

# Enkamgak



## Waabgwani Giizis (Blooming Moon) | May 2026

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### Time for Spring Clean-Up!

Read the details on this annual event on page 13.

### NFN Small Business Pitch Contest Winners

Nipissing First Nation congratulates the three winners of our Small Business Pitch Contest: Avalon Lupini of SmartyPrints, Troy Stevens of Gateway EZ Docks, and Juliana Armstrong of Designs by Jules.

This year's contest received 19 strong entries, and we are incredibly proud of the entrepreneurial spirit, creativity, and drive shown by community members. The quality of submissions made it clear that NFN is home to many promising businesses and talented entrepreneurs.

Avalon Lupini, founder of SmartyPrints, has developed an innovative smart labelling solution designed specifically for pharmacies. Built from her years of frontline pharmacy experience, SmartyPrints helps improve efficiency, accuracy, and workflow in busy healthcare environments. Her business is already gaining traction, with units operating in hospitals across Canada and helping pharmacy teams save valuable time.



Jules Armstrong



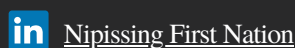
Avalon Lupini



Troy Stevens

*Continued on page 2*

### Stay Connected!



### Member's Only



### Shop NFN Merch



View confidential documents, Manage contact information, Sign up for notifications or mailouts, and much more!

NFN Warriors Collection now available!

## NFN Small Business Pitch Contest Winners, continued

Troy Stevens, owner and operator of Gateway EZ Docks, has built a strong and growing business serving clients across Ontario. Based at Osprey Miikan in the Bineshii Business Park, Troy has spent the past few years expanding his team and providing dock supply and installation services for residential, commercial, industrial, and government projects. His success reflects hard work, steady growth, and a commitment to quality service.

Juliana Armstrong, owner of Designs by Jules, is an Indigenous artist and facilitator whose business blends cultural education, healing, and creative expression through art. Through custom artwork and culturally grounded workshops, her work creates opportunities for storytelling, reconnection, and wellness. With plans to expand into products such as prints, colouring books, greeting cards, and other merchandise, her business reflects both creativity and a strong vision for sustainable growth.

We extend a sincere thank you to everyone who participated in this year's contest. We are excited to continue creating opportunities like this in the future and to support entrepreneurship within Nipissing First Nation.

## Donna & Donald Couchie Donate Quilts to Elders

NFN extends a heartfelt miigwech to Donna and Donald Couchie for their generous donation of quilts to the Garden Village Elders' Lodge.

These beautiful quilts will be enjoyed by Elders, providing warmth, comfort, and a sense of care. Your kindness and generosity are deeply appreciated.



*Donald Couchie, Tiffany Commanda (Elders' Lodge Caregiver), Wendy Lariviere (Director of Social Services), Deputy Chief Brian Couchie and Tracy Hanzlik (Elders' Lodge Supervisor of Garden Village)*

## Patient Self-Identification in the Emergency Department



**Patient Self-Identification in the Emergency Department**  
**Auto-identification des patients au Service des urgences**

North Bay Regional Health Centre / Centre régional de santé de North Bay

Starting April 13, 2026, the North Bay Regional Health Centre is introducing self-identification for Indigenous patients.

Every person registering in the Emergency Department will be invited to voluntarily and confidentially share if they identify as Indigenous. No assumptions are made, and no proof is required.

Collecting this information helps us enhance programs and services, ensuring we provide culturally safe care. It also allows us to connect Indigenous patients with our regional program known as Mînowacihewin (or 'Mîno' for short).

Through Mîno, patients and families can access cultural and traditional practices, advocacy, and help navigating health care services.

Self-identification is a choice and will not affect care. Individuals can share as much or as little as they feel comfortable. Information is protected under the Personal Health Information Protection Act and is only shared with providers involved in your care.

If you identify as Indigenous, you can also ask any member of your care team to be connected to Mîno at any time during your visit whether you choose to voluntarily self-identify at registration.

For more information on self-identification or the Mîno program, visit:



## Wellness Camp Celebrates Opening Through Ceremony

The opening of the Wellness Camp marked an important and meaningful moment for the community, bringing together leadership, staff, partners, elders, and members to celebrate a shared vision of healing and cultural renewal.



During the ceremony, Wendy Lariviere (Director of Social Services) spoke about the purpose and future of the camp, emphasizing that it is a community-driven space grounded in compassion, culture, and connection. Over the coming year, the camp will host two 90-day sessions, each designed to support participants on their individual healing journeys. With guidance from elders and knowledge keepers, the program will honour the understanding that every path to wellness is unique.

Wendy also highlighted the many contributions that brought the camp to life. Local partners, including Young's Forestry, supported site preparation through tree removal and firewood, while Nbsising Well Drilling played a key role to drill the well that will soon bring running water to the site; an essential role in preparing the land for healing.

The project was made possible through collaboration across multiple departments, including infrastructure, housing maintenance, health services, lands, governance, and social services. Together, these teams worked to secure funding, establish policies, and transition the land into a dedicated healing space. Communications and I.T. staff also ensured the camp could remain connected by implementing wireless and SIM-based systems, even in the absence of traditional power sources.

At the heart of the Wellness Camp are the elders, knowledge keepers, and language keepers, whose teachings guide the programming and ensure that healing is rooted in culture and identity.

Community engagement will continue to play an important role moving forward, with meetings planned throughout the year to gather feedback, ideas, and input from members.

As Wendy shared, the Wellness Camp is not the work of one individual, but a reflection of an entire community coming together with purpose. With the support of Chief and Council, staff, and many dedicated contributors such as Health Canada through the Substance Use and Addictions Program, the space now opens as a place for healing, growth, and cultural strength.



*Back Row: Kayne Gagne, Josee Rainville, Wayne Lariviere, Darcey Lachapelle, Hollie Whittaker, Gilbert Anishnabie, Nick Paquin Front Row: Wendy Lariviere, Jadzea Dickieson, Grace Bighetty, Megan Reed, Natasha Lariviere, Cassandra Dolbeck Not pictured: Keith Goulais, Jen Farrel, and Lovedeep Singh*



*The views expressed herein do not necessarily represent the views of Health Canada.*

## Taamgozin Nokiiyan

### Recognizing those who Walk the Good Path

#### Cailen Hanzlik, Giizhik Kwe

April 2026 Recipient



*Cailen Hanzlik, Giizhik Kwe, is a young Nishnaabe Kwe who proudly represents Nipissing First Nation in everything she does. While she works for her community, it is the time, care, and energy she gives outside of her job that truly reflects her dedication to NFN.*

*Cailen volunteers as a coach for the Nipissing Secondary School hockey team, helping mentor and support the players, particularly inspiring the next generation of female hockey players. She leads by example, showing young people that they can be strong, confident, and proud of who they are.*

*She uplifts others by being a positive role model for youth in the community. Through coaching, mentorship, and her leadership on the Kinoomaadziwin Education Body's Youth Council, she encourages young people to find their voice and believe in themselves.*

*This past fall, after harvesting her first moose, she shared the meat with family, friends, and Elders in the community. Cailen lives by the Seven Grandfather Teachings and carries those values with her in all aspects of her life. She treats others with kindness and respect and consistently thinks of the well-being of those around her. Whether she is mentoring youth, supporting community members, or representing NFN through her leadership roles, she walks in a good way with humility, compassion, and pride in her identity as a Nishnaabe Kwe.*

#### Nominate a Community Member!

NFN Social Services invites you to nominate a community member who makes a positive difference in our community and walks a good path. This recognition celebrates the strength, dedication, kindness and resilience of those uplifting others in our community.

Each month, we will lift up and recognize a valued NFN member. The recipient of the nomination will receive a YETI cup and a grocery gift card!



Complete the [Nomination Form](#):



- ✓ New Recruits
- ✓ Civilians
- ✓ Experienced Officers

APPLY NOW  
**apscops.org**

## Nipissing Athletes Continue to Shine

Nipissing has always been a hockey community. From outdoor rinks to arena stands filled with cheers, the game has a special place in our lives. Hockey brings our people together, builds friendships, and creates pride across generations. This season, our Nipissing First Nation youth once again showed their love for the game, carrying that strong hockey spirit onto the ice as true Nipissing Warriors.

Congratulations to Wyatt Auger, who played with the U11A West Nipissing Sting as one of the youngest players on the team. Wyatt and his teammates capped off a strong season by earning a silver medal at the Tournament of Champions in Wawa on March 20–22.



A congratulations also goes out to Reese Auger, who played for the North Bay Platoon 2019 team and brought home gold at the Klevr Super League Championships—an exciting achievement for the Auger family.



We are proud to acknowledge U13A West Nipissing Sting teammates Reed Beaucage and Ryerson Davis for capturing a silver medal at the Tournament of Champions in Iroquois Falls, held March 27–29, a testament to their commitment, teamwork, and perseverance throughout the season.



Congratulations to Lily George and Keisha McLeod-Penasse on their impressive second-place finish at the NAFN Tournament of Champions in Kenora from April 3–5. Competing with the Whitefish Bay Lady Rangers, they reached the finals and displayed excellent skill, determination, and teamwork throughout the tournament. We are proud of these Nipissing Lady Warriors.



*Photo submitted by Keisha McLeod-Penasse*

At the end of this month, Lily will make her fifth appearance in Saskatoon, Saskatchewan, at the Fred Sasakamoose Chief Thunderstick Tournament. She previously captured the championship in 2024 with the Red Pheasant Lady Rebels and returns this year with valuable experience and focus. Lily will compete with the One Nation Thunder, representing Delaware Nation and Oneida Nation of the Thames, as she competes against elite Indigenous teams from across the country. Best of luck, Lily—your community is cheering you on with pride and looks forward to the possibility of celebrating another Freddy title.



*Photo by James West*

## Have a Question or Concern?

### The Public Relations Liaison Helps Members Connect with NFN Administration

The Public Relations Liaison at Nipissing First Nation acts as a key connection between community members and administration. This role:

- helps members access programs and services
- supports Council Meeting Requests
- responds to inquiries across all departments;
- and ensures concerns are addressed respectfully and promptly.

“Aaniin my name is Sarah Dennis-Kooji (Couchie). As an NFN member, my goal is to assist our membership in fostering clear communication, strengthening relationships, and promoting responsive, community-centered NFN service delivery through the Administration department. I am honoured to perform this role and I look forward to connecting with folks!”

**To Contact Sarah Dennis-Kooji:**

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

Call: 705-753-2050 ext. 1265

## Warriors Merchandise For Sale!

Show your NFN pride! Our new Warrior merchandise launched in March in time for LNHL—and the support has been incredible!

**Update on availability:** Adult Hoodies are now sold out, and Adult T-Shirts are available in 3XL only.

The great news? While we await our next collection, we still have lots of Youth T-Shirts (S-XL) and Hoodies (M-XL) available, along with plenty of baby onesies (NB - 24m) or Small Rez Dog onesies.



Rez Dog Model:  
Harley

Models:  
Hudson and  
Harper



**[Shop.NFN.ca](http://Shop.NFN.ca)**

Limited quantities available.  
We Ship Across Canada!



## E-GIIGDOWAAD | CHIEF & COUNCIL

### Attend Chief and Council Meetings and Submit Requests

Council meetings take place on the 1st and 3rd Tuesday of the month. NFN members can attend and keep informed through in-person or virtual attendance.

If you have a request for Council, complete the request form at [nfn.ca/chief-council](http://nfn.ca/chief-council) and submit by 4 p.m. the Wednesday prior to the meeting. These can be dropped off to the front reception at 36 Semo Rd, Garden Village or emailed to [kaylal@nfn.ca](mailto:kaylal@nfn.ca).

Requests may also be made at the meeting. Due to a full agenda, Requests from the Floor are limited to three requests, with up to 10 minutes each. Some requests may be deferred to a future meeting if more information is required.

If you have any questions regarding the above, please feel free to contact Kayla Lariviere at 705-753-2050 ext. 1223 or [kaylal@nfn.ca](mailto:kaylal@nfn.ca).

**May 5 @ 7:30 p.m.**  
**Garden Village**

**May 19 @ 7:30 p.m.**  
**Garden Village**

### JOIN IN PERSON:

Confirm your attendance with Kayla Lariviere at [kaylal@nfn.ca](mailto:kaylal@nfn.ca) or 705-753-2050 ext. 1223

### WATCH THE LIVESTREAM:

NFN Membership Portal at  
[Portal.NFN.ca](http://Portal.NFN.ca)

Recordings of past meetings are available for 30 days.



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

### Redhawks Athletics

The Redhawks Weightlifting Team competed at Algonquin this month and brought home some hardware. Huge congratulations to Riley, Morgan and Avin for competing in their first ever competition. Morgan placed 5<sup>th</sup> in the finals and Avin won the female competition and brought home the trophy!



### Fashion Class and Open Studio

The Fashion class has been full of creativity and momentum as students take on independent projects and fully immerse themselves in the creative process. It has been exciting to see them explore their own ideas, take risks, and bring their visions to life. The level of talent and dedication has been incredible, with many students producing truly standout pieces.

### Nbisiing Naadziwin Program

Nbisiing Naadziwin Program celebrated Nishnaabe New Year with the sweetness of Maple Sugar. Our students are learning how to collect and harvest their own maple sap. Students enjoyed a beautiful feast of sucker head soup (harvested during their own net setting), baked whitefish, and maple cake for dessert—all while learning to make maple syrup, maple sugar and taffy.

Miigwech to Elder Glenna Beaucage for preparing the meal and sharing her stories, and to Teacher Tory and Teacher Candidate Hannah for sharing your knowledge and guiding our students through these meaningful teachings.



**Nbisiing Secondary School Honours  
Brian “Mr. Hansen”**



Nbisiing Secondary School mourns the passing of retired educator Brian “Mr. Hansen,” a foundational leader whose contributions were central to the establishment and growth of our school.

With 35 years of dedicated service to education, Brian played a key role in hiring the school’s first staff and developing Ministry-approved Indigenous programming, helping shape Nbisiing into a strong and supportive centre for Indigenous youth education.

Known for his patience, humility, and lifelong commitment to student success, his impact remains deeply felt across the school community. His legacy lives on through the many students he inspired—many of whom were the first in their families to graduate and pursue post-secondary education. Brian’s full obituary is available on [BayToday](#).

**Apply for Post-Secondary Funding!**

See the [new application process](#) and apply by **May 15, 2026**

New applications for Full-Time and Part-Time studies are now available! You can access them on our website or pick one up in person at the Education Office. If you have any questions, please visit the office, call, or email [gerryg@nfn.ca](mailto:gerryg@nfn.ca)

Part-Time Applications

Requests for April 2026 - March 2027 are still being accepted.

Full-Time Applications

The deadline to apply is Friday, May 15, 2026 at 4:00 p.m.

For more information, contact:

**Geraldeana Goulais, Education Manager / Post-Secondary Support Worker**  
70 Semo Rd. Garden Village ON | 705-753-6995

**2026-2027 Education Department  
and Bussing Registration**



**Register your child** with the NFN Education Department to **take Nbisiing Bus Lines (required)** and to be eligible for **start-up allowance, incentives and awards!**

Submit student registration online via the [NFN Membership Portal](#) or download the form at [NFN.ca/education](http://NFN.ca/education). For more information, contact the Education Department:

☎ 705-753-6995

📍 70 Semo Road, Garden Village ON P2B 3K2



**Apply for Anishinabek High School Scholarship Opportunity!**

Do you know an Anishinaabe student currently in high school? Do you know an outstanding Educator?

The Kinoomaadziwin Education Body, in partnership with the AN7GC, is proud to offer scholarships and awards to honour and celebrate the many educational achievements of Anishinaabe students at the high school level as well as outstanding Anishinaabe educators.

**Application deadline: June 1, 2026**

Application information:



**Sign Up for Fresh, Local Greens with Mnogin’s Bi-Weekly Subscription**



For \$20 per order, subscribers receive fresh lettuce and leafy greens every two weeks, with flexibility to pause or cancel anytime for convenience.

**Pick up dates for May:**

- Duchesnay (Hall parking lot):  
May 13, 27 | 4:00 - 5:30 p.m.
- Garden Village (Band Office gym doors):  
May 6 and 20 | 4:00 - 5:30 p.m.



Mnogin Greenhouse online store is open with regularly updated stock. Order anytime and pick up Wednesdays (12:00 - 1:00 p.m.) or Fridays (12:00 - 4:30 p.m.): <https://mnogin-greenhouse.square.site/>

(705)-825-2449 | [orders@mnogin.ca](mailto:orders@mnogin.ca)

**Free for Qualified Participants!  
Cook Pre-Apprenticeship (North Bay)**

**Program Name:** Cook Pre-Apprenticeship

**Start Date:** May 11, 2026

**End Date:** December 4, 2026

**Location:** Canadore College, College Drive Campus

**Application Deadline:** May 04, 2026

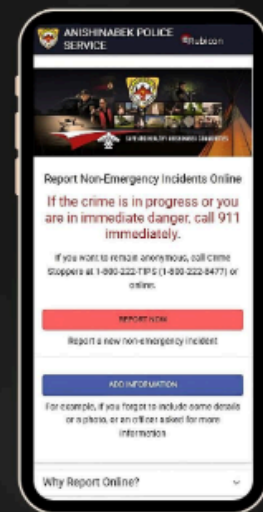
**Cost:** FREE, including textbooks, uniform, shoes, and knife set



For more information, visit:



**YOU ASKED.  
WE LISTENED.**

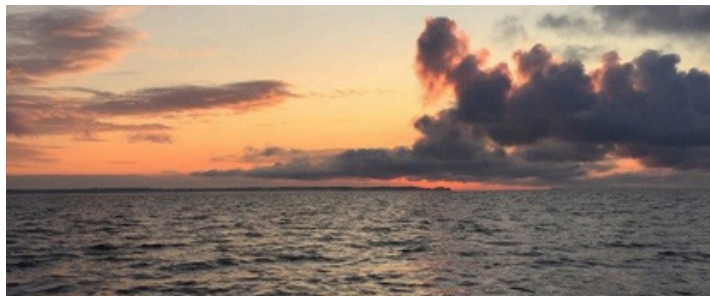


Residents can now report non-emergency crimes to police anytime, anywhere, from any device.

Visit [anishinabekpolice.ca](http://anishinabekpolice.ca) and click *Report Online*.

### Spring Gillnet Moratorium

In accordance with Nipissing First Nation’s Fisheries Law, the annual spring gillnet moratorium is in effect as of **Wednesday, April 1, 2026 until the 2026 fishing season begins on Saturday, May 16, 2026**. Our enforcement officers will regularly monitor for compliance.



### Commercial and Subsistence Fisher Registration

We offer in-person registration for commercial and subsistence fishers this year at the Fisheries Office located at 17 Phillip Avenue in Garden Village. Online registration links for commercial and subsistence fishers and catch reporting form are posted at [nfn.ca/fisheries](http://nfn.ca/fisheries).

### Why do we have a spring gillnet moratorium?

The spring gillnet moratorium is the most important management tool we have to protect spawning walleye to ensure the long-term health and sustainability of the Lake Nipissing fishery.

Miigwech to the registered commercial fishers and community members who respect the spring gill net moratorium and follow the NFN Fisheries Law. Your efforts help to ensure we can all enjoy the resources that Lake Nipissing provides for us now, and for future generations to come.

NFN 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 our commercial fishery, consistent with Aboriginal treaty and harvesting rights.

**For compliance/enforcement issues, contact a Bylaw Enforcement Officer:**

**Tyler Couchie:** 705-753-2050 ext.1224  
Cell: 705-498-2506

### Spring Spear Fishing Event

Chief and Council have approved spear fishing for six (6) days only: Between **Monday, April 27, 2026 and Saturday, May 2, 2026**. Spearing outside of these dates is not allowed and may lead to enforcement under the **NFN Fisheries Law**.

Watch this video to learn from Perry and Laurie McLeod-Shabogesic as they share traditional teachings about spear fishing and the importance of harvesting in a respectful, sustainable way.



[portal.nfn.ca](http://portal.nfn.ca) > Videos

All NFN members who want to take part must register online or in person with the Fisheries Department. **Registration Form:**



Each registered person can have up to three others in their boat. Youth can participate if they are supervised by an adult. After spearing, members are asked to report their catch using the **official reporting form:**



## Spring Spear Fishing Event (continued)

Those who let our staff sample their fish will be entered into a prize draw!

**No nets are allowed.** The spring gillnet moratorium is still in place until **Friday, May 15, 2026**, to protect spawning walleye. This is an important rule for keeping Lake Nipissing's fishery healthy for future generations.

Since spearing happens at night, please follow all boating and safety rules. Staff from the Lands, Natural Resources, Environment, and Economic Development departments will be present to monitor during this time window.

If members of NFN wish to volunteer to monitor during this event, please contact the Natural Resources Department to add your name. A drone may be used to observe from above, and the MNRF has been informed in case non-members attempt to spear fish.

## Walleye Harvest and Mercury Guidance

Members are encouraged to harvest only what their household needs for food, using respectful and selective harvesting practices (leaving females and large fish). Based on recent mercury testing, members should be mindful of walleye size and consumption frequency. Fish larger than 50cm should not be targeted or consumed based on the Environment Department's mercury analysis, and are better served for the population's recruitment.

Elders, pregnant people, those who may become pregnant, and young children are advised to follow the mercury guidance provided by the Fisheries Department when choosing which fish to keep and how often walleye is eaten. Selecting smaller walleye (less than 40cm), sharing fish within households, and avoiding waste all help support both community health and long-term sustainability of Lake Nipissing's fishery.

## Environmental Lot Inspections

The NFN Environment Department will conduct roadside inspections of residential and leased lots to identify unnecessary junk and materials that may pose environmental risks to our waters, air, and lands. Roadside inspections will help us understand and track the environmental condition of lots so we can work with members and lessees to address any issues before they become bigger problems.

During this time, crews will:

- Observe properties from the roadside only
- Identify potential environmental concerns
- Take GPS locations and photographs as part of a preliminary assessment process

During this time, crews will:

- Observe properties from the roadside only
- Identify potential environmental concerns
- Take GPS locations and photographs as part of a preliminary assessment process

This initiative is an important step to protect the health of our environment and build a cleaner, safer community for everyone. These patrols are the first of a series of environmental investigations aimed at addressing potential threats to our community's groundwater, air, and lands.

If you have concerns about junk, garbage, or unwanted materials on your property or elsewhere in the community, please contact (**calls can be made anonymously**) to: **705-491-0438**, or email: **tips@nfn.ca**.

Any other questions can be directed to:

**Andrew Urso**

**Environmental Technician**

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

705-753-2050 ext. 1341

## Your Turtle Sightings Make a Difference!

Did you know *all* turtles in Ontario are considered a species at risk? Every turtle sighting within NFN helps us understand, protect, and recover their populations and vital habitats.

We need your eyes on the ground! If you spot a turtle, please report it with as much detail as possible.

### This includes:

- **Photos:** These are incredibly helpful for identification
- **Location:** Be as precise as you can (e.g., street name, GPS coordinates)
- **Your First and Last Name**
- The **Date and Time** of the sighting
- The **Species** of Turtle, if you know it (The three main turtles in Nipissing are the Blanding's Turtles, the Painted Turtle and the Snapping Turtle)
- The **Number** of Turtles observed
- A **Description: size, shell shape, colors, and any unique markings.** Did you notice a long neck, yellow under the chin, or unusual shell patterns?
- Its **Behaviour:** Was it swimming in water, basking in the sun, actively travelling on land, crossing the road, nesting?
- Its **Condition:** Was it alive, injured, dead, or dead on road?
- The **Habitat:** Where did you see the turtle? (ex. beach, field, forest, marsh, pond, river, swamp, drainage ditch, shoreline, residential area, lawn.)



Midland Painted Turtle



Common Snapping Turtle



Blanding Turtle

Please send all information to Nikki Commanda, Biologist, at [nikkic@nfn.ca](mailto:nikkic@nfn.ca). Your contribution is vital to conservation efforts. Consider printing this page and keeping it handy for quick reference!

## New Date: Canadian Coast Guard Presents Basic Observation Of Marine Hazards Training

NFN will host an intensive one-day Marine Pollution Response Workshop designed to educate individuals who work or live on or near the water on how to properly prepare for and respond to marine pollution incidents. Though the workshop is free and open to the public, it is not intended to be taken casually, as the training is technical and hands-on.

Experts from the Canadian Coast Guard Environmental Response Team will lead the session, offering professional instruction and real-world insights into marine environmental protection. Participants who complete the full day will receive a Certificate of Completion.

The workshop will take place on **Thursday, May 7, 2026, from 8:30 a.m. to 4:30 p.m., at the Garden Village Gym (36 Semo Road)**, and a light lunch will be provided.

Registration is required by 4:30 p.m., on May 4, 2026. Interested individuals must register with NFN Environmental Technician and Marine Liaison Officer, either by emailing [andrewu@nfn.ca](mailto:andrewu@nfn.ca) or calling (705) 753-2050 ext. 1341. Early registration is encouraged, as space may be limited.

**Seniors Grass Cutting Services 2026**



NFN Seniors age 65 or over are eligible to qualify for this program.

The NFN Senior requesting the service is the primary owner or primary tenant, the residence must be their primary residence. The home must be situated on Nipissing First Nation land and within the area being serviced by the Public Works Department.

Review the [Seniors Grass Cutting Policy](#).



Service will commence mid-May and end October 1, 2026.

Complete the Waiver of Liability:



**Goods Exchange & Spring Clean-up 2026**

**Goods Exchange: Thursday, May 7 and Friday, May 8, 2026**

It is a great way to divert usable unwanted items from going to the landfill. Everyone is encouraged to take a look around and pick-up items that they can re-use.

*All items left at the curb on Tuesday, May 12, 2026 will be picked up by the Public Works Department.*

**What should I place at the curb for Goods Exchange?**

- Small light furniture (chairs, side tables)
- Holiday Decor
- Books, DVDs, CDs
- Tools
- Toys
- Doors, Windows
- Small appliances (No freon)



**Regular Garbage Pick-Up: Monday, May 11 (west end) and Tuesday, May 12 (east end)**

**Spring Clean-Up - For NFN Members only:**

**Thursday, May 14** for West End: Garden Village, VLA, Jocko Point, Beaucage

**Friday, May 15** for East End: Christine Lane, Yellek, Art's Lane, Duchesnay

*All items must be placed on the curbside no later than 7:30 a.m.*

Remember to have your items sorted in piles as follows:

- Electronics: tv's, radios, DVD player, cellphones
- Scrap Metals
- Tires



**Items that will not be picked up:**

- Construction materials, Large and Heavy Furniture, Mattresses
- Freon Appliances (fridges, AC Units), Recyclable Materials
- Household Hazardous Waste (HHW), used car oil, left over paint cans,
- Organic Materials (leaves, brush)

*Any items will be left at the curb after Friday, May 15 will be the homeowner's responsibility to bring to the landfill.*

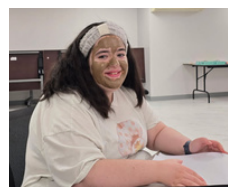
**NFN Walking Alongside Services:  
April at a Glance**

In April, the NFN Walking Alongside Services held the following events:



- Kids Egg Hunt
- Kids Colouring Night
- Kids Lego Night
- Kids Movie Night
- Tween Spa Night
- Tween Lego Night
- Youth GV Drop-In
- Youth Duchesnay Drop-In
- Youth Quill Workshop
- Youth Bowling - Sudbury
- Youth Battalion Game

**See upcoming child, youth, and family (young spirits and families) events on pages 18-19!**



**Garden Village Elders Lodge  
Seeking Artwork Donations**

As preparations continue for the opening of the new Garden Village Elders’ Lodge, the team is seeking artwork donations to help create a warm, welcoming, and home-like environment for residents. Community members are invited to contribute artwork that add comfort, culture, and character to the space.

Anyone wishing to donate is encouraged to contact the Garden Village Elder’s Lodge Supervisor at [tracyh@nfn.ca](mailto:tracyh@nfn.ca)

**Community Circles**

Join us for Community Circles **every Wednesday and Sunday at the Garden Village True Self office** (Holy Spirit Church Basement).

We will gather around an outdoor fire when

weather permits or move indoors for a cozy sharing circle. Snacks and beverages are provided. Come connect, share, and grow together!

**Wednesdays & Sundays | 3–6 p.m.**  
**Garden Village Community Lodge**  
*Beside Holy Spirit Church,  
 285 Ted Commanda Dr.*

**NFN Food Bank Donations**

Donations can be brought to the **NFN Front Reception** (36 Semo Rd., Garden Village) or to the **NFN Food Bank** (19 Philip Ave., Garden Village).

In April 2026, the NFN Food Bank received generous donations from the following individuals and organizations:

- Patrick and Samantha Stevens (monthly donation)
- Mnogin Greenhouse
- Walking Alongside Program

### Walking in Recovery Fundraiser

The Walking in Recovery program supports community members on their recovery journey by promoting healthy cultural activities such as regalia creation, arts and group activities, and meaningful learning opportunities rooted in culture and connection.

We are grateful for the generous support of this fundraiser, made possible through a large donation of sports collectibles from Les Couchie and Retro Rare Collectibles. Proceeds from this initiative will help us create regalia and ceremonial clothing with care, ensuring they are ready for individuals in recovery when they feel prepared to receive them.

#### Fundraiser Details

- Ticket sales: **April 27, 2026 – May 27, 2026**
  - Price: \$25 per ticket or \$100 for 5 tickets
  - How to order: Email [amandab@nfn.ca](mailto:amandab@nfn.ca)
  - Payment: EMT to [payments@nfn.ca](mailto:payments@nfn.ca)
- (Please label: "Recovery Regalia Fundraising")
- If you would like to donate an item, reach out to: [amandab@nfn.ca](mailto:amandab@nfn.ca)

NFN Administration Facebook Live Draw: Friday, May 29, 2026



### Stay connected with the Lawrence Commanda Health Centre (LCHC)!

We encourage all community members to register their preferred contact information email, landline, cell number or all three to receive important updates about upcoming workshops, programs, changes, and community health information.

### Woodland Series: Women’s Strap Dress Workshop



For NFN Members and Affiliates that are Intermediate or Advanced Sewers

8:30 a.m. - 4:30 p.m.

Duchesnay Community Hall  
520 Couchie Memorial Dr., North Bay  
Registration is limited!

Attendance at all workshops is **mandatory**.

May 30 - 31

June 27 - 28

July 18 - 19

August 29 - 30

Participants must bring **their own sewing machine and tools.**

Applications close on **Friday, May 15, 2026**  
If a large number of applications are received, a live draw will take place on the **Nipissing First Nation Administration Facebook Page.**

Scan the QR Code to Register

If you have questions:

**[christinab@nfn.ca](mailto:christinab@nfn.ca)**



By signing up, you’ll stay informed and never miss out on opportunities to participate in programs and services that support your health and wellness.

To register or update your contact information, please email [registerlhc@nfn.ca](mailto:registerlhc@nfn.ca) or contact LCHC reception by calling 705-753-3312. Stay informed. Stay connected.

### Important Update: NIHB Medical Travel Requirements

A few reminders about how NIHB (Non-Insured Health Benefits) works, so you can plan ahead and avoid delays:

**Before any medical travel funds can be requested, NIHB approval must be received by the NIHB Coordinator.** Please note that NFN does not make approval decisions. Our role is to coordinate applications and help arranged approved travel only.

Timing is important. NIHB requires **at least 10 days’ advance notice for medical travel.** As soon as you receive your appointment, please send the details to the NIHB Coordinator.

To submit an application, appointment confirmation must be provided. Accepted forms include:

- Photo of appointment card
- Email from health care provider with appointment details
- Fax from health care provider to 705-753-5087 (Attention: NIHB Coordinator)

Post-travel claims can take 4-9 months or longer for NIHB to review and either approve or decline. Reimbursement cannot be processed without appointment confirmation, so make sure your documentation is submitted.

For a list of eligible expenses, visit: <https://nihb-ssna.express-scripts.ca>

If you have questions or need help coordinating approved travel, please reach out. We’re here to help! 705-753-3312

### Summer Student Job Fair

Nipissing First Nation is excited to welcome students for summer 2026 employment! We have several opportunities available for both secondary and post-secondary students.

View all **Summer Student positions** here:



Download the **Student Employment Application Form:**



*completed forms can be emailed to:*  
[resumes@nfn.ca](mailto:resumes@nfn.ca)

For more details visit our **Summer Student Job Fairs:**

Wednesday, May 27 | 4 - 8 p.m.  
Garden Village Gym

Thursday, May 28 | 4 - 8 p.m.  
Nipissing Secondary School Gym



# Join Our Team

Explore NFN Job Opportunities

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

- 1st Round: Open to all NFN members.
- 2nd Round: Open to registered members of other First Nations and spouses and children of registered NFN members.
- 3rd Round: 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.

Full postings and descriptions are available at [nfn.ca/jobs](https://nfn.ca/jobs)

## **IT Technician**

*Full-time / Permanent*

1st Round Closes Friday, May 1, 2026, at 4:30 p.m.  
2nd Round Closes Friday, May 8, 2026, at 4:30 p.m.  
3rd Round Closes Friday, May 15, 2026, at 4:30 p.m.

## **Culture and Language Shkaabewis**

*Full-time / Permanent*

1st Round Closes Friday, April 24, 2026, at 4:30 p.m.  
2nd Round Closes Friday, May 1, 2026, at 4:30 p.m.  
3rd Round Closes Friday, May 8, 2026, at 4:30 p.m.

## **Teacher - Visual Arts**

*Full-time / Permanent*

1st Round Closes Friday, April 24, 2026, at 4:30 p.m.  
2nd Round Closes Friday, May 1, 2026, at 4:30 p.m.  
3rd Round Closes Friday, May 8, 2026, at 4:30 p.m.

## **Teacher - Social Science**

*Full-time / Permanent*

1st Round Closes Friday, April 24, 2026, at 4:30 p.m.  
2nd Round Closes Friday, May 1, 2026, at 4:30 p.m.  
3rd Round Closes Friday, May 8, 2026, at 4:30 p.m.

## **Teacher - Math**

*Full-time / Contract*

1st Round Closes Friday, April 24, 2026, at 4:30 p.m.  
2nd Round Closes Friday, May 1, 2026, at 4:30 p.m.  
3rd Round Closes Friday, May 8, 2026, at 4:30 p.m.

## **Teacher - English**

*Full-time / Permanent*

1st Round Closes Friday, April 24, 2026, at 4:30 p.m.  
2nd Round Closes Friday, May 1, 2026, at 4:30 p.m.  
3rd Round Closes Friday, May 8, 2026, at 4:30 p.m.

## **Open to all qualified applicants until filled**

### **Governance, Culture, Language & Heritage**

#### **Administrative Operations Coordinator Governance and Culture**

*Full-Time/Permanent*

#### **Heritage, Research, Library Manager**

*Full-Time/Permanent*

### **Health Services**

#### **Elders' Lodge Caregiver**

*Full-Time/Permanent*

### **Finance**

#### **Accounts Payable Coordinator - 2 Vacancies**

*Full-Time/Permanent*

## Events

Some programs depend on room availability and facilitators, last-minute changes may happen!

For the most up-to-date information, visit our **Events Calendar** on [NFN.ca/events](https://nfn.ca/events) or check our **Facebook events page** at [facebook.com/NipissingFN/events](https://facebook.com/NipissingFN/events). For many Children, Youth, and Family events, follow [@NFNWAS](https://twitter.com/NFNWAS).

### Walking Alongside Services



### Events Calendar



### Facebook Events



## Young Spirits and Families

### Chess Night (Ages 13-29)

Fri, May 1 | 6 - 9 p.m. |  
65 Juniper Cres

### Youth Movie & Lunch (Ages 13-29)

Sun, May 3 | 10 a.m. - 5 p.m. | Galaxy Cinemas  
North Bay & Restaurant

### Kids Hangout (Ages 6-9)

Mon, May 4 | 5 - 7 p.m. |  
Duchesnay Community Hall

### Youth Singing (Ages 13-29)

Mon, May 4, 11, 25 | 5 - 8 p.m. |  
Big Medicine Studio

### Princess Tea Party (Ages 6-9)

Tues, May 5 | 5 - 7 p.m. | 65 Juniper Cres

### Duchesnay Drop-in (Ages 13-29)

Wed, May 6, 13, 20, 27 | 5 - 9 p.m. |  
Duchesnay Community Hall

### Garden Village Drop-in (Ages 13-29)

Wed, May 6, 13, 20 | 5 - 9 p.m. |  
65 Juniper Cres

### Duchesnay Drop-in (Ages 13-29)

Thurs, May 7, 14, 21, 28 | 5 - 7 p.m. |  
Duchesnay Community Hall

### Garden Village Drop- in (Ages 13-29)

Thurs, May 7, 14, 21 | 5 - 9 p.m. |  
65 Juniper Cres

### Language Fun (Ages 13-29)

Fri, May 8 | 5 - 9 p.m. | 65 Juniper Cres

### Language Dinner (Ages 13-29)

Sat, May 9 | 12 - 4 p.m. | TBD

### Tween Hangout (Ages 10- 12)

Mon, May 11 | 5 - 8 p.m. | 65 Juniper Cres

### Youth BBQ (Ages 13-29)

Tues, May 12 | 5 - 8 p.m. | 65 Juniper Cres

### Kids Hangout (Ages 6-9)

Tues, May 12, 19 | 5 - 7 p.m. | Library

### Tween BBQ (Ages 10-12)

Wed, May 13 | 5 - 8 p.m. | Band Office



#### Registration Required

See [NFN.ca](https://nfn.ca) for more event details

## Walking Alongside Services

[@NFNWAS](https://www.instagram.com/NFNWAS)



## Events Calendar

[NFN.ca/events](https://nfn.ca/events)



## Facebook Events

[facebook.com/NipissingFN/events](https://facebook.com/NipissingFN/events)



### **Kids Superhero Night** (Ages 6-9)

Wed, May 13 | 5 - 7 p.m. | Library

### **Nipissing Stories** (Ages 13-29)

Fri, May 15 | 5 - 9 p.m. | 65 Juniper Cres

### **Wacky Wing**

Sat, May 16 | 2 - 6 p.m. | North Bay

### **Youth Jewellery Making** (Ages 13-29)

Tues, May 19 | 5 - 8 p.m. | 65 Juniper Cres

### **Tween Jewellery Making** (Ages 13-29)

Wed, May 20 | 6 - 8:30 p.m. |  
Holy Spirit Church

### **Kids Book Club** (Ages 6-9)

Wed, May 20 | 5 - 7 p.m. |  
Library

### **Movie Night** (Ages 13-29)

Fri, May 22 | 5 - 9 p.m. | 65 Juniper Cres

### **Language Shopping** (Ages 13-29)

Sat, May 23 | 12 - 4 p.m. | Talize & Value Village  
North Bay

### **Tween Spa** (Ages 10-12)

Sun, May 24 | 2 - 5 p.m. | 65 Juniper Cres

### **Tween Herbology Night** (Ages 10-12)

Mon, May 25 | 5 - 8 p.m. | 65 Juniper Cres

### **Kids Hangout** (Ages 6-9)

Mon, May 25 | 5 - 7 p.m. | Library

### **Youth Herbology Night** (Ages 13-29)

Tues, May 26 | 5 - 8 p.m. | 65 Juniper Cres

### **Kids Minecraft Smash Night** (Ages 6-9)

Tues, May 26 | 5 - 7 p.m. | Library

### **Summer Student Job Fair**

Wed, May 27 | 4 - 8 p.m.  
Garden Village Gym

Thurs, May 28 | 4 - 8 p.m.

Nbisiing Secondary School Gym

### **Lodge Teaching** (Ages 13-29)


Wed, May 27, Thurs, May 28, Fri May, 29 |  
5 - 9 p.m. | Beaucage Park

### **Naming Ceremony** (Ages 13-29)

Sat, May 30 | 10 a.m. - 5 p.m. | Beaucage Park

### **Tween Hangout** (Ages 10-12)

Sun, May 31 | 2 - 5 p.m. | 65 Juniper Cres

 **Registration Required**  
See [NFN.ca](https://nfn.ca) for more event details

## Events

Some programs depend on room availability and facilitators, last-minute changes may happen!

For the most up-to-date information, visit our **Events Calendar** on [NFN.ca/events](https://nfn.ca/events) or check our **Facebook events page** at [facebook.com/NipissingFN/events](https://facebook.com/NipissingFN/events). For many Children, Youth, and Family events, follow [@NFNWAS](https://twitter.com/NFNWAS).

### Walking Alongside Services



### Events Calendar



### Facebook Events



## Community Events

### LCHC Open House

Mon, May 4 | 1- 4 p.m. |  
58 Semo Road, Garden Village

### RHT PCD Sessions

Mon, May 4 | 9 a.m. - 8 p.m. |  
Duchesnay Community Hall

Tues, May 5 | 9 a.m. - 8 p.m. |  
Garden Village Gym

### Grief and Loss Circle

Mon, May 11 | 9:30 a.m. - 11 a.m. |  
LCHC Boardroom

Mon, May 27 | 9:30 a.m. - 11 a.m. |  
Duchesnay Community Hall

Mon, June 1 | 9:30 a.m. - 11 a.m. |  
LCHC Boardroom

### NOSM Community Presentation

Thurs, May 21 | 1 - 3 p.m. |  
Garden Village Gym

### Water Bundle Ceremony

Wed, May 22 | 11a.m. - 2 p.m. | Holy Spirit  
Church Parking Lot

### Maamwi wiisnidaa

Thurs, May 28 | 11 a.m. - 1 p.m. | Garden  
Village Gym

### Health Fair

Thurs, June 4 | 2 - 5:30 p.m. | Garden Village  
ODR

## CENSUS JOBS

Statistics Canada is hiring in your community for the 2026 Census!

- Use your local knowledge to help conduct the census.
- Develop skills that employers are looking for.
- Your contribution to the census can help your community plan and shape its future!

### Important to know

- There are approximately 32,000 census jobs available across Canada.
- Pay is **\$25.87 per hour** for non-supervisory positions and **\$31.32 per hour** for supervisory positions, plus authorized expenses.
- The time frame for census jobs is between **March and July 2026**, depending on the position and location.
- You must be available to work flexible hours, including days, evenings and weekends.



Apply now and tell a friend  
[census.gc.ca/jobs](https://census.gc.ca/jobs)

If you need assistance with your application, please call 1-833-830-3106  
Teletypewriter (TTY): 1-833-830-3109



**Registration Required**  
See [NFN.ca](https://nfn.ca) for more event details

## Walking Alongside Services

@NFWAS



## Events Calendar

NFN.ca/events



## Facebook Events

facebook.com/NipissingFN/events



## Elders Activities

### Chair Yoga

Tues, May 5, 12, 19, 26 | 11:30 a.m. - 12:30 p.m. | Elders' Lodge Duchesnay

### The Village - Canadore College

Tues, May 5, 12, 19, 26 | 10 a.m. - Noon | Canadore College

### COVID-19 Vaccine Spring Booster Clinic

Thurs, May 7 | 10 a.m. - 3 p.m. | Duchesnay Community Hall

Wed, May 13 | 11 a.m. - 1 p.m. | Council Chambers

### Diner's Club

Wed, May 13 | Noon - 1 p.m. | Garden Village Gym

### Seniors Social: Cribbage Tournament

Wed, May 20 | 11 a.m. - 1 p.m. | Duchesnay Community Hall

### Tea Talks

Thurs, May 28 | 11 a.m. - 1 p.m. | Elders' Lodge Duchesnay

## Beaded Earrings Workshop

Sun, May 31 | 9 a.m. - 4 p.m. | LCHC Boardroom

## Health and Recreation

### Circuit Training

Mon, May 4, 11, 25 | Noon - 12:45 p.m. | Holy Spirit Church Basement

Wed, May 6, 13, 20, 27 | Noon - 12:45 p.m. | Holy Spirit Church Basement

### Walking Group

Mon, May 4, 11, 25 | 1:30 - 2:30 p.m. | Meet at LCHC Parking Lot

### Adult Kickboxing

Tues, May 5, 12, 19, 26 | Noon - 12:45 p.m. | LCHC Boardroom

Thurs, May 7, 14, 21, 28 | Noon - 12:45 p.m. | Holy Spirit Church Basement

### Pow Wow Dance Class

Wed, May 27 | 2 - 3 p.m. | Garden Village Gym

 **Registration Required**  
See NFN.ca for more event details

The following ads and events are shared for your information and are not affiliated with Nipissing First Nation. They feature and support NFN member grassroots events – please show your support!



**POLY-B LTD.**  
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West Nipissing ON




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**Ray Commanda**  
**705-753-2002**

141 Front St, Sturgeon Falls, ON P2B 2H6.



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North, Bay, P1B8G5  
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T: 705-476-BABY (2229)  
F: 705-476-2470

ktigaaning.midwives@gmail.com  
www.ktigaaningmidwives.com

**George Couchie**  
www.culturalmindfulness.ca  
couchie.george@gmail.com  
705-494-6887




**Michèle Chrétien**  
Cell: 705.715.6119  
chretienmichele02@gmail.com

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10am-6pm  
705-471-0472  
132 Osprey Miikaan

The following ads and events are shared for your information and are not affiliated with Nipissing First Nation. They feature and support NFN member grassroots events – please show your support!

*East End Homemakers Fundraiser*



## Mother's Day Pancake Breakfast Fundraiser

Saturday  
May 9th, 2026  
9am to 12pm

Duchesnay  
Community Centre  
520 Couchie Memorial Dr.  
Nipissing First Nation

**MENU**

Pancakes & Maple Syrup  
Scrambled Eggs  
Bacon & Sausage  
Coffee, Tea, Juice

Full Order \$12.00  
Half Order \$6.00  
\*Cash only\*

**Everyone Welcome!**

All profits will be donated to help with Alyssa Couchie's medical expenses

Read About her story & donate to her GoFundMe here →



**Door Prize  
50/50  
& Draws!**

# SAVE THE DATE!

Nipissing Warrior Days is back for an exciting summer weekend, hosted by the NFN Little NHL Committee!

## August 21–23, 2026

**Garden Village Baseball Field / ODR**  
(36 Semo Road, Garden Village)



**More details on schedules and activities coming soon –stay tuned!**



4th Annual  
**Anita Couchie Memorial Charity Golf Tournament**

**Presented by:**





**Proudly Supporting Cancer Care at**

North Bay  
Regional Health  
Centre **Foundation**



**Fondation du Centre**  
régional de santé  
de North Bay

# Friday, May 29, 2026

**Osprey Links Golf Course, Callander, ON**  
**Shotgun start at 9 a.m.**

Golf, Shared Cart, Lunch Reception,  
Morning Snack, Live & Silent Auction and  
Great Gifts for All

**Register Now**  
**\$700 / Foursome**

**How to register:**  
**ospreylinksgolf.com**  
**705-752-5225**



# Community Events



## Waabgwanii Giizis (Blooming Moon) | May 2026

Namegiizhgad Sunday	Nokiigiizhgad Monday	Niizhgiizhgad Tuesday	Aabtawse Wednesday	Shpinganwang Thursday	Jiibiaatgogiizhgad Friday	Maaniigiizhgad Saturday
					1	2
3 <b>Community Circle</b> GV Lodge 3 - 6 p.m.	4 <b>LCHC Open House</b> 58 Semo, GV 1 - 4 p.m. 	5 <b>Chief &amp; Council</b> Garden Village 7:30 p.m. 	6 <b>Community Circle</b> GV Lodge 3 - 6 p.m. 	7 <b>Goods Exchange</b>	8 <b>Goods Exchange</b>	9
10 <b>Community Circle</b> GV Lodge 3 - 6 p.m. 	11	12	13 <b>Diner's Club</b> Garden Village Noon - 1 p.m. <b>Community Circle</b> GV Lodge 3 - 6 p.m.	14 <b>Spring Clean-Up</b> West-end	15 <i>Post-Secondary Full-Time Funding Application Deadline</i> <b>Spring Clean-Up</b> East-end	16 <b>Fishing Season Opens</b> <i>Bring leftover spring clean-up items to landfill: Open 8 a.m. - 4 p.m.</i>
17 <b>Community Circle</b> GV Lodge 3 - 6 p.m.	18 <b>CLOSED</b> <i>Victoria Day</i>	19 <b>Chief &amp; Council</b> Garden Village 7:30 p.m. 	20 <b>Community Circle</b> GV Lodge 3 - 6 p.m. 	21 <b>NOSM Presentation</b> GV Gym 1 - 3 p.m.	22 <b>Water Bundle Ceremony</b> Holy Spirit Church Parking Lot 11 a.m. - 2 p.m.	23
24 <b>Community Circle</b> GV Lodge 3 - 6 p.m.	25	26	27 <b>Summer Student Job Fair</b> GV Gym 4 - 8 p.m.	28 <b>Maamwi Wiisnidaa</b> GV Gym 11 a.m. - 1 p.m. <b>Summer Student Job Fair</b> Nbissing School 4 - 8 p.m.	29	30
31 <b>Community Circle</b> GV Lodge 3 - 6 p.m. 						

### Stay Connected!



@NipissingFN



@nipissingfn



Nipissing First Nation



nfn.ca

### Walking Alongside Services

@NFWAS



### Events Calendar

NFN.ca/events



### Facebook Events

facebook.com/NipissingFN/events

