



# ENKAMGAK

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

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Sign up to receive the newsletter electronically!  
Call Gen @ 753-2050 or email [genc@nfn.ca](mailto:genc@nfn.ca).

## Council Meetings:

November 3<sup>rd</sup>  
@ 7:30pm  
Duchesnay

November 17<sup>th</sup>  
@ 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 [fredam@nfn.ca](mailto:fredam@nfn.ca).

## Remembrance Day 2015

Please join us as we remember and honour our veterans on **Wednesday, November 11<sup>th</sup>** in Garden Village.

### Agenda

**10:45am:** Form Up and Procession to Cenotaph

**11:00am:** Remembrance Day Ceremony at Cenotaph

Come and view the Veterans "Wall of Fame" and visit the War of 1812 booth. **Everyone Welcome!** We encourage our members to wear their regalia and be part of the procession to the cenotaph.

*Light lunch and refreshments will be served at the NFN Community Complex following the ceremony.*

### Transportation Available

If you require transportation to and/or from the ceremony, please contact Gen Couchie at (705) 753-2050 or by email to [genc@nfn.ca](mailto:genc@nfn.ca) by 4:30pm on Friday, November 6<sup>th</sup>.

**Nipissing First Nation honours the 6,000 First Nations soldiers who served alongside the Canadian Forces throughout the First and Second World Wars, and those who serve today to protect our freedom.**

*Funded by Nipissing First Nation and Veterans Affairs Canada*



**November 11  
is a day we  
remember.**





Our elected MP, Liberal Anthony Rota, giving his victory speech on October 19<sup>th</sup>

## Greetings from Anthony Rota

Chi miigwech gii-wiidookwiyyeg Gimaake Giizhgak.

I am humbled by your support.

Together, we can start rebuilding a Canada that is based on trust and respect.

Miigwech, Anthony

### About Anthony

Anthony has a long history of involvement in his riding and has been active with a number of community organizations. He is currently a sessional instructor and the Director of Government Relations at Nipissing University.

Before transitioning into federal politics, Anthony served as a city councillor in North Bay and as an innovation/network advisor for the National Research Council of Canada. As the Member of Parliament for Nipissing-Timiskaming from 2004 to 2011, he served as the Liberal Critic for the Federal Economic Development Initiative for Northern Ontario and the National Liberal Caucus Chair. Visit [www.anthonyrota.ca](http://www.anthonyrota.ca) to learn more about our MP-elect.

### Election Results

Party	Candidate	Votes	Percent
Conservative	Jay Aspin	14,320	29.3 %
NDP-New Democratic Party	Kathleen Jodouin	7,992	16.4 %
Green Party	Nicole Peltier	1,277	2.6 %
<b>Liberal</b>	<b>Anthony Rota</b>	<b>25,281</b>	<b>51.7 %</b>

Polls Reporting: 208 of 208 (100 %)

Source: BayToday.ca

## Flu Clinics

Free Vaccines available for Adults and Children 6 months & up!

### Garden Village Clinics:

November 4 - 11:30am - 1:00pm  
Diners' Club at Band Office

November 16 - 3:30pm - 6:00pm  
Health Fair at Band Office

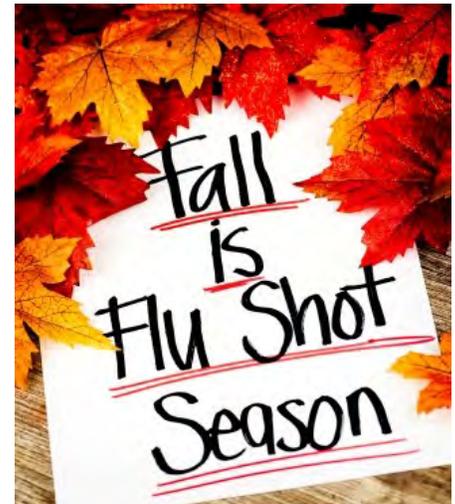
November 21 - 9:00am - Noon  
Community Meeting at Band Office

### Duchesnay Clinics:

November 9 - 3:30pm - 7:30pm  
Nbisiing Secondary School

November 19 - 2:00pm - 7:00pm  
Nbisiing Secondary School

For more information about flu immunization, or to book a private appointment, call (705) 753-3312.



## Annual Community Meeting

Our Annual Community Meeting will be held on **Saturday, November 21** from 9am to noon at the Community Complex in Garden Village.

Breakfast will be served from 9:30am - 10:30am and draw prizes will take place starting at 11:30am.

The Annual Meeting is a great opportunity for community members to come out and visit with staff from our various departments to learn about new programs and services, to ask questions and/or provide feedback.

**See you there!**

### ATTENTION ALL Post-Secondary Students:

Mid-Term Marks are due no later than Tuesday, November 10<sup>th</sup>

If you are unable to provide your marks by the deadline, contact (705) 753-6995 or [charleneb@nfn.ca](mailto:charleneb@nfn.ca)



# Anishinabek Police Services

## Monthly Report

For the Period of May 11 - October 18, 2015

CALLS FOR SERVICE	# OF CALLS
Alarm	12
Animal Complaints	15
Community Services	7
Drug Offences	3
Landlord Tenant	1
Mental Health Act	4
Noise Complaints	1
Police Assistance / Police Information	64
Prisoner Escorts	5
Property Checks / Reports Concerning Property / Trespass	17
Provincial Offences Act (Hwy / Traffic Complaints)	32
Theft / Fraud / Break & Enter	14
Threats / Disputes / Harassment / Domestic / Assault	35
R.I.D.E.	19
Warrants / Breach of Probation	18
Vehicle Collision	10
Weapons	4
Other; Missing Person, Suspicious Person, Person Check-In,	22

*Information in this report is compiled from weekly reports submitted by the Anishinabek Police Services.*

**If you require the immediate services of APS please contact 1-888-310-1122**

Administration/Message Line (705) 472-0270.

**In cases of Emergency, please call 911.**

## 211 Non-Emergency Info Service

211 is a telephone and website-based resource that people can use to obtain information and referrals based on their area of need. 211 offers information on community, social, non-clinical health and related government services.

Just dial 2-1-1 or visit [www.211ontario.ca](http://www.211ontario.ca)

**It's free, confidential, and available 24/7!**



**Introduction:** My name is Nicole Latulippe and I'm doing research with Nipissing First Nation as part of my PhD dissertation in geography at the University of Toronto. My work is self-directed, but supported by a larger project called Fish-WIKS (<http://fishwiks.ca/>).

**Research objective:** In this project, I seek to tell a story about the history and context of First Nations fisheries in Ontario, with Lake Nipissing as a case study. I'm interested in the relationship between First Nations and non-First Nations governance, including who has knowledge of, access to, and control over the fisheries. The goal is to highlight opportunities and challenges available to both First Nation and non-First Nation knowledge holders, resource users, and decision makers to enhance fisheries governance at multiple scales (Lake Nipissing, Ontario, and Canada) in the spirit of the treaty relationship.

### Fieldwork highlights:

- 33 community members, including youth, elders, fishermen, women, non- and ex-fisher people, and technicians, have participated in the research so far. I have learned about life 'back in the day' on Lake Nipissing, perspectives on fisheries management, and practices that unify the community.
- At the National Archives I located correspondence, over 100 years old, that puts current issues into perspective: letters from non-First Nations men requesting commercial fishing licenses; letters from government officials decrying declining fish stocks and denying new commercial licenses; and a letter from government to a local Chief asserting that 'Indians' are expected to adhere to the same regulations as non-First Nations community.
- Recently I visited area museums on the French River, Sturgeon Falls, North Bay, and Callander. Lake Nipissing and the French River tend to be depicted as commercial assets that primarily serve the non-First Nations community, whether for trade, logging, commercial fishing, tourism or recreation. The French River Visitor Center was pretty good, but in general, the exhibits tend to marginalize the First Nations economy, both pre-existing and current.

**Knowledge sharing so far:** Two of my papers have been published in international Indigenous scholarly journals. In the first one I ask to what extent is the non-Indigenous researcher, or researcher trained in Western methodology, equipped or invited to engage the knowledge traditions of First Nation peoples. I respond with a treaty-based research methodology.

The other paper is a review of the literature on the concept known as traditional knowledge (TK). I found that the way people write about TK tends to fall into one of four categories: ecological, critical, relational, or collaborative. The different approaches to the study of TK can have very different outcomes and implications on the ground (not all beneficial to communities). It is helpful if parties to a TK research project explicitly situate themselves and their work somewhere along the spectrum. An earlier draft of the TK paper was well received at an Indigenous research conference in New Zealand. Researchers in the room told me to hurry up and publish so that they could spend less time on the literature review and more time in communities doing the work. If you are interested in either of these papers, please get in touch and I can send your way.

**Next Steps:** In the coming months, I will be talking to non-First Nation fisheries technicians and decision-makers about the approach of the Ontario Ministry of Natural Resources to fisheries management. I'm interested in their perspective on fisheries science, TK, commercial fisheries, and aboriginal and treaty rights. Equipped with all my interview data, I will then begin to analyze and write up the results. I expect to write about policy (including a comparative piece contrasting Ontario/Canada with New Zealand, where they have legislative structures in place to support Maori fisheries governance), environmental justice, and the politics of competing knowledge, management, and governance systems. I plan to communicate results in academic as well as community settings.

For more information, please contact me at [Nicole.latulippe@utoronto.ca](mailto:Nicole.latulippe@utoronto.ca) or (647) 458-5662.

## Accepting Applications

### Nipissing Community Trustee - 2013 Boundary Claim Trust

Nipissing Members who meet the following conditions are eligible to apply for the **youth seat (18 to 35 years of age)** on the Board of Trustee for the Nipissing First Nation 2013 Boundary Claim Trust:

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

Interested Nipissing members shall provide the following information:

- ⇒ A current detailed resume.
- ⇒ A statement declaring that you are not in un-discharged bankrupt or insolvent.
- ⇒ A current Certified Criminal Records Check.

As required under the Nipissing Trust Agreement, the selection of the Nipissing Trustee for this vacant seat shall be a Nipissing Member youth. The appointment will be for a three (3) year term from **January 1, 2016 to December 31, 2019**.

**Application should be submitted in a sealed envelope marked confidential no later than 4:30 pm on Friday, November 13, 2015 to:**

Dwayne Nashkawa  
Nipissing First Nation  
36 Semo Road, Garden Village, Ontario P2B 3K2

## Christmas Distribution Notice

**The Christmas Distribution payments will be given out from 10:00am to 3:00pm on:**

**Thursday, December 10<sup>th</sup> at the NFN Complex in Garden Village  
& Friday, December 11<sup>th</sup> at Nbisigi Secondary School in Duchesnay.**

Please have your status card available on Christmas Distribution Day to ensure greater efficiency in the payment process. Third party pick-ups are no longer permitted; however, one can collect for a spouse and a parent may collect for children under the age of 18 who are still living at home.

Registered Nipissing First Nation members can pick up their shares from the NFN Finance Department from December 14, 2015 until March 31, 2016. These shares do not accumulate and must be picked up or requested separately each year. A form is available at [www.nfn.ca](http://www.nfn.ca) and on the following page for anyone requesting a cheque or direct deposit. Please return the form to the Finance Department by **November 13<sup>th</sup>** to receive payment on December 10-11, 2015.



# Christmas Distribution Request Form



The funds will be distributed starting **December 10, 2015** until **March 31, 2016**. Please allow 4-6 weeks for processing. These shares do not accumulate and must be picked up or requested separately each year. This form must be filled out and **sent each year**. Please return the form to the Finance Department by **November 13, 2015** in order to receive payment on December 10-11, 2015. Additional forms are available at [www.nfn.ca](http://www.nfn.ca) or at the Band Office.

Please have your status card available on distribution day to ensure greater efficiency for the payment process. **\*\*NOTE: Third party pick-ups are no longer permitted; however one can collect for a spouse and a parent may collect for children under the age of 18 still living at home.\*\*** **Applicants 18 yrs of age or older must complete their own application\***

Mail requests to: Nipissing First Nation                      or email to: [finance@nfn.ca](mailto:finance@nfn.ca)  
 36 Semo Road    or fax to: (705) 753-0207  
 Garden Village ON P2B 3K2

Please choose:

- Cheque or; (US/UK applicants will be mailed a money order, direct deposit not available for out of country banks)
- Direct Deposit/EFT (bank info **MUST** be an account in your name, cannot be deposited in someone else's acct)

Last Name		First Name		Middle Name
Registry Number (Band number 10 digits starts with 2200....)			Date of Birth (mm/dd/yyyy)	
Address				Apt/Unit
City		Province		Postal Code
Telephone No.		Email Address		
Bank info on file? Yes - on file from previous year(s) No - provide info below and/or attach void cheque		Name & Address of Financial Institution (for direct deposits)		
Branch Number (3 digits)	Transit Number (5 digits)		Account Number (minimum 7 digits up to 12 digits)	

Please list dependents below - For the purpose of Christmas Distribution "dependent means a spouse or a minor child who are band members and for whom you have custody."

Family name	Given name	Date of Birth (mm/dd/yyyy)	Registry # (10-digit) Start with 2200.....
			2200
			2200
			2200
			2200
			2200
			2200
Signature- Required		Date	

**\*REMINDER\***

Christmas Distribution will be applied to any outstanding money owing to the Band at the time of distribution.



**Grade 9 English** is reading the novel *Jimmy Comes Home*. We are working on activities and lessons that are based around values and self-awareness in preparation for being part of the annual Turning Points essay contest.

**Grade 10 History** has recently finished their unit on WWI and the 1920s. We have moved on to the Great Depression and look forward to our next topic, WWII. Students recently participated in an activity where they could buy and sell stocks to learn about the stock market crash that happened in 1929.

**Grade 10 Media Arts** students are creating posters and public service announcements for each day of their School Spirit Day initiative. We look forward to seeing everyone participate Thursday, October 29<sup>th</sup> for Hat Day.

**Grade 11 Dynamics of Human Relationships** has recently completed a self timeline project, and are working on a personal wellbeing questionnaire.

**Grade 11 Drama** class has started a unit on Reader's Theatre (where lines are read, not memorized). Students work on short, melodramatic skits, and with only 15 minutes of preparation time, perform their dramas for the rest of the class. Recent performances have included "The Bad Little Kangaroo" and "Three Wishes." The students (and their teacher!) are enjoying Reader's Theatre, but are anxiously awaiting our next unit - Improv!

**Grade 11 Hospitality and Tourism** participated in the Feast & Festivals workshop put on by the NBIFC Health Unit on October 19<sup>th</sup>. This interactive workshop taught students proper meal portioning as well as how to plan and portion healthy feasts for their families and communities. Here you can see Blaze Watetch-McLeod and Terresa Beaucage learning how to portion snack items using the proper measurements.



**Grade 11 Visual Art** harvested this year's yield of sage from the front garden, and bundled the medicine to hang in classrooms to be dried. Sage is used daily by many classes for smudging, and the importance of it, including how it is harvested, was explained in a teaching by Brenda Lee.

**Grade 12 Green Industries** students are preparing the community garden for hibernation. End of season preparation, such as turning and sifting the soil, will make the spring work easier. We are lucky to have additional gardening support from our custodians Alan and Gus. During the winter we will create a "green wall" in the school.

**Grade 12 Global Indigenous Issues** have completed Unit 1 of our course; learning about the Wet'suwet'en First Nation divisions over Chief & Council signing an agreement with pipelines. Traditional "Camps" have been set up to block the path of the pipelines and to create teaching communities. Through the internet, we are able to hear from "camps" in real time. Students can then turn their research into "learning through technology".

**Culture** - Nbsiing is becoming a school known for strong cultural identity. We practice our ways on a daily basis. Every morning we opening up with songs on the big drum and a smudge offered to students and teachers. Each month we have a school-wide assembly done in the circle setting where every student and teacher has a chance to speak. In October, we had two community members come and share their knowledge: Glenna Beaucage led a Medicine walk, and Larry McLeod conducted a school sweat.

#### **MIDTERM EXAMS ON NOVEMBER 12 & 13!!**

The school year is well underway and the staff and students have been busy with the Fall schedule at Nbsiing. Midterms exams will be written on Thursday, November 12<sup>th</sup> and Friday, November 13<sup>th</sup>. Midterm exams are a great way for students to practice studying skills, organizational skills, exam taking skills and they also provide a culminating overview of the skills and information learned to date in each of the courses.



A great learning experience was had by all the students and staff of Nbisiing Secondary School on Friday, October 16<sup>th</sup> when we held a mock Federal election. The Liberals won the NSS election, just edging out the NDP. The Conservatives were third, while the Green Party came in fourth. The students exercised their franchise rights by voting and getting involved in campaigning for their preferred party.



This year the students at Nbisiing had the privilege to head out onto the land and experience moose hunting first hand. Senior student, Riley Chevrier, made a successful one shot kill and we harvested a young bull moose. The weather was beautiful, the night skies were lit with a full moon and countless stars, and all of us were thankful to be immersed in the experience. During our time around the fire, we discussed sustainable harvesting and how aboriginal identity is connected to the land. Overall it was a tremendous learning experience that none of us will soon forget. Chi-miigwech to all who made this trip possible!

On October 6<sup>th</sup>, Nbisiing hosted an evening with Behaviour Strategist Marnee Buckles. Parents, teachers and daycare providers from the community came out to listen and ask questions. Marnee shared strategies that can be used to de-escalate situations and conversations with children, students and in the workplace. Special thanks to the hospitality class for the delicious chili supper!



## Adult Education Program

Information sessions were held in October and will continue to be offered throughout 2015-16. Watch for upcoming dates. You can apply at any time of the year!

If you are looking to achieve your Grade 12, if you need help getting a transcript, if you're not sure what options are out there, or if you want to learn more about maturity credits - then this program is for you!

***Your high school diploma might be closer than you think!***

You may be eligible for maturity or equivalency credits based on how long you have been out of school and your life experience. An evaluation is required and will be arranged upon registration. A transcript of your credits earned from previous secondary school(s) and a resumé are required before an evaluation can be done.



**For more information, contact:**

NFN Education Office  
(705) 753-6995

NFN Ontario Works Office  
(705) 753-2058

Or contact the instructor by email:  
[Tanya.Lavigne@nearnorthschools.ca](mailto:Tanya.Lavigne@nearnorthschools.ca)

# Employment Opportunity

## Landfill Site Monitor (Permanent, Full Time)

Nipissing First Nation requires a full time Landfill Site Monitor to perform duties at the Landfill for 35 hours per week, Saturday to Wednesday.

### QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Member.
- A High School Diploma or equivalent would be an asset.
- Must be physically healthy and able to lift heavy objects.
- Must have experience using heavy equipment such as a loader and dozer.
- Heavy Equipment license considered an asset.
- Must have a valid Driver's License and access to a vehicle.

### REQUIRED SKILLS & KNOWLEDGE:

- Prior experience and/or training in related field would be an asset.
- First Aid/CPR Certificate or willing to train.
- WHMIS Certificate or willing to train.
- Knowledge of safety regulations.
- Must have knowledge of operating and maintaining heavy equipment.
- Able to work with minimal supervision.

### DUTIES:

- Reports directly to the Public Works Supervisor.
- Ensures gates are opened during regular working hours and greets landfill site clients with courtesy.
- Maintains Landfill as per Waste Management Plan.
- Ensures traffic control and proper dumping areas.
- Keeps hazardous wastes away from open fire.
- Piles metals, old tires, old lumber and appliances in separate areas.
- Collects tipping fees from clients and files reports to Public Works.
- Performs such other related duties as may reasonably be required by the Public Works Supervisor.

A current Criminal Reference check is required for all new Nipissing First Nation employees. Please submit your letter of interest, resume and three (3) current references no later than **4:30pm on November 13, 2015** to:

Jennifer Lalonde, Human Resources Manager  
 Nipissing First Nation  
 36 Semo Road, Garden Village, ON P2B 3K2  
 Fax: (705) 753-0207  
 Email: [resumes@nfn.ca](mailto: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*

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

**Grief & Loss** - Dealing with grief and loss is something most people have to do at some point in their lives. Grief is a natural response to the loss of someone or something very dear to us. Losses that may lead to grief include the death or separation of a loved one, loss of a job, death or loss of a beloved pet, or any number of other changes in life such as divorce, becoming an "empty nester," or retirement. Anyone can experience grief and loss, but each person is unique in how he or she copes with these feelings. Some responses are healthy coping mechanisms, while others may hinder the grieving process. The acknowledgment of grief, time, and support to facilitate the grieving process, allow an opportunity for a person to appropriately mourn a loss and then eventually heal.

The stages of grief reflect a variety of reactions that may surface as an individual tries to make sense of how a loss affects him or her. An important part of the healing process is allowing oneself to experience and accept all feelings that are experienced. The following are the stages of grief:

- **Denial, numbness, and shock:** This stage serves to protect the individual from experiencing the intensity of the loss. It may be useful when the grieving person must take action (for example, making funeral arrangements). Numbness is a normal reaction to an immediate loss and should not be confused with "lack of caring." As the individual slowly acknowledges the impact of the loss, denial and disbelief will diminish.
- **Anger:** This reaction usually occurs when an individual feels helpless or powerless. Anger can stem from a feeling of abandonment through a loved one's death. An individual may be angry at a higher power or life in general.
- **Bargaining:** This stage may involve persistent thoughts about what could have been done to prevent the loss. People can become preoccupied about ways that things could have been better. If this stage is not properly resolved, intense feelings of remorse or guilt may interfere with the healing process.
- **Depression:** This stage of grief occurs in some people after they realize the true extent of the loss. Signs of depression may include sleep and appetite disturbances, a lack of energy and concentration, and crying spells. A person may feel loneliness, emptiness, isolation, and self-pity.
- **Acceptance:** In time, an individual may be able to come to terms with various feelings and accept that the loss has occurred. Healing can begin once the loss becomes integrated into the individual's set of life experiences.

Remember, throughout a person's lifetime, he or she may return to some of the earlier stages of grief. There is no time limit to the grieving process. Each individual should define his or her own healing process.

### Factors That May Hinder Grief & Healing:



- Overworking oneself on the job
- Abusing drugs, alcohol, or other substances
- Compulsive behavior
- Avoiding emotions
- Minimizing feelings

### Factors That May Help Resolve Grief:

- Allowing time to experience thoughts and feelings openly to self
- Expressing feelings openly or writing journal entries about them
- Remembering that crying can provide a release
- Confiding in a trusted person about the loss
- Acknowledging and accepting both positive and negative feelings
- Finding bereavement groups in which there are other people who have had similar losses.

**For more information on Mental Health or Addiction issues, call us at  
Giyak~Moseng - The Right Path Counselling & Prevention Services (705) 753-1375**

*Lori-Anne, Cheryl, Dr. Brenda, Lisa L, Julie, Maxine, & Janice*

## What's Happening This Month...

NOV

2

### Hepatitis C Information Session - Monday, November 2<sup>nd</sup>

Lawrence Commanda Health Centre starting at 5:00pm

Facilitator: Kristina Rancourt of the AIDS Committee of North Bay & Area

#### Hepatitis C 101:

- #1 Blood-borne virus in Canada
- 5 times the rate of HIV infection
- Lots of individuals don't know they have it!
- How to protect yourself from getting it
- Increase in referrals from younger people
- The rate of known new infections is around 5 times higher among Aboriginal people in Canada.

**Dinner Provided - Please RSVP by calling (705) 753-3312.**

NOV

16

### Annual Health Fair - Monday, November 16<sup>th</sup>

NFN Community Complex from 3:00pm to 7:00pm

Hosted by the NFN Health Committee & Funded by NFN Health Services

***Come meet the service providers, play one of many games, win prizes and enjoy the wonderful feast!***

Many information booths about health services in our area, plus:

- Passport to Health
- Nutrition Bingo
- Free Draws at every table
- Feast
- Spin the Wheel
- Scavenger Hunt
- Face Painting
- Bouncy Castle



For more information, and to make arrangements for transportation, call (705) 753-3312.

**Bring a non-perishable food item to the Health Committee table at the HEALTH FAIR and receive one ballot for every item you donate.**

***Each food item will give you a chance to win a \$50.00 cash prize!***

NOV

30

### 5th Annual Embrace Life Event - Monday, November 30<sup>th</sup>

Lawrence Commanda Health Centre - Time TBA

The Right Path Counselling & Prevention Services will be hosting our 5th Annual Embrace Life event. A day of healing, for National Survivors of Suicide Day, will take place at the LCHC in Garden Village and we will once again be offering dinner, presentations and transportation to this event.

We are in the process of planning a Community Wellness Dance for All Ages from 7:00 PM to 11:00 PM in recognition of National Addictions Awareness Week, November 15-21.

*Watch for more details soon!*



**See page 2 for Flu Clinic Dates in Garden Village & Duchesnay**

## Facts & Figures about Diabetes



- The proportion of people with **type 2 diabetes** is increasing in most countries.
- **179 million** people with diabetes are **undiagnosed**.
- Diabetes caused **4.9 million deaths** in 2014; every 7 seconds a person dies from diabetes.
- More than **79,000 children** developed type 1 diabetes in 2013.
- More than **21 million** live births were affected by diabetes during pregnancy in 2013 - **1 in 6 births**.
- The greatest number of people with diabetes are between **40 and 59 years of age**.

Information from [www.idf.org/diabetesatlas](http://www.idf.org/diabetesatlas)



world diabetes day



By 2035, almost 600 million of us may be living with **diabetes**.



**77%** of adults with diabetes live in low & middle-income countries.



Healthy lifestyles could prevent up to **70%** of type 2 diabetes. Healthy eating can **reduce your risk**.

Please contact the Diabetes Program at (705) 753-3312 for more information and resources.



**NOV**  
**13**

**World Diabetes Day Celebration - Friday, November 13<sup>th</sup>**  
**NFN Community Complex from 9:00am - 11:00am**

*You are invited to come enjoy a healthy breakfast and presentation with guest speaker **George Couchie**.* Theme: Act today to change tomorrow. Learn about recipes, ideas and why healthy eating habits in young children is key to halting the rise of the diabetes epidemic. Door Prizes & Registration for Just Move It 2016.

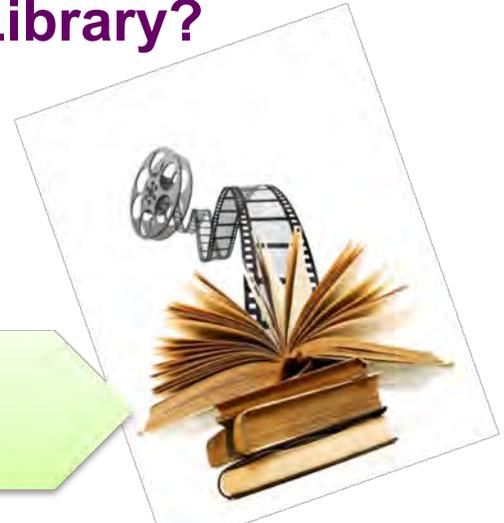
For more information, to register and for transportation, call (705) 753-3312.



# What's New at Your Library?

## iPads

We now have seven iPad Mini 3s available to rent while you are visiting the Library



## Movies

We recently updated our inventory of movies in DVD and Blu-Ray – come in and browse our collection available to rent!

## Books, Magazines, and Hillary's picks of the month!

Looking for a fall read? Come in and let us help you find something you might like. We have a wide array of new magazines, novels, young adult reads, children's stories, and books for all your interests and hobbies!

## NEW HOURS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
9am – noon 1pm – 4pm 6pm – 9pm	9am – noon 1pm – 4pm 6pm – 9pm	6pm – 9pm	9am – noon 1pm – 4pm 6pm – 9pm	9am – noon	CLOSED



## Bedtime Stories

Wednesday, November 18<sup>th</sup>  
Starting at 7 p.m.

Bring your pajamas and favourite teddy to enjoy stories and a bedtime snack!

## P.A. Day Activities

Friday, November 20<sup>th</sup>  
8:30 a.m. – 4:30 p.m.

Come join us for a day of fun activities in the Library!  
We will have games, crafts and snacks!

For more information, please contact:

Natalie at (705) 753-2691 or Christina at (705) 753-6997  
or by email: [natalieo@nfn.ca](mailto:natalieo@nfn.ca) or [christinab@nfn.ca](mailto:christinab@nfn.ca)



## Red Cross Babysitting Course

Saturday, November 14th from 9am - 4pm

The course will be facilitated by a qualified Red Cross instructor and will include role playing, brainstorming as well as hands-on exercises. Other areas of focus will include:

- Interviewing skills for babysitting positions
- Choosing safe and age appropriate toys & games
- How to perform basic First Aid
- Handling bed time issues
- Learn tips to having a safe babysitting experience



**Participants are encouraged to bring their own paper and pen, as well as their own doll or teddy bear.** Peanut-free lunch will be provided. Participants receive certificates upon *successful* completion of the course.

**This is a FREE course.** For more information or to register, contact Natalie: (705) 753-2691 ext. 1323 or [natalieo@nfn.ca](mailto:natalieo@nfn.ca)



## After School Kids Social

Every Thursday from 3:30pm to 6:00pm at the Library.

A program for working families who need the extra time, support and reassurance that their children are safe after school. We will provide a safe and healthy environment to socialize in while waiting for parents to get home. Healthy snacks will be provided. Activities will include crafts, board games, movies, story telling, sharing circle, smudging, teachings and homework.

For more information or to register, contact Natalie: (705) 753-2691 ext. 1323 or [natalieo@nfn.ca](mailto:natalieo@nfn.ca).

## FOSTER PARENTS NEEDED

We are looking for families to open their homes and hearts and become loving foster parents and positive role models for Nipissing First Nation children in CAS Foster Care.

*We all need to feel safe, wanted and loved. It takes a whole community to raise a child.*

***Let's Work Together to Bring our Children Home!***

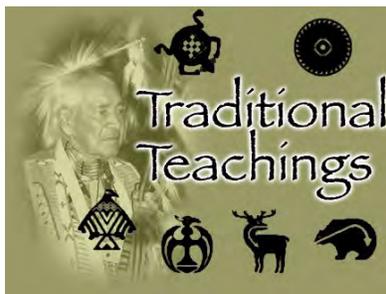
**Please contact the Native Child Welfare office at (705) 753-2691 for more information.**



## What's Happening This Month...



**Full Moon Ceremony**  
at Ojibway Women's Lodge  
Wednesday, November 25<sup>th</sup>  
8:00pm  
Duchesnay, OWL  
*Eleventh Moon of Creation*



**Traditional Teaching**  
with Peter Beaucage  
Monday, November 16<sup>th</sup>  
6:00pm  
Garden Village, Culture Centre  
*Topic: Traditional  
Hunting Practices*



**Full Moon Ceremony**  
with Virginia Goulais  
Thursday, November 26<sup>th</sup>  
7:30pm  
Garden Village, Culture Centre  
*Eleventh Moon of Creation*

## Community Memorial Feast

Sunday, November 1st at 2pm - Nbisiing Secondary School

A community gathering to honour and feast our loved ones who have passed to the spirit realm. Please bring your semaa and the favourite foods of your loved ones who have passed over. Each person will speak for their loved ones and offer the food. Facilitator: Peter Beaucage



### Youth Drum & Dance Socials

Hosted by Volunteers:  
*Drummer Blair Beaucage  
& Dancer Mindy Martel*  
**Every 2nd Tuesday**  
**November 3 & 17**  
**7:00pm - 9:00pm**  
Garden Village, Church Basement

*Everyone Welcome!*



### Cultural Arts with Brenda Lee

**November 7 & 8 ~ 10:00am - 2:30pm**  
Garden Village, Culture Centre

### Cultural Arts with Dan Commanda

**November 21 & 22 ~ 10:00am - 2:30pm**  
Duchesnay, Nbisiing Secondary School

**\*NEW\* \$10 Program Fee per day  
to cover materials for those aged 16+**



### Anishnaabemwin Programs

#### *Weekly Classes*

Every Wednesday evening @ 6pm  
At both Nbisiing School in Duchesnay &  
Church Basement in Garden Village

#### *Immersion Workshops*

Every Friday evening @ 6pm  
Alternates between Nbisiing School &  
Church Basement each week

For more information about Cultural events and programs, contact Jules Armstrong

(705) 753-2050 ext. 1260 or [julesa@nfn.ca](mailto:julesa@nfn.ca)

[www.nfnculture.ca](http://www.nfnculture.ca)

# Words & Dialogue for November

## Mtigmeg Giizis - Whitefish Moon



Artist: Nancy Dunlop Cawdrey

**KIDWINAN:**  
(Words for November)

Ni gsinaa	It's colder
Zhimaagnishii Giizhgak	Remembrance Day
Zhimaagnish	Soldier
Gchi-miigaadin	World war
Mikwendmaadaa	Let's remember

### A Story for Remembrance Day:

Emery Mcleod gaa-zhaad Gchi-Miigaading  
Nda-kweziim Carl babaayan Emery gii zhaa wedi Ghi-miigaading  
Nji- Zhimaagnishiiwid.

March 2, 1942 at 21 nsidbooneziiban, gii zhaad Borden, Toronto  
wedi nake nji-wi kinoomaagzid nji zhimaagnishiiwid.

Mii dash gaa shkaakinoomawind wedi England ezhinkaadeg gii zhinaagnaashogaazo.

Mii dash gii ni dgoshing chi-waasa wiikiweyan gii mkweshkwaan maa enjbaanid Kitgaaning  
Reno Commanda o aabchi gii chi-piitendmook gii waamdiwaad. Jina go eta gii yaawok daapshkoo, mii ii'san  
bekaan gii zhinaazhkwidwaa.

Italy dash gii ni-dgoshin chi-jiimaaning gii-ni boozi wedi gii kinoomaawint nooj gegoo nokiiwin nji-miwdood, chi-  
daabaan nji-mibzood mina nji-wezhaad.

3.5 yrs. naazh gii- paayaa Skaakonon gii miingaazo mnik gaa nankiid.

Jibwaa minwa maa ji-naazhwin Germany, gii wiinmawin gii shkwaa miigaadin.

Emery Mcleod gii-pkidnikaazo nji-bi-giiwed October 25, 1945

On March 2, 1942 at 21years old, Emery joined the army. He spent a month training at camp Borden, just outside of Toronto. Six months later he was in England. When Emery was in Glasgow, he met up with Reno Commanda. What a nice surprise to see someone from Garden Village. Emery was in the army 3.5 years; he received medals that he so proudly show his family later in years along with the stories he shared.

Emery volunteered to go to Japan. He was sent home on a month's leave and during that time the war ended. Emery waited in Kingston for his discharge, which came on October 25, 1945.

*Story shared by Emery's Family and by Liz Stevens, NFN Elders Profiles. Translated by Evelyn Mcleod ... Miigwech*



## Pow Wow Miigwech - 2<sup>nd</sup> Round

The Culture & Heritage Department wishes to recognize and thank the following volunteers, who were unfortunately missed in last month's Pow Wow thank you ad. Gchi-Miigwech to:

**Sharon Baptiste, Melanie Beaucage, Courtney Commanda, David Commanda, Stacey Fisher, Carla Lewis, Amanda McLeod, Krystal McLeod, Ross McLeod, Shirley Restoule**

## Upcoming Special Events...

NOV

2

### Women's Social and Meet & Greet - Monday, November 2<sup>nd</sup>

**Church Basement in Garden Village from 2pm - 4pm**

*Sponsored by the Ojibway Women's Lodge*

Come for tea/coffee and light refreshments and enjoy some social time with other women in the community! For more information, please contact: Emily Couchie at (705) 472-3376 or email [emilyc@nfn.ca](mailto:emilyc@nfn.ca).

NOV

4-8

### Stories from the Land - November 4<sup>th</sup> to 8<sup>th</sup> (Evening & Weekend Sessions)

**An NFN Youth & Elders Workshop with Ryan McMahon**

*Seeking youth 14-29 to share and learn with elders through land-based storytelling & activities*

**Help create a digital media podcast for the NFN community!** Workshops will center on community & fisheries knowledge, with some taking place on the land. Participants will receive an honorarium.

For more information, contact Clint Couchie at (705) 753-2050 ext.1224 or [clintc@nfn.ca](mailto:clintc@nfn.ca).

NOV

14

### Kanawayhitowin "Strengthening the Circle" - Saturday, November 14<sup>th</sup>

**NFN Complex in Garden Village from 10am - 2pm**

*Hosted by the Ojibway Women's Lodge*

Enjoy lunch, light refreshments and a chance to win door prizes! 25 spots available - open to all community members. Childcare is available if needed.

Please RSVP to: Emily Couchie at (705) 472-3376 or email [emilyc@nfn.ca](mailto:emilyc@nfn.ca).

### Thanks from the Food Bank & Draw Prize Winner

Chi Miigwech to everyone who purchased and helped sell tickets for this year's Thanksgiving Draw; it was a great success! The lucky winner of the roast pan full of Thanksgiving goodies was Celine Lariviere. The winner of the \$50 Walmart gift card for selling the winning ticket was Elaine Commanda! Congratulations to both winners!

*Thank You!*



### Thank you, Necessities!

Aanii / Hello, my name is Nate McLeod and I play for the Powassan Voodoos of the Northern Ontario Junior Hockey League (NOJHL). I would like to thank Necessities for their continued support in being my jersey sponsor for the 2015-2016 hockey season.

Our team is ranked **#1 in Canada** in the Canadian Junior Hockey League (CJHL). I encourage band members to continue to support local businesses such as Necessities as they are great supporters of our First Nation members.

**Go Voodoos!**

*Necessities*

## SPECIAL EVENTS



# Village Marketplace Fall Fest

**Saturday, November 7<sup>th</sup> from 10am - 4pm**  
NFN Community Complex



- Brand name products & services
- Crafts, Clothing, Native Crafts & Supplies
- Baked Goods & Gifts
- Specialized Health Services
- Refreshments & Lunch available for purchase
- 50/50 Draw

**Proceeds to Little NHL 2015. Entry Fee: \$2**

*Vendor Fees to be paid before table set-up.*

Contact Cathy or Juliette at 753-2922 or [cathym@nfn.ca](mailto:cathym@nfn.ca) or [juliettem@nfn.ca](mailto:juliettem@nfn.ca)



# NEW YEAR'S EVE

## Christmas Tea

### Everyone Welcome

*All proceeds to the Holy Spirit Church*

## Stag & Doe

### Dinner & Dance

*for Suzanne Campeau & Dylan Whiteduck*

**SATURDAY, DECEMBER 5<sup>th</sup>**

NFN Community Complex, Garden Village

**TIME:** 11:00am - 4:00pm

**Save the Date!**

### Free Admission

Penny Sale

Draws

Bingo

Children's Games

Lunch



**All proceeds to the Holy Spirit Church  
operation & maintenance costs.**

**SATURDAY, DECEMBER 31<sup>st</sup>**

NFN Community Complex, Garden Village

**DINNER:** 5:00pm

**DANCE:** 8:00pm to 1:00am

**\$25.00 per person**

Includes Roast Beef Dinner & Dance

**or \$10.00 per person**

For the Dance (only sold at the door)

**Music: DJ**

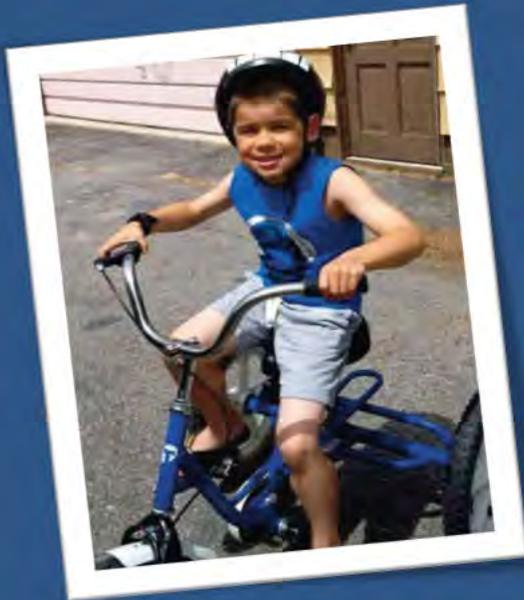
**For tickets, contact:**

Patricia Campeau – 705-471-1539

or Cathy McLeod – 705-477-5333

# HOPE FOR HUNTER

License # 1019-85



Duchenne-Muscular Dystrophy Fund  
for

## Hunter Perasse

who needs help with medical supplies.

Affiliation: Nipissing First Nation

Tickets are \$10.00 each  
3 draws of \$5,000.00 each

There are only 3,000 tickets available

**For tickets call or text 705-493-2064**

*Draw will take place once all tickets are sold!*

### KONO SEPTIC SERVICE

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Specializing in Native craft supplies, craft books, patterns, Regalia kits, etc.

Artwork & Jewelry by First Nations Artists

PENDLETON PRODUCTS in stock \* Yellow Hominy Corn / Wild Rice

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



# November 2015

## Mtigmeg Giizis (Whitefish Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>Weekly Events:</b> These events are listed once here instead of repeating throughout the monthly calendar.			<b>Language Classes</b> in GV & Duchesnay <i>Every Wednesday</i> 6pm – 8pm	<b>After School Kids Social @ Library</b> <i>Every Thursday</i> 3:30pm - 6pm	<b>Immersion Wkshp</b> in GV & Duchesnay <i>Every Friday</i> 6pm – 8pm	<b>Note:</b> Immersion Wkshps alternate weekly between Garden Village & Duchesnay Village
<b>1</b> <b>Community Memorial Feast</b> 2pm @ Nbisiing <i>To honour &amp; feast loved ones who have passed over</i>	<b>2</b> <b>Hepatitis C Info Session @ LCHC</b> Dinner @ 5pm <b>Women's Meet &amp; Greet</b> 2-4pm @ GV Church Bsmt	<b>3</b> <b>Council Meeting</b> 7:30pm in Duchesnay <b>Youth Drum &amp; Dance Social</b> from 7-9pm @ Church Bsmt	<b>4</b> <b>Diners Club in GV</b> 11:30am – 1pm <b>Fu Clinic @ Diners</b> <b>Language Classes in GV &amp; DV</b> <i>Every Wed.</i> from 6pm – 8pm	<b>5</b> <b>After School Kids Social @ Library</b> <i>Every Thursday</i> from 3:30pm-6pm	<b>6</b> <b>Deadline to RSVP</b> for transportation for Nov. 11 <b>Immersion Wkshop</b> 6pm @ Nbisiing <i>Next week in GV</i>	<b>7</b> <b>Village Market</b> 10am – 4pm @ Band Office Gym <b>Cultural Arts GV</b> 10am – 2:30pm @ Culture Centre
<b>Nov 4-8: Youth &amp; Elder Workshops – Stories from the Land (see p.17 for info)</b>						
<b>8</b> <b>Cultural Arts with Brenda Lee in GV</b> 10am – 2:30pm @ Culture Centre <i>\$10 materials fee</i>	<b>9</b> <b>Flu Clinic in DV</b> 3:30pm - 7:30pm @ Nbisiing School 	<b>10</b> <b>Post-secondary midterm marks</b> due to Education Office – see p.3 	<b>11</b> <b>Remembrance Day Ceremony 11am @ Cenotaph in GV</b> <i>Followed by lunch in Band Office gym</i> <b>NFN Offices Closed</b> 	<b>12</b> <b>Nbisiing School Midterms</b> Nov 12 & 13 	<b>13</b> <b>Deadline to apply</b> for Trust Youth seat <b>Christmas Distr. Form Deadline</b> for pmt on Dec 10-11 <i>See pg 6 for form</i> <b>Diabetes Day Bkfst</b> 9am – 11am @ Band Office Gym <i>See pg 12 for info</i>	<b>14</b> <b>Kanawayhitowin</b> 10am – 2pm @ Band Office <b>Red Cross Babysitting Course</b> 9am – 4pm <i>See pg 14 for info</i> 
<b>Youth &amp; Elders</b> <i>Stories from the Land</i>						
<b>15</b>	<b>16</b> <b>HEALTH FAIR</b> 3pm – 7pm @ Band Office in GV <i>See pg 11 for info</i> <b>Flu Clinic @ Fair</b> <b>Traddl. Teaching</b> 6pm @ Culture Ctr	<b>17</b> <b>Council Meeting</b> 7:30pm in Garden Village <b>Youth Drum &amp; Dance Social</b> from 7-9pm @ Church Bsmt	<b>18</b> <b>Bedtime Stories</b> 7pm @ GV Library <i>Wear your PJs!</i> 	<b>19</b> <b>Flu Clinic in DV</b> 2pm - 7pm @ Nbisiing School	<b>20</b> <b>P.A. Day Activities</b> 8:30am – 4:30pm @ GV Library <b>Immersion Wkshop</b> 6pm @ Nbisiing	<b>21</b> <b>Annual Comm. Meeting</b> <i>see p.3</i> 9am – Noon @ Band Office, GV <b>Flu Clinic @ Mtg</b> <b>Cultural Arts DV</b> 10am – 2:30pm
<b>22</b> <b>Cultural Arts with Dan in Duchesnay</b> 10am – 2:30pm at Nbisiing School	<b>23</b>	<b>24</b>	<b>25</b> <b>Moon Ceremony</b> 8pm @ OWL in Duchesnay	<b>26</b> <b>Moon Ceremony</b> 7:30pm @ Culture Centre in GV	<b>27</b> <b>Immersion Wkshop</b> 6pm @ Church Bsmt in Garden Village	<b>28</b>
<b>29</b>	<b>30</b> <b>Embrace Life event @ LCHC</b> Time TBA <i>See pg 11 for info</i>			<b>Contact Us</b> 36 Semo Road Garden Village ON P2B 3K2 TEL: (705) 753-2050 FAX: (705) 753-0207 Email: genc@nfn.ca		