

Photo Credit: Larry Lariviere
from Inverness, Nova Scotia



Daatkaagmini Giizis
Blackberry Moon

August 2021



A-Kii, Bemaadzjik, E-Niigaanwang
The Land, the People, the Future

ENKAMGAK

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

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Council Meetings

Sept 7 & 21

@ 7:30 p.m. via Zoom

To attend livestreamed Council meetings, register in advance by contacting Kim Salvaneschi at 705-753-2050 or email kims@nfn.ca. Learn more at nfn.ca/livestreaming

Newly Elected Chief & Council 2021-2024

Chief McLeod re-elected for 3rd Term; 3 New Councillors Elected

Below are the results of Nipissing First Nation's election, which consisted of an Advance Poll on Saturday, July 3rd and Regular Polls on Friday, July 9th in Garden Village and Duchesnay. Ballots were also mailed in, and online voting was available through OneFeather from June 9th to July 9th.

A total of **1,002 ballots** were cast out of 2,467 eligible voters, representing a voter turnout of 41%, which is the highest to date but only slightly higher than the 2015 election. In comparison, 852 ballots were cast in 2018 out of 2,267 electors (38% turnout) and 845 ballots were cast in 2015 out of 2,091 electors (40%).

Of the 1,002 ballots cast in the 2021 election, 247 ballots were mailed in, 262 people voted in person and 493 people voted online (nearly 50%).

CHIEF:

Scott McLeod - 483

Bob Commanda - 150

Darlene Gingras - 129

David Miner - 13

Michael Penasse - 149

Jeff Stewart - 56

COUNCIL:

Joan McLeod Shabogestic - 384

June Commanda - 376

Tyler Commanda - 360

Jesse Lyn Beaucage - 92

Yvette Bellefeuille - 265

Elaine Commanda - 265

Rodney Commanda - 210

Brian Couchie - 326 *

Priscilla Goulais - 289

JoAnne Jolicoeur Picard - 62

Eric (Rick) Stevens - 358

Jane B. Commanda - 353

Daniel M. Stevens - 327 *

Natasha Lariviere - 272

Joseph McLeod - 184

Louise Penasse - 122

Philip Penasse - 232

Ron Penasse - 221

Samantha Stevens - 160

DEPUTY CHIEF:

Mike Sawyer - 469

* A recount of the votes cast for Daniel M. Stevens (who finished in 7th position with 328 votes) and Brian Couchie (who finished in 8th position with 325 votes) in the July 9th election was performed as the candidates had a 3 vote difference. The results of the recount completed on July 14th saw Daniel M. Stevens lose 1 vote (ending with 327) and Brian Couchie gain 1 vote (ending with 326). The candidates declared elected in the July 10, 2021 Nipissing First Nation election report remain the same.

The Electoral Officer's final report can be viewed/downloaded on our website at nfn.ca/election along with the Declaration of Results of Recount dated July 14th.



Please see [page 2](#) for details about Chief & Council's Inaugural Meeting

Inaugural Meeting of Chief & Council

**Nbisiing Anishinaabeg
(Nipissing First Nation)**

**Gimaa Minwa Giigdo-ninwag Minwa Giigdo-kwewag
(Chief & Council)**

**Wii-ndomgoom nji-bi -zhaayeg
(please come join us)**

**Nji-biingebiigaaswaad
(in the swearing in and welcoming of our)**

**Gaa-shki-biingejik
(newly elected)**

**Gimaa Minwa Giigdo-ninwag Minwa Giigdo-kwewag
(Chief & Council)**

**Aandi pii
(on)**

**Niizhgiizhgak, Daatgaagmin Giizis Nswi
(Tuesday, August 3rd, 2021)**

**Ngodwaaswi Dbaganeg Naagshig
(6:00 pm)**

Community members are welcome to attend the outdoor ceremony in the courtyard behind the Administration building prior to the inaugural meeting of Chief and Council on **Tuesday, August 3rd at 6pm.**

We encourage everyone attending in person to wear a mask and to maintain physical distance from people who don't live in your household.

We will also livestream the ceremony on our [YouTube channel](#).

Duchesnay Creek Bridge Nearing Completion

The replacement of the 82-year old Duchesnay Creek Bridge is expected to be complete in the coming weeks! We will update the community when a date is confirmed for the new bridge to reopen to traffic and to North Bay Transit bus service (at which point, our shuttle service will end)

This \$12-million project is fully funded by the provincial government and was awarded to the Nipissing Miller Partnership in March 2019.

Address Update Reminder

If you need to update your mailing address, call our Membership Office at 705-753-2922, send an email to randym@nfn.ca and finance@nfn.ca, or quickly fill out a form on our website : nfn.ca/address-update/

Treaty Annuity Payments

Indigenous Services Canada (ISC) is **postponing** all treaty annuity payment events until further notice due to the pandemic.

NFN plans to distribute payments at the Annual Community Meeting in November.

To receive your treaty payment sooner, you can download and fill out the [Treaty Annuity Payment Request form](#) and mail it to your [ISC regional office](#).

Treaty payments will be mailed to you in the form of a cheque.

For more information, please visit: [Treaty annuity payments \(sac-isc.gc.ca\)](#)



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 12pm - 4pm
Monday to Friday

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 are also available for asymptomatic people.

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

Our Operations as the Province Reopens

Ontario Entered Step 3 of Roadmap to Reopen on July 16th

On July 9th, Ontario announced that the province would move into Step Three of the Roadmap to Reopen tomorrow (July 16th). To enter Step Three, the province needed 70 to 80 per cent of individuals 18 years of age or older to be vaccinated with one dose and 25 per cent with two doses for at least two weeks to ensure a stronger level of protection against COVID-19.

As of July 8th, over 77 per cent of Ontario residents over the age of 12 had received one dose of an approved vaccine and over 50 per cent had received their second dose according to an update from Ontario's Ministry of Health.

Within Nipissing First Nation, 942 community members have received both first and second doses representing 64 per cent of our on-reserve population being fully vaccinated.

We are optimistic about the declining number of cases across the province and the growing number of people who are fully vaccinated and better protected against COVID-19. We are also encouraged by the news of Ontario moving to this third and final step, where we will remain for at least 21 days *and* until 80 per cent of the eligible population aged 12 and over has received one dose of vaccine and 75 per cent have received their second (with no public health unit having less than 70 per cent of those eligible fully vaccinated).

We welcome these steps towards resuming life as we knew it before the pandemic began, but we must remember that **COVID-19 is not over**. New variants of the virus that transmit more easily are still spreading.

Although restrictions are starting to lift across the province and we are fatigued after nearly 18 months under COVID restrictions, it is important to **continue following public health measures, even if you are fully vaccinated**. Please consider the risks of gathering with people you do not live with. Think of the risks to yourself and your loved ones (especially those who are unvaccinated or unable to get vaccinated).

Updates about NFN Operations

Nipissing First Nation has consistently aligned our operations with provincial and public health measures, often taking additional measures to protect our community and staff from the spread of COVID-19.

While Step Three of Ontario's Roadmap allows for resuming indoor gatherings and services (up to 25 people with restrictions in place) and outdoor gatherings (up to 100 people with limited exceptions), **we do not anticipate reopening our offices or meeting/event spaces to the public just yet**.

As advised in Update #14, most of our staff returned to their offices and work sites on June 14th. Our Crisis Control Group (CCG) will be discussing reopening our facilities to the public in the coming weeks. NFN will remain in Step Three for an additional two weeks from the date the province lifts restrictions, as we have done all along.

We will continue to keep the community updated as we cautiously move through Step Three and get closer to resuming normal operations, and in time, hosting in-person community events once again.

More information about the restrictions that have been lifted in Step Three of Ontario's Roadmap to Reopen is provided on [page 5](#).

NFN COVID-19 Vaccine Rollout Stats

Nearly two-thirds of NFN's on-reserve population is fully vaccinated

As of July 26th, our team of nurses has administered nearly 3,300 vaccines and 942 NFN residents have now received both doses of a COVID-19 vaccine (Moderna for adults or Pfizer for youth), representing 64% of NFN's on-reserve population.

1,640 individuals have received a 1st dose (98.31% of eligible registrants) and 1,467 individuals have received their 1st & 2nd doses (88.43% of eligible registrants).

*** VACCINES FOR CHILDREN BETWEEN THE AGES OF 5-11 YEARS ***

We are awaiting further direction from the Ontario Ministry of Health on vaccines for this age group as details remain speculative. Should the province proceed with offering vaccines to children between the ages of 5 to 11 years, NFN Health Services will coordinate vaccination clinics for this age group. We will continue to provide updates as they become available.

NFN Health Services has held 38 adult immunization clinics and 9 youth COVID-19 immunization clinics and has offered appointment-based bookings at the Health Centre since June. Adults seeking a COVID-19 vaccine may now be referred to another provider. Call the Health Centre at 705-753-3312 for more information.

Rapid Testing on NFN

If you are experiencing COVID-like symptoms a rapid test can give you a printed result in 15 minutes. NFN Health Services has 4 COVID-19 rapid testing units that are operated by our trained nurses. Our nurses are currently doing an average of 7-10 rapid tests per week.

It is important to note that these units serve as a surveillance tool and do not provide a laboratory confirmed result. Individuals who test positive for COVID-19 at one of our rapid testing units will be sent for a test at an assessment centre to confirm the result. Individuals who test negative will not need to take further action if there is no concern about possible exposure to COVID-19.

To inquire about a rapid test, please call the Health Centre at 705-753-3312.

Public Health Dashboard

Below is the Health Unit's [COVID-19 status report dashboard](#) as of Monday, July 26th at 10:00 a.m. for the Nipissing District only. For the entire Health Unit region (Nipissing & Parry Sound Districts), there are currently **14** active cases.

Please remain vigilant as we know the Delta variant is present in our region.



*Vaccine Data Includes Nipissing and Parry Sound

Public Health Information

North Bay Parry Sound District Health Unit
(updated Monday to Friday at 3pm, and Mondays at 10am)
www.myhealthunit.ca/

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

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

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/

Roadmap to Reopen

Ontario entered Step 3 of the Roadmap to Reopen on July 16th:

- **Indoor Gatherings:** up to 25 people
- **Outdoor Gatherings:** up to 100 people
- **Indoor & outdoor Services/Ceremonies** permitted with limits
- **Essential & Non-Essential Retail** open with capacity limits
- **Indoor & outdoor dining** with physical distancing and no limit on # of ppl per table
- **Personal Care Services** (hair salons/spas) open at 50% capacity

ontario.ca/reopen

NFN Vaccines will be added to COVaxON soon

Great news! Nipissing First Nation Health Services now has access to COVaxON, which is the Ontario provincial database used for COVID-19 vaccines.

We estimate that we will have records entered by August 15th. Please keep in mind this process will take time as we need to enter the nearly 3,300 doses that were administered here at NFN.

Once this is completed, you will be able to retrieve your own vaccine record online. Your doctor, pharmacist or hospital will also be able to see your record if you need it for healthcare reasons.

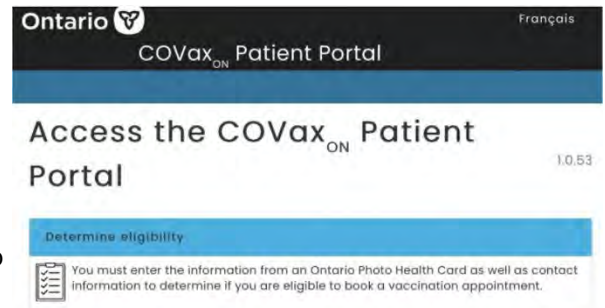
Here is what you will need to get your COVID-19 vaccine record:

- Visit: [Ontario COVID-19 vaccination service \(ontariohealth.ca\)](http://ontariohealth.ca)
- You will need your health card, postal code and date of birth.
- You will need to print or save your record once you retrieve that information.

If you have an urgent need for your COVaxON vaccine record, please contact Carole Lafantaisie at 705-753-3312 ext. 2257.

If you need or would like a printed copy of your record, contact the Health Centre at (705) 753-3312 and provide your full legal name, health card number, postal code and date of birth.

A copy will be available for pick up or mailed to you.



Ontario enters **Step 3** on July 16



70% - 80% of adults have one dose

Over 25% are fully vaccinated

- ✓ 78% of adults have received one dose and 52% are fully vaccinated (as of July 9)
- ✓ Declining hospitalizations
- ✓ Declining ICU admissions
- ✓ Declining weekly cases rate
- ✓ Declining per cent positivity

Continuing improvements in key public health and health care indicators



Expanding outdoor activities

- Outdoor social gatherings and organized public events for up to 100 people
- Museums, zoos and amusement parks with capacity limits
- Fairs and rural exhibitions, festivals and cultural attractions with capacity limits
- Cinemas, concert, theatres, and other performing arts venues with capacity limits
- And more...

Larger outdoor gatherings, events and attractions, with restrictions in place



Expanding indoor gatherings and services

- Indoor social gatherings and organized public events for up to 25 people
- Indoor dining with no limits to the number of patrons per table
- Retail with capacity limited to ensure physical distancing
- Indoor sports and recreational fitness facilities with capacity limits
- Personal care services with capacity limited to ensure physical distancing
- Indoor religious services, rites or ceremony gatherings with physical distancing
- Museums, casinos and bingo halls with capacity limits
- Cinemas, concert, theatres, and other performing arts venues with capacity limits
- And more...

Additional indoor services with larger numbers of people and restrictions in place

PUBLIC HEALTH ALERT

VACCINES AND VARIANTS



Although restrictions are starting to loosen across Ontario, **COVID-19 is not over**. New variants that transmit more easily are spreading rapidly. Get your second vaccine dose to protect yourself, your family and your community. Even after being fully vaccinated, it is still important to continue to follow public health measures.

GET YOUR SECOND VACCINE DOSE

- ▶ If you received a first dose of a COVID-19 vaccine, you are not fully vaccinated. You **MUST** receive a second dose for the vaccine to work best. It takes about two weeks after your second dose to develop significant protection against COVID-19.



SOCIAL GATHERINGS

- ▶ **Social gatherings and celebrations should only include those living in an immediate household**



CONTINUE TO FOLLOW PUBLIC HEALTH RECOMMENDATIONS

- ▶ **Do not visit other people's homes**
- ▶ Wash hands often
- ▶ Wear a well-fitting mask
- ▶ Cover your cough or sneeze
- ▶ Practice physical distancing of 2-metres when outside of your home
- ▶ **If you have any symptoms**, get tested immediately and stay away from others
- ▶ Self-isolate until you have your test results
- ▶ **Even after you've been vaccinated, you still need to follow public health recommendations**



MENTAL HEALTH

- ▶ Feelings of stress are common during this time
- ▶ If you require mental health support, call:
 - 911 or the local emergency help line
 - The Canada Suicide Prevention Service (1-833-456-4566) and @KidsHelpPhone
 - The Hope for Wellness Help Line (1-855-242-3310) and <https://hopeforwellness.ca>
 - For those in remote and isolated communities you may also contact your local nursing station



TIP As long as you continue practicing physical distancing, going outside for exercise and fresh air is a great way to help with mental health and well-being!



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

Lake Nipissing MOU Update 2020-2021

The 2020-2021 Lake Nipissing Memorandum of Understanding (MOU) Report is now available on our website, along with other information about Nipissing First Nation's Fisheries Management Plans: nfn.ca/natural-resources/fisheries/

Nipissing First Nation plays a fundamental role in promoting the health and recovery of the Lake Nipissing fishery.

NFN continues to have significant successes in protecting the lake's walleye population and maintaining safe harvest levels within its commercial fishery, consistent with Aboriginal treaty and harvesting rights.

In 2020, NFN enhanced our commitment to the Lake Nipissing fishery by hiring a Director of Lands and Natural Resources, which adds significant support to the MOU.

Juvenile walleye continue to be protected so they can reach spawning grounds at least one year before becoming susceptible to the recreational and commercial fisheries.



On-Reserve Seat on Boundary Claim Trust Board Date of Term: Sept 1, 2021 to Dec 31, 2023

Nipissing Members who meet the following conditions are eligible to apply for the **on-reserve seat** on the Board of Trustee for the Nipissing First Nation 2013 Boundary Claim Trust:

- Be a member who has attained at least the age of eighteen years as of the date of his or her appointment as a Nipissing Trustee;
- Completed high school or the equivalency of a GED;
- Is not a member of Council as of the date of his or her appointment, as a Nipissing Trustee;
- Up to the time of applying for the position of Nipissing Trustee not have been declared to be mentally incompetent by a court of competent jurisdiction in Canada or elsewhere;
- Not have been convicted of an offence under the Criminal Code of Canada that is an indictable offence or a dual offence which the Crown elected to proceed by way of indictment in the five-year period immediately prior to applying for the position of Nipissing Trustee;
- Not have been declared a bankrupt pursuant to provisions of the Bankruptcy Act in the five year period immediately prior to applying for the position of Nipissing Trustee;
- Not have been convicted of an offence under such laws relating to the possession, possession for the purpose of trafficking, or trafficking of a prohibited drug in the five-year period immediately prior to applying for the position of a Nipissing Trustee; and
- The individual must agree in writing to become a party to, and be bound by, the terms of the Trust Agreement and to faithfully and to the best of his or her abilities to carry out the duties of Nipissing Trustee by signing a Nipissing Undertaking of a Trustee's Certificate.

Interested Nipissing members shall provide the following information:

- A current detailed resume
- A personal statement/letter declaring that you are not in undischarged bankruptcy or insolvency
- A current Certified Criminal Records Check

As required under the Nipissing Trust Agreement the selection of the Nipissing Trustee for this vacant seat shall be a Nipissing Member who resides On-Reserve. The appointment will be for a three (3) year term effective September 1, 2021 to December 31, 2023.

Application should be submitted in a sealed envelope marked confidential no later than 4:30 pm on Friday, August 13, 2021 to:

Freda Martel, Director of Administration
Nipissing First Nation
36 Semo Road
Garden Village, Ontario P2B 3K2
or by email to fredam@nfn.ca

Beautification Program and Seniors' Grass Cutting

The Beautification Program has provided services for the Nipissing First Nation communities since 2007 and runs from May to December. This program focuses on maintenance/repairs to recreational and public spaces, and grass cutting service for NFN senior members 65 years of age or older who qualify for this service.

This year, the Beautification crew continues to service Garden Village, Veterans Lane, Meadowside, Beaucage, Yellek and Duchesnay. Maintenance/repair services include beaches, brushing, cemetery maintenance, parks and playgrounds, road-sides and ditching, and trails. Due to COVID-19, event support services may not be provided this year.

We experienced a slow start this year due to a noticeable staff shortage, and the abundance of rainy days. The thin-numbered beautification crew have worked tirelessly to ensure the upkeep of duties in NFN communities.

With new staff hires, the crew's numbers have recently doubled and our team now consists of eight labourers, one supervisor, and one office clerk.

With the challenges in the past months, we are excited to have a full team who are working towards improving Beautification Program services for NFN communities. With the guidance of our Public Works Manager and Beautification Supervisor, a new grass-cutting schedule is in place to ensure each location is kept up to date and on a bi-weekly basis for the remainder of the summer.

Should you have any questions or concerns, please contact:

Cailen Hanzlik, Beautification Office Clerk at **705-753-2050 ext. 1262**



Compost Program Pilot Project

Nipissing First Nation received \$50,000 in the 2019-2020 fiscal year for Waste Management Enhancement funding from the First Nations Lands Management Resource Centre and Lands Advisory Board.

With this funding, Nipissing First Nation was able to:

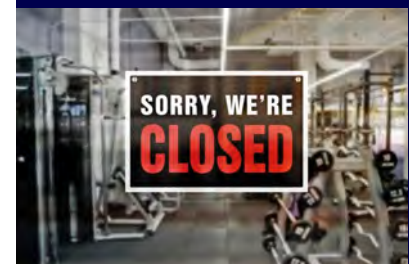
- purchase storage containers for a Household hazardous waste, and Recycling depot at the NFN Landfill site.
- Purchase a new restroom for the Landfill attendant.
- Purchase a woodchipper for the Organic waste depots.
- Provide the NFN Waste and Recycling App and Waste Wizard.
- Provide 44 Compost bins for community members.

The 44 recipients of compost bins received instructions on best practices for composting as well as a quick guide to what should and should not be composted.

The Waste Diversion Coordinator will assist with any questions and issues with the compost bins throughout the program. After completing three months of usage the Waste Diversion Coordinator will complete a site visit with each of the recipients complete a questionnaire evaluate the backyard composting program.

Fitness Centre Closure

Due to its deteriorating condition, the fitness centre in Garden Village will not be reopening to the public. The facility is simply not fit for getting fit in, and plans for an alternate location for the fitness centre will be announced when they are confirmed.



Opt-Out of Mailed Job Postings

The mid-month mail-out we send to local members (and sometimes off-reserve members as well) often only includes job postings.

This monthly mail-out is intended to capture urgent notices or political items that occur in between newsletters. However, job postings have been included for some time, and many members have asked to stop receiving these mailings as a result.

We will continue to mail important notices about community consultations, votes, business licenses, etc.

Effective **September 2021**, if you wish to continue receiving job postings by mail, **you must opt-in to the mailing list**. Contact Julie Lambert at 705-753-2050 or juliel@nfn.ca no later than **August 31st** to continue receiving job postings by mail.

This new opt-in process will also be communicated in the next mid-month mail-out in August.

If you have questions about this new process, please contact: Gen Couchie at 705-498-2507 or email genc@nfn.ca.

Job postings are available at nfn.ca/jobs.

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.

Nbisiing Secondary School Educational Assistant – 3 Year Contract Position
Apply by Friday, August 6, 2021 at 4:30 p.m.

Nbisiing Secondary School Physical & Outdoor Education Teacher – Permanent Full-Time Position. Apply by Friday, August 6, 2021 at 4:30 p.m.

2021 Bus Drivers – Route #5: Duchesnay, Yellek & Serenity Lane
Open Posting – Contact Charlene Bellefeuille at 705-753-6995 or email charleneb@nfn.ca for more information or to apply.

Personal Support Workers – Casual Employment (with paid sick days and mileage) Open to all applicants – No closing date

Relief Workers: Various NFN Departments
Open Posting – No Closing Date

Relief Workers: Ojibway Women's Lodge
Open Posting – No Closing Date

Relief Workers: Manual Labour Positions
Open Posting – No Closing Date

TO APPLY:

Please submit applications before the deadline to resumes@nfn.ca, or by fax to 705-753-0207, or mail to: Human Resources Department, Nipissing First Nation, 36 Semo Road, Garden Village ON P2B 3K2

Miigwech to all applicants for their interest; however only those who qualify for an interview will be contacted.

Broadband Internet Announcement

On June 17th, NFN hosted a virtual announcement with Minister Vic Fedeli and several representatives from the Centre of Excellence in Next Generation Networks (CENGN) and Leapfrog Telecom.

We are excited to share news about the launch of an innovative and environmentally friendly project that will bring high-performance and cost-effective broadband internet access to under-served residents in major residential areas: Garden Village, Jocko Point, Meadowside, Beaucage, and Yellek.

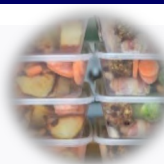
Supported by CENGN's [Northern Ontario Residential Broadband Program](#) funding, Leapfrog Telecom will install a new innovative non-ground penetrating towers, using both 5GHz and TVWS radio technology to distribute high quality internet services to all 5 communities to ensure the best possible internet connectivity.

Watch the announcement and read the news release here: nfn.ca/broadband



Meal Program for Seniors

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 Deadline

Order by August 4th for a meal package on August 11th

HARM REDUCTION SERVICES

(needle exchange and naloxone kits)

are available **Monday to Friday** from 8:30am to 4:30pm at the Right Path (316 Ted Commanda Drive, Garden Village). Knock at the door and someone will assist OR call Lisa at (705) 753-1375 to make arrangements to get your order to you. You can also email: lisal@nfn.ca.

The **Suboxone Clinic** is still available **Monday to Friday** from 8:30am to 4:30pm 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 & self-referrals are welcome. Client transportation available.

The Culturally Defined Community Withdrawal Management Program also provides land based activities and cultural supports.

Call 705-753-1375 for more information.



Cannot be woken up



Slow, shallow breathing



Blue lips or nails



Choking or gurgling sounds



Small constricted pupils



Body is limp, cold skin

Recognize the signs and symptoms of an opioid overdose and **help save a life.**



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

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
4pm - 11pm — 7 days/week

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

Overdose Prevention Line: 1-888-853-8542

International Overdose Awareness Days

Monday, August 30th -Garden Village

Tuesday, August 31st - Duchesnay

International Overdose Awareness Day is a global event held on August 31st each year. Its purpose is to raise awareness of overdoses, reduce the stigma of drug-related deaths and acknowledge the grief felt by families and friends. For 2021 Nipissing First Nation will be hosting this event at two locations: one in Garden Village and one in Duchesnay. Some of the activities for this day include:

- * Sacred fire
- * Traditional Teaching,
- * Memory board for photos, poems or messages *
- * Tealights in memory of loved ones lost to overdose
- * Naloxone training or refresher *

Times / Locations and Agenda to be posted closer to the date

If you or someone you know needs more information or help with Support or Counselling for Mental Health or Addictions. Remember you are not alone, We are here to help!

Give us a call at The Right Path Counselling & Prevention Services

705-753-1375 for Mental Health or Addiction issues



Check out the dates and locations below to find out when you can pick up *fresh free* vegetables!

Garden Stands are open from Noon to 3pm (while supplies last)

Friday, August 13th

Duchesnay - Nbisiing Secondary School

Friday, August 20th

Yellek - Playground

Friday, August 27th

Garden Village - Seniors' Complex

PICK YOUR OWN! HARVEST SEASON HAS STARTED!

Tuesday, August 10th from 4-7pm

Tuesday, August 17th from 4-7pm

Tuesday, August 24th from 4-7pm

Please bring your own bags! COVID-19 Measures will be in Effect!

Congratulations Graduates!



Grade 8	Grade 12
Ava Fryer Bryan Bailliache Cheyney Chevrier Cole Penasse Cobin Restoule Danika Hester Elton Beaucage-McLeod Hunter Goulais Jaxon Beaucage John Fisher Jr. Jazlen Beaucage Levi Dwinnell-Croxon Melissa Goulais Owen Head Owin McLeod Reyen Goulais Remi St. Pierre Talon Beaucage	Avery Buffett Brock Penasse Chayme Woods Devon Beaucage Emily McLeod Hailey Goulais Jasmine Michel Kristen Labrecque Owen Boudreau Paige Fryer Zowen McLeod Mya Meilleur And many more!

**Congratulations to all NFN students graduating in 2021 from
Grade 8, Grade 12, and university and college programs!**

Pick Up Your Back-to-School Package & Incentives

*Calling all NFN students on-reserve and local off-reserve
(attending a local school board or Nbisiing Secondary School)*

Duchesnay – Nbisiing Secondary School – **August 17th** from Noon to 6 p.m.
Garden Village – Education Office (70 Semo Road) – **August 18th** from Noon to 6 p.m.

Any packages or incentives not picked up on these dates will be mailed on August 19th. For more information or to arrange pick-up or mail-out, contact Tracy at (705) 753-6995 ext. 3014 or email at tracyh@nfn.ca.

Back-to-School Draw! Pick up your Back-to-School package and incentives and put your name in our draw for a chance to win a backpack filled with school supplies, a Bluetooth speaker water bottle, and gift cards! Two winners will be selected – One for each location/day!

Each Back-to-School Package includes: NFN Education Department information booklet, Back to School Swag, Registration form (if needed, it may include authorization for release of information and AES consent). Registration forms will be available on-site, and are also available at nfn.ca/education. Ticket for draw!

To complete registration, please bring: status cards, health cards, emergency contact numbers and pick up/drop off addresses.

Note that safety precautions will be in place for pick-up due to COVID-19. Refer to signage at these locations.

29th

Annual Nipissing First Nation Charity Golf Tournament

Over 50%
sold out!



Saturday, August 21, 2021

Osprey Links Golf Club

Registration Online at Osprey Links

ospreylinksgolf.com/product/nip-first-nation-scramble/



Tee Times at Registration

- \$125 per person
- 4 Person Scramble
- 18 Holes - Golf Carts Included
- 50/50 Draw

Cost includes:

- Registration
- Gifts
- Dinner
- Prizes

Proceeds to Nipissing First
Nation LNHL Fundraising



For more information contact Melvin McLeod at melvinm@nfn.ca

Register at Osprey Links with Team Name and Players.

*Osprey Links Golf Club Dress Code requires proper golf attire.
Club is LLBO Licensed, no outside alcoholic beverages permitted.*

Register TODAY for our 29th Annual NFN Charity Golf Tournament!

PROGRAMS FOR CHILDREN UNDER 12

PLEASE SIGN UP WITH KATIE - KATIEL@NFN.CA



Baby group
August 5 @10am,
August 10 @6pm,
August 18 @10am



Kids Netflix
August 6 & 20



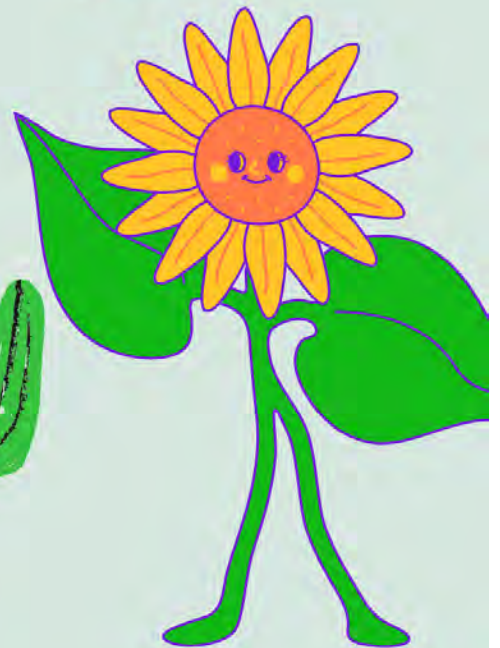
Crafts
August 10 & 18



Board Games
August 24



Name keychains
August 31



WEATHER PERMITTING

NFN MEMBERS & AFFILIATES

DRIVE-IN MOVIE THEATER

FRIDAY, AUG 27TH RAYA THE LAST DRAGON

SATURDAY, AUG 28TH SOUL

8:30PM - 10:00PM

LOCATION: TO BE ANNOUNCED

Sign up with BradyP@nfn.ca (Name, Age & choice of Movie)

Movie, Snacks
& Prizes!



NFN MEMBERS & AFFILIATES 13-24

Beginner Yoga

Wednesday, August 18th

1PM - 3PM | **zoom**

FOLLOW ALONG WITH AN INSTRUCTOR FROM
VINYASA YOGA STUDIO OF NORTH BAY

Sign up to Receive
a free Yoga Mat

Email: BradyP@nfn.ca To Register



Outdoor Sculptural Art Contest

Ages 13-24

All materials used must be Environmentally Friendly
(Compostable, or Derived from Organic matter.)

1st Place
Bicycle

2nd Place
\$Gift Card

3rd Place
Mystery Basket



**Submit a photo of your Outdoor Art by August 26th
for a Chance to win some amazing Prizes**

Email: Bradyp@nfn.ca

NFN Members & Affiliates

Native Child Welfare

BACK TO SCHOOL GIVEAWAY

Submit all entries to
randypenfn.ca
Ages 17 and under

Draw date: Sept. 3
Registration open
until Sept. 2

**10 DRAWS FOR
10 LUCKY BINOOJISAG!**

**Please see the next page for details
about Back to School Draws
coordinated by our
Nipissing Nation Kendaaswin**

Nbisiing Anishinaabemwin

August - Daatkaagmini Giizis (Blackberry Month)

Daatkaagmin Giizis, Semaa nda- pkidnaa mina dbasendis

Giyat gii-kanoondiyaangban mina n'de mooshne
mkshkawziwin

Gbishkoo giizis

Ngii-kendaan Gzhemnidoo ndawenmid nji- bi-
gnoonjgeyaan maa nake'ii

Gookmis bgosendam wii – dbasendisyaan
Daatkaagminan miigwewnan ,nkwedwe pii
kinoomaagewnan wii-bzinmang kwedwewin maa Mnidoo
-kiing ebinjibaamgak.

Nkwedwe ni- shkiishkoon mina tawgan nji-zheskin , nji-
miingoyaan endwenmaan maa ndi-nenmowin , wiiwyong
mina mino-mnidowin. mii dash ji-moseyaan maa
Nishnaabe Miikaang megwaa Mnidoo Zhichkewin.

Noongom kwedwe ebwewendmowin iw gaa –kidsiwaan .

Pii dash mkeshkaadyaang Miiknaang , ga- chi- piitendis
eshi-aawyaan.

Baa maa dash minwa,

Gmiigwechiwin

Daatgaagmini Giizis, I offer my tobacco and humble
myself.

It has been a long time since we spoke and my heart is
filled with energy like the moon.

I know the Creator would want me to come and speak this
way.

Gookmis, I humble myself to the gifts of the thimbleberry.

I ask in the time of these teachings, to hear the words that
come that come from the spirit world.

I ask that my eyes and ears be open, to receive what is
needed to balance my mind, body and spirit so I may walk
this anishnaabe road in the spirit of Creation.

I ask forgiveness for the things I do not speak of and the
things I have forgotten.

Until the next time

Miigwech



Nipissing Nation Kendaaswin Back to School Giveaway!

GIVEAWAYS!



Nipissing Nation Kendaaswin will be hosting free draws for back-to-school items!

Giveaways may include: pens, pencils, paper, math tools, USBs, etc.

DRAW DATE: FRIDAY, SEPTEMBER 3

Draws will be held live on the [Nipissing Nation Kendaaswin Facebook page](#).

Follow our Facebook page for updates & additional information.

Ages: 17 years old & younger - Priority to NFN members & affiliates

Register by September 2 via email only to randyp@nfn.ca to receive one ballot per registration.

in the Spotlight

Our community learned of the Blinding Light Walkers the night before they arrived in Sturgeon Falls and quickly rallied support. Although our Administration offered a financial donation, it was declined as the group said they just wanted support as they walk to Ottawa to raise awareness.

While NFN's financial donation was declined, many community members went out of their way to ensure the Blinding Light Walkers were well-hosted (and well-fed) as they passed through Nipissing territory.

The group posted a special miigwech to Lily Armstrong, Alice Villemaire and Harry Goulais for "hand delivering us the best fish meal with all the extras, our bellies are full and we are feeling so good, a much needed traditional meal from our brothers and sisters from Nipissing First Nation." Miigwech to everyone who showed support to the Blinding Light Walkers!



✓ Last-Minute Checklist for Protecting Your Home and Property from Wildfire



Evacuation Tips







Monitor conditions and follow the advice of local authorities. **If ordered to evacuate, do so immediately.**

-  Review your evacuation plan for your family and pets.
 - Visit www.getprepared.gc.ca for helpful tips and evacuation plan templates.
-  Have your "ready to go kit" (emergency kit) ready and stocked with cash, portable radio, prescription medications, eye glasses, change of clothes, pet food, flashlights and batteries, etc. Make sure your phone numbers, insurance information and other important documents for your go bag are current.
 - Visit www.getprepared.gc.ca for a more complete list of emergency supplies.
-  **Before evacuating:**
 - Turn off air conditioning.
 - Turn off your electricity and gas.
 - Close all doors, garage doors and windows. If weather seal or doors have gaps, seal with duct tape.



Quickly address outside surroundings




Complete a scan around your home and property and take steps to remove combustibles.

-  Remove leaves, pine needles and other debris from your roof and gutters.
-  Mow grass and weeds within 10 metres of the house to 10 centimetres in length, or less.
-  Clear all dead plants, leaves, and weeds within 10 metres of your home. Maintain a 1.5 metre non-combustible zone around your home and deck by sweeping or raking down to mineral soil, rock or concrete.
-  Move combustible items, such as toys, patio furniture, cushions, decorative items, firewood, and potted plants, that are on and under your deck and within 10 metres of your home. Move all combustible items into your home or garage.
-  If you have a propane tank located on your property:
 - Propane tanks should be moved to 10 metres away from structures.
 - Remove weeds and other debris from area around large stationary propane tanks so there is no combustible material near tank.
-  If you have a combustible fence that attaches to your home:
 - Secure gate in an open position.
 - Clear vegetation and debris along both sides of combustible fence lines.



Check around the house

Check vents on roof, foundation and exterior walls to prevent embers from entering your home.

-  Check your attic and foundation (crawl space) vents to see if they are screened and in good repair. Use duct or metal tape to temporarily cover damaged vents and those with 3 millimetre mesh screening.
-  If you store cardboard boxes and other easily ignited materials near a vent in your attic or crawl space, move them as far away as possible from vent(s).
 - Another option is to place tape over vent(s) at these locations. Be sure to remove tape when you return home.
-  Cover dryer vents and wall-mounted make-up air openings for furnaces with a plywood cover, metal tape or duct tape.



Visit www.firesmartcanada.ca for additional resources and information.



ANISHINABEK NATION Cannabis Health Strategy

CANNABIS HEALTH SURVEY

Developing a collaborative
Anishinabek Nation
Cannabis Health Strategy and Policy

- ✓ June - August 2021
- ✓ Open to all Anishinabek Nation member citizens aged 16+
- ✓ 10 minutes to complete
- ✓ Completely anonymous
- ✓ Great gifts for all interested respondents



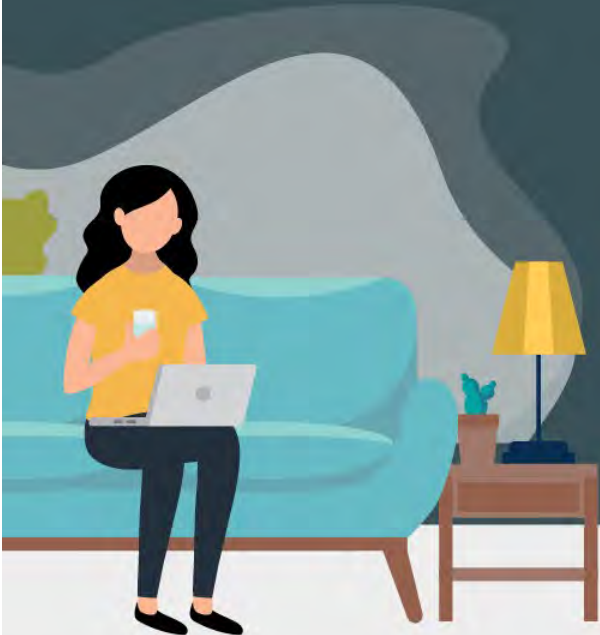
SCAN CODE TO TAKE THE SURVEY NOW

<https://www.surveymonkey.com/r/CannabisHealthSurvey2021>

NOW IN EFFECT

CANADA RECOVERY BENEFIT Increase by up to 12 weeks for a maximum of 50 weeks

- First four weeks at \$500 per week
- Remaining eight weeks at \$300 per week
- As of July 18, 2021, new claimants will receive \$300 per week



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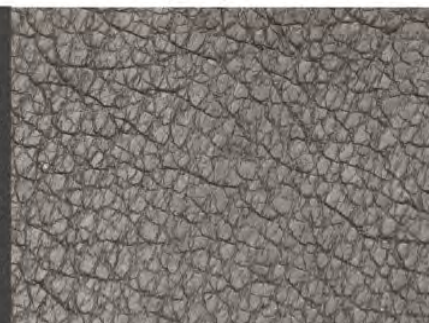
132 Osprey Miikaan



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& MORE



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www.nfn.ca



August 2021

Daatkaagmini Giizis (Blackberry Moon)

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Civic Holiday <i>Have a safe long weekend!</i>	3 Chief & Council Inaugural Mtg @6pm in GV Courtyard	4 Seniors' meal program order deadline	5 Baby group @10am	6 Kids Netflix 	7
8	9	10 Kids Crafts Baby group @6pm Gtigewin Harvest 4-7pm	11 Seniors' meal program deliveries	12	13 Gtigewin Garden Stand Duchesnay @12pm (noon) On-Reserve Trust Seat Deadline	14
15	16	17 Gtigewin Harvest 4-7pm Back to School Packages in Duch. 12-6pm & GV Aug 18 →	18 Baby group @10am Kids Crafts Beginner Yoga @1pm (13-24)	19	20 Gtigewin Garden Stand Yellek @12pm Kids Netflix	21 Annual NFN Charity Golf Tournament @9am Osprey Links 
22	23	24 Gtigewin Harvest 4-7pm Kids Board Games	25	26 Youth Outdoor Sculpture Contest Submission Deadline	27 Gtigewin Garden Stand GV @12pm Drive-in movie Raya @8:30pm	28 Drive-in movie Soul @8:30pm
29	30 International Overdose Awareness Day in GV & Duch. on Aug 31 →	31 Name Keychains on Zoom (13-24)				



Contact Us

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P2B 3K2

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FAX: (705) 753-0207
Email: genc@nfn.ca

Connect with Us!



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