

# ENKAMGAK

*Ziisbaakeloke Giizis*  
Sugar Moon

*March 2022*

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

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**Nipissing Day**  
Monday, March 14

See Event Flyer on **page 9!**

## Council Meetings

**March 1<sup>st</sup> & 15<sup>th</sup>**  
**@ 7:30 p.m. via Zoom**

**To attend livestreamed Council meetings**, please register *in advance* with Kim Salvaneschi at 705-753-2050 or by email to [kims@nfn.ca](mailto:kims@nfn.ca).

## Ontario Gradually Easing Public Health Measures NFN Crisis Control Group Continues to Adapt Pandemic Response

Our Crisis Control Group (CCG) continues to meet bi-weekly to monitor the COVID-19 situation and adapt our pandemic response as needed. Ontario began gradually easing some public health measures on January 31, 2022, with additional restrictions being lifted as of February 17<sup>th</sup> and March 1<sup>st</sup> as follows:

→	→	→
January 31	February 17	March 1
<ul style="list-style-type: none"> <li>• Social gathering limit of 10 people indoors and 25 people outdoors</li> <li>• Capacity limit of 50% in indoor public settings, including restaurants</li> <li>• Spectator capacity limit of 50% or 500 people (whichever is less) at facilities such as sporting events and concert venues</li> </ul>	<ul style="list-style-type: none"> <li>• Social gathering limit of 50 people indoors and 100 people outdoors</li> <li>• Capacity limit of 50 people indoors, and no limit outdoors for organized public events</li> <li>• Lifting capacity limits in select indoor public settings where proof of vaccination is required</li> <li>• Capacity limit of 50% at spectator events, including sporting events and concert venues</li> </ul>	<ul style="list-style-type: none"> <li>• Lifting capacity limits in all indoor public settings</li> <li>• Lifting proof of vaccination requirements</li> </ul>

Dates are subject to stable or improving health indicators.



As you know, we reopened our offices to staff on February 7<sup>th</sup>. At this time, we have not yet determined a date when our offices will reopen to the public, however we continue to offer many services curbside by appointment and essential health services continue to be delivered in-person by appointment.

We plan to maintain a minimum two-week lag period in implementing new measures, as we have done throughout the pandemic. This allows our organization time to adapt policies and processes and to plan for efficient and safe operations amid frequent changes. For example, Ontario plans to lift proof of vaccination requirements on March 1<sup>st</sup>, but the earliest NFN would consider doing so for our facilities would be March 15<sup>th</sup>. Our CCG will be discussing this, and other aspects of our reopening plans, at their next meeting on February 28<sup>th</sup> to make recommendations to Council.

**Vaccines remain the best line of defense** and are still available to all ages eligible to receive a first, second or third dose on NFN. Call the Lawrence Commanda Health Centre at 705-753-3312 to book an appointment.

Take-home **Rapid Testing Kits** can be picked up from the Health Centre by calling Richard McLeod at 705-753-3312 ext. 6971 to reserve a kit. **OneID Rapid Tests** are available at the Health Centre weekdays from 1pm-2pm by booking an appointment with Meagan Hester at 705-753-3312 ext. 2240. NFN member households on-reserve and in the local area are eligible for these testing kits and in-person tests. More details are available at [nfn.ca/rapid-tests](http://nfn.ca/rapid-tests).

**NFN Health Services will continue to support contact tracing for as long as possible to keep our community safe.** If you have symptoms, have tested positive for COVID-19 or are a high-risk exposure to a positive case, call our Community Health Nurse at 705-840-8830 if you have any questions or need guidance.

# Leepfrog Broadband Internet Update

## 100 Foot Tower Now Installed in Jocko Point



We are pleased to advise that Leepfrog Telecom has now installed a non-ground penetrating tower in Jocko Point to distribute internet services to five major residential areas that are currently under-served by existing internet service providers.

The 100 foot tower will both 5GHz and TVWS radio technology to distribute internet services to Garden Village, Jocko Point, Meadowside, Beaucage, and Yellek.

This fixed wireless access approach will bring a range of broadband internet access services to the residents within a very rapid timeframe. The wireless technologies used will include 5GHz high-speed backhaul, 5GHz WIFI distribution, and 700MHz TVWS distribution where better tree/foliage penetration is required to connect to homes.

As of February 24<sup>th</sup>, Leepfrog is waiting for Hydro One to install power to the site and there is currently no timeframe for the installation but NFN is working to escalate the issue. Once operational, Leepfrog will require some time to test the service before they make it available to the public.

Leepfrog has advised that they are ready to start connecting people in the Garden Village area as part of phase one and the direct link for people to sign up for service is [leepfrogtelecom.com/nipissing-on](http://leepfrogtelecom.com/nipissing-on).

Residents can also email [info@leepfrogtelecom.com](mailto:info@leepfrogtelecom.com) with their request or call 1-844-266-2954 to speak to someone and request more information about this new service. More details and the price list is available on our website at [nfn.ca/broadband](http://nfn.ca/broadband). We will continue to provide updates as the service gets closer to becoming operational.

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## Fisheries Memorandum of Understanding Renewed

**Background:** The government of Ontario recognizes NFN's Chi-Naaknigewin and Fisheries Law, a first in the Province. The relationship between the two governments is supported through an MOU that sets out a novel approach to fisheries management. Since 2016, the MOU has supported the recovery of the Lake Nipissing Walleye population and enforcement of NFN's Fisheries Law. The agreement has been renewed once before and was set to expire in 2021.

**Current Status:** Negotiations have been conducted between the NFN and NDMNRF and a new draft agreement has been produced. The new agreement contains many of the elements of the previous MOUs these include:

- Commercial fishery harvest monitoring
- Collection of data from catches and fishery assessment projects
- Sampling of harvested fish
- Sharing data and joint analysis of results
- Compliance and Enforcement
- Joint land and water patrols
- compliance and Enforcement Working Group with NDMNRF and APS
- Communications and Outreach
- Public outreach and education in person, online and in print
- Education during contacts with fishermen on the lake and shore
- Raising awareness of NFN laws and the MOU in communities outside the Nation

The new proposed MOU also has some new elements that are worth noting as extra value for NFN, including:

- Increased opportunity for enforcement and education outside of the moratorium and open season (winter)
- Increased opportunity for scientific data gathering and surveying
- Monetary support for a year-round hire of a fisheries technician rather than a few short contracts throughout the year that are hard to fill.
- Increased budget that accounts for inflation across the three year term of the MOU

## Council Meetings

Council meetings continue to be hosted online via Zoom out of precaution during the ongoing COVID-19 pandemic. Please contact Freda Martel at 705-753-2050 or email [fredam@nfn.ca](mailto:fredam@nfn.ca) to submit items to the agenda before 4pm on the Thursday prior to each meeting.

Regular meetings of Chief and Council meetings take place on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month.

NFN Debendaagziwaad (citizens) can register to attend online Chief and Council meetings by contacting:

Kim Salvaneschi  
705-753-2050 x1229  
or [kims@nfn.ca](mailto:kims@nfn.ca).

For more information and to view the Live Streaming Policy and Privacy Collection Statement, please [click here](#).

To review Council meeting agendas and meeting minutes, please visit: [nfn.ca/council-mtgs](http://nfn.ca/council-mtgs)



## Debendaagziwaad Committee Update

In an effort to raise awareness about this important governance initiative and to update our Nation on committee progress, we will be providing monthly updates from our Debendaagziwaad Committee meetings in our Enkamgak (community newsletter) moving forward. As a refresher, the Debendaagziwaad Committee was formed in 2018 as an ad-hoc (for a specific purpose) committee to develop a Debendaagziwaad (citizenship) Law that defines the rights and obligations of our debendaagziwaad and endaawaad (those who live among us) within the jurisdiction of Nipissing Nation in accordance with our Gichi-Naaknigewin.

The committee is comprised of seven (7) members of Nipissing First Nation representing elders, youth, NFN members at large and two (2) representatives of Chief and Council (Chief McLeod and Councillor Daniel Stevens).

The committee has continued to meet monthly with their most recent meeting taking place on February 17<sup>th</sup>, 2022. This meeting was focused on continuing to develop the core principles for the proposed Debendaagziwaad Law prior to drafting.

The core principles will serve as a foundation to help guide the development of the law and ensure the proposed law reflects NFN values, beliefs, and vision for the future. At the February 17<sup>th</sup> meeting, the committee reviewed a core principle concerning the inclusion of a component and/or criteria on understanding NFN culture & language (anishinaabemwin). It was felt by the committee that the principle needed to be strengthened to ensure that prospective members have some knowledge of culture and recognize the importance of anishinaabemwin.

The committee also discussed the question of “*why do we want to determine our own Debendaagziwaad Law?*” The committee agreed that answering this question in depth would help identify any additional core principles that may need to be considered before drafting a law.

The following reasons to develop a citizenship law were reviewed and affirmed:

- ◆ to ensure the continued existence of Nipissing people into future generations,
- ◆ to support our sovereign ability and responsibility of self-governance,
- ◆ to identify who are responsible for building and honouring our Nation, who are entitled to protection within our Nation, and those who are entrusted with the future of the Nation.

The committee further emphasized the need to include a statement regarding the revitalization and preservation of our language and culture. The committee also conducted a fulsome discussion on what is expected of a good citizen with reference to the seven grandfather teachings and understanding of NFN culture and history.

It was noted that a priority area for the committee moving forward will be to develop a plan to engage membership to educate the community about citizenship, to keep the Nation informed of committee progress and to seek input on the core principles. A central location on the NFN website has been established ([nfn.ca/citizenship](http://nfn.ca/citizenship)) to support information sharing on committee work and citizenship related resources.

*Continued on next page*

### ***Debendaagziwaad Committee Update Continued***

If you have any thoughts regarding the subject of citizenship or the discussion questions below and would like to share them with the committee, please provide them to Councillor Daniel Stevens, Debendaagziwaad Committee Chair, by email to [daniels@nfn.ca](mailto:daniels@nfn.ca) or to Freda Martel, Director of Administration, at [fredam@nfn.ca](mailto:fredam@nfn.ca).

**Why do you think it is important to develop a  
Debendaagziwaad (Citizenship) Law?**

**In your view, what is expected of a good citizen?**

### **Cold Climate Greenhouse Update**

#### **It's Full Steam Ahead for NFN's Fresh, New Initiative**

Nipissing First Nation is taking proactive steps to ensure food security, which is something that continues to plague Indigenous people and organizations across Canada. First Nation communities, particularly in northern Canada, must do more to become more self-sufficient in growing their own local food. Changing weather patterns, COVID-19 and the latest supply chain failures have re-emphasized the need to grow our own healthy food in a sustainable manner.

The Greenhouse Project was mandated by NFN Council in July 2016. Our feasibility studies showed that a cold climate greenhouse in the selected configuration operating on Nipissing First Nation can be viable and self-sustaining. Funding approvals have been received from Waubetek Business Development Corporation, Northern Ontario Heritage Fund Corporation (NOHFC) and FedNor to support this project.

With the site now selected and approved by Council and a sales agreement for the greenhouse equipment package in the works, the project is ready to proceed. Our new Cold Climate Greenhouse will be located in Jocko Point, east of Gen7 Fuel and 17-Hour Convenience.

The greenhouse initiative addresses the important need of providing healthier and better food security for our members amidst growing food supply uncertainties from the lower United States and Central America during our more vulnerable winter months. Developing the capacity to grow our own fresh produce year-round is central to our food security needs, and will also create jobs and revenue for NFN.

At least three individuals will be hired full-time to operate the greenhouse complex. This will also provide a hands-on training site for countless others that will then move on to operate similar facilities all across the country.

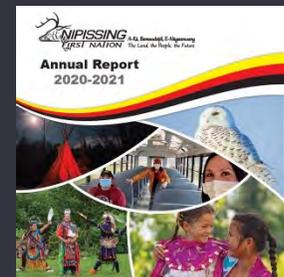
Once fully operational, the vertical farm complex will yield 15,000 kilograms annually of fresh, high quality, pesticide and herbicide free produce of all kinds. At the outset, our greenhouse will produce fresh specialty herbs (like basil and mint) and various types of lettuce.

The greenhouse operation will also spawn and support the launching of new First Nation food services businesses in food processing and delivery to the local markets such as restaurants, food caterers, specialty food grocers and home deliveries for live-at-home seniors amongst many other ventures. NFN's intention is to encourage and support the start-up of as many of these food related businesses as possible. For this to occur, we will need this valuable natural resource: fresh year-round produce abundantly available on a weekly basis.

### **2020-2021 Annual Report**

Our annual report is posted to the [Publications & Reports](#) section of our website (under the News & Reports menu).

Anyone who would like to receive a hard copy of the report is asked to contact Julie Lambert at 705-753-2050 or [juliel@nfn.ca](mailto:juliel@nfn.ca) to request one.



### **Greenhouse Project Update**

NFN has received more than \$270,000 from the Northern Ontario Heritage Fund Corporation and FedNor to support the containerized greenhouse project.

This project will create employment opportunities managing the year-round operation and harvesting produce that will be sold and consumed locally.



## First Nation Wills and Estates Information Sessions

With the new year, we try our best to start things new, to deal with things we sometimes put off until later. Wills and powers of attorney are one of those things we put off until later. We cannot put it off too long because as we age we lose our mental capacity to deal with it. Sometimes if we have a better understanding of it, it is a bit easier to take care of.

One approach to developing your will is to start with considering who you would choose to be your executor. This is the person who takes your will after your death and makes what is in it happen. They should be someone you trust to do what you ask. In some traditions the eldest son is given that responsibility. That is not always appropriate but something to think about.

Often married couples see everything as jointly owned, but that is often not the case. Things are in one or the other's name. Each spouse must have a will separate from the other and each deal with their own things. Even though that is the case, a very common approach for spouses is to have what they call "reciprocal" wills.

Essentially, in reciprocal wills if the one spouse dies, the surviving spouse gets everything and if they pass on at the same time, or within a short period of time, say 30 days, everything is divided equally amongst the children. If one spouse predeceases the other, once the surviving spouse passes on, all the things can then go equally amongst the children. This is a very common and smart approach. It ensures that the surviving spouse can carry on with life and minimize the change as best as possible under the circumstances.

Most wills do not get into much detail about things such as cars, snow machines, and other things that come and go with time. They do deal with the most costly things such as houses and land. Wills often have what is called a "residue" clause, a line in the will that says anything I did not mention in the will can be given to the named people, generally equally, and usually it's the children.

First Nation non-member children are a common challenge in writing wills. A non-member cannot directly own land on reserve and other principles that relate to loss of land to non-members. There are some ways to overcome these challenges but there are risks and downsides to doing these things as well.

Power of attorneys are permission to another to take care of your affairs upon an event such as loss of mental capacity to make decisions in regards to health issues, like whether to have a certain procedure or type of care. They also can be used to give permission to another to take care of your affairs financially, like accessing bank accounts, paying bills, etc.

I will be online on Zoom on Thursday, March 10<sup>th</sup> and again on Thursday, March 24<sup>th</sup> at 6:30 pm to discuss these things and more and to respond to questions you may have on these topics.

**PLEASE REGISTER IN ADVANCE** for these sessions by contacting Melissa Penasse by email at [Melissap@nfn.ca](mailto:Melissap@nfn.ca) or by phone at 705-753-2050 ext. 1265.

*Fred Bellefeuille, Legal Counsel*



**WILLS  
and  
ESTATES**

Virtual 

**INFORMATION SESSIONS**

**Thursday, March 10 - 6:30pm-8:30pm**  
**Thursday, March 24 - 6:30pm-8:30pm**

Learn about **Wills, Power of Attorney Documents & Burial Arrangements** with Fred Bellefeuille.

**REGISTER IN ADVANCE with Melissa Penasse**  
**melissap@nfn.ca or 705-753-2050 ext. 1265**

*If you can't attend these sessions, you can request a copy of the presentation by calling 705-753-2922.*

# UPDATES



## 2021 Census Release Schedule By Theme



## 2021 Census Release Schedule By Topic





## NFN Jobs & Training

As per Nipissing First Nation hiring procedures, the following steps are used for screening and recruitment processes.

- **1st round** postings are open to all registered Nipissing First Nation members.
- **2nd round** postings are open to spouses of registered Nipissing First Nation members and registered members of other First Nations.
- **3rd round** postings are open to all applicants (status and non-status)

Nipissing First Nation members are encouraged to apply to all rounds of employment postings.

As per Section 24(1)(a) of the Ontario Human Rights Code, Nipissing First Nation gives preference to First Nation applicants for any employment opportunities.

## Employment Opportunities

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

### Permanent Full-Time Positions

#### Reception – Program Support Clerk – Full Time

1st Round Closes Friday, March 4, 2022 at 4:30 p.m.  
2nd Round Closes Friday, March 18, 2022 at 4:30 p.m.  
3rd Round Closes Friday, April 1, 2022 at 4:30 p.m.

#### Transitional and Housing Support Worker – Ojibway Women’s Lodge

Full Time — *2nd Round Posting*  
Apply by Friday, March 4, 2022 at 4:30 p.m.

#### Student Success Teacher – Nbisiing Secondary School – Full Time

1st Round Closes Friday, February 25, 2022 at 4:30 p.m.  
2nd Round Closes Friday, March 11, 2022 at 4:30 p.m.  
3rd Round Closes Friday, March 25, 2022 at 4:30 p.m.

#### Information Technology Technician – Full Time

1st Round Closes Friday, February 25, 2022 at 4:30 p.m.  
2nd Round Closes Friday, March 11, 2022 at 4:30 p.m.  
3rd Round Closes Friday, March 25, 2022 at 4:30 p.m.

#### Director of Education (Permanent) – Full Time

1st Round Closes Friday, February 25, 2022 at 4:30 p.m.  
2nd Round Closes Friday, March 11, 2022 at 4:30 p.m.  
3rd Round Closes Friday, March 25, 2022 at 4:30 p.m.

#### Post-Secondary Support Worker (Permanent) – Full Time

1st Round Closes Friday, February 25, 2022 at 4:30 p.m.  
2nd Round Closes Friday, March 11, 2022 at 4:30 p.m.  
3rd Round Closes Friday, March 25, 2022 at 4:30 p.m.

#### Human Resources Coordinator (Permanent) – Full Time

1st Round Closes Friday, February 18, 2022 at 4:30 p.m.  
2nd Round Closes Friday, March 4, 2022 at 4:30 p.m.  
3rd Round Closes Friday, March 18, 2022 at 4:30 p.m.

#### Cultural Events Coordinator (Permanent) – Full Time

1st Round Closes Friday, February 18, 2022 at 4:30 p.m.  
2nd Round Closes Friday, March 4, 2022 at 4:30 p.m.  
3rd Round Closes Friday, March 18, 2022 at 4:30 p.m.

#### Governance Manager (Permanent) – Full Time

1st Round Closes Friday, February 11, 2022 at 4:30 p.m.  
2nd Round Closes Friday, February 25, 2022 at 4:30 p.m.  
3rd Round Closes Friday, March 11, 2022 at 4:30 p.m.

#### Governance Policy Analyst (Permanent) – Full Time

1st Round Closes Friday, February 11, 2022 at 4:30 p.m.  
2nd Round Closes Friday, February 25, 2022 at 4:30 p.m.  
3rd Round Closes Friday, March 11, 2022 at 4:30 p.m.

#### Recreation Activator – Full Time

1st Round Closes Friday, February 4, 2022 at 4:30 p.m.  
2nd Round Closes Friday, February 18, 2022 at 4:30 p.m.  
3rd Round Closes Friday, March 4, 2022 at 4:30 p.m.

**TO APPLY:** Submit applications before the deadline to [resumes@nfn.ca](mailto:resumes@nfn.ca), by fax to 705-753-0207, or mail or drop off applications to: Human Resources Department, Nipissing First Nation, 36 Semo Road, Garden Village ON P2B 3K2.

Nipissing First Nation (NFN) members are encouraged to apply to all rounds of employment postings. As per Section 24(1)(a) of the Ontario Human Rights Code, NFN gives preference to First Nation applicants for any employment opportunities.

## Introducing New Members of Our Team

### *True Self Welcomes Robert Couchie as Outreach Peer Worker*



Aanni! I am recently a new hire with True Self/Debwewendizwin Employment & Training, having just transitioned from the Canadian Armed Forces into the position of Outreach Peer Worker with this great organization.

Being a member of Nipissing First Nation I have a long history working with indigenous youth from all walks of life. I currently reside on Nipissing First Nation land with my wife and children.

My background has set me up well for this line of work, helping others and being of service to my own community and people.

I just graduated from Nipissing University with a degree in political science and sociology with a minor in philosophy and I believe heavily in this line of work, helping and supporting others establish a footing in regaining control of their life with the kind of autonomy that encapsulates dignity, self-respect and that provides momentum for moving forward in life.

Miigwech,  
Robert Couchie



### *Meet our New Communications Officer*



Hello Nipissing First Nation community members! My name is John McFadden and I have been hired on contract as the Communications Officer while Gen Couchie transitions to a new role with NFN and until Hillary McLeod returns from maternity leave in September. I am humbled and proud that I have been chosen to fill this position and view it as a tremendous opportunity.

I was born and raised in central Ontario but spent the last nine winters as a journalist and a communications officer in Yellowknife, NWT.

While there, I won seven National Community Newspaper Awards writing news stories about Indigenous people and issues. More importantly, I gained a newfound appreciation for Indigenous people, their cultures, their stories and their struggles to overcome the ravages of colonialism.

I came in contact with Nipissing First Nation while still in Yellowknife as I worked remotely as the Indigenous issues reporter for the Parry Sound North Star newspaper. I was not aware of the communications officer posting until I sent Chief McLeod a Happy New Year note in early January mentioning I had been laid off. That to me is an example of good timing which often leads to good results which it apparently has.

I expect to move to the Nipissing area at the end of the month and look forward to immersing myself in the community and with its people. I also look forward to meeting all of you and supporting you in any and all ways I can.

Please do not hesitate to contact me with any concerns you may have or any projects that I may be able to assist with.

The folks I have worked with so far in the Administration office have been very friendly and more than willing to help.



I have included the front page of a story I wrote this past summer about young Indigenous people in Huntsville, coming to grips with what residential schools are all about.

Thank you again for this opportunity to represent and support the people of Nipissing First Nation.

Sincerely,  
John McFadden

# Life Promotion Event

MARCH 14 | 5:00PM TO 8:30PM

# NIPISSING DAY

MARSHMALLOW ROAST

NFN FIRE DEPT - Fire Prevention Info

PENNY SALE

INFORMATION BOOTH

Horse Drawn Wagon Rides  
5:00PM - 7:30PM



Chili & Fry Bread  
5:30pm - 6:30pm

Hot Chocolate & Apple Cider

GAMES

Family Skate  
6:45PM - 8:00PM

Dress warm!  
This event is entirely outdoors!

**MASK REQUIRED**  
\*As many of our children are not vaccinated\*

## — FIREWORKS @ 8:30PM —

We encourage you to park at the Band office and bring chairs to the dock (beside the church) to view the fireworks

Need transportation from Duchesnay? Contact: Lorian McLeod 705-753-3312 or [lorianm@nfn.ca](mailto:lorianm@nfn.ca)  
Registration for transportation closes: March 7, 2022 4:30PM

### *Miigwech to the following partners:*

NFN Health Services  
NFN Children's Services  
NFN Fire Department  
NFN Culture & Heritage

Nipissing Ojibway Daycare Centre  
NFN Child Welfare  
NFN Education Department



Tuesday, March 8<sup>th</sup>

1:00 PM - 3:00 PM

Please join us in celebrating the Ojibway Women's Lodge Annual International Women's Day event.

*Due to COVID-19, our event will be held on ZOOM.*

**Community  
Social, Trivia &  
Door Prizes!**



To register your team please contact [brooklynp@nfn.ca](mailto:brooklynp@nfn.ca) by Friday March 4<sup>th</sup>



OJIBWAY WOMEN'S LODGE  
Respect, Security, Harmony

## March is Nutrition Month

### Phone-In Event

Call 705-753-3312 ext. 2229

March 4<sup>th</sup> between 10am – 12pm

Call in and answer a “True or False”  
Nutrition Quiz Question

Great Prizes to be won!

Unlock the Potential of Food

## Ingredients for a Healthier Tomorrow



[NUTRITIONMONTH2022.CA](http://NUTRITIONMONTH2022.CA)





## Events for Families and Children 12 & Under

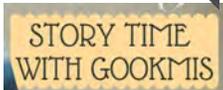
Kids' Movie Nights - Friday, March 4<sup>th</sup> & Friday, March 25<sup>th</sup>



St. Patrick's Day Crafts / Activity Package - March 15<sup>th</sup>



Scavenger Hunt - March 15<sup>th</sup> - 18<sup>th</sup>



Storytime with Gookmis - March 17<sup>th</sup> & 29<sup>th</sup> at 6pm

Events are open to NFN members and affiliates

For more information or to register, please email [katiel@nfn.ca](mailto:katiel@nfn.ca).

NFN MEMBERS & AFFILIATES

Ages 8-24

# MSHKIKI-PIKWESHMONKEDAA!

*"Lets Make Medicine Pillows"*

FOLLOW ALONG WITH LILY ARMSTRONG  
NO SEWING OR NEEDLES REQUIRED  
SIGN UP TO RECEIVE YOUR SUPPLY KIT

**MARCH 15 | 2022 | 1:00**

REGISTRATION CLOSSES MARCH 9TH



**zoom**  
Video Communications



Email: [Katiel@nfn.ca](mailto:Katiel@nfn.ca)

*Native Child Welfare Program*

# Nishnaabemwin Word Search

N	D	Q	I	J	Z	S	H	H	P	W	Q	Y	G	J
J	M	E	M	E	N	G	W	A	A	A	M	F	H	Q
P	A	A	P	A	A	S	E	G	B	A	O	K	W	Y
F	B	H	X	O	S	X	I	I	W	G	G	S	W	G
S	C	A	I	I	B	B	I	A	L	O	Q	V	W	A
E	O	K	I	C	E	H	A	S	Q	S	H	I	Z	O
Z	G	K	U	N	S	S	R	N	A	H	I	K	U	S
I	O	A	G	I	I	R	V	P	O	G	B	R	E	P
O	G	O	I	I	L	T	K	X	S	X	T	C	W	I
J	Y	H	B	L	U	Y	G	H	I	P	B	I	A	Z
J	Z	O	Y	A	Q	O	E	O	O	M	D	I	J	I
N	U	B	N	Z	A	N	S	P	L	X	F	H	Y	G
E	G	N	L	T	S	W	U	H	N	G	F	N	Z	I
U	H	I	F	N	A	B	S	E	O	T	K	G	Y	M
T	D	Z	G	A	K	V	U	F	G	N	I	Z	J	U

Esban (Raccoon)  
 Jidmoo (Squirrel)  
 Mkwa (Bear)  
 Waabooz (Rabbit)  
 Zhiishiib (Duck)

Gnebig (Snake)  
 Memengwaa (Butterfly)  
 Ngig (Otter)  
 Waagosh (Fox)

Gwiigshens (Chipmunk)  
 Migizi (Bald Eagle)  
 Paapaase (Woodpecker)  
 Waasii (Catfish)



Virtual Ojibwe Creation Story

Date: Wed. March 9, 2022 Time: 6:00 - 7:30pm

With: Will Morin



Contact to Register for Zoom  
 Debbie Lemieux nichikwe@gmail.com  
 Or Ann-Marie Recollet amrecollet@hotmail.com  
 Mental Wellness Navigator North

Brought to you in partnership by:



# VIRTUAL WOMEN'S HAND DRUM CIRCLE

Feb 09 ♦ 6-7pm  
 Feb 10 ♦ 3-4pm  
 Mar 02 ♦ 6-7pm  
 Mar 17 ♦ 1-2pm

**To all residents and members of**  
 Wasauksing, Magnetawan, Henvey Inlet  
 Dokis, Nipissing & Wahnapiatae First Nations

## Facilitator:

Lisa Osawamick MSW, RSW  
 Zaagidwin Counselling &  
 Consulting Wiikwemkoong

## All participants

will be entered into a  
 draw for a chances to  
 win a gift card

## Contact to Register for Zoom

Debbie Lemieux  
 nichikwe@gmail.com

Or

Ann Marie Recollet  
 amrecollet@hotmail.com  
 Mental Wellness Navigator North  
 705 858 5404



Mental Wellness Team  
 Ntam Nishnaabeg Jiigbiig  
 "People by the Water"



Health  
Canada

Santé  
Canada



Please visit our website [www.nbsiing.com](http://www.nbsiing.com) or Facebook Page for our calendar of events and other school-related information, or call (705) 497-9938.

## Outdoor Education

In preparation for Zisbaaktooke Giizis, the Outdoor Education class has built a sturdy fire pit that can be used for cooking and boiling maple syrup. First meal... moose roast and bannock!



## Junior Art

The Junior Art class has had a lot of fun learning and practicing the different elements of art.



## CPR Training

Our Outdoor Education and Cooperative Education students received their CPR and AED certification training February 16th. The Co-op students have also been certified in general Health and Safety and WHMIS. They are now in the process of entering job placements in our community.

## Keith Campbell Original Artwork Donation



Les Couchi has been a strong voice supporting Nbsiing Secondary School since its beginning over 25 years ago. Les has donated many items as well as his time and his gift of photography to the school over these years. Recently, Keith Campbell had an original piece of art that he wanted to donate and Les directed him to Nbsiing Secondary School stating that, "it is the home of an Indigenous controlled educational institute and should be celebrated."

Keith is a well-known ceramic artist who created the piece pictured above as a tribute to the history of Residential Schools. Keith's work includes gifts to the Queen and the Prime Minister. We are humbled and honoured to receive this gift which reminds us of what has happened, encourages us to continue with what we are doing in Indigenous Education now and ignites our passion to continue to move forward and always improve. Miigwech!

# Community Profile Book Project

The Kinooaadziwin Education Body is supporting the Regional Education Council #3 Participating First Nations in producing Community Profile Booklets/Teachers Guides for its seven (7) Participating First Nations.

The intent of the Community Profile Booklets is:

- ⇒ To promote a greater understanding of the seven (7) First Nations;
- ⇒ To help make the relevant school curriculum more accurately reflect the history and experiences of the seven (7) First Nations;
- ⇒ To provide accurate historical and culturally authentic information about the First Nations;
- ⇒ To promote the First Nations by having printed and digital copies of the booklets in schools, libraries, government offices and other organizations; and;
- ⇒ To collaborate with District School Boards affiliated with the First Nations involved in the project with a goal to connect the booklets to school learning programs.

Nipissing First Nation has received \$10,000 to assist with this project, with the funds intended to support:

- ⇒ Engaging a Community Researcher to conduct research and collect historical, cultural, economic, demographic and community information; gather information through interviews, surveys, and review of existing community plans; gather supporting photos and to record anecdotal information (stories).
- ⇒ Hosting community focus groups.
- ⇒ Engaging an Elder to guide the local research.

## Draft Template for Community Profile Books

### Preface in the Language

### Introduction

**Our Land and Water** - Location, territory, maps, land use, ecosystems, etc.

**History** - Timelines of community, how it was established

**Governance** - Local First Nation leadership and governance, Chief and Council, other leaders?

**Contemporary Life** - Population

**Tradition and Culture Music** - Profile a musician? Profile an artist? Humour

### Elders

### Spiritual Practice Gatherings

### Powwow

### Honouring Veterans

### Food

### Clothing

### Homes

### Transportation

### Economic Development

### Employment

**Businesses and Services Education** - Childcare, Schools (Elementary, Secondary, Post-Secondary), Adult Education

"A day in the life of a student"

Recreation (baseball, hockey, etc.)

### Self-Governance

### Treaty Rights

### Water Rights

### Harvesting Rights

### Land Claims

### Education Rights

### Nishnaabemwin

**Culture** - 7 grandfather teachings, 13 moons, etc ...

### Current Research

### Business

**Closing Thoughts** - Reconciliation, the future

**Resources and "Fast Facts"** - Treaties, Indian Act

### Treaty Timeline

## Mental Health Resources

### FOR ADULTS

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

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

### FOR CHILDREN & YOUTH

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

**Kids Help Phone:** Free, confidential professional counselling, information, and referrals for mental health and addictions services.

Call 1-800-668-6868

Text: CONNECT to 686868  
Live chat counselling: [kidshelpphone.ca](http://kidshelpphone.ca) or via Facebook Messenger

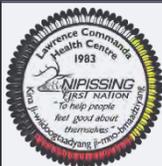
### CRISIS INTERVENTION

**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



## 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 March 3<sup>rd</sup> for a package on March 9<sup>th</sup>

# Virtual Art Therapy

WITH  
ART THERAPIST: EMILY COUCHIE

**YOUTH AGES: 11- 17YRS**

**Dates; March 10, March 17,  
March 24**

**Thursday evenings  
6:30pm- 8:00pm**



Supplies and Zoom link will be sent to participants  
Limited Space Available

**To Register call Lori-Anne @ 705-753-3312  
or email [loriannm@nfn.ca](mailto:loriannm@nfn.ca) before March  
7th @4:00pm**



# Food Bank Donations

*Miigwech to our Generous Donors!*

Donations to the NFN Food Bank  
April 2021 to February 2022

Kana Leaf	\$1,100.00
White Woods School	\$52.00
Peel Regional Labor	\$250.00
Inge Olsen	\$300.00
PHE Canada	\$250.00
Sam & Pat Stevens Jr.	\$750.00
Community Living North Bay	\$3,000.00
Charlene Lalonde	\$100.00
Blaine Parrington	\$50.00
Necessities	\$500.00
Amy Ellis	\$50.00
<b>Total</b>	<b>\$6,402.00</b>



**Kana Leaf Food Drive**

## There's an app for that!

Download our mobile app  
**NFN Waste and Recycling**



See your waste  
collection  
schedule



Receive reminders  
about your collection  
day



Learn what materials  
can be recycled



Or visit <http://nfn.ca/public-works/waste/>. You can also sign up for reminders by email, text message, or phone call. You can also search for an item to learn if it can be recycled!



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[couchie.george@gmail.com](mailto:couchie.george@gmail.com)

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