

ENKAMGAK

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

In This Issue

- [Updates/Notices.....2-3](#)
- [Education.....4-5](#)
- [Culture.....6-8](#)
- [Health.....9-14](#)
- [Employment.....15](#)
- [Recreation./NCW.16-19](#)
- [Events.....20](#)
- [Emergency Mgt.....21](#)
- [Advertising.....22-23](#)
- [Calendar.....24](#)

The newsletter is online:
www.nfn.ca or by request:
elainec@nfn.ca

Council Meetings:

Tues, Mar 7 @ 7:30pm
Duchesnay

Tues, Mar 21 @ 7:30pm
Garden Village

Please submit agenda items by 4pm on the Thursday prior to the meeting to Freda Martel at (705) 753-2050 ext. 1223 or email to freda@nfn.ca.

THE NIPISSING WARRIORS DOCUMENTARY PREMIERE



Adult - \$15 • Youth (6-12) - \$10 • Child (5 and under) - Free

TICKET NO: 1

Sponsored by:



Date:
March 4, 2017

Time:
7:00 - 9:00 PM

Location:
NFN Community Complex,
Garden Village

THE NIPISSING WARRIORS DOCUMENTARY

As part of NFN Culture & Heritage project to preserve history, we present "The Nipissing Warriors Documentary". The main event is Team 1972, the first Nipissing warriors team to win the All Ontario. The documentary includes clips from the Little NHL, some interviews of Team 1972, and some education curriculum that is being created of The Nipissing Warriors. The Nipissing Warriors history exhibit will be available at the event. This is the first historical documentation of The Nipissing Warriors. Future work will continue.

Tickets are available at NFN Finance and from Glenna Beaucage at the Culture Center.

NIPISSING WARRIORS DOCUMENTARY

Saturday, March 4th

6:30 pm - Doors Open

7:00 pm - Opening & Welcoming

7:30 pm - Documentary Film

7:50 pm - Refreshment Break

8:00 pm - Open Mic Discussion

9:00 pm - Conclusion

Tickets are now on sale @ finance: \$15.00 adults, \$10.00, youths 6-12 yrs old, ages 5 & under Free

NFN Departments Satellite Office at Nbisiiing Secondary

NFN's Satellite Office is available from 9:00am to 4:00pm on the following dates (unless otherwise specified):

ONTARIO WORKS

Every 2nd Wednesday of the Month
Wed. March 1st & 15th

Appointment Required:

Call (705) 753-2058 to book.

FINANCE

Every 3rd Friday

Fri. March 17th

MEMBERSHIP

Contact (705) 753-2922

HEALTH CENTRE

By appointment only:

Call (705) 753-3312 to book.

CHIEF McLEOD

Every 3rd Thursday from

10am - 4pm *

(*confirmed on a month to month basis.)

Call for Committee Members

Chief & Council are still seeking registered Nipissing First Nation members to serve on the following committees:

Community Development Committee - seeking 1 member

Economic Development Committee - seeking 1 member

Housing Committee - seeking 1 member

Natural Resources Committee - seeking 2 members

Community Wellness Committee - seeking 1 member

Culture & Pow Wow Committee - seeking 2 members

Committee meetings are held once per month and members are paid an honorarium of \$50 for each meeting that they attend. Members must be 18 years of age and over to participate on committees.

Note: Applicants are allowed to participate on a maximum of two committees. Applicants must complete a separate application for each committee.

The Committee Member application form is available on our homepage at www.nfn.ca.



EDUCATION DEPARTMENT

**NFN Offices Closed:
Nipissing Day**

Monday, March 13th

Food Bank Hours

Closed on March 13th

*reopen: Tues, March 14th
from 8:30 to 12 pm*

Food Bank Regular hours:

**Mondays 1pm to 4:30 pm and
Fridays 8:30am to 12pm.**

Education Office

Ph: 705 753-6995

Updates

The Adult Education Program has started. Tuesday and Thursday 6pm—8pm at Npisiing Secondary School in Duchesnay and Monday and Wednesday 6pm –8pm at the NFN Library in Garden Village. There is still time to register. Contact Tracy at the education office 705-753-6995 Your high school diploma might be closer than you think.

Student Information/Consent Sheet

Please ensure that you have filled out and sent us your child's form for the 2016-2017 school year. They are available on the NFN website. Please keep us updated on any information. Email tracyh@nfn.ca

Post-Secondary

*The deadline for NFN Post-Secondary applications is **Monday, May 15th** for Summer, Fall, and Winter of the 2017-18 school year. Please call Gerry at 705-753-6995 or email gerryg@nfn.ca*

**Don't forget to send in your timetables and marks.*



Student Bussing Information Sheet

Please ensure that your information is up to date. Please notify Charlene in bussing of any changes. 705-753-6995

Education Office 705-753-6995 Director Nancy Allaire

Elementary/Secondary Support Worker Tracy Hanzlik

Post-Secondary Support Worker Gerry Goulais

Bussing Coordinator/Administrative Assistant Charlene.Bellefeuille



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

Are you thinking about registering at a High School? Make an appointment with the Student Success teacher at Nbisiing Secondary School, Ontario's finest First Nation High School! We would be pleased to provide a personalized tour of our school and speak with you about the educational and cultural programming available. We welcome all Native and non-Native students. To arrange a personalized tour, visit our website at www.nbisiing.com, call us at 705-497-9938 or check us out on Facebook. Second semester started January 30, 2017.

Our Outdoor Education and Cooperative Education students received their CPR and AED certification training February 9th. 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.



Recently, our Hospitality & Tourism students received the Ontario Safe Food Handler Certification, which is good for 5 years.

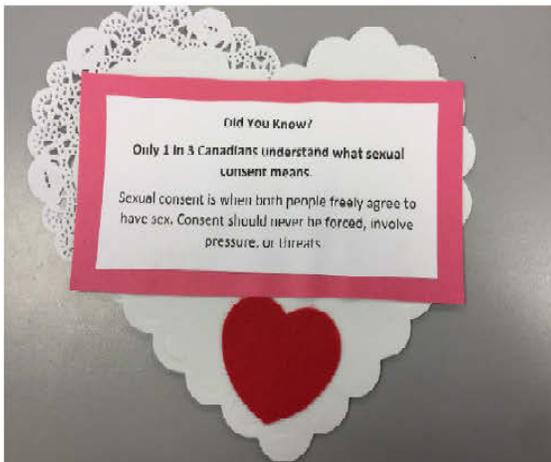
We are appreciative to the North Bay Health Unit for offering this course to us.

Chi Meegwetch.



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

On February 10th, students were invited to a First Peoples' Centre Community Teach In. The event, which was a partnership program with the Canadore Aboriginal Students Association, presented the importance of our Indigenous women as Water Carriers and as Givers of Life. Grandmother Liberty was the Elder who presented the teachings of the Water Ceremony and in keeping with this important theme, two guest speakers shared their experiences as women in today's world. These were women who have followed the path of education and are successful in their fields. Dr. Brenda inspired us to recognize traditional knowledge as an example of how to transmit the importance of our Indigenous women. The students can now bring this experience back to the classroom to reflect on Indigenous identity and philosophical choices. The grade nine students can reflect on Water as a sacred resource and a pivotal medicine.



Physical Education classes participate in Sexual and reproductive health awareness week. We received valentines made by the North Bay Parry Sound District Health Unit that gave interesting facts about sexual and reproductive health and participated in an activity to see how STIs can be spread.

Watch our Facebook page for information about our upcoming events like our YMCA Youth Exchange Trip in March, and our Winter Carnival on March 9th and others!

EQAO TESTING FOR GRADE 10 ENGLISH Ontario Secondary School Literacy Test (OSSLT)
 March 30, 2017: Regularly scheduled OSSLT, both online and on paper



Anishnaabemwin

Maple Sugar Moon

Sugar-making -- -- happened for several weeks in *ziigwan* (Spring) during the *Ziisbaaktoke Giizis*. The Ojibwe headed north by canoe to our **Spring camps** as this was the time of maple syrup tapping and spear fishing. Our main building material, *wiigwaas* (birch bark), could be transported anywhere by canoe or dog sled to make a wigwam (lodge shelter).

Maple sugar meant more to our Ojibwe people than simple sustenance. It symbolized harmony with each other and with the natural and supernatural worlds. Maple sugar-making began any time from late March to early April with the arrival of the first crow. Seeing this bird or hearing its call signaled the arrival of Spring and the end of the long, hard Winter.

Small bands would break up into smaller groups of families, usually around early spring time, and move into temporary "maple-ing" camps. These camps, located in preselected areas for each family, would then become home for a few weeks to a few months while the family tapped, collected, processed and stored maple syrup and maple sugar. The sugar was then used for trade and augmented the Ojibwe diet of wild rice, corn, squash, berries fish, venison, bear and moose meat. As the Woodland Ojibwe had no salt, they used maple syrup to season all of their food.

Kidwinaan – Words for *Ziispaaktoke Giizis Sugar Moon*

Ni-nookmik *early spring*

Ziigwan *spring*

Aabwaa *mild*

Ninaatig *maple tree*

Ziispaaktoke *to make maple syrup*

Ziisbaaktokaan *sugar bush*

Ziispaaktowaaboo *sap*

Kaadkik *cast iron pot*

Zekwekik *boiling pot*

Gwaabigan *ladle/scoop*

Newebigan *stirring ladle*

Bgiwzigan *taffy*

Zhiywaagmizgan *syrup*

Mnise *go get fire wood*

Waagaakwad *axe*

Msan *wood*

Daashgase *splitting wood*

Boodwe *make fire*

Nga-Boodwe *I will make fire*

Nga-goonaa kik shkodeng *I'm hanging the pot over the fire*

Skigmizekwe *boiling down the sap*

Ziispaaktokedaa *let's make maple syrup*

Gii shkwaa ziispaaktoke *down making maple syrup*

Zhiywaabmizge *making maple syrup*

ANISHNAABEMWIN CLASSES

Classes are taking place every **Monday night in Duchesnay** and every **Wednesday night in Garden Village**. Classes start at 6pm and finish at 8pm. These are provided free for our community so that we can learn the language of our ancestors. We do have fluent speakers on hand to help out with pronunciation and proper rhythm. These classes are held in a relaxed atmosphere with a lot of humour and encouragement. You can stop in any time. We all help each other.

- In Duchesnay, skype is available for those away from the community.
- Immersion nights continue every second Friday of the month. Our sessions in March occur on March 10th with a theme of kids playing hockey and March 24th with a theme of Maple Syrup Time.
- Sales of booklets are always available at cost. We have several booklets that range from \$1.50 to \$6.00 each to help all of us learn the language. Some topics include: Conversational Ojibwe, Enweyang (The Way We Speak), Wesiinyak (Animals), Gitziimak Kidwinan: Anishnaabemgnoona Gniijaanis (Parents Words: Speak to Your Children in Ojibwe), Ekdawaad Gekaajig (What the Elders Say), Table Talk, Binaakwii Giizis (Falling Leaves Moon, Boong (Winter), Gchi-miigwech Giizhgak (Thanksgiving).

If you need more details, send me an email message: janec@nfn.ca or leave a message at the front desk: 705.753.2050

Please note that beginners are always welcome. Miigwech, Jane Commanda.

For information contact Jules Armstrong

(705) 753-2050 ext. 1260 or julesa@nfn.ca

www.nfnculture.ca



Full Moon Ceremony

Thurs March 9th ~ 7p.m..
GV Culture Centre

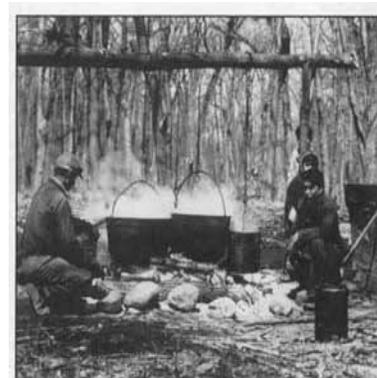


Drum Social

Thursday, March 9th ~
6 -8 pm
Church basement GV

ZIISBAAKDOKE GIIZIS –SUGAR MOON – MARCH (3rd Moon of Creation)

Nswo giizis egoojing gaa zhichgaasod ,
 Ziisbaaktoke Giizis zhinkaazo.
 Mii maa pii shki maadziwin waamdawegaadeg
 Minwa mshkikiin ,enji- maadziimag kina gegoo
 Wii-biinag.
 Ninaatig go wa bezhik ezhi-mshi-kiiwid ,
 Zhemnidoo gaa-miingoyang wii-biinaagwak miskwiimnaan
 Pii ni-nookmig .
 Aabchi-mshkawziimgat maa mshkiki dbishko
 Gonaa kina enmaajigwang, jiihkensan emwidoowaad .
 Mii maa egniwaamdangang pii miigwechiwenmang.



Onaabani-giizis

Sugar Moon is the third moon of Creation.
 This is a time when new life begins to show itself
 And provide the medicines from all creation for purification.
 The sugar maple is one of the medicines that the creator
 Has given us to balance our blood, that along with the season of spring.
 It is a strong medicine, that along with the other plants ,roots ,herbs ,
 Carry the spirit of healing within. For this we acknowledge that we are forever thankful.



On February 14th, some NFN youth attended the OPP Provincial Liaison Team Conference in Huntsville where they demonstrated their drumming and dancing skills. Having been there in person I can tell you that over 150 police officers from across the province were impressed with their performance.

On behalf of the **Anishinabek Police Service** I would like to thank our NFN youth for taking the time to come and show the entire policing community that our youth rock. Please be proud and congratulate their efforts when you see them, they are our future. And to all their parents, guardians, role models, and fellow community members we thank you for raising such outstanding young people.

ASgt. Chantal M. Larocque
 Dokis/Nipissing/Wahnapiitae
 469A Couchie Memorial Dr., North Bay, ON, P1B 8G5
clarocque@apscops.org #705-472-0270



Looking for Community members 18 years + to participate in Pandemic Tabletop Exercise



Community Pandemic Plans and Procedures will be discussed so we will be able to respond to a (Community) Pandemic Emergency

Registration: Health Centre 705 753-3312

- Presentation
- Scenarios
- Group discussions
- Review plans

Emergency Kit Giveaways

Dinner provided

Band Office Council Chambers

Monday March 20th

5:00 to 7:00 pm



**Nbisiing School
Monday March 27th
5:00 to 7:00 pm**

Pink Shirt Day



Nbisiing Secondary School

On February 22, 2017 Cst. Commanda & Mitchell presented to students at Nbisiing Secondary School on Anti-Bullying & Cyber-Bullying.

The Anishinabek Police Service took part in Pink Shirt Day which raises awareness for anti-bullying with young people.



**Are you pregnant or do you have a child
less than 1 year old?**

Are you a resident or member of Nipissing First Nation?

If so, you should consider registering with our Canada Prenatal Nutrition Program! Once registered, you may be able to:

- ✓ *Receive a monthly Good Food Box*
- ✓ *Receive a monthly milk coupon, if breastfeeding*
- ✓ *Access gifts such as the Baby Bundle or Welcome Baby Bag*

Once your child turns 1 year old, they may be enrolled in the Aboriginal Healthy Babies Healthy Children Program and continue receiving milk coupons until they turn 7 years old!



SENIORS

Join us for a **MOVIE NIGHT**

Thursday, March 30th



North Bay Mall

Bus departs Band Office @ 6:30pm

Please call **Liz at 753-3312**
to reserve your seat on the bus/ticket at the movies

from the of the Health Promotion Worker for the Right Path Counselling & Prevention Services

Hello, Aannii, Boozhoo, Aniish na? How are you?

We have 4 Smoking Cessation information sessions coming up beginning Tuesday, March 2nd from 6:30 to 7:30 p.m. here at the Health Centre. For the first session to provide us with information on smoking cessation. We will have Nicole McGaughey-Paparo from the Ontario Cancer Care here. The 4 smoking cessation dates for 3 weeks, are March 2, March 8, March 14 and the final one March 22 from 6:30 to 7:30 pm.

On Monday, March 6th from 7:00 to 8:00 pm, come out and join us for an information session on self /help support groups such as A.A., N.A. and Al-Anon here at the Health Centre. Now on to serious business...The Right Path Counselling & Prevention Services has received some important and scary news regarding opioid use. Fentanyl and fentanyl equivalents are making their way onto the street are extremely potent (100 to 10 000 times stronger than morphine) increasing the risk of overdose for those who use these substances. One crucial piece of information for sharing: oxycodone 80's (green pills) being sold on the street are a commonly reported substance of abuse by many clients who come through our doors. Apparently, these are in fact counterfeit fentanyl pills. It is fentanyl powder pressed into pills and then dyed and labelled (CDN 80) to look like the "old" OxyContin tablets (OxyContin was delisted almost 5 years ago and no longer exists. This drug is approximately 100 times more potent than morphine. If this isn't dangerous enough, when these pills are cut (usually with caffeine but can be cut with baking soda) "hot spots" are created. What this means is that the fentanyl does not get evenly distributed through the powder mixture and some areas could be extremely concentrated with fentanyl, increasing the risk of overdose/death even more. Some clients may not realize they are taking fentanyl – they may believe these are legitimate pharmaceutical grade opioids. It can be absorbed through the skin and an amount equivalent to the point of a pencil can be enough to be toxic. It is not yet clear whether the policy/protocol will include use on the general public.

If you need support or counselling for mental health issues, or Addictions, Remember you are not alone, We are here to help!

The Right Path Counselling & Prevention Services

Phone: 705-753-1375

Well that's all for now folks

Baamaapii, (Until Later) Giminnadan Gagiginoshiwan (It was nice talking to you)

Lori-Anne

MARCH IS NUTRITION MONTH!



Ktiigaaniing
TEST KITCHEN

March 29th 11:00am-1:00pm Drop-In @ Band Office Gym

Stop by the Ktiigaaniing Test Kitchen to sample some recipes! Guess the secret “nutritious” ingredient in each recipe for chances to win a prize! Copies of the recipes will be available.



Reminder to sign up for Health’s Kitchen: *Cooking with the Family*

This workshop is for both parents and children

March 4: 10:00am-2:00pm @ the Lawrence Commanda Health Centre

OR March 25: 10:00am-2:00pm @ Nbisiing Secondary School

Call LCHC @ 753-3312 to register



Let's Talk



FUN & GAMES WITH ADDICTIONS

Facilitator : Loriann McLeod

Ages 9 +

At Health Centre Boardroom

Tuesday, March 28th

4:30 pm to 6:00 pm

Come out and learn about addictions

Diabetes

Self Monitoring

Preparing the materials and checking the reagent strips:

1. **Wash your hands** with soapy water and dry them thoroughly.
2. **Prepare the materials:** meter, test strip, holder, lancet, paper tissue.
3. **Insert lancet into the holder** and set it.
4. **Check** the reagent strip container for the manufacturer's expiration date

TIPS:

A lancet must never be used more than once, or thrown into ordinary trash can. Special containers are distributed at no cost. Once the container is full it can be returned for safe disposal.

Produce a large drop of blood by applying pressure on the finger while pointing it downwards, do not apply excessive pressure.

Keep track of your blood glucose in a log book

The more you learn about diabetes, the better you will be able to take responsibility for your condition.

Self-monitoring is a technique that people with diabetes use to measure their blood glucose levels.

Benefits of Self-monitoring:

- Self-monitoring allows people with diabetes to measure the impact of nutrition, physical activity, stress and anti-diabetic drugs on their blood sugar
- Identifies episodes of hyperglycemia and hypoglycemia, enabling the person with diabetes to react quickly
- Allows people with diabetes to feel confident, safe and independent in the management of their diabetes
- Maintain blood sugar levels as close to normal range as possible

People with diabetes should try to maintain their blood sugar levels as close to normal as possible to prevent complications associated with diabetes.

A **glucose meter** is used to measure blood sugar in blood from the finger tip.

Blood sugar can be measured from alternative sites on the body such as the forearm, the arm, the palm, the abdomen or the thigh. It is recommended that blood sugar reading be taken from the finger tip.

Main causes of false glucose readings:

- The glucose meter is dirty;
- The glucose meter is calibrated incorrectly;
- The strips have expired;
- The strips have been exposed to humidity and extreme temperatures;
- The strips are kept out of the original vial;
- The drop of blood is too small;
- The user's technique is faulty;
- The glucose meter is inaccurate.



For more information please contact:

Lawrence Commanda Diabetes Education and Resource Centre

705-753-3312

Are you expecting or planning a pregnancy? Here is important information!

Folic Acid

Did you know? Every women of childbearing age should take at least 0.4mg-1.0mg of folic acid each day.

Research shows that women who take vitamins that contain folic acid may lower the risk that their baby will be born with a birth defect called a neural tube defect. Between 2 and 4 babies of every 1000 babies born in Canada have neural tube defects.

What is a neural tube defect?

A neural tube defect happens when something interferes with the way the baby grows before he or she is born. The two most common conditions in which neural tube defects occur are spina bifida and anencephaly. These conditions may be prevented if women take enough folic acid before and while they are pregnant. Spina bifida happens when the spine does not develop normally. Anencephaly happens when the skull and the brain do not develop normally.

What is folic acid?

Folic acid is a vitamin. Folic acid, also called folate or folacin, is found in some vitamin pills.

How do you make sure you get enough folic acid ?

All women should take vitamins that contains folic acid before they get pregnant. You can get some folic acid from eating some foods. But it is hard to get enough folic acid from your diet. It is better to take vitamins that contain folic acid.

Examples of foods that have a large amount of folic acid are:

- grains such as whole-wheat bread.
- dark green vegetables such as spinach and broccoli.
- meat such as liver.
- beans such as lentils and kidney beans.

Why take folic acid before you get pregnant ?

Neural tube defects occur 25 to 29 days after a woman gets pregnant. At that time, many women are not even aware that they are pregnant.

Because these defects form so early, you should begin taking vitamins that contain folic acid before you get pregnant. Begin taking folic acid when you stop using birth control.

Women need more folic acid during pregnancy and breastfeeding than they do normally. So you should continue taking folic acid all the time that you are pregnant.

Misty Arbour, Maternal Child Health Nurse 705-753-3312 ext 2227



FINANCE ACCOUNTS RECEIVABLES CLERK

Full Time- Permanent

Nipissing First Nation requires a Finance Accounts Receivable Clerk, to perform the accounts receivable functions and related bookkeeping, clerical and administrative services for the First Nation, and administer financial processes within policies and procedures.

QUALIFICATIONS:

- *Must be a graduate from a post-secondary program in Accounting.*
- *Must have experience in business accounting and understanding of best practices.*
- *High level computer and word processing skills; working knowledge of computerized accounting programs, such as AccPac for Windows.*
- *Must be bondable.*

REQUIRED SKILLS AND ABILITIES:

- *High level accounting skills.*
- *High level of sensitivity to Native issues.*
- *Excellent public relation skills, including an appreciation of the need for tact, discretion and a positive, cheerful and informed approach with the public.*
- *Displays initiative, strong interpersonal skills and high level organization skills.*

DUTIES INCLUDE:

- *Under supervision of the Chief Financial Officer.*
- *Performs the accounts receivable function, including the receipt, recording and monitoring of all First Nation revenues, such as grant/funding revenues, service charges, rents, renovation and mortgage loan repayments, special fees, charges and fines in accordance with the Nipissing First Nation's Financial and Procedures Policy and by laws.*
- *Ensures receipt of revenues owing; pursues accounts in arrears and recommends compliance in accordance with the First Nation financial administration policies.*
- *Researches and prepares statistical, financial, policy, and other reports as required by the Finance Manager.*
- *Prepares monthly and year-end revenue reports.*
- *Assist in First Nation and program audits.*
- *Attends meetings of Finance Committee meetings.*
- *Answers enquiries directly and by telephone, and provides factual information to the public.*
- *Prepares and summarizes lists and reports, as required.*
- *Assists in the maintenance of the filing system.*
- *Provides clerical, bookkeeping, administrative and other related duties.*

*The successful candidate will require a current CPIC. Please submit letter of interest and resume with three (3) current references no later than **March 17th, 2017** pm to:*

*Jennifer Lalonde, Human Resources Manager
Nipissing First Nation
36 Semo Rd.
Garden Village, ON P2B 3K2
Fax (705) 753-0207*

Email: resumes@nfn.ca

Only those who qualify for an interview will be contacted.

Nipissing First Nation gives preference to First Nation applicants for any employment opportunities as per Section 24(1) (a) OHRC

MARCH BREAK 2017

This is a listing of (mostly free) confirmed activities occurring in our area over the March Break

Monday, March 13th

NIPISSING DAY - Nipissing Band Administration Offices are closed
 Northgate Shopping Centre - Spiderman Meet & Greet @ 11:00am - 12:30pm
 - Hulk Meet & Greet @ 2:00pm - 4:30pm

Tuesday, March 14th

Matinee Movie @ Galaxy Sponsored by: Community Wellness Committee
 11:15-3:00pm Transportation available
 Free - Limited Space To register contact Lorianne at 705-753-3312

Northgate Shopping Centre - Teenage Mutant Ninja Turtles Meet & Greet @ 10:00am—1:30pm

Wednesday, March 15th

Northgate Shopping Centre - The Magic of Christophe @ 10:00am
 - Battalion Signing @ 11:15am - 1:15pm

Thursday, March 16th

Curling in Sturgeon Falls Sponsored by: Recreation
 Sturgeon Falls Curling Club
 Transportation available Free - Limited Space
 To register contact Ashley at 705-753-3312

Northgate Shopping Centre - Peppa & George Meet & Greet 10:00am - 1:30pm
 - Ken the Balloon Dude @ 12:00pm - 2:00pm

Friday, March 17th

Bowling Sponsored by: Native Child Welfare
 Transportation available
 Free - Limited to 50 people Pizza Lunch Included
 To register contact Katie 705-753-2050 ext. 1323

Northgate Shopping Centre - Reptile Camp @ 1:00pm - 2:00pm
 - Face Painting @ 2:00pm - 5:00pm

This listing is for information purposes only. Transportation is only available where noted.

Bowling

Friday, March 17th
Partners Bowling North Bay

50 spots available - All ages welcome!



Kids Social

Saturday, March 18th

10:00 am to 2:00 pm @ Health Center

**** ages 5 to 12 ****

SEWING WITH CONFIDENCE

Sunday, March 19th & 26th

9:00 am to 5:00 pm @ Clinic

(2 weekend days event) **** parent with teen/child 12yrs + ****

GAME NIGHT

Tuesday, March 28th

6:00 to 8:00pm

Library



Contact person: *Katie Lariviere 705-753-2691*

katiel@nfn.ca



CRAFT NIGHT

Tuesday, March 7th

NFN Library

6:00 pm to 8:00pm

*Everyone is welcome! *Adult must accompany children**

Teen Night

Activities

Friday, March 24th

6:00 pm to 10:00 pm @ Health Center

Food

Ages 12 years and up

Enjoy an evening with Friends!

TEEN COOKING

Saturday, March 11th

10:00 am - 2:00 pm at Health Center

Ages 12 & up

Contact Katie Lariviere at the Native Child Welfare Program to sign up for above programs 705-753-2691 katiel@nfn.ca

March Hours for Food Bank

Closed Monday March 13th for Nipissing Day; Open Tuesday March 14th from 8-30am to 12p.m

Regular Hours: Monday's 1:00pm to 4:30pm

Friday's 8:30am to 12pm

Food Bank & Native Child Welfare invite you to

Movie Night

FEATURING

Friday, March 3rd

NFN Administration Office

Gym

Doors Open at 5:00 pm

Movie Starts at 5:30 pm



Free Admission!

Donate non-perishable items to receive ballots for a chance to win the DVD...

(must be present to win)

ALL CHILDREN REQUIRE AN ADULT CHAPERONE

MENU ITEMS

Pizza	\$2.00	Juice Box	\$0.50	Chips	\$1.00
Hotdogs	\$1.00	Popcorn	\$1.00	Chocolate Bars	\$1.00
Candy Bags	\$1.00	Pop/Water	\$1.00		

Thank you for supporting your local Food Bank

Contacts: Lisa Vega @ 753-6972 or email lisav@nfn.ca

or

Katie Lariviere @ 753-1323 or email katiel@nfn.ca



reminder
Holiday Garbage Collection

NFN Public Works would like to remind all residents that curb-side garbage collection/pick-up during the March Break week will occur one-day later due to the holiday Monday. Garbage collection/pick up will occur Tuesday, March 14th, 2017. The Recycling/Garbage Collection Calendar is available at nfn.ca

March						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

○ GARBAGE PICK-UP ONLY
□ RECYCLING & GARBAGE PICK-UP

Thursday Night Yoga in Duchesnay

Nbisiing School Gym: Thursday March 2 & March 9, March 23, & March 30 from 6:00- 7:00 pm

Mats are provided. Bring your own water/ comfort clothes. Beginners class

Contact: Ashley Couchie 753-3312 or ashleyc@nfn.ca

Please join the Ojibway Women's Lodge
for
International Women's Day
FRIDAY, MARCH 10TH



AFTERNOON TEA
&
DESSERTS

NIPISSING FIRST NATION BAND OFFICE
1:00 - 3:00 PM

Everyone Welcome

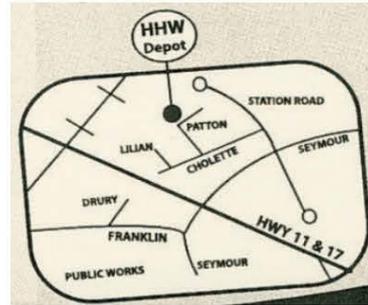
Household Hazardous Waste (HHW)

Household Hazardous Wastes (HHW) are commercial products found in every home. Residents of Nipissing First Nation can dispose of their household hazardous waste at the depot located at 112 Patton Street (Behind Train Station) in North Bay—*Free of Charge!* Improper disposal of HHW can lead to the hazardous chemicals ending up in our NFN Landfill, which potentially allows the harmful materials and chemicals to seep into the ground, and eventually our water. Please dispose of your HHW Properly to limit the danger to you, your family, the NFN collection staff, the environment, and our water!

Drop-Off Free of Charge

North Bay Household Hazardous Waste Depot

Open year-round – Wednesday to Saturday
from 8 a.m. to 6 p.m.



Aerosol cans	Antifreeze	Asphalt tar	Auto Fluids
Batteries	Brake fluid	Bug & tar removers	Car wax & polish
Degreasers	Disinfectant	Drain cleaner	Dye
Engine flushes	Flea collars	Floor stripper	Fungicide
Furniture Polish	Gasoline	Glues	Grease
Heating oil	Herbicides	Household cleansers	Insecticides
Jewelry cleaner	Kerosene	Laundry stain remover	Lighter fluid
Lubes	Lye or caustic soda	Metal polish	Mothballs
Motor oils	Nail polish	Oil filters	Oven cleaner
Paint	Paint & brush cleaner	Paint thinners	Paint removers
Pesticides	Photo chemicals	Poisons	Propane tanks
Radiator flushes	Rock salt	Roofing tar	Rust-proofers
Solvents	Spot remover/Cleaning fluid	Stain	Swimming pool chlorine
Syringe	Turpentine	Varnish	Wood Preservative

IN PARTNERSHIP WITH



Questions about which items you can drop off?

makethedrop.ca

Shayla Brunet, Facilities Clerk

Nipissing First Nation

(705) 753-2050 ext. 1285

shaylab@nfn.ca



Homes for Sale

59 Paradise Lane, Jocko Point, North Bay.

1-1/2-story house that will give you 1,678 sq ft of generous space on beautiful Lake Nipissing. 3 bedroom, 2 bathroom home with a 2-stall garage, as well as a sleep camp and gazebo. Situated in a friendly community of Jocko Point, 5 minute walk to NFN Pow Wow grounds and just thirty minutes from the beautiful City of North Bay or the quaint little Town of Sturgeon Falls. Asking \$250,000.00 will negotiate.

Wayne B McLeod

wayne_mcleod@live.com (705)499-8820



40 Gerald Crescent, Garden Village.

4 bedroom, 2 baths, Large kitchen. Full dry basement . Built 1992. Large front yard and back yard. Wraparound porch. Approx. 4,000sq feet. Asking \$130,000 OBO.

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*Please call ahead for store hours. Cash * Debit * Visa*

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Anishnaabemwin Every Monday in Duchesnay		1 Anishnaabemwin Every Wednesday Garden Village ON Works - Duchesnay	2 Smoking Cessa- tion 6:30-7:30 Yoga @ Duchesnay	3 Movie Night - Gym	4 Nipissing Warriors Documentary 7- 9:pm, GV gym Health Kitchen @ clinic
5	6 Support Groups AA,NA, Al Anon 7:pm	7 Council Meeting Duchesnay	8 Smoking Cessa- tion 6:30-7:30	9 Yoga Drum Social / church bsmt6-8pm Full Moon Cere- mony 7pm	10 International Women's Day Tea Anishnaabemwin Immersion	11
12	13 Offices Closed Nipissing Day	14 Foodbank open Smoking Cessa- tion	15 ON Works - Duchesnay	16 March Break		17 Finance @ Duchesnay
19	20 Pandemic Plans Council Chambers	21 Council Meeting Garden Village	22 Smoking Cessa- tion 6:30-7:30	23 Yoga @ Duchesnay	24 Anishnaabemwin Immersion	25 Health Kitchen @Duchesnay
26	27 Pandemic Plans Duchesnay	28 Let's Talk 4:30- 6pm clinic	29	30 Sr's Movie Night Yoga @ Duchesnay	31	 36 Semo Road Garden Village, ON P2B 3K2 elainec@nfn.ca

