



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:

October 6<sup>th</sup>  
@ 7:30pm  
Garden Village

October 20<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).

## First Nations Issues Candidates Forum

With federal election candidates for the Nipissing-Timiskaming Riding

**Monday, October 5<sup>th</sup> ~ Don't Miss It!**

**Doors Open @ 6:30pm | Event Starts at 7:00pm**

Nbisiing Secondary School ~ 469B Couchie Memorial Drive

**Join us** for an interactive conversation and Q&A session with federal election candidates about First Nations issues, including Education, Health, Legal Rights, Social Justice, Environment and Consultation.

This is your chance to ask questions and hear more about how the candidates' party platforms might address some of your areas of interest or concern.

**Event Moderator:** Maurice Switzer

**Confirmed Participants:** Anthony Rota, Liberal Party Candidate  
Kathleen Jodouin, NDP Candidate  
Nicole Peltier, Green Party Candidate

If you have any questions about this event, or to request transportation, please contact Gen Couchie at (705) 753-2050 ext. 1270 or [genc@nfn.ca](mailto:genc@nfn.ca).

## Election Day is Monday, October 19<sup>th</sup>

**Advance Polls - October 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> from 12pm - 8pm**

Jocko Point Community Centre - 1082 Jocko Point Road

**Regular Polls on Election Day - October 19<sup>th</sup> from 9am - 9pm**

Nbisiing Secondary School - 469B Memorial Drive (Duchesnay)

Jocko Point Community Centre - 1082 Jocko Point Road (Jocko Point)

Nipissing First Nation Complex - 36 Semo Road (Garden Village)

You can also vote at the Nipissing-Timiskaming Elections Canada office, located at 630 Brennan Street in North Bay, before October 13<sup>th</sup> or vote by mail by applying to vote by mail before October 13<sup>th</sup>.

**More information about Registering to Vote and your Voting Options on page 2.**

**your VOTE  
is your VOICE**

# Information about Voting in the Federal Election

## Register to Vote

To vote, you must be registered. You can register at your polling place just before you vote, but it's easier and faster when you register ahead of time.

- **Register online** by October 13 at 6pm using the [Online Voter Registration Service](http://elections.ca) at [elections.ca](http://elections.ca). Proof of name and address accepted: Driver's license (from any province or territory except Quebec)
- **Register in person** by October 13 at 6pm at the local Elections Canada office (630 Brennan Street, North Bay)
- **Register by mail** by October 13 at 6pm by calling the local Elections Canada office (1-866-256-9929) to request a registration form, or download the form from [elections.ca](http://elections.ca). More information about voting by mail is provided below.

To register and vote, you must present one piece of government issued ID with your photo, name and current address (such as a Driver's License - *status cards are not accepted as photo ID*), **OR** two pieces of ID (such as your status card, birth certificate, debit/credit card, bank/utility statement, confirmation of residence letter\*, etc.) Both must show your name and one must also show your current address.

\*Confirmation of Residence Letters are available from the NFN Band Office. The full list of the documents that are accepted as ID is available at the Band Office and at [elections.ca](http://elections.ca).

If you cannot provide proof of your current address, show two pieces of ID with your name and have someone who knows you present to attest to your address. This person must show proof of identity and address, be registered in the same polling division, and attest for only one person.

## How & Where to Vote

### 1. **Vote at the Nipissing-Timiskaming Elections Canada office before October 13:**

Corpus Christi School, 630 Brennan Street, North Bay

Weekdays 9am - 9pm, Saturdays 9am - 6pm, Sundays & Holidays 12pm - 4pm

Call the local Elections Canada office at 1-866-256-9929 if you have any questions

### 2. **Vote at the Advance Polls - October 9, 10, 11 & 12:**

Jocko Point Community Centre, 1082 Jocko Point Road from 12pm - 8pm

### 3. **Vote at the Regular Polls on Election Day - Monday, October 19:**

Nbisiing Secondary School, 469B Couchie Memorial Drive (Duchesnay) from 9am - 9pm

Jocko Point Community Centre, 1082 Jocko Point Road (Jocko Point) from 9am - 9pm

Nipissing First Nation Complex, 36 Semo Road (Garden Village) from 9am - 9pm

- ### 4. **Vote by Mail:** You must *apply* to vote by mail by Tuesday, October 13 at 6pm. Apply as soon as possible to allow time for your special ballot voting kit to reach you and for your marked ballot to reach Elections Canada by election day. You can apply online at [elections.ca](http://elections.ca) (download and print Application for Registration and Special Ballot), call the local Elections Canada office (1-866-256-9929) to request a form by mail and mail back your completed form with proof of identity and address by October 13.

## Fire Prevention Week 2015: October 4-10

This year's theme is "Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm!"

Increasingly, having a working smoke alarm near your bedroom area(s) and at each level of a residence is required by law.

There are new types of smoke alarms that can be electronically inter-connected wirelessly. For example, if smoke activates an alarm in the basement of a house, all the home's smoke alarms will sound simultaneously regardless of how far away they are from the smoke's source.

Therefore, if smoke alarms are installed voluntarily in each bedroom, you are immediately alerted and gain precious seconds to deal with the situation and safely escape from a house fire.

Accordingly, it is recommended that smoke alarms be installed in each bedroom.



Chief Scott McLeod and Councillor Jason Laronde speak with the Ontario Natural Resources and Forestry Minister Bill Mauro about fisheries at the Anishinabek-Ontario Summit held in Fort William First Nation on August 26<sup>th</sup>. – Photo courtesy of anishinabeknews.ca

## Community Meetings re: Fisheries

At the time of preparing this October newsletter, the Community Meetings to provide background information and updates about the current state of the fishery and Council's decision to close the commercial walleye fishery early this year had not yet taken place. Meetings were scheduled for Wednesday, September 23<sup>rd</sup> in Garden Village and Thursday, September 24<sup>th</sup> in Duchesnay.

Council's decision to close the commercial walleye fishery effective August 22<sup>nd</sup> until the end of the Spring Moratorium was driven by 3 key factors:

**#1 - Community Consultation Recommendations from 2014**

**#2 - NFN Natural Resources Department Data & Recommendations**

**#3 - Responsible Stewardship & Doing Our Part to Conserve Resources**

In an open letter to NFN citizens dated September 11, 2015, Chief McLeod wrote:

"Some have said that we are attacking treaty rights by closing the commercial fishery. Some feel that we are relinquishing our authority to the Ministry of Natural Resources & Forestry (MNR). Nothing could be further from the truth .... To the first point, our rights are collective in nature and are dependent on our continued existence as a strong nation of people. They are not bestowed upon each of us individually - we share them because of our connection to each other and to the lands and waters that we have shared since time immemorial. If we sever our connection to the land and waters, or our relationship with the animals that live in them, then we have no rights. If there are no fish, there are no rights. Further, we are moving to *protect* our jurisdiction by acting to *prevent* the MNR from unilaterally acting against us, as they have in the past and will again if we stay on this path."



Call APS or 911 if a bear poses a threat to personal safety

## Mooz Miikan Gate Installation

The installation of a new locking gate at the entrance to Mooz Miikan has been completed.

NFN members can obtain a gate key from the Band Office for \$5.

Please note that if you already have a key for the Mukwa Miikan gate (landfill), you **do not** need to obtain a new key. Your current key will provide access to both gates (Mooz & Mukwa Miikan).

The purpose of this new locking gate is to prevent trespassing and the dumping of waste of any kind on NFN lands.

We will be monitoring access to Mooz Miikan using a database of key holders and also plan to install surveillance equipment to record unauthorized use of these lands.

## Reports of Bears

We continue to receive reports of bears in the Yellek area, and in other NFN communities. The following information may be useful to residents who want to know more about how to report - and prevent - an encounter with a bear, and what to do if you encounter a bear.

### Report a Bear Problem

If you feel that a bear poses an immediate threat to personal safety, please call the **Anishinabek Police Service at (705) 472-0270**, Monday to Friday during office hours, or **call 911 after hours**. For non-emergency encounters, call the Bear Wise reporting line: 1-866-514-2327.

### Prevent a Bear Problem

**Never** purposely feed bears (or any wildlife), or try to approach them. Limit food sources by ensuring that garbage is disposed of properly and secured in appropriate containers, and making sure that there are no other food sources in your yard (i.e. bird feeders, pet food, BBQ grease, etc.)

**Please also dispose of fish waste properly by taking it to the dump during their regular hours.**

To view the complete notice and for links to Bear Wise information, please visit [www.ontario.ca/page/report-bear-problem-bear-wise](http://www.ontario.ca/page/report-bear-problem-bear-wise) or contact Gen Couchie at (705) 753-2050 ext. 1270 or [genc@nfn.ca](mailto:genc@nfn.ca) to request a copy by mail or email.

Reminder: NFN and the MNRF do not trap, tranquilize, or relocate bears.

## Landfill Hours

Saturday to Tuesday  
9:00am - 5:00pm



## Contact Us

**Nipissing First Nation**  
36 Semo Road  
Garden Village ON P2B 3K2  
(705) 753-2050  
[genc@nfn.ca](mailto:genc@nfn.ca)



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

**Nbsiing Secondary School provides students access to Dual Credits at Canadore College**  
 Learn more at [dualcredits.com](http://dualcredits.com).



The *School, College, Work Initiative* is sponsored jointly by the Ministries of Education and Training, Colleges and Universities, and provides senior high school students with opportunities to earn high school credits while studying at a local college or taking apprenticeship training. As a Nbsiing Secondary School student, your son or daughter can “try out” a college program at no cost.

This semester, three of our students are taking courses delivered by Canadore College on campus in the afternoons. Costs for transportation, books, and supplies are all covered by the *School, College, Work Initiative*.

Meegwyn Alisappi is taking Early Childhood Education and Mackenzie Couchie is taking Practical Nursing.

### Nbsiing hosts FASD Presentation on September 9<sup>th</sup>

On September 9<sup>th</sup>, students had the opportunity to participate in an Fetal Alcohol Spectrum Disorder (FASD) presentation where we learned about the negative effects that are possible when alcohol is consumed during pregnancy. These effects can last a lifetime.

Anything a mother consumes while pregnant is shared with the baby via the placenta. Alcohol and drugs can affect the development of the baby’s brain, major internal organs, or overall growth. They can cause physical and mental defects in the baby or FASD.

The effects of FASD vary with each child and will change as the child ages. There is no cure for FASD but it is *preventable* by not drinking alcohol during pregnancy or breastfeeding. There is **NO SAFE AMOUNT** of alcohol to drink while pregnant. If you have any concerns about prenatal alcohol consumption or if you suspect FASD, consult a health care provider. The best thing to do is get support!

After a presentation involving a personal story of struggle, students had the chance to play a jeopardy game about FASD and win lots of prizes including \$5 gift cards, duffle bags full of prizes from the Métis Nation and an Xbox. They also provided a delicious hot breakfast!



## Nbsiing Secondary School

469-B Couchie Memorial Drive North Bay, Ontario P1B 8G5

Tel: (705) 497-9938 ~ Fax: (705) 497-0389

Email: [admin@nbsiing.com](mailto:admin@nbsiing.com) ~ Web: [www.nbsiing.com](http://www.nbsiing.com)

# What's Happening This Month...

**OCT**  
**6**

## Hepatitis C Information Session - Tuesday, October 6<sup>th</sup>

**Nbising Secondary School from 7:00pm - 8:00pm**

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.

For more information, please call (705) 753-3312. Everyone Welcome!

**OCT**  
**7**

## 8<sup>th</sup> Annual Mental Illness Awareness Week Event - Wednesday, October 7<sup>th</sup>

**NFN Community Complex from 5:00pm - 8:00pm**

**Let's Face This** - Together, we can help reduce the stigma around Mental Illness & Addictions, offer support and inspire hope. Join us for dinner and a presentations. Transportation available by calling (705) 753-3312 by 4:00pm on Monday, October 5<sup>th</sup>. This year's theme is: **Truth, Reconciliation & Wellness**

**OCT**  
**23&24**

## Trip to Niagara Falls - For Adults 21-54 years of age

**Hosted by the Nipissing First Nation Health Committee**

**Please call to register starting Tuesday, October 6<sup>th</sup>**



**Cost: \$50.00 per person.** Includes transportation and accommodations (2 people per room) at the Fallsview Comfort Inn in Niagara Falls.

*All other costs (meals, entertainment, etc.) are the responsibility of the participant.*

### How Do I Sign Up?

In fairness to all community members, we will only start accepting names to hold seats starting at 8:30am on Tuesday, October 6<sup>th</sup>. You must call to reserve your seat, and pay the cost in full, by Friday, October 16<sup>th</sup>. *We will only accept 2 names per call. If cancellation is required, it must be done 48 hours (2 days) before departure.*

### Trip Details

Bus will leave the Band office at 6:00am on Friday, October 23 and return on Saturday, October 24, leaving Niagara Falls at approximately 3:00pm.

For more information, please call (705) 753-3312.

**Motor Coach financially funded by Chief & Council.**



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

On Wednesday, October 7<sup>th</sup>, we will be celebrating our 8<sup>th</sup> Annual Mental Illness Awareness Week with dinner and presentations at the Community Complex in Garden Village from 5:00pm - 8:00pm. This year, our theme is focusing on *Truth, Reconciliation & Wellness*.

## What is Mental Illness?

We are very fortunate to have community members come out to speak on this important topic. Having good mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. Mental illnesses can take many forms, just as physical illnesses do. Mental illnesses are still feared and misunderstood by many people, but the fear will disappear as people learn more about them. No one - regardless of social status, economic condition or educational level - is immune from suffering from mental illness.

## Who is Affected by Mental Illness?

Mental illness can affect anyone, regardless of intelligence, social class or income level. People who live with mental health conditions are often plagued by stigma as well as discrimination. Stigma is a mark of disgrace that sets a person apart. When a person is labelled by their illness, they are seen as part of a stereotyped group. Negative attitudes create prejudice which can lead to negative actions and discrimination. Three out of four people with a mental illness report that they have experienced stigma.

## The Stigma that Surrounds Mental Illness

Stigma brings experiences and feelings of shame, blame, hopelessness, distress, misrepresentation in the media, and leads to a reluctance to seek and/or accept necessary help. A person with a mental health problem has a higher risk of having a substance use problem, just as a person with a substance use problem has an increased chance of having a mental health problem. People who have combined, or concurrent, substance use and mental health problems are said to have concurrent disorders. Concurrent disorders can include combinations such as:

- an anxiety disorder and a drinking problem
- schizophrenia and cannabis dependence
- borderline personality disorder and heroin dependence
- depression and dependence on sleeping pills.

Many other concurrent disorders are possible, because there are many types of mental health and substance use problems. Concurrent disorders are also sometimes called dual disorders, dual diagnosis, or co-occurring substance use and mental health problems. The most common combinations are substance use disorders + anxiety disorders, and substance use disorders + mood disorders.

## How Common are Concurrent Disorders?

- 30% of people diagnosed with a mental health disorder will also have a substance use disorder at some time in their lives. This is close to twice the rate found in people who do not have a history of a mental health disorder.
- 37% of people diagnosed with an alcohol disorder will have a mental health disorder at some point in their lives. This is close to twice the rate found in people who do not have a lifetime history of a substance use disorder.
- 53% of people diagnosed with a substance use disorder (other than alcohol) will also have a mental health disorder at some point in their lives. This is close to four times the rate found in people who do not have a lifetime history of a substance use disorder.

## HEALTH SERVICES

### Anxiety Disorders

In general, 10 to 25% of all people will have an anxiety disorder in their lifetime. Among people who have had an anxiety disorder in their lifetime, 24% will have a substance use disorder in their lifetime, co-occurring substance use and mental health problems.

### Major Depression

In general, 15 to 20% of all people will have major depression in their lifetime.. Among people who have had major depression in their lifetime, 27% will have a substance use disorder in their lifetime.

### Bipolar Disorder

In general, one to two per cent of all people will have bipolar disorder in their lifetime. Among people who have had bipolar disorder in their lifetime, 56% will have a substance use disorder in their lifetime.

### Schizophrenia

In general, one per cent of all people will have schizophrenia in their lifetime. Among those who have had schizophrenia in their lifetime, 47% will have a substance use disorder in their lifetime.

### When do Concurrent Disorders Begin?

Mental health and substance use problems can begin at any time: from childhood to old age. When problems begin early and are severe, recovery will probably take longer, and the person will need to work harder and have more support. On the other hand, if the problem is caught and treated early, the person has a better chance of a quicker and fuller recovery. People often ask, "Which came first: the mental health problem or the substance use problem?" This is a hard question to answer. Often it is more useful to think of them as independent problems that interact with each other.

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*



### 2015 PRIZE WINNERS

**Grand Prize Winner (Striiv Smart Watch Pedometer)**  
*Lisa S. Beaucage*

**Second Prize Winner (\$20.00 Good Food Box Voucher)**  
*Monique Sawyer*

### Third Prize Winners (tote full of healthy living goodies):

- |                      |                    |
|----------------------|--------------------|
| 1. Marianna Couchie  | 6. Liz McLeod      |
| 2. Julie Coote       | 7. Jeff Hanzlik    |
| 3. Joanne Gibouleau  | 8. Pat Campeau     |
| 4. Ryden Hanzlik     | 9. Joan Fisher     |
| 5. Carolyn Lariviere | 10. Randy Restoule |

Miigwech to everyone who participated in our  
second annual **Just Move It - Niigaan Moseg 2015**  
Walking Program!

From **July 13<sup>th</sup> to September 4<sup>th</sup>**  
program participants took a total of  
**10,764,971 steps!**

## NIWIIDOOKTAADMIN CRITICAL INCIDENT RESPONSE TEAM

We are looking for community members who are interested in becoming part of **Niwiidooktaadmin Critical Incident Response Team**. Individuals will become part of an organized team that is called upon to support other community members during times of critical events. Training will be provided for all new members! *If you previously identified an interest, please call or email to confirm your continued interest.*

For more information, please call Dr. Brenda Restoule at 753-1375 ext. 2242 or email [drbrenda@nfn.ca](mailto:drbrenda@nfn.ca).



## Facts about Flu Season

It's not possible to predict what this flu season will be like. Flu seasons are unpredictable in a number of ways. While flu spreads every year, the timing, severity, and length of the season varies from one year to the next.

### Who should get vaccinated?

Everyone should get vaccinated, **especially people who work, or are in frequent contact, with:**

- Any child under the age of 5 years old; daycares, parents, grandparents
- Any person 65 years of age and older; nursing homes, home care
- Any person that has a chronic medical condition

Vaccination is especially important for people at **high risk for serious flu complications**, and their close contacts.

### People at High Risk for Developing Flu-Related Complications:

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women (and women up to two weeks post-partum)
- Residents of nursing homes and other long-term care facilities
- **Aboriginals tend to be at higher risk of flu complications**

### People who have medical conditions, including:

- Asthma
- Neurological and neurodevelopmental conditions
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Blood disorders (such as sickle cell disease)
- Endocrine disorders (such as diabetes mellitus)
- Kidney disorders
- Liver disorders
- Metabolic disorders
- Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- People younger than 19 years of age who are receiving long-term aspirin therapy
- People who are morbidly obese

### What flu viruses does this season's vaccine protect against?

Flu vaccines are designed to protect against the main flu viruses that research suggests will be the most common during the upcoming season. Three kinds of flu viruses commonly circulate among people today: influenza A (H1N1) viruses, influenza A (H3N2) viruses, and influenza B viruses.



**Flu Clinics are in the process of being scheduled.**  
**Stay tuned for times and locations in Garden Village and Duchesnay starting in mid-October.**



# Diabetes Effects, Prevention & Management

## Effects of Diabetes

### Eyes

Can cause problems with the eyes including blindness

### Blood Sugar

Leads to elevated blood sugar levels

### Heart

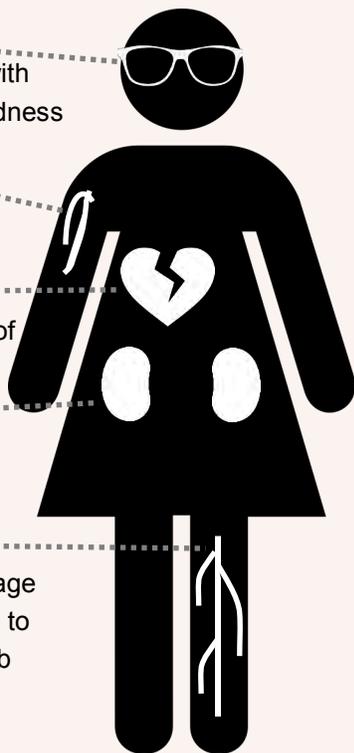
Can increase chances of heart disease

### Kidneys

Can cause damage to the kidneys

### Nerves

Can cause nerve damage making hands and feet to hurt, tingle or feel numb



## How to Prevent Diabetes

### Exercise

Exercise helps keep a healthy blood sugar level, maintain healthy weight, manage stress and improve sleep



### Eat Healthy

Eat a balanced diet in order to maintain a healthy weight and blood sugar levels



### Manage Weight

Make sure you are at a healthy weight for your body type and take special notice to any weight you gain around your midsection



## How to Manage Your Diabetes



### Don't Skip Medication

Follow your doctor's recommendations



### Don't Stress

Stress can complicate diabetes so speak to someone if you ever need support



### Don't Smoke

In addition to cigarettes' many dangers, smoking can harm your circulatory system



### Keep Teeth Healthy

High blood sugar levels increase risk of tooth decay and gum disease



### Check Blood Sugar

Keep track of your blood sugar levels to stay in control of your diabetes



### Check Your Feet

Check your feet daily for cuts, sores, and swelling

For more information please contact the diabetes program at (705) 753-3312.

## Kids Can Cook with Confidence



### LEVEL 1 PROGRAM

For 7 to 10 year-olds who haven't attended before

4 week program that runs on Wednesdays:

**October 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> and November 4<sup>th</sup>  
4:00pm to 5:45pm in LCHC Boardroom**

**ONLY 6 SPACES ARE AVAILABLE**

**Register by Friday, October 9<sup>th</sup>**

Contact Cheryl Shawana at 753-1375  
to register or for more information.



### October Hours

17 Philip Avenue, Garden Village ~ 753-6972

**CLOSED** on Monday, October 12<sup>th</sup> for Thanksgiving

**OPEN** on Tuesday, October 13<sup>th</sup> from 8:30am - 12:00pm

#### REGULAR HOURS:

Mondays from 1:00pm - 4:30pm & Fridays from 8:30am - 12:00pm

Please contact Lisa Vega at (705) 753-6972 or [lisav@nfn.ca](mailto:lisav@nfn.ca) if you have any questions.

### We are inviting community members to Volunteer for Good Food Box and Diners' Club

**Good Food Box** is every third Thursday of the month.

- Volunteers are needed between 8:30am - 3:30pm for grocery pick-up, packing and delivery

**Diners' Club** every second Wednesday of the month.

- Volunteers are needed between 8:30am - 3:30pm for set up, cooking and clean up

**Please contact Evelyn Chevrier @ (705) 753-3312 ext. 2229**

# Gym Nights in Garden Village

NFN Community Complex Gym

**Mondays & Wednesdays**

Date	Ages	Activity	
Monday Oct. 5	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Dice Cube Soccer Goalie Soccer
Wednesday Oct. 7	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Capture the Flag Floor Hockey
Monday Oct. 12	<b>Thanksgiving Holiday</b>	<b>NO ACTIVITIES</b>	
Wednesday Oct. 14	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 7:30pm	Beach Ball Volleyball Catapult Kick Ball
Monday Oct. 19	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 7:30pm	Skipping Games Steal the Bacon
Wednesday Oct. 21	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 7:30pm	Beat the Leader 4 Feet Ball
Monday Oct. 26	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Tennis Foot Hockey Floor Hockey
Wednesday Oct. 28	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 7:30pm	Hallowe'en Themed Games Floor Hockey - Older Group



# Gym Nights in Duchesnay

Nbisiing Secondary School Gym

Tuesdays & Thursdays

Date	Ages	Activity
Tuesday Oct. 6	Ages: 6-12 4:30pm - 6:30pm	Tennis Foot Hockey Indoor Lacrosse
Thursday Oct. 8	Ages: 6-12 4:30pm - 6:30pm	Dice Cube Soccer Tag Games
Tuesday Oct. 13	Ages: 6-12 4:30pm - 6:30pm	Catapult Kick Ball Capture the Flag
Thursday Oct. 15	Ages: 6-12 4:30pm - 6:30pm	Goalie Soccer Badminton
Tuesday Oct. 20	Ages: 6-12 4:30pm - 6:30pm	Blind Volleyball Scooter Volleyball
Thursday Oct. 22	Ages: 6-12 4:30pm - 6:30pm	Scooter Play Dodgeball Games
Tuesday Oct. 27	Ages: 6-12 4:30pm - 6:30pm	Floor Hockey Noodle Hockey
Thursday Oct. 29	Ages: 6-12 4:30pm - 6:30pm	Hallowe'en Themed Games

Happy Halloween



Playing It Safe on  
Halloween



## Youth Activities

### P.D. Day Activities @ NFN Library

Monday, October 5<sup>th</sup> from 9:00am - 4:00pm

Refreshments, lunch and light snacks will be provided. For more information, please contact: Natalie at (705) 753-2691 ext. 1323 or [natalieo@nfn.ca](mailto:natalieo@nfn.ca) OR Christina at (705) 753-6997 or [christinab@nfn.ca](mailto:christinab@nfn.ca).



### DRUM MAKING FOR YOUTH @ Culture Centre

with Tory Fisher and Blair Beaucage

Saturday, October 17<sup>th</sup> & Saturday, October 24<sup>th</sup> from 9:00am - 12:00pm | Ages 10-18 years

**Space for 8 Youth** - Participants must be available to attend BOTH sessions. Transportation available.

A parent/family member is invited to attend to assist their child/youth with the making of the drum and to hear the teachings. Lunch provided on October 24<sup>th</sup> to celebrate the completion of the drums!

*Please RSVP with Julie or Maxine by calling (705) 753-1375 by Friday, October 9<sup>th</sup>.*



### PAINT BALL EVENT @ Pyramid Paintball

Sunday, October 18<sup>th</sup> from 10:00am - 2:00pm | Ages 14-18 years

**Registration Deadline:** Thursday, October 15<sup>th</sup> at 4:00pm. Call Ashley at (705) 753-6971 to register.

**Cost:** \$10/person (non-refundable). \* Players must sign Rental & Liability Waiver \*

Four hours of non-stop action! No previous experience required. Transportation Available.

### FAMILY PUMPKIN CARVING EVENT @ Culture Centre

Wednesday, October 21<sup>st</sup> starting at 5:30pm | Open to all families

Snacks and refreshments provided. For more information or to register, please contact:

Natalie at (705) 753-2691 ext. 1323 or [natalieo@nfn.ca](mailto:natalieo@nfn.ca) OR Christina at (705) 753-6997 or [christinab@nfn.ca](mailto:christinab@nfn.ca).

Note: Children must be accompanied by an adult/parent and supervised at all times.

*Pumpkin and carving tools will be provided. You could win a prize!*



# The Babysitters Training Course

## CALL-OUT FOR PARTICIPANTS - MINIMUM OF 10 PARTICIPANTS NEEDED!

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, but we must have a minimum of participants to offer the course.**

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

Register  
NOW!

## After School Kids Social

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).

**Program starts October 15<sup>th</sup> and runs every Thursday from 3:30pm to 6:00pm at the Library.**



**EAGLE'S NEST**  
A PLACE TO SOAR INC.

## LOOKING FOR FOSTER PARENTS

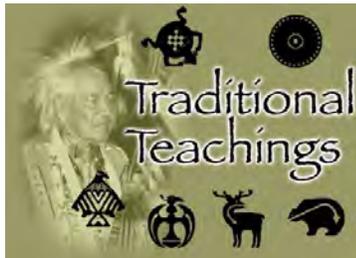
We are looking for families to open their homes, be a loving foster parent and role model to Native Children in CAS care.

*We all need to feel safe, wanted and loved. Welcome a child into your Eagle's Nest.* Eagle's Nest will complete home studies, and train and prepare you to be a foster parent.

**If you are interested, please call Peggy at (519) 439-3000 or contact Natalie at the Native Child Welfare office at (705) 753-2691 for more information.**

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

## What's Happening This Month...



### Traditional Teaching

with Peter Beaucage

Thursday, October 15<sup>th</sup>

10:00am

Garden Village, Culture Centre

Topic: *Funerals, Wakes  
& Sacred Fire Teaching*



### Cultural Arts with Brenda Lee

Friday, Oct. 2<sup>nd</sup> & Saturday, Oct. 3<sup>rd</sup>

10:00am - 2:30pm

Garden Village, Culture Centre

### Cultural Arts with Dan Commanda

Saturday, Oct. 24<sup>th</sup> & Sunday, Oct. 25<sup>th</sup>

10:00am - 2:30pm

Duchesnay, Nbisiing Secondary School

\$10 Program Fee per day to cover materials



### Full Moon Ceremony

with Virginia Goulais

Tuesday, October 27<sup>th</sup>

7:30pm

Garden Village, Culture Centre

*Tenth Moon of Creation  
Binaakwii Giizis*

## Call Out for Cultural Facilitators



Call Out for ALL cultural and traditional people who would like to apply to be part of a resource bank for Facilitators, and people to perform Cultural Workshops.

***We are looking for Facilitators for activities such as Cultural Arts, Drum Making, Drum Socials and Traditional Ceremonies.***

Applicants must be walking a good path and have a current CPIC. All applications will be reviewed and qualified persons will be reviewed by a committee. **Please apply by 4:30pm on Friday, October 23<sup>rd</sup> to:**

Jennifer Lalonde, Human Resources Manager  
36 Semo Road, Garden Village ON P2B 3K2

Fax: (705) 753-0207  
Email: [jenniferl@nfn.ca](mailto:jenniferl@nfn.ca)

## Other Events & Updates

- **Community Memorial Feast Ceremony - Sunday, November 1<sup>st</sup> at 2pm at Nbisiing 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
- Please note there is **NO Ladies Drum or Men's Circle** for the months of October and November.
- **Anishinaabemwin Language Classes** are every Wednesday evening from 6pm - 9pm at the Church Basement in Garden Village, and from 6pm - 9pm at Nbisiing Secondary School in Duchesnay.

**For more information about Cultural programs, contact Jules Armstrong**

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

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

# 27<sup>th</sup> Annual Pow Wow a Huge Success

Nbisiing experienced another successful Pow Wow on Labour Day weekend with approximately 3,500 visitors from other First Nations, and outlying communities, as well as our families, elders and children. **Gchi Miigwech** to everyone who assisted with the huge task of welcoming people to our home territory to celebrate:

## Nipissing First Nation Staff & Departments:

**Beautification Crew:** cut grass/cut trees (fire wood), assisted with many other jobs to prepare grounds

**Economic Development:** provided a staff member to help prepare grounds

**Lawrence Commanda Health Centre:** sponsored two shuttle buses and managed First Aid tent

**Library:** helped with weeks of preparation work, including making signs and invitations, etc.

**Nbisiing Bus Lines:** sponsored a small bus to tend to the crowds that quickly exceeded capacity of vans in use

**Ojibway Women's Lodge:** baked and donated a large volume of pies

**Public Works:** removal of brush and garbage, cut down trees, delivered and returned supplies

Miigwech also to staff who took on coordinator roles at the Pow Wow: Samantha West as Treasurer, Eleanor McLeod as Volunteer coordinator, Ruby Greene as Feast coordinator.

## Nipissing First Nation Businesses & Private Contractors:

**Private Contractor:** Jim Couchie - built Elders shelters

**Private Contractor:** Doug Archer - leveled top soil/A gravel/disposed of garbage

**Challenger Mobile Wash:** Bob Couchie - pressure washed benches/fire pit

**Young Forestry Services:** Brian Young - removal of stumps/donated posts



## Community Members & Volunteers:

Alex Armstrong	Cody Lariviere	Laura Commanda
Amber Holst	Dakota Penasse	Lily Armstrong
April Goulais	Dan Commanda	Luc Martel
Bella McLeod	Dan Pilon	Marie Stevens
Blair Beaucage	Denis Commanda	Meriza George & Daughters
Brandon Bower	Doug Laundrie	Mindy Martel
Brandon Brock	Drew Sands	Mitch Dokis
Brent Commanda	Farrah Lewis	Willie Stevens
Cassandra Commanda	Freda Martel	Wylden Ray
Cherida Quachegan	Jesse Cornthwaite	Youth Rangers (6 people)
Christina Beaucage	Ken Dokis	



And...last, but certainly not least: Gchi Miigwech to Jules Armstrong, who coordinated Nbisiing's largest annual event with her skills of organization, attention to detail and professionalism, and to our Pow Wow Assistant Kelly McLeod for going above and beyond in ensuring that the grounds were in pristine condition before the Pow Wow.

**Many thanks to our sponsors: Nbisiing and Canadian Heritage.**

# Words & Dialogue for October

## Binaakwii Giizis - Falling Leaves Moon

### KIDWINAN: (Words for October)

<b>Gchi-miigwech Giizhgak</b>	Thanksgiving Day	<b>Nookming</b>	forest/bush
<b>Waa miijyaan</b>	what to eat	<b>Ndooshpe</b>	duck hunting
<b>Mzise</b>	turkey	<b>Moozwe</b>	moose hunting
<b>Pdakan</b>	potatoes	<b>Shiishiip</b>	duck
<b>Kaadaakoog</b>	carrots	<b>Ninship</b>	mallard duck
<b>Panjgan</b>	gravy	<b>Baarsigan</b>	gun
<b>Kosmaani debaate</b>	pumpkin pie	<b>Niige</b>	trapping
<b>Nda- wenjge / giiwse</b>	hunting		

### DIALOGUE:

**Nookming ndi-zhaa.** I'm going in the bush

**Nwii paa nda-wenjge , giiwse.** I'm going hunting.

**Paa nda-ndooshpe wedi gaaming wiikwedong.** I'm going duck hunting across the lake in the bay.

**Wii paa nda-niige , zhashkwak .** Same time I will set traps for muskrats.

**Nwii-nda moozwemin Maaniigiizhgak.** We will go hunting for moose on Saturday.

### PRAYER:

Binaakwii Giizis ,nga-bgidnamoon semaa minwa ngdbasendis maa  
ge shi-waamdayan .

nga-kwejimin wii-wiidbiminaan njida wii-nsidwinminaan,

ngiizhgoon chi-twaawendaagwag gaa-zhidkaadeg pii niigaan

niispaaknigemgak.

gookmis wii-kwejimin wii-noondmaan n'de pane washme wii mno-mnidooiyan pii dash a'yaawid mii gona  
ni-mashkawziimgag nda gchi-shkoswin pii Binaakwii Giizis goojing .

mii dash noongam gwedweyaan, Gookmis ,debwewenmishin waa kidyaan ge-enenmaan Mnidoo miikaasing  
jida moseyaan .

**Washme mina pii tkweshkaadyang pii Binaakwii – Giizis**

**Mii mina eyaayaan. Miigwech**

Falling Leaves Moon, I offer my semaa and humble myself to you for what you have shown me. I ask that I may sit and absorb, through my eyes, the miracles of Creation unfolding in front of me.

Gookmis, I hear the sounds of my heart beat with every passing moment becoming more spirit than human. Once again, my spiritual energies are awakenrd in this union of the Falling Leaves Moon.

I ask forgiveness for what I do not speak of and the things I have forgotten.

So I may be able to respect myself more the next time of the Falling Leaves Moon.

Until then, for all that I am, miigwech.



## Fire Prevention Week 2015: October 4-10

This year's theme is "Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm!"

Increasingly, having a working smoke alarm near your bedroom area(s) and at each level of a residence is required by law.

There are new types of smoke alarms that can be electronically interconnected wirelessly. For example, if smoke activates an alarm in the basement of a house, all the home's smoke alarms will sound simultaneously regardless of how far away they are from the smoke's source.

Therefore, if smoke alarms are installed voluntarily in each bedroom, you are immediately alerted and gain precious seconds to deal with the situation and safely escape from a house fire.

Accordingly, it is recommended that smoke alarms be installed in each bedroom.

## Fire Prevention Week BBQs

Nipissing First Nation will recognize Fire Prevention Week 2015 by hosting two free BBQ events in the community. Come out and meet our Volunteer Fire Fighters!

**Monday, October 5<sup>th</sup> at 5:30pm - Garden Village Fire Hall**

**Tuesday, October 6<sup>th</sup> at 5:30pm - Duchesnay Fire Hall**

To receive a free hot dog or hamburger, all you need to do is submit a floor plan of your house. Forms will be provided to draw your layout. Hope to see you there!



## 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 can be purchased on site (Little NHL)
- 50/50 Draw



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

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

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



## 2015 Santa Fund

Nipissing First Nation Chief & Council will provide **low income families** with the benefit of the Santa Fund. Income will need to be verified against the “Low Income Cut-Off Chart” shown below.

All Band member **family units** of the communities of Nipissing First Nation who qualify are encouraged to apply for this benefit no later than November 6, 2015. Please submit a letter of request that includes the ages of your children and indicate if they are male or female. A financial assessment will be completed to ensure applicants qualify for this benefit. Special circumstances can be reviewed at this time.

**How to Apply:**

Please mail or drop off your requests at the Band Office main reception desk, or the Social Services Department in an envelope clearly marked “Santa Fund”.

Your written request form must include the following information:

- Parent or legal guardian name
- Children’s name(s) and gender(s)
- Address and phone number

**If you have any questions, please contact:**

Deborah McLeod at 753-2050 or Ginger Penasse at 753-2058.

Mailing Address: 36 Semo Road, Garden Village ON P2B 3K2

<b>2012 Low Income Chart</b>	
<b># of persons</b>	<b>Amount</b>
1 person	\$16,279
2 persons	\$20,266
3 persons	\$24,914
4 persons	\$30,250
5 persons	\$34,308
6 persons	\$38,695
7 or more persons	\$43,080

## Christmas Distribution Notice

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

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

Registered Nipissing First Nation members will have until March 31, 2016 to pick up their shares. These shares do not accumulate and must be picked up or requested separately each year.

A form is provided for anyone requesting a cheque or direct deposit. Please return the form to the Finance Department by November 13, 2015 to receive payment on December 10-11, 2015. The form is also available at [www.nfn.ca](http://www.nfn.ca).

Mail requests to: Nipissing First Nation  
36 Semo Road  
Garden Village ON P2B 3K2

or email to: [finance@nfn.ca](mailto:finance@nfn.ca)  
or fax to: (705) 753-0207

For those picking up, please have your status card available on Christmas Distribution day to ensure greater efficiency for 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 still living at home.

**These shares will be available at the NFN Finance Department from December 14, 2015 until March 31, 2016.**



# 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.

# **Snowplowing Tenders**

## ***Seeking Bids for Commercial Lots***

Tenders are being accepted from Nipissing First Nation members for the 2015-2016 winter season as follows:

### **COMMUNITY BUILDINGS - GARDEN VILLAGE**

- Old Day Care Centre – including parking lot in front of Holy Spirit Church (including laneway in between church and old daycare)
- Lawrence Commanda Health Centre Building
- Senior's Apartment Unit
- Garden Village Fire Hall (Including Parking Lot)
- Wellness Centre (Including the Fisheries Building)
- Early Years, Mental health & Housing (316 Ted Commanda Drive)
- Triplex Units in Sub-Division (both triplexes)

### **COMMUNITY BUILDINGS - DUCHESNAY**

- Ojibway Women's Lodge (OFRC)

For additional information, please contact Patrick Stevens, Facilities Manager at 753-2050, ext. 1220

Tenders bid forms provided must be used and they must indicate the price per driveway and total cost for contract when bidding.

**The successful contractor must provide a Clearance Certificate from W.S.I.B. and Proof of Liability Insurance prior to the commencement of the project.**

***Seal tender and mark: Snowplowing Commercial Lots***

### **Please submit bids clearly marked:**

**“SNOWPLOWING TENDERS,  
36 SEMO ROAD, GARDEN VILLAGE, ON P2B 3K2  
NIPISSING FIRST NATION”  
TO THE ATTENTION OF DWAYNE NASHKAWA**

**no later than: Friday, October 16<sup>th</sup>, 2015 by 4:00 p.m.**

***Lowest or any tender not necessarily accepted.***

# Snowplowing Tenders

## *Seeking Bids for Seniors' Driveways*

Tenders are being accepted from Nipissing First Nation members for the 2015-2016 winter season as follows:

### **SENIORS DRIVEWAYS – GARDEN VILLAGE & VLA**

27 driveways Seniors Program \$ \_\_\_\_\_

10 driveways Home and Community Care Program \$ \_\_\_\_\_

### **SENIORS DRIVEWAYS—DUCHESNAY & YELLEK**

30 driveways Seniors Program \$ \_\_\_\_\_

9 driveways Home and Community Care Program \$ \_\_\_\_\_

### **SENIORS DRIVEWAYS: MEADOWSIDE / BEAUCAGE**

7 driveways Seniors Program \$ \_\_\_\_\_

2 driveways Home and Community Care Program \$ \_\_\_\_\_

For additional information, please contact Patrick Stevens, Facilities Manager at 753-2050, ext. 1220

**\*\* This is the tender bid form that must be used and you must indicate the price per driveway and total cost for contract when bidding.** Be sure to specify individual amounts as the official number of driveways per area may change.

The successful contractor must provide a Clearance Certificate from W.S.I.B. and Proof of Liability Insurance prior to the commencement of the project.

***Seal tender and mark: Seniors Snowplowing Tender***

### **Please submit bids clearly marked:**

“SNOWPLOWING TENDERS,  
36 SEMO ROAD, GARDEN VILLAGE, ON P2B 3K2  
NIPISSING FIRST NATION”  
TO THE ATTENTION OF DWAYNE NASHKAWA

**no later than: Friday, October 16<sup>th</sup>, 2015 by 4:00 p.m.**

***Lowest or any tender not necessarily accepted.***

# NFN Monster Bingo ~ \$5,000 JACKPOT

Thursday, October 1<sup>st</sup>

NFN Community Complex - 36 Semo Road, Garden Village

Doors Open @ 4:30pm

Mini Bingo Starts @ 6:45pm

Regular Bingo Starts @ 7:00pm

**Prices:** \$20 per strip— 3 strip minimum, at the door only

**First 80 people have a chance to win \$200**

Get current information on our progressive pots by calling (705) 753-2180 or Find us on Facebook by searching for "NFN Bingo".



NFN BINGO



## HOUSE FOR SALE

124 Veteran's Road, Sturgeon Falls

**\$80,000 or Best Offer**

For more information, contact Delia at (705) 753-4917

**NIPISSING FIRST NATION**

**600** SQ  
FT

**INCLUDING APPLIANCES, SHED**

## Community Advertising

### HOPE FOR HUNTER

Duchenne Muscular Dystrophy Fund

Tickets \$10 each - 3 draws for \$5,000

Draw Date: Upon All Tickets Being Sold

Only 3,000 tickets available

For tickets, call or text Ellie at (705) 493-2064.

Profits to Hope for Hunter Fund  
Duchenne Muscular Dystrophy

\$10.00 each

Triple Chance - 3 Draws of \$5000  
Only 3000 tickets available

Draw Date - upon all tickets sold @ NFN office

No. 0505

Licence # 1019-85

### KONO SEPTIC SERVICE

Servicing North Bay & Area  
Septic Pumping Service  
Snow Plowing Service  
Portable Toilet Rentals



o/o Kent Workman Ltd.

**705-840-5566**

Tower Dr (North Bay)

### HALLOWE'EN DANCE

Saturday, October 31, 2015



**CANCELLED**



**Rob Couchie**  
Owner/Operator

**705.477.5347**

**Challenger Mobile Wash Inc.**

All Seasons

*Wedding Ceremonies*

Ceremonies with a Difference

Dot Beaucage-Kennedy

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[www.allseasonsweddings.com](http://www.allseasonsweddings.com)

## SUPPLIES FOR THE SOUL

791 Couchie Memorial Drive, North Bay, ON P1B 8G5

Phone: 471-0472

Leathers & Rawhides, Beads, Yarns, Fabrics, Fringe, Specialty Bead Threads & Needles

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



# October 2015

## Binaakwii Giizis (Falling Leaves Moon)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	 <b>Fire Prevention Week BBQs</b> Oct 5 @ 5:30pm GV Firehall			1 Monster Bingo	2 Cultural Arts w/ Brenda Lee 10am-2:30pm @ Culture Ctr	3 Cultural Arts w/ Brenda Lee 10am-2:30pm @ Culture Ctr
4	5 <u>Candidates Forum</u> w/ federal election candidates for Nip-Timiskaming 6:30pm @ Nbisiing School  PD Day Activities 9am-4pm @ Library	6 <u>Voter Info/ Registration:</u> Band Office 4-6pm Nbisiing Sch 7-9pm  <u>Hep C Info Session</u> Nbisiing Sch 7-8pm  Registration opens for Niagara Falls trip	7 <u>Let's Face This</u> Mental Illness Awareness Event Band Office 5-8pm	8	9 <b>ADVANCE POLLS</b> Jocko Point: 12pm – 8pm	
11 <b>ADVANCE POLLS</b> Jocko Point: 12pm – 8pm	12 <b>THANKSGIVING</b> NFN offices closed	13 Food Bank Open 8:30am – Noon	14 Kids Can Cook... 4pm – 5:45pm @ LCHC Boardroom	15 Trad. Teaching 10am @CultureCtr  After School Kids Social 3:30- 6pm @ Library	16 Registration deadline for Niagara Falls trip  Deadline for snowplowing bids	17 Drum Making 9am-Noon @ Culture Centre Ages 10-18yrs <i>Continued on October 24th</i>
18 Paintball @ Pyramid 10am-2pm Ages 14-18 \$10 fee	19 <b>ELECTION DAY</b> Polls open 9am-9pm Nbisiing School Jocko Point Band Office	20	21 Kids Can Cook... 4pm – 5:45pm @ LCHC Boardroom  Pumpkin Carving 5:30pm @ Culture Centre	22 After School Kids Social 3:30- 6pm @ Library	23 Adult Trip to Niagara Falls	24 Adult Trip to Niagara Falls  Cultural Arts w/ Dan C. 10am-2:30pm Nbisiing School
25 Cultural Arts w/ Dan C. 10am-2:30pm Nbisiing School	26	27 Full Moon Ceremony 7:30pm @ Culture Centre	28 Kids Can Cook... 4pm – 5:45pm @ LCHC Boardroom	29 After School Kids Social 3:30- 6pm @ Library	30	31 Happy Hallowe'en! 