



June 2022

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*Keep an eye out for a new and improved way to receive the newsletter and updates from NFN.*

## Council Meetings

Submit agenda items by 4pm on the Thursday prior to the Council meeting to:  
Freda Martel, Director of Administration,  
by email  
to [fredam@nfn.ca](mailto:fredam@nfn.ca).

JUNE 7th (Duchesnay) & June 21st.



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



Elections  
Ontario

VOTE

**ELECTION DAY**

**JUNE 2 - 9am - 9pm**  
Duchesnay Hall  
Garden Village Gym

**ELECTIONS.ON.CA**

June 2 is election day.

### What ID do I need to bring to vote?

The ID you can use depends on whether or not you are on the voters list. If you are on the voters list, you will need only one piece of ID showing your name. If your name is NOT on the voters list, you will need one piece of ID showing both your name and residential address.

If you need a Letter of confirmation of Residency from Nipissing First Nation, please call our office at 705-753-2050 or email [fredam@nfn.ca](mailto:fredam@nfn.ca) to request one.

### Voter Registration

Use [eRegistration](#) to confirm, update or add your voter information before May 23 and Elections Ontario will mail you a voter information card with information on when and where to vote.

- You can also add or update your voter information at your returning office, advance voting location or on election day.
- You must provide one piece of ID showing your name and current residential address.

### Voting by Mail

The deadline to apply to vote by mail is 6 PM (Eastern Time) on May 27. Elections Ontario must receive your completed voting kit by 6 PM (Eastern Time) on June 2 (election day) to be counted.

To vote by mail, you will need to complete a Vote by Mail application and provide a copy of at least one piece of government-issued [ID](#).

You can apply to vote by mail: using the online [Vote by Mail application](#)

by [downloading and printing an application](#)

## UPDATES



### Chief's Calendar

May 31st– June 2nd Anishinabek Nation Grand Council Assembly

June 7th NFN Chief & Council Meeting (Duchesnay)

June 8th KEB AGM (Rama)

June 14th—16th COO Annual Chiefs Assembly

June 21st NFN Chief & Council Meeting

June 23rd Ontario First Nations Limited Partnership (OFNLP) Annual General Meeting



### Nipissing First Nation

36 Semo Road  
Garden Village ON P2B 3K2

Phone: 705-753-2050

Fax: 705-753-0207

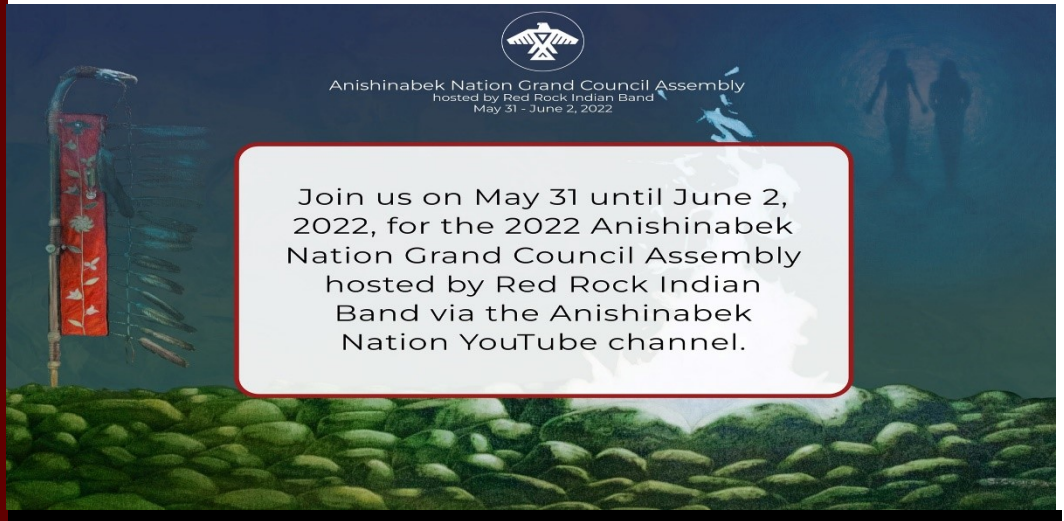
Web: [www.nfn.ca](http://www.nfn.ca)



## Council Connection

Keeping Our Community Informed about Key Issues

**Anishinabek Nation Grand Council Assembly is underway.** To join daily via livestream.  
<http://anishinabek.online/ANGCA>.



Join us on May 31 until June 2, 2022, for the 2022 Anishinabek Nation Grand Council Assembly hosted by Red Rock Indian Band via the Anishinabek Nation YouTube channel.

**REMINDER:** Chief & Council will be having their first in-person meeting June 7th at 7:00PM in Duchesnay. Although C&C will be attending in-person, NFN members will still **ONLY** be able to join virtually.

Gimaa Zoongawbi (Chief Scott McLeod) along with Councillor Jane Commanda went to Mississauga to receive the Project of the Year Award from the Ontario Works Association for the reconstruction of the Duchesnay bridge. Congratulations to all involved in the Nipissing FN/Miller Construction partnership.





## Garden Village Water Treatment Plant Upgrades

### Update (This project is now underway)

The construction of the expansion to the existing Water Treatment Plant in Garden Village on Gerald Crescent will begin May 1st. (UPDATED: Begin on May 31st, 2022). The work is expected to take approximately 18 months. Cecchetto & Sons Construction from Sudbury was selected as the Contractor.

We are looking forward to this expansion to our existing Plan as it will improve the water quality, fire protection, and long-term water quality as the drilling of additional wells is part of the project.

We regret there will be disruptions along the way with extra truck traffic, construction noises, etc. as the construction proceeds, but the project will benefit the community in the long term.

*Should you have any questions or concerns, please contact:*

**Bruce McLeod, Special Projects Manager**

**Office: 705-753-2050 ext 1326. Cell: 705- 498-2520 Email: [brucem@nfn.ca](mailto:brucem@nfn.ca)**

## Nbisiing Power

### Now Open!

Nbisiing Power has opened its doors for business and unveiled its new head office in the Bineshii Small Business Centre west of North Bay.

Anishinabek Grand Council Chief Reg Niganobe was there to help celebrate the grand opening, as was [Nipissing First Nation](#) (NFN) Chief Scott McLeod, who mentioned that the Small Business Centre is filling up fast, "and it's a good problem to have."

Nbisiing Power doesn't sell power. You can't visit the office and ask them to hook your home up to their grid. What Nbisiing Power provides is equipment to the energy sector; the new company will act "as a reseller of electrical power equipment," explained Christine Goulais, the acting Chief Executive Officer for [Nbisiing Power](#).



Read the write-up by David Briggs in Northern Ontario Business here: <http://northernontariobusiness.com/.../nipissing-first...>



## Visit Bineshii Small Business Centre.

Located at [132 Osprey Miikan](#), on highway 17W between Young Forestry Services and the Eagle's Nest Gas Bar near the community of Yellek.

The following businesses are located at this site.

- Supplies for the Soul
- Mino Niibiish Boutique
- Duane Linklater Studio
- Kinoomaadziwin Education Body
- Nbisiing Power



## Mno-waawiindandaa Anishinaabe Giizhigad!

Let's celebrate Anishinaabe Day!

June 6

The Anishinabek Nation is celebrating Anishinaabe Giizhigad on June 6 to honour our past, present, and future. In the simplest terms, we are strengthening our Nation and providing a good future, an Anishinaabe future, for our children.

Our greatest strength is our Anishinaabe ways: our language, culture, history, and traditions. This is how we have survived genocide and this is how we will strengthen our people and ensure our future. We have much to celebrate!

On November 17, 2021, the Anishinabek Nation Leadership Council proclaimed June 6 as Anishinaabe Giizhigad our very own national holiday.

June 6 commemorates the proclamation of the Anishinaabe Chi-Naaknigewin (Anishinabek Nation Constitution) by the Anishinabek Nation Grand Council, held at the Roundhouse in Sheguiandah First Nation on June 6, 2012.

The adoption of the Anishinaabe Chi-Naaknigewin was then confirmed by The Pipe Ceremony and so, it is a sacred commitment to live according to Anishinaabe principles and law. Our principles and laws are expressed in the Preamble of the Anishinaabe Chi-Naaknigewin. The Preamble, Ngo Dwe Waangizid Anishinaabe (One Anishinaabe Family) was guided, created, and gifted to us by our Elders and provides the spirit and intent, and the vision and purpose of the Anishinaabe Chi-Naaknigewin.

Ngo Dwe Waangizid Anishinaabe states:

"Creator placed Anishinaabe on the Earth along with the Gift of Spirituality. Here on Mother Earth, there were Gifts given to Anishinaabe to look after: Fire, Water, Earth, and Air.

The Creator also gave Anishinaabe Seven Sacred Gifts to guide them. They are: Love, Truth, Respect, Wisdom, Humility, To Live a Good Life, and Bravery.

Creator gave us sovereignty to govern ourselves.  
We respect and honour the past, present and future."

To live according to Anishinaabe principles and law, we must acquire and practice Anishinaabemowin (Language) and Anishinaabe Inaadziwin (Culture), always. This is the source of Anishinabek nationhood, identity, and pride.

This is how we provide for future generations. This is why we will celebrate June 6 each year.

"We should celebrate on June 6th; that is our national holiday, not June 21,"  
- The Late Anishinabek Nation Head Getzit Gordon Waindubence Shiikenh-baa



**The Anishinabek Nation  
invites you to the  
livestreamed Inaugural  
Ashininaabe Giizhigad!**

**Monday June 6, 2022  
from 8:30 am to 5:00 pm**

*The Anishinabek Nation is celebrating our recently proclaimed national holiday, Anishinaabe Giizhigad, to honour our past, present, and future! We are strengthening our Nation and providing a good future—an Anishinaabe future—for our children and future generations.*

*Our greatest strength is our Anishinaabe ways: language, culture, history, and traditions. This is how we have survived genocide and this is how we will strengthen our people to ensure our future. We have much to celebrate and we look forward to celebrating with you! Please join us via livestream on our official YouTube channel on June 6th.*

**Mno-waawiindandaa Anishinaabe Giizhigad!**

**Let's Celebrate Anishinaabe Day!**

**For further information please contact Mary Laronde**

**Email:  
[mary.laronde@anishinabek.ca](mailto:mary.laronde@anishinabek.ca)  
Cell: 705-358-1883**



"North Bay City Council has unanimously approved the motion to rename Marathon Beach in honor of Chief Michael Shabogesic, one of the most influential Nipissing First Nation Chiefs, who was signatory to the Robinson-Huron Treaty of 1850. "Shaabgiizhig Jiigbiik" in Ojibwya, the beach will also be known as "Shabogesic Beach." In consultation with Nipissing First Nation, a plaque will be constructed at the site to share the history behind the name."

*-The City of North Bay*



## Chi-Miigwech to Community Members & Compliant Fishers

The annual gill net moratorium and temporary moratorium on spear fishing for 2022 has ended. We saw good compliance with both moratoriums thanks to a tradition-based membership who understand the importance of allowing walleye to repopulate their numbers at this crucial time of year.

We are extending a 'Chi-Miigwech' to Nipissing First Nation members who refrained from harvesting during the walleye spawn. Nipissing First Nation efforts are beginning to show positive signs with the walleye population which will ensure that we pass on a healthy fishery to the next generation of Nipissing First Nation members.

## The NFN Community Backyard Composting Program Expansion for 2022!

Together, we can make a huge difference in creating a healthier environment by composting our organic waste.

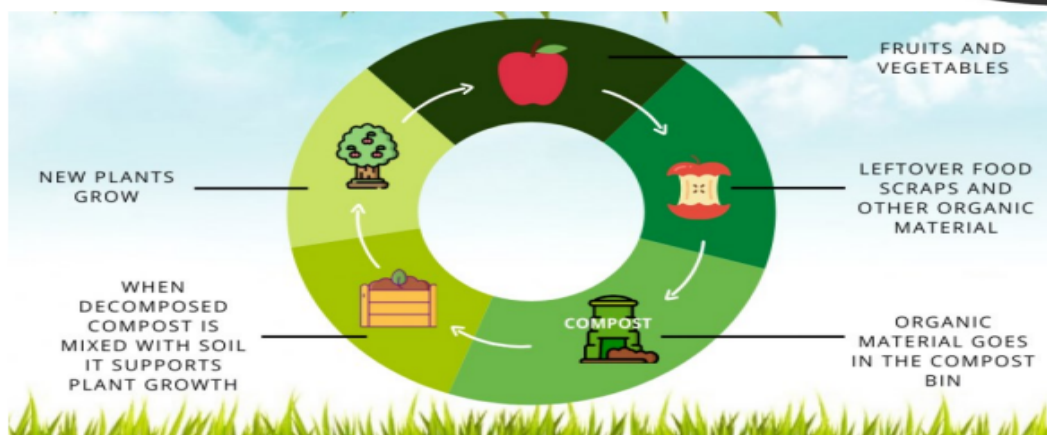
We have 300 compost bin units available for NFN community households. Only one per NFN household will be provided for those who qualify for this program.

### Benefits of Community Composting

- Shows a community's commitment to local environmental sustainability.
- Reduces waste going to our landfills and increases the lifespan of our landfills.
- Decreases the cost of transporting and disposing of waste at landfills.
- Reduces greenhouse gas emissions (methane gas).
- Reduces leachate (the toxic liquid that runs from a landfill).
- Produces an end product – compost – that can be used by the community to add nutrients to the soil.



### Compost Life Cycle



**To qualify for our NFN Community Backyard Composting Program,** you are a Nipissing First Nation band member, the primary resident, and reside on Nipissing First Nation.

For more information, please contact Grant Stevens, Waste Diversion Coordinator by phone 705-753-2050, ext. 1269, email [grants@nfn.ca](mailto:grants@nfn.ca) or through the NFN Waste and Recycling App.

# Employment Opportunities

**FOR EMPLOYMENT UPDATES & OPPORTUNITIES VISIT [NFN.CA/JOBS](http://nfn.ca/jobs)**

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

**Home and Community Care Indigenous Transitions Facilitator**

Open Posting Until Filled.

**Governance Manager**

Open Posting Until Filled.

**Outreach Coordinator– True Self Debwewendizwin**

3rd Round Closes Friday, June 3rd, 2022 at 4:30 PM.

**Office Support Administrative Assistant**

3rd Round Closes Friday, June 3rd, 2022 at 4:30 PM.

**Ontario Works Caseworker**

2nd Round Closes Friday June 3rd, 2022 at 4:30 PM.

**IT Technician**

3rd Round Closes Friday June 10th, 2022 at 4:30 PM.

*We encourage all those who are interested in a position here at NFN to apply, you can submit employment applications to: [resumes@nfn.ca](mailto:resumes@nfn.ca). Applications submitted after the deadline will not be considered, Miigwech to all applicants for their interest, however; only those selected for an interview will be contacted.*



# WE'RE HIRING!



## CHIEF EXECUTIVE OFFICER SALES DEVELOPMENT LEAD

We are a newly established and growing Electrical Power Equipment reseller in Nipissing First Nation. Nipissing Power was created through a limited partnership, majority owned by Nipissing First Nation, with Composite Power Group Inc.

Send applications to [resumes@nfn.ca](mailto:resumes@nfn.ca) by June 3, 2022.

View the job postings at [nfn.ca/nipissing-power](http://nfn.ca/nipissing-power)

## NFN Jobs & Training

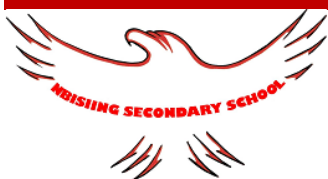
As per Nipissing First Nation hiring procedures, the following steps are used for screening and recruitment processes.

- **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 are registered members of other First Nations.
- **3rd round** postings are open to all applicants (status and non-status)

**NFN members are encouraged to apply to all rounds of job 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.*





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

### Medicines with Glenna

Chi-Miigwech to Glenna Beaucage for coming into our school and teaching our students about some of the medicines within Duchesnay. We were lucky enough to find, harvest, and brew tamarack, highbush cranberry (cramp bark), and hawthorne.



### The Canadian Ecology Centre

Nbisiing's Leadership and Outdoor Education classes attended the Canadian Ecology Centre for three days of learning on the land. Students received their GPS Certification through the programming. Chi-Miigwech to Bill Steer, Mandy, Coral, and all the staff for this amazing experience.



### National Day of Awareness for MMIWG2S

On May 5th, Nbisiing students completed red dress pins, keychains, and various pieces of art to honour the spirits of missing and murdered Indigenous women and girls.



### Moose Hide Campaign Day

May 12th, 2022 was Moose Hide Campaign Day. Students and staff completed a walk in support of Moose Hide Campaign Day and worked to spread awareness about gender-based violence within Indigenous communities.

**We are so excited to be able to celebrate the Graduating Class of 2022 with an in-person ceremony this year on June 22, 2022. Graduates from the Class of 2021 and Class of 2020 are welcome to join us for this year's celebration.**

**Any graduates from the Class of 2021 or 2020 who are interested in attending, please email [admin@nbisiing.com](mailto:admin@nbisiing.com) to arrange delivery of your invitation. We can't wait to celebrate with you!**

# KEB'S 1ST LANGUAGE GATHERING

WITH MC BRENT "MOOSELEGS" EDWARDS

*Join us as we learn from Anishinaabemowin language champions  
about their learning journeys from beginning to now.*



## PRESENTERS

FALCON SHABOGESIC  
PETER SHEBAGABOW  
AMY DEBASSIGE  
MONTY MCGAHEY II  
BARBARA NOLAN  
MARY DOKIS

Zoom  
EVENT



**WHEN ?** JUNE 3, 2022, FROM 9AM TO 4PM

**LINK TO REGISTER:** <https://tinyurl.com/mrxt37xr>



KINOOOMAADZIWIN  
EDUCATION BODY



Anishinaabemowin speakers, learners, and educators make sure to register for the Kinooomaadziwin Education Body's 1st Language Gathering! The format for this event will be fully virtual. A draft agenda will be shared with those who reg-



# Animating the Land: The Stories of Nbisiing Nishnaabeg



**COURSE:**  
**HIST 1306 SI**

**DATES:**  
**August 8-18, 2022**

**TIME:**  
**Monday - Thursday**  
**9:00 AM - 1:30 PM**

**LOCATION:**  
**Nbisiing Secondary School,**  
**Nipissing First Nation**

**INSTRUCTORS:**  
**Elder John Sawyer and**  
**Erin Dokis (erind@nipissingu.ca)**

Course open to NFN community members,  
including grade 12 students who have graduated.  
<https://events.eplly.com/HIST1306AnimatingtheLand3366129>

Please contact NFN Post-secondary Education  
Department to arrange for part-time registration fees  
(application required for approval).

Post-secondary Worker: gerryg@nfn.ca - 705-753-6995



## FAMILY TRIP TO CANADA'S WONDERLAND



**JULY 14, 2022**

**\*Limited Spots Available\***

**\$20/person**

**Ages 24 years old & Under**

Anyone under 16 must be accompanied by a  
parent/guardian who is 18 years of age or older

Registration will only begin on **June 6, 2022**

To register, contact: Katie Lariviere ([katiel@nfn.ca](mailto:katiel@nfn.ca))

OR

Randy Penasse ([randyp@nfn.ca](mailto:randyp@nfn.ca))

**Priority to Band Members & Affiliates**

Sponsored by NFN Native Child Welfare & Nipissing Nation Kendaaswin





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

Host Drum:  
Burning Plains

# Niibin Summer Solstice

CELEBRATING OUR LONGEST DAY

*June 21st, 2022*

**G'TIGAANING GIMAA GAMIK**

Garden Village, Band Office

*2:00pm - 8:00pm*

**5:30 - Sunrise Ceremony**

**2:00 - Activities Commence**

**4:30 - Grand Entry & Welcoming by Gimaa**

**5:00 - Open Food Vendors**

**5:30 - Dance Exhibitions**

**6:30 - Texas Horseshoes**

## **Festivities includes**

Ever Cool Ice Cream, Carla's Kitchen, The Cabin

Children's Crafts, Family Photobooth Sessions (2pm)

Giigoon Station (2pm), Nishnaabemwin Scavenger Hunt

Orange Shirt Beading Craft (2pm) Texas Horseshoes (6:30pm)

FREE MEAL VOUCHERS FOR  
NFN MEMBERS & INVITED GUESTS  
AVAILABLE AT REGISTRATION



Canadian  
Heritage

Patrimoine  
canadien

# VIRTUAL WOMEN'S HAND DRUM CIRCLE

May 26 ♦ 6-7pm  
June 02 ♦ 6-7pm  
June 09 ♦ 6-7pm  
June 16 ♦ 6-7pm

## To all residents and members of

Wasauksing, Magnetawan  
Henvey Inlet, Dokis,  
Nipissing &  
Wahnapiet First Nations

## Facilitator:

Lisa Osawamick MSW, RSW  
Zaagidwin Counselling &  
Consulting Wiikwemkoong

## All participants

will be entered into a  
draw for a chance 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



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



 Ontario



Health  
Canada

Santé  
Canada





# NIPISSING FIRST NATION CHILD WELFARE PROGRAM

## June Activities



*Ages 12 and under*

- JUNE 1 - KIDS SOCIAL 6-8PM (LIBRARY)
- JUNE 7 - KIDS OUTDOOR ACTIVITIES 6-8PM (PLAYGROUND)
- JUNE 9 - KIDS SOCIAL 6-8 PM (DUCHESNAY HALL)
- JUNE 14 - STORYTIME WITH GOOKMIS 6PM (LIBRARY)
- JUNE 20 - GAME NIGHT 6-8PM (LIBRARY)
- JUNE 22 - CRAFT NIGHT 6-8PM (LIBRARY)
- JUNE 23 CRAFT NIGHT 6-8 PM (DUCHESNAY HALL)

*ACTIVITIES FOR AGES 13-24 will be posted on the  
Facebook Page*



## Family Blue Jays Trip

For families with youth/kids  
6-24 years old

**ONLY 45 SEATS AVAILABLE**

*Fundraising will be done to support this trip*

We will be hosting 2 planning meetings. In order to attend, you must attend at least 1 meeting and participate in fundraisers

**Planning Meeting Dates: June 8 & June 15**

6:30pm in the new wing of NFN Admin Office  
(enter beside Finance)

Registration will begin at the first planning meeting

For more information please contact:

Katie Lariviere (katiel@nfn.ca) OR Randy Penasse (randyp@nfn.ca)

**Priority to Band Members & Affiliates**

Sponsored by NFN Native Child Welfare & Nipissing Nation Kendaaswin



# DINERS CLUB

FOR NFN SENIORS 55+

June 8th

*Looking forward to seeing you, in person!*

For more information please contact Stella Solomon  
705-753-3312

Please register by June 17th, 2022 at 4:00 PM by calling 705-753-3312.

We need a minimum of 12 participants to offer this course. 20 spots available.

Lunch provided

## Food Handler's Course

This course is for anyone serving food to the public, from volunteers to restaurant owners.

Facilitator : Ray Alatalo BAA CPHI  
Environmental Health Officer

Location: LCHC

Mon June 27th

& Tues June 28th 2022

8:30am - 4:30pm

THANK YOU NFN HEALTH CENTER





NIPISSING FIRST NATION HEALTH SERVICES  
IN PARTNERSHIP WITH HANDS

## POSITIVE PARENTING PROGRAM

WITH CHILDREN AGES 0-12  
VIRTUAL SESSIONS OFFERED TO NFN MEMBERS AND AFFILIATES  
PLEASE CONTACT MICHELLE GUILLEMETTE  
CYMH BILINGUAL CHILD AND YOUTH WORKER  
HANDS THEFAMILYHELPNETWORK.CA  
705-476-2293 EXT. 1267  
MGUILLEMETTE@HANDSFHN.CA

DATES, TIMES AND LINKS WILL BE PROVIDED  
BY MICHELLE AFTER REGISTERING FOR THE  
PROGRAM

*Giyak Moseng The Right Path* wants to recognize the unexpected and prolonged vacancy in our child and youth mental health services. We are working to remedy the situation as this requires a significant waitlist timeframe until we fill the vacancy. We ask for your continued patience while we address this current gap in service.

As a temporary remedy we will be offering group classes to those currently on the waitlist. All families will be contacted by our office shortly to discuss this option. We will also be offering access to Triple P Positive Parenting for community members who feel this would be in their best interest. Please see the poster to the left to register for this program.

Our Doors continue to remain open and we will do our best to accommodate our membership while we work to resolve this vacancy. If you require help please continue to contact us.

Miigwech.

**Giyak Moseng The Right Path**  
**Located at: 316 Ted Commanda Drive, Garden Village. Phone: 705-753-1375**

## YOU ARE NOT ALONE - GAAWIN NCHKE GDA'AASHI

INDIAN RESIDENTIAL SCHOOL SURVIVORS AND FAMILY HOTLINE:  
1-866-925-4419

CRISIS SERVICES CANADA: 1-833-456-4566 OR TEXT 45645

FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE:  
1-855-242-3310

NATIVE YOUTH CRISIS HOTLINE: 1-877-209-1266 -ONTARIO

TALK 4 HEALING: 1-855-554-HEAL (4325) (INDIGENOUS WOMEN SPECIFIC)

MENTAL HEALTH HELPLINE: 1-866-531-2600

CULTURE FOR LIFE: (ONLINE) WWW.CULTUREFORLIFE.CA

FIRST NATIONS HEALTH AUTHORITY: [HTTPS://WWW.FNHA.CA/WELLNESS](https://www.fnha.ca/wellness)

NAN HOPE: 1-844-NAN-HOPE (626-4673)

MMIWG CRISIS LINE: 1-844-413-6649



EVERY CHILD MATTERS  
ENSA BEBEZHIG GCHI-PIITENDAAGOZI BINOOJIIIN

## IT'S OKAY TO ASK FOR HELP



### MENTAL HEALTH RESOURCES

It is important to remember that you are not alone and help is available. There are many resources available to get you and your loved ones through difficult times. Call 911 if you or someone you know is in immediate danger or needs urgent medical care.

#### The Hope for Wellness Help Line

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention. Call the toll-free Help Line at 1-855-242-3310 or connect to the online chat at [www.hopeforwellness.ca](http://www.hopeforwellness.ca).

#### Indian Residential Schools Crisis Line

The Indian Residential Schools Crisis Line is available 24 hours a day for anyone experiencing pain or distress as a result of his or her Residential School experience. Contact the free 24 hour Residential School Crisis Line at 1-866-925-4419 if you require emotional support.

#### Missing and Murdered Indigenous Women and Girls Support Line

An independent, national, toll-free support call line is available to provide support for anyone who requires assistance. Contact the free 24 hour support line at 1-844-413-6849.

#### Wellness Together Canada

The Wellness Together Canada online portal offers immediate, free and confidential substance use and mental health supports, in English and French, 24 hours a day, 7 days a week at 1-866-585-0445. Interpretation services are available via CanTalk, including in 24 Indigenous languages at [www.wellnesstogether.ca](http://www.wellnesstogether.ca).

#### Kids Help Phone

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French. Kids, teens and young adults from coast to coast to coast can connect with a volunteer crisis responder by calling 1-800-668-6868 or by texting 686868 or through Facebook Messenger [www.kidshelpphone.ca/messenger](https://www.kidshelpphone.ca/messenger).

#### Canada Suicide Prevention Service

If you're thinking about suicide, are worried about a friend or loved one, or are having trouble with the loss of a loved one from suicide, the Canada Suicide Prevention Service provides 24/7 phone support at 1-833-456-4566, or text support from 4 p.m. - 12 a.m. ET or by texting 45645.



## HEALTH & WELLNESS

Due to the temporary closure of a large manufacturing plant in the United States, there is currently a shortage of Similac Alimentum infant formula in Canada. Listed alternatives include Nutramigen, Neocate, Pregestimil, and Puramino infant formulas. To access these alternatives, pharmacy providers must call the NIHB Drug Exception Centre at 1-800-580-0950.

### Summary of Health Canada recommendations regarding commercial infant formula:

If commercial infant formula is used as a breastmilk substitute, it should be prepared and stored safely according to manufacturer's directions to reduce the risk of illness from bacterial growth.

For the older infant who is not breastfed or receiving breastmilk:

- Recommend commercial infant formula until nine to 12 months of age.
- Pasteurized, homogenized, whole cow milk (3.25% M.F.) can be introduced at nine to 12 months of age. Skim milk is not appropriate in the first two years.
- For most healthy young children, there is no indication for the use of commercial formulas beyond one year of age.
- Soy, rice, or other plant-based beverages, whether or not they are fortified, are inappropriate alternatives to cow milk in the first two years.
- Avoid prolonged bottle feeding and giving bottles at night.

### Tips to try if you can't find your regular formula:

- Shop around - try smaller retailers, pharmacies. Food banks may be a temporary solution.
- Switch formula brands. Check with your health care provider first. Switching formula brands is generally not an issue if using standard cow milk protein based infant formula as there isn't extreme variability in most brands. Many brands have a lot of the same ingredients. The **exception** would be for children who have specific dietary needs that require special attention.
- Breastfeed more if possible.
- If your infant is 9 months old and is eating at least 1 cup of solid foods (including iron rich foods) you can introduce whole cow milk (3.25% M.F.) as long as there are no allergies to cow milk.
- **Can I make my own formula?** No. Homemade formula is not safe for your baby. These formulas do not offer the right amount of vitamins, minerals and energy that babies need and they could be a food safety risk. Commercial infant formula is the only recommended alternative to breastmilk.
- See attached handout regarding use of evaporated milk from FHNIB-SK Region and Canadian Pediatric Society, [Beware of homemade infant formulas.](#)

## Why Evaporated (Canned) Milk is Not the Same as Formula

Breast milk is the natural and traditional way to feed your baby! It will help your baby grow, protect them from getting sick and is free.

### Evaporated Milk...

- Is not a substitute for iron-fortified infant formulas. If you make an informed choice not to breastfeed, iron-fortified formula is the next best choice.
- Is less expensive than iron-fortified formula, but it does not have all of the nutrients your baby needs.
- Does not have enough fat, iron, vitamin A, vitamin E, B vitamins, and other minerals your baby needs to grow strong.
- Has too much of some nutrients that can hurt your baby's kidneys and stomach.

### Avoid Replacing Formula With...

- Coffee whitener (ex. Coffee-Mate™)
  - Whole or low fat milk\*
  - Milk powder
  - Diluted infant cereal
  - Diluted instant mashed potatoes
  - Milk alternatives (soy, coconut, almond etc.)
- \*At 9-12 months, baby can start drinking whole cow's milk

### Feeding evaporated (canned) milk may cause:

- Iron-deficiency anemia
- Poor digestion and absorption
- Dehydration
- More hospital visits
- Stress on kidneys
- Gut blood loss



### Why is iron important for your baby?

Iron is important for a healthy brain. Without enough iron your baby may get iron-deficiency anemia and their brain may not fully grow and develop.

### If you choose not to, or are unable to breastfeed, what are your options on a tight budget?

Contact your healthcare provider or the formula company to see if you can get samples of infant formula or coupons.

## Maternal Child Health

Maternal Child Health is a voluntary program that links families with children (0-6 years) to appropriate supports and services in the community and offers screening to identify those at risk. Support and linkage services include information of possible community resources needed to meet needs:

- Baby bundles for expecting mothers
- Welcome baby bag for new births
- Milk coupon program
- Immunizations
- Prenatal classes
- Postpartum home visits, including breastfeeding support
- Welcoming babies celebration

**Maternal Child Health Nurse can be reached at  
705-753-3312 ext.2227**



## Nbisiing Anishinaabemwin

"The Strawberry teaches us forgiveness and peace, The Strawberry is shaped like a heart, and strawberries are known to our people as heart berries" - Elder Lillian Pitawanakwat

With the strawberry being referred to as the heart berry, our elders' make that connection of our human hearts to the heart berry as it too has a vast stream of leaves, runners, and roots. Therefore, the heart is connected to all organs and parts of the body. Our hearts are the center of our bodies, as are the strawberries. The strawberry is also known as the women's medicine, it is used for digestive disorders, skin problems, and to strengthen the uterus during and after pregnancy. Strawberries are very important to use in ceremony, as it is known too as the center of ceremony, it is also the first medicine that comes from the ground each year.

Ode'min Giizis is also a time where we begin to see new insects such as butterflies. Butterflies and along with all other beings all have a special place on mother earth, and our Anishinaabe Peoples like to celebrate that.

- 13 Moons Teachings NFN Daycare Cultural Resource Guide 2017. Developed by WAABANANG (Melanie Beaucauge) Illustrated by ANISHAABEMOWIN BEMWIDOO (Falcon McLeod)

### KENDAASWIN WEEKLY HOURS:

**OPEN**

**Monday-Friday  
9:00AM - 4:00 PM**

**CLOSED**

**Saturday/Sunday**

**\*\*closed at lunch hour from 12:00-1:00PM  
Monday - Friday**

### DIALOGUE -

**Nga- wi- dkobii shkwaanaakweg zaagigning.**  
I'm going to go swim this afternoon at the lake.

**Niibing minwendaan zhaayaang jiikbiik.**  
In the summer I like going to the beach.

**Zhide noongom giizhgak , nga wi- mooshkinaanan de'minan.**

It's today, I will go pick

**Ndaapsigewin - Smudging**

**Ndoon - wewena nji-gnoonag wii ji-bmaadis.**  
Mouth - what we say is positive and helpful to others

**Ntawgan - wewena nji-bzindawag e-kinoomawid.**  
Ears - to what we hear and listen will be positive.

**Shkiizhgoon - wewena nji- nga-waabmag nwii ji-bmaadis.**  
Eyes - that we see is positive and what we see in others.

**Ndi-nenmowin - wewena nji-mshkawenmaan.**  
Mind - that we think or react is positive.

**O'dey - nji-mshkawi - zoongde'eyaan.**  
Heart - to be able to heal and use that to help others

**Wiiwo- wewena nji-bmoseyaan i-naadziwin**  
Body - that we walk in a positive way in this physical



# BIIDAAJWAN

In Loving Memory of Dr. Murielban Sawyer

## NBISIING NISHNAABEMWIN DOCUMENTARY

GALAXY CINEMAS

JUNE 8TH 2022

6PM-8PM

Please call to register

By June 6th 2022

[ianc@nfn.ca](mailto:ianc@nfn.ca)





## ECONOMIC DEVELOPMENT

PLEASE JOIN US VIRTUALLY TO DISCUSS  
BATTERY ELECTRIC VEHICLE CHARGING  
STATION IMPLEMENTATION AT NIPISSING  
FIRST NATION AND SUBSIDY PROGRAM FOR  
EARLY ADOPTERS OF THIS TECHNOLOGY



JUNE  
22ND



6:00  
PM

PLEASE CALL 705-753-  
2050 X1264 OR EMAIL  
KENH@NFN.CA TO  
REGISTER



**ieso**

Independent Electricity  
System Operator



## ADVERTISING & ANNOUNCEMENTS



### 3 Bedroom Waterfront Property for Sale

**Available to NFN members only**

**1035 Yellek Trail, Yellek**

Raised Bungalow, waterfront property built in 2020. Main floor level has 2 bedrooms and 2 full baths, the basement level has 1 bedroom and 1 full bath. Fully finished basement, large deck, natural gas generator, security cameras, and long/double wide driveway.

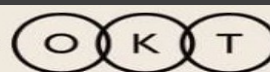
**Serious Inquires Only** please call: (705) 303-4474 and/or  
email: [goulaismv@gmail.com](mailto:goulaismv@gmail.com)

### Nipissing Representation at the Fred Sasakamoose “Chief Thunderstick” National Hockey Championship

Cailen Hanzlik and Lily George travelled to Saskatoon, SK this past May to participate in the Fred Sasakamoose Chief Thunderstick National Hockey Championship. Led by Ted Nolan, Lily and Cailen along with their fellow teammates of the Wiikwemkoong T-Birds, secured a 3rd place finish. Congratulations Lily and Cailen! Miigwech for being leaders for our youth in your continuous representation in these enhanced competitive, and elite opportunities, within the sport of hockey. - Pictures provided by Tracy Hanzlik





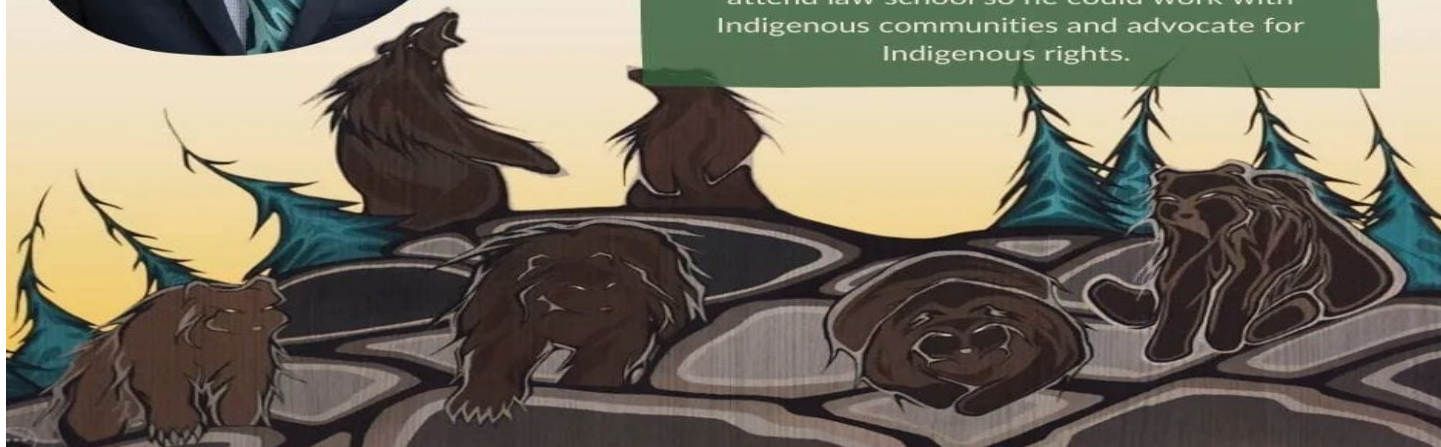


## WELCOMES JUSTIN THOMPSON

- Toronto Summer Student -

Justin Thompson is Anishinaabe and a member of Nipissing First Nation.

Justin will be entering 3L at Osgoode Hall Law School in September. Justin was motivated to attend law school so he could work with Indigenous communities and advocate for Indigenous rights.



POW **WOW** PITCH

## CREATIVE PITCH & GRANTS

Ten \$2,500 Commission Grants  
\$15,000 Commission Grant  
— Creative Prize  
Chance to win \$25,000 cash

Are you an Indigenous artist, musician, entertainer, filmmaker, poet, author, graphic designer, photographer or creative entrepreneur?

[powwowpitch.org/creative-pitch](http://powwowpitch.org/creative-pitch)

DEADLINE  
JUNE 21<sup>ST</sup>



## 2022 Indigenous Land-Based Summer Camp

STEAM (Science, Technology, Engineering, Arts, Mathematics)

August 2 to 12

Camp Petawachuan  
in Dokis First Nation  
and Canadore College,  
North Bay

**Eligibility**  
Indigenous youth, ages 14-17

**Cost**  
Free for qualified participants

**Registration Deadline**  
July 15, 2022



CANADORE  
FIRST PEOPLES CENTRE

Offered in partnership with Actua  
A network member of **actua**

[canadorecollege.ca/STEAM](http://canadorecollege.ca/STEAM)

For more information email: [tammy.cayerdokis@canadorecollege.ca](mailto:tammy.cayerdokis@canadorecollege.ca)

The Indigenous Tourism Association of Canada (ITAC) and Pow Wow Pitch are proud to present a Virtual Creative Pitch, providing **\$2,500** commission grants, mentorship, and training to ten creative Indigenous entrepreneurs from across Canada for mini-projects showcasing Indigenous-owned tourism business.

Creative entrepreneurs can be musicians, entertainers, singers, bead artists, painters, welders, carvers, digital artists, DJs, filmmakers, and other creatives.

The ten selected creative entrepreneurs will complete their commissions and receive mentorship in July and August and will pitch to win the Creative Prize mid-August, a **\$15,000** grant for a larger commissioned Tourism project with ITAC, and to advance to the Pow Wow Pitch Finale for a chance to win the **\$25,000** cash Grand Prize.

**LEARN MORE AND APPLY NOW!! DEADLINE: JUNE 21st, 2022.**





**Saturday, July 9th, 2022**

**OspreyLinks**

**Registration Online at Osprey Links**

**Tee Times at Registration**

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

**Cost includes:**

Registration

Gifts

Dinner

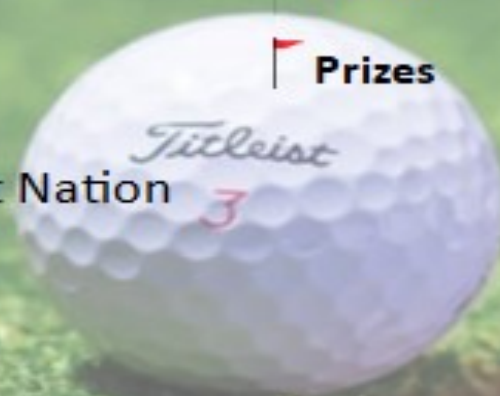
Prizes

50/50 LNHL Draw

Silent Auction

Proceeds to the Nipissing First Nation

LNHL Fundraising



**For more information contact Melvin McLeod at [melvinm@nfn.ca](mailto:melvinm@nfn.ca)**



**30<sup>th</sup> Annual Charity Golf Tournament**  
**Saturday, July 9, 2022**

**Registration Form**

|              |  |
|--------------|--|
| Team Name    |  |
| Team Contact |  |
| Address      |  |
| City         |  |
| Postal Code  |  |
| Telephone    |  |
| Email        |  |

**Team Members:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Please indicate amount:

- ☐ **\$125** - Single Registration
- ☐ **\$500** - Team Registration

Please Register at Osprey Links using this link:  
<https://ospreylinksgolf.com/product/nip-first-nation-scramble/>

*All proceeds from this tournament help to support the Nipissing First Nation  
Little Native Hockey League (LNHL) Tournament.*