
- * Beet - Detroit Supreme
- * Pea - Homesteader
- * Pepper - California Wonder
- * Cucumber - Marketmore 76
- * Carrot - Scarlet Nantes
- * Zucchini - Black Beauty
- * **PLANTING CHART AND GROWING TIPS!**

* All seeds are specifically chosen for a northern climate and short season, seeds are untreated and non-GMO



Call Erika 705-753-3312 or email: erikaw@nfn.ca to sign up for your Seed Kit!

In partnership; Children Services & Community Nutrition Program



Anishinabek Responsible Gambling 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:
March 1, 2021 @ 4:30pm

All participants
names will be
entered into a
draw

LAPTOP VALUED @
\$400.00
2ND PRIZE GIFT CARD

DUE DATE MARCH 31, 2021

TO SUBMIT YOUR PHOTOVOICE PROJECT
Email loriannm@nfn.ca or
Call: 705-753-3312



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

Stay Connected with Us - Please visit our website www.nbisiing.com or [Nbisiing Secondary School Facebook page](#) for our calendar of events and other school-related information, or call (705) 497-9938 for more information.

Kinoomaagewin Shkaabewis - Grad Coach

Congratulations to the potential graduates that applied to college. Remember, it is not too late to apply! Please send an email to moniques@nbisiing.com if you have any questions. Miigwech!



Wellness Lead

Students will be receiving **Wellness Kits** (including a Bead kit, Colouring kit, Smudge Kit, Journaling Kit). Please send an email to amandab@nbisiing.com if your child is an at-home learner attending Nbisiing and your address has changed since September so that we can mail out their kit to them.

We have been uploading videos to the [Nbisiing Wellness Facebook Page](#) to further our reach to students while we have been learning safely at home. The most recent video was instructions to make bannock! We will be continuing with the videos, aiming for 1 per week, even once we return to in-person learning to ensure that everyone has access to teachings, wellness tools, and other fun stuff!

We also have some new **Healing Journals** that can be distributed to students (and their families) that are interested, they include some Cognitive Behavioural Therapy worksheets, emotional recognition and regulation worksheets, goal planning, and daily checklists. I will put together physical copies for those that would like to give them a try.

Personal wellness is best maintained through routine, good sleep, healthy food choices, and good support systems. Counselling services for students are available, and service lists for families can be requested by emailing: amandab@nbisiing.com.

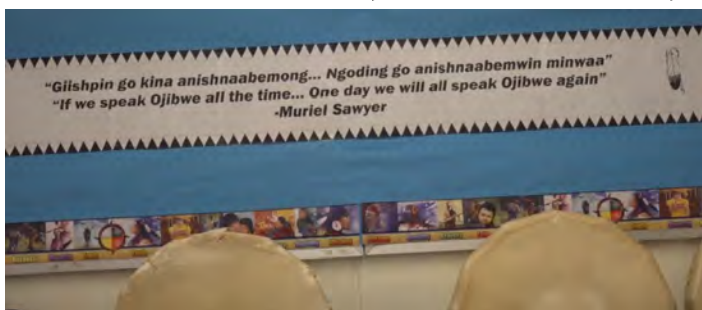
Wellness check-ins are also a good idea, even if we're feeling good! Learning to recognize how we feel on good days is just as important as knowing how we feel on not-so-good days.

Education Department Updates

Adult Education is continuing with an online or telephone delivery format for existing students. If you would like to register to become a new student, please contact Tracy Hanzlik at 705-753-6995 or by email to tracyh@nfn.ca.

Incentives and awards will be mailed the week of March 15th. If you have not submitted the [Authorization for Release of Information](#) form, please send your report cards via email to tracyh@nfn.ca and complete the form as soon as possible. Please complete this form if your child/ren change school boards and send the updated information to tracyh@nfn.ca.

It's not what you take with you, it's what you leave behind...



St. Joseph-Scollard Hall recently released a video that is excellent on its own (and features NFN Ojibwe Teacher Tory Fisher), but this video also serves up an apt reminder of the importance of the contributions Muriel Sawyer made in shaping the Indigenous education landscape and advocating for the teaching of our first language, Anishnaabemwin, in our public schools.

Watch the video here: [SJSI Indigenous Studies - YouTube](#)

New video series promotes Indigenous knowledge sharing

Nipissing University News Release - February 22, 2021

Nipissing University is pleased to announce the launch of a new video series focused on Indigenous knowledge sharing. The six-video series, titled *"Visiting with Anishnaabe and Cree Knowledge Holders"*, features knowledge holders from across the region and was produced in support of Nipissing University's Summer Indigenous Institute, a transition program for Indigenous students entering university.

Produced by Patrick Gilbert Productions, the videos cover a range of topics including Anishnaabemwin (Ojibway language), hide tanning, jingle dance, traditional men's dance, lived experience, traditional art forms, and cultural learning.

The first and second videos in the series premiere today coinciding with the start of Nipissing University's Indigenous Week. The remaining videos will be launched in the coming weeks on Nipissing University's website and social media platforms.

"We are grateful for the generosity of Anishnaabe and Cree knowledge holders participating in this project and allowing us to amplify their stories," said Tanya Lukin-Linklater, director of Enji giigdoyang, Indigenous initiatives, Nipissing University.

Although public health restrictions postponed in-person learning for the Summer Indigenous Institute this past year, this video project serves as a complement to the program, offering students the opportunity to participate in online workshops with the Indigenous knowledge holders involved in the project.

The featured knowledge holders in the video series include:

- **Perry McLeod-Shabogesic**, Oshkabewis (Helper), Nipissing First Nation
- **Brenda Lee**, cultural arts instructor, Plains Cree, Maskwacis, Alberta
- **Lorraine Sutherland**, education consultant, Attawapiskat First Nation
- **Alysha Allaire**, Anishnaabemwin language teacher, Near North District School Board, Nipissing First Nation
- **Nathalie Restoule**, Nipissing University student and youth mental wellness practitioner, Dokis First Nation
- **Mckenzie Ottereyes Eagle**, Nipissing University student, Waswanipi First Nation

To view the first two videos in the series and learn more about the Summer Indigenous Institute, visit: www.nipissingu.ca/summer-indigenous-institute.



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 Kinooamaadziwin Education Body, the wellness portal is a multi-fuctional tool that enables users to access various services that support the health and well-being of students throughout the AES.

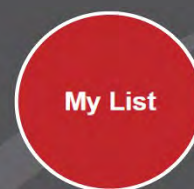
www.aeswellnessportal.ca



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

Cultural Events

Gtigaaning (in the Garden)

Ziispaakto Giizis is that time when we start planting our seeds inside and nurturing them to prepare for this year's gardens.

We invite local NFN families to submit photos of your indoor seed planting work to gailm@nfn.ca by March 26th.

Children's Activity

We invite local NFN children (local) to contact gailm@nfn.ca after March 12th to arrange to pick up a planting package.

Submit photos of their little indoor seed gardens to gailm@nfn.ca by March 26th.

Upcoming Events

Stay tuned for more details about:

A heritage project about Beading at NFN which will include an online speaker series and beading project.

A project involving our Nishnaabemwin teachers (tentative)

Online Event about Sacred Food



Traditional Mshkiki with Joseph Pitawanikwat

Parts 3 & 4 of a series:

- **March 1st**, 10am to 12pm. Topic: Autoimmunity
- **March 30th**, 10am to 12pm. Topic: An open question and answer period.

Please send any questions ahead of time that you would like to have discussed to glennab@nfn.ca

Please register for these medicine workshops by contacting mindym@nfn.ca

AGES 8 TO 12
GREAT PRIZES TO BE WON!

POSTER CHALLENGE

GET YOUR POSTER DISPLAYED ON THE NCW FACEBOOK PAGE FOR MONTH OF MARCH

WHAT IS DIVERSITY?

WHAT DOES BEING INCLUSIVE MEAN?

DEADLINE MARCH 6 2021
PLEASE SEND POSTERS TO katiel@nfn.ca
OPEN TO NFN MEMBERS AND AFFILIATES

AGES 12+

Ask Me

VIRTUAL SYMPOSIUM

zoom

Video Communications

TIE DYE KITS & DIVERSITY
WITH SPECIAL GUEST
TO BE ANNOUNCED

March 21st @ 1:00pm
Contact Bradyp@nfn.ca

NFN MEMBERS & AFFILIATES

Nbisiing Nishnaabemwin

Ziisbaakto Giizis—Sugar Moon

zaawaa	yellow
nookmi	early spring
ni aabwaa	mild, warm
gnwaa giizhgaat	longer day light
ziigwang	thaw streams, trees and snow melts
ziispaaktoke	making maple sugar
zhiwaagmisgan	maple syrup



Waawaashkeshk Enaagmod - What the Deer Says

Waawaaashkesh ndizhinkaaz.

I am called Deer

Ndoo gchi gzhikkaaptoo maajiibowiyeyaan pii nooknani-waad ma'iingnag mina dawenjge ninwag .

I run very fast so the wolves and hunters cannot get me.

Nitaa maadge aazhge'aadgeyaan.

I can swim well across water.

Ndoo paa wiisin dbikak wiya ji-paamenmisig.

I like to eat at night when no one bothers me.

Chi-shpaagnagaag boong ndoo- aanmizmin miptooyaang.

We have a hard time to run in the winter the snow is deep.

Miigwech Muriel Sawyer

Ziisbaaktoke Giizis

(Maple Sugar Moon – March)

Nso giizis egoojing gaa zhichgaasod,

Ziisbaaktoke Giizis zhinkaazo.

Mii maa pii shki maadziwin waamdawegaadeg

Minwa mshkikiin, enji- maadziimag kina gegoo

Wii-biinag.

Ninaatig go wa bezhik ezhi-mshi-kiiwid,

Zhemnidoo gaa-miingoyang wii-biinaagwak miskwiimnaan

Pii ni-nookmig.

Aabchi-mshkawziimgat maa mshkiki dbishko

Go'naa kina enmaajiigwang, jiihkensan emwidoowaad.

Mii maa egniwaamdangang pii miigwechiwenmang.

Miigwech

Sugar Moon is the third moon of Creation.

This is a time when new life begins to show itself

And provide the medicines from all creation for purification.

The sugar maple is one of the medicines that the creator

Has given us to balance our blood, that along with the season of spring.

It is a strong medicine, that along with the other plants, roots and herbs.

Carry the spirit of healing within. For this we acknowledge that we are forever thankful.

Thank You.

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

Nbisiing Nishnaabeg Gaabinaadziwaad Gamig – NFN Culture Centre

Some end of winter weather phrases

When biboon meets up with ziigwan and it gets turbulent for awhile

Ksinaa	It's cold out	Maanaadat miikan	rough road
Kchi ksinaa	It's really cold out	Ninaatig waaboo	maple water
Tkayaan	It's cold out	Zhiwaagmizan	syrup
Zookpo	snowing	Bskite naagan	sap bucket
Zookpo gnabach	maybe going to snow	Zekwaan	big cast iron pot
Aabwaa	mild	Jiigmemish	soft maple
Gwaajing	outside	Waagaakwad	axe
Goon	snow	Kakbinaagan	birch bark basket
Gsigni goon	heavy snow	Skigmide	boil down
Naangzi	light snow	Nzekwe	boil sap
Maashi goon	snow blowing hard	Zhiigage	Tap trees
Maazh giizhgate	bad weather day	Zhegoga'igan tigoonsepgoneyaag	spigot
Mkaamii gimwan	freeing rain/hail		
Shpaagnagaa	deep snow	Gii wi zhiigewaan ninitigoon	we went to tap the trees
Shkawzi goon	hard snow	Ziigwishnook	camp (where they went)
Zhooshkwaa	slippery	Wiigbeshwak	They are going to stay over there (at camp)
Mno giizhgate	nice day		
Mshkawan	foggy		

Nipissing Nation Kendaaswin Presents Virtual Sharing Contests

*For the entire month of March, you can submit entries for the three contests below.
A variety of prizes will be drawn! Please submit entries to 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.

Ziispaakto Giizis – Sugar Moon (March)

We are living a Sacred Story. As part of the 13 Moons Sovereignty and natural law, we are blessed to have a process of mother earth's gifts available to us throughout the year.

During this moon, we are fortunate that we are entering the time when nbii starts to flow. Ziigwan will soon visit us. Mother earth's winter blanket will start to melt and our rivers, and creeks will start to flow. The tree saps will begin to flow. All of these will begin to occur as they have for thousands of years.

For thousands of years the Nipissings survived by the natural laws of the 13 Moons Sovereignty. At this time in the history of our people, our ancestors would be living the last phase of a usually harsh biboon (winter) and preparing to move the settlements to the spring camps to begin setting up to harvest maple sap. We still have a couple of the traditional sugar camps at Nbsiing.

Peter Beaucage still operates his 3rd generation family sugar camp the old way. Checking buckets on the trees daily, collecting the sap in tubs and cooking the sap on his family's original copper pots. We went to visit his camp one day and it felt good to be there. The respect for the land is evident and the gratitude used in the prayers offered for the privilege to harvest these gifts.

He used a large peeled branch that had a large bouquet of cedar sprigs tied the end, and brushed this lightly over the boiling sap to break down the foam that accumulated. He told us stories of his family gathering at the sugar camp for generations. He spoke of his uncles Gabriel Beaucage, Mooz, Dan and Albert and of his mom and grandmother. They had fun while they worked. Peter collects enough sap and cooks enough syrup for his family and to share with friends. I would like to visit Larry McLeod's family sugar camp this year also if I can. He and his wife Darlene and family work at their sugar camp also. I hope we never lose these old traditions.

I was told that one of these original spring sugar camps were at Frank's Bay. The whole family settlement would relocate to the spring camps to collect maple sap and to collect fish and spring medicines.

Survival was hard dedicated work. If the clans did not all do the work to collect mother earth's gifts to survive, their whole clan would suffer. That is how important this collective work was. Our communities survived as a collective, not individuals. What we did or didn't do, affected everyone else.

We are living a Sacred Story. How we interact and treat our mother earth is a sacred interaction also. Mother earth continues to react to how we interact with her.

As humans, we continue to take more than our fair share of her gifts from our mother, destroy her, not thank her for the gifts we borrow, she may choose to not provide such abundance in the future.

Humans are the only species that destroy their own homes and their future supplies.

We own nothing. This concept came from somewhere else. We are entitled to nothing. We are privileged to enjoy and borrow her gifts to share with our family and elders who can no longer do so.

Mndo bimaadziwin.

Enjoy the season of ziigwan and the beauty she has to offer and please offer thanksgiving to her.



Sharing Notes & Knowledge

I will continue to share excerpts of history notes from interviews we have conducted, to provide valuable information and to try to draw other historical stories that families may be aware of. We continue to gather historical information of stories, documents, photos, maps, artifacts, to make available for our people and to our school students so that we may all be empowered by our history.

These are notes from a telecom meeting with Joan McLeod, then the NFN Lands Manager, Elder Peter Beaucage, and Glenna Beaucage, NFN Culture & Heritage Manager, and Laurie Leclair (of Leclair Historical Research)

April 6, 2018:

Franks Bay is an archaeological site because of the feast of the dead ceremonies that took place there. We have an Order In Council for our gravesites there.

Graves are not just graves, they are ancestors. Our artifacts are also symbolism.

Gaabigiwenaanig gookmisnaanig mina gaabigiwenaanig mshoomsinaanig - Bringing the ancestors home

Zhaagaanaashemwin are new here on this land, within the last 150 years. Nishnaabemwin was here since the millennium, since the creation story. Our language is rooted in this land.

Our war dead are buried in Europe. In the future, we will have to decide with the families if and how we will bring these ancestors home or leave them undisturbed.

Joan McLeod has learned of Nipissing Nation graves on an island in Georgian Bay. Possibly from one of the new epidemics brought here. i.e. Spanish flu

How would we repatriate our war dead? Our feast of the dead practice was once used. We have five war dead in Europe. We know who they are and where they are and when they died. They were all young men.

The graves at Frank's Bay are over 2000 years old. There are also dog graves there.

We know that Beaucage Bay once had 30-40 cabins on that site. The Nbisiing people had as many homes each as seasons. There were the sugar camps, hunting camps, fishing camps, etc.

We have 27 artifacts in the Smithsonian. Our artifacts are growing. We will soon need a cultural site for a museum, heritage and culture.

When we discuss First Nations, we need to use the term "nations", not communities. We do have communities within Nbisiing Nation.

We are the only tribe that has a district named after the Nbisiing Nation.

Our understanding of world wars is different than mainstream society: WWI was the demise of the native people after contact, and then from there...

In 1992, we lost 19 elders in one year.

When dealing with traditional lands, we have to consider our original territory. We have traditional territory off reserve as well as on reserve. We also have war dead buried on international lands.

There is a birch bark map showing one of our people giving directions to someone from the French River to the Ottawa River. This is in the British Museum.

French River is Bagadeyagziibi. Describes a wide river.

in the Spotlight

Andrea Goulais Featured as Ambassador for RPFO

Throughout February, the Réseau du patrimoine franco-ontarien (RPFO) shared stories and testimonies, which featured Andrea Goulais as an ambassador:

"Andrea Goulais is a young woman who has long demonstrated her Aboriginal and Franco-Ontarian identity in her studies, hobbies and daily life. She will complete her second year of studies at Laurentian University in Indigenous architecture this spring. Andrea is working towards her bachelor's degree in architecture with bilingual award. Andrea has a great presence in her community and served on the Nipissing First Nation Youth Council. She spends a lot of time talking about her culture in schools in the West Nipissing area and sharing the teachings she has learned, such as indigenous crafts. She aspires to help northern Aboriginal communities in need of housing following a sponsorship of the Students on Ice group, a trip to the Canadian Arctic, which revealed the needs of these communities. Andrea is a shawl dancer who is proud of her culture and her connection with her ancestors who couldn't practice their cultures and ceremonies."

It is with great pleasure that the Réseau du patrimoine franco-ontarien (RPFO) launches Heritage Month in French Ontario!

Andrea Goulais is the fourteenth ambassador of Heritage Month in French Ontario, which took place throughout February 2021 under the theme "Crossover Stories, the Beat of Our Drums".



Rachel Dennis Couchie of K'tigaaning Midwives was recently featured in a post by the National Aboriginal Council of Midwives about the integral roles of Indigenous midwives.



Miss North Ontario
Regional Canada Pageant

2021

NIPISSING
FIRST NATION
Ava Couchie



missnorthontario.ca



International
Women's Day

Monday, March 8th

**Please join us in celebrating the Ojibway Women's Lodge (OWL)'s
Annual International Women's Day event**

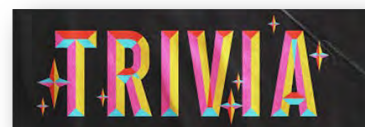
Due to COVID-19, our event will be held on Microsoft Teams.

1:00 PM

**Sugar Moon
Teachings**
By Debbie Beaucage



2:00 PM



Register a team of 4 with a team name, or
single individuals can be added to a team.

Door Prizes & Trivia Prizes

1st, 2nd & 3rd place

To register please contact Brooklyn@nfn.ca



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PH: 613 809 0903

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with me. Locations to be
determined. Weekend
bookings through March.

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ISO, exposure, etc.

\$100 per person/session

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Sandy's Closet

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couhie.george@gmail.com
www.nativeawarenesstraining.com

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Nipissing First Nation

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