



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.

Council Meetings:

September 1st
@ 7:30pm
Garden Village

September 15th
@ 7:30pm
Duchesnay

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.

Council Inaugural Meeting

Our new Chief & Council were sworn in on Tuesday, August 4th in Garden Village. Chi-Miigwech to Evelyn McLeod for conducting the ceremony in Anishinaabemwin, and to Peter Beaucage for sharing a Traditional Teaching with our new leaders.

Committee Portfolio Assignments

Committee

Anishinaabemwin
Community Development
Community Wellness
Culture & Pow-Wow
Education
Economic Development
Finance & Audit

Health & Social Services
Housing
Lands & Bylaw
Natural Resources
Policy

Portfolio

June Commanda
Jason Laronde
Rick Stevens
Corey Goulais
Muriel Sawyer
Cathy Bellefeuille
Muriel Sawyer
& Rick Stevens
Cathy Bellefeuille
Jason Laronde
Brian Couchie
Corey Goulais
June Commanda
& Brian Couchie



L-R: Councillors Brian Couchie, Jason Laronde, Rick Stevens, Deputy Chief Muriel Sawyer, Chief Scott McLeod, and Councillors June Commanda, Cathy Bellefeuille & Corey Goulais

Commercial Walleye Fishery Closure

On Monday, August 17th, NFN's Chief and Council moved to close the commercial walleye fishery until the end of the Spring 2016 Moratorium. Council initially met the week before, on Wednesday, August 12th, to receive updates from NFN's Natural Resources Department, and to obtain the background information and data required to help them make a well-informed decision about the immediate actions needed to ensure the health and sustainability of the fishery.

Council's decision to close the commercial walleye fishery until the end of the Spring Moratorium was driven by 3 key factors:

#1 - Community Consultation Recommendations

In 2014, NFN held community consultation meetings - with both commercial fishers and community members - to listen to and discuss concerns about the decline of the walleye population in Lake Nipissing, as well as the impact of fishing, both commercial and non-native, on the overall sustainability of the walleye fishery in the short, medium and long term.

Community members clearly voiced concerns about the current state of the fishery, and made strong recommendations about how NFN should manage its fishery, including closing the commercial fishing season by August 31st, to ensure that the resource is preserved for current and future generations. NFN's Fisheries Law was also amended to reflect the current realities of harvesting on Lake Nipissing.

This community feedback, coupled with the scientific data supporting the concerns voiced by members, was the key driver in Council's decision to close the commercial walleye fishery for the season on August 22nd.

#2 - NFN Natural Resources Data & Recommendations

The scientific data and recommendations provided by NFN's Natural Resources Department compelled Council to act swiftly. The data, which is collected through a rigorous scientific process that is peer-reviewed by independent biologists, reinforces the serious concerns raised by community members and clearly shows a decline in the walleye population. The safe harvest level and projected actual harvest levels is illustrated in the chart on the next page.

The decision to close the commercial walleye fishery for the season demonstrates Council's commitment to taking decisive actions on the recommendations that flowed from the community consultation meetings and our Fisheries staff.

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

It cannot be stressed enough that Council's decision to close the commercial walleye fishery for the season was driven by the will of the community, by the scientific data showing the decline of the walleye population, and also by the need for NFN to continue to demonstrate strong leadership on this important issue.

NFN has taken the first step in demonstrating the responsible stewardship that is needed to conserve the resources that Lake Nipissing provides, and is now looking to other users and stakeholders to take a strong stance as well. Ensuring the effective management of Lake Nipissing's fishery is not an issue for NFN to bear alone, even though media coverage and discussions in social media forums can give the illusion that the problem stems from NFN and therefore must be resolved solely by NFN. That is simply not the case. There are many pressures being placed on Lake Nipissing including climate change, cormorants, pollution, and the non-native winter fishery.

The health and sustainability of Lake Nipissing are of paramount importance to NFN and we are dedicated to working cooperatively within our community and with other governments to achieve mutually agreeable solutions to address the state of the walleye fishery. Our success will be dependent on the effectiveness of these collaborative efforts both within NFN and with the community at large. More information about next steps and future plans can be found on pages 3 & 4.

NEXT STEPS...

Building Relationships

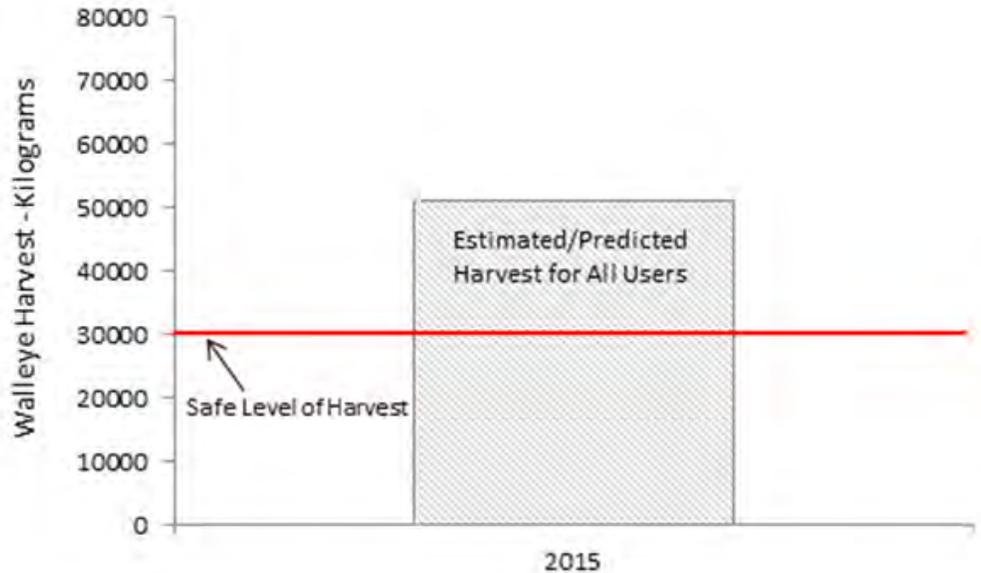
Chief McLeod spoke directly with as many fishers as possible to inform them of the closure prior to the decision being made public. This was done not only to encourage compliance, but also to build relationships by letting fishers know that NFN is actively working to develop plans to mitigate the economic impact of this decision.

Follow-up meetings will be scheduled to ensure a two-way dialogue as we develop plans to manage impacts and guide future decisions on this issue.

Discussions w/ MNRF

NFN continues to press the Ministry of Natural Resources & Forestry (MNRF) to implement a recovery strategy for the walleye stocks in Lake Nipissing and to support the implementation of the NFN Fisheries Law.

NFN's relationship with the MNRF is about NFN securing the resources (staff & technical capacity) to support accurate data collection and analysis, assessment work and compliance monitoring. It is not about giving up our jurisdiction or rights to harvest these resources.



Safe Level of Walleye Harvest has been determined at 30,000 kilograms per year in order to remain in medium risk recovery mode.
Estimated Harvest for ALL users by end of August 2015 = >50,000 kilograms.

2015 Data Shows the Safe Level of Harvest has been Exceeded

The NFN Natural Resources department has been monitoring the population and health of the fishery and has observed a downward trend in the walleye population for a number of years.

The safe harvest threshold has already been surpassed for 2015, which is why Council moved quickly to close the commercial fishery to help mitigate any further damage to the walleye population.

The current model (shown above) estimates that both the sports fishery and commercial fishery can safely harvest 30,000 kilograms and remain in medium risk recovery mode. This means it is possible for the biomass to reach a level that would allow for a higher threshold of harvest, while still maintaining the ability to sustainably repopulate.

Currently, with the new sports fishing slot size (minimum of 46cm), the MNRF has been able to control its harvest levels to an amount just under 10,000 kilograms. The sports fishery has been kept under 5,000 kilograms for the open water season.

NFN projected numbers to the end of July at 34,303 kilograms, which includes the estimated 11,878 kilograms that were harvested during the moratorium. The outlook to the end of August is a harvest that reaches 43,826 kilograms.

Should you have any questions about these projections, or want to learn more about how data is collected, please contact our Fisheries office at (705) 753-6991.

Moving Forward

The following actions are being planned to manage the outcomes of the decision to close the commercial walleye fishery for the 2015 season.

Community Meetings

When Council meets in September, they will schedule community meetings to follow up on last year's recommendations and to further discuss the current state and health of the walleye fishery. Council wants to have an open dialogue with the community about future plans to manage this valuable resource.

Council is open to meeting and working with fishers directly to talk through concerns in advance of these community meetings, and has already been doing so.

Mitigating Impacts

With the support of the Administration, Council is currently contemplating ways to help mitigate the impacts of the closure on our commercial fishers. This could mean a number of initiatives, such as employment and training opportunities, and making flexible arrangements for the payment of services provided by the Band if assistance is needed during the transition.

Employment & Training

Two commercial fishermen have already been hired to help monitor lake activity and to report on compliance to the NFN Natural Resources department.

Additional employment and training programs and supports are in the early stages and will be developed in collaboration with the affected fishers.

Subsistence Fishers

It is important to note that Council's decision does not affect the rights our members have to harvest for subsistence purposes. However, anyone who is reported to be selling fish commercially that was harvested under the pretext of subsistence fishing will be brought to our NFN Justice Circle.

In order to prevent any issues, members who plan to fish for subsistence are asked to contact our Fisheries department ahead of time by calling (705) 753-6991 to advise when and where they intend to set their net so that Fisheries staff are aware.

Protecting Inherent Rights

The decision to close the commercial fishery for the season is not about taking away the rights of members to harvest the resource, but rather to protect these rights. The total harvest is already nearly double what the lake can sustain to stay on a path of recovery, which ultimately threatens even subsistence fishing.

These limits are set to ensure we stay within sustainable harvest levels and that the Lake Nipissing fishery will continue to provide for us now, and for future generations. There is not much point in having rights to a resource if it no longer exists...

Mooz Miikan Gate Installation

The installation of a new locking gate at the entrance to Mooz Miikan will be completed in September. The purpose of this gate is to prevent trespassing and the dumping of waste of any kind on NFN lands.

NFN members can obtain a gate key from the Band Office for a cost of \$5. We will monitor access to Mooz Miikan using a database of keyholders, and also plan to install surveillance equipment to record any unauthorized use of these lands.

Important Note:

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

A reminder that the Mukwa Miikan gate key proves access to the road that goes around the landfill and that the landfill can only be accessed during regular hours of operation, which are:

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

DUCHESNAY NOTICE:

Reminder that Garbage & Recycling collection in Duchesnay has been moved to **Tuesdays** until further notice.

Gidaabik Wind Project – Update Bulletin

The Ontario Government has issued a request for proposals (RFP) to procure 300 MW of wind energy whereby qualified applicants will submit proposals by September 1, 2015. The proposals will be evaluated and it is anticipated that contracts will be awarded by mid-December 2015.



Project & Partnership Background

Over the past 12 months, Nipissing First Nation and Innergex Renewable Energy Inc. have been in discussions about forming a partnership to develop and operate a wind farm (Gidaabik) located 20 km north of North Bay.

In May 2015, the previous Chief and Council decided to not proceed with the final partnership negotiations due to changing parameters of the project (project location, transmission line capacity, project size, equity requirements, etc.) as well as decision-making uncertainty caused by the pending election of a new Chief and Council. The new Chief and Council have decided to re-open discussions with Innergex and the final agreement is being drafted and negotiated.

About Innergex

Innergex is a Canadian company focused on developing and operating renewable energy projects for the long term. In Canada, Innergex operates 26 hydro projects and 6 wind projects, with another 5 potential sites under development. In Ontario, Innergex operates 3 run-of-river hydroelectric facilities (36 MW) and 1 Solar Farm (33 MW_{DC}).

Innergex has the experience, technical know-how and financial resources to develop the Gidaabik wind farm.

Proposed Partnership for Gidaabik Project

The proposed Gidaabik partnership structure is a limited partnership with Innergex holding 85% equity and Nipissing First Nation holding 15%. There is an option to increase NFN's equity stake after the contract is awarded.

Due Diligence

Nipissing First Nation has performed due diligence on the Gidaabik Wind project by:

- ⇒ Confirming that the project goals align with NFN's values and strategic plan
- ⇒ Confirming the proponent's experience, financial & technical capacity, and background working with First Nations
- ⇒ Ensuring social benefits are provided for NFN Members (employment, training, service contracts, capacity building)
- ⇒ Conducting community engagement sessions - 5 community meetings were held in April & will continue as needed. Of the 41 surveys completed: 41% were in favor; 39% were opposed; and 12% were undecided. Most of the concerns were with environmental impacts of wind turbines.
- ⇒ Ensuring that our investment earns a reasonable Internal Rate of Return (IRR)
- ⇒ Requiring a financial model / pro forma showing project assumptions, expected gross revenues, operations costs, financing costs, expected cash flows etc.
- ⇒ Ensuring that legal and financial advisors are utilized to ensure NFN is getting the best possible deal.

Benefits to Nipissing First Nation

The benefits to NFN if this project goes ahead include: low risk/high yield investments (because this is a Power Purchase Agreement with the Province of Ontario), sustainable long-term revenues, opportunities to re-invest in the community and provide dividends to NFN members, employment and training opportunities for NFN members, as well as service contract opportunities for NFN businesses and entrepreneurs, capacity building for NFN and a source of green energy with no carbon emissions or hazardous waste. NFN will also lead the environmental review of the project.

If you have any questions or concerns, or to request more information about this proposed project, please contact Michael Harney, Economic Development Officer, at (705) 753-2050 ext. 1264 or by email to michaelh@nfn.ca.

Employment Opportunities

The following employment opportunities are currently available with Nipissing First Nation. To apply, please forward a cover letter, resume, and three (3) references by 4:30pm on **Friday, September 11th** to:

MAIL: Jennifer Lalonde, Human Resources Manager FAX: (705) 753-0207
36 Semo Road, Garden Village ON P2B 3K2 EMAIL: resumes@nfn.ca

Complete Job Postings can be viewed on our website at www.nfn.ca/jobs_internal.php.

*Nipissing First Nation gives preference to First Nation applicants for any employment opportunities as per Section 24(1)(a) OHRC
Only those who qualify for an interview will be contacted.*

Clerk - Education & Bussing Department

Contract Position - to December 18, 2015 (with possibility of extension)

The Clerk will take on a supportive role with clerical functions such as: answering phones, liaising between organizations and the public/staff, assisting with NFN Bussing services, drafting correspondence, and filing documents.

QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Member.
- Must have minimum Grade 12 Education, post-secondary considered an asset.
- Must have strong computer skills, and experience using all Microsoft Software applications.

REQUIRED SKILLS:

- Must be able to work with minimal supervision.
- Must possess strong communication skills and have experience working in an office environment.
- A valid Driver's License and access to a vehicle would be considered an asset.
- Must be reliable, punctual and dependable.

DUTIES:

- Report to Director of Education and Bussing Coordinator.
- Assist with coordination of bussing services and promptly communicate bussing matters to Schools, Parents, Bussing Coordinator and/or Director of Education.
- Provide clerical and administrative support such as drafting correspondence, input of student data and other related office duties.
- Assist with inquiries and questions about Education and Bussing matters.
- General filing duties for Education and Bussing.
- Assist with mail duties, and other duties as required.

A current Criminal Reference check is required upon employment.

Community Access Program - Youth Worker (2nd round posting)

Contract Position (15 hours/week) - September 28, 2015 to March 31, 2016

Nipissing First Nation Public Library requires a Community Access Program Youth Worker to work 15 hours per week, from Sunday to Thursday. Hours of work are: Sunday afternoon from 12:00pm - 3:00pm, and Monday to Thursday from 6:00pm - 9:00pm.

Contract starts September 28, 2015 and ends March 31, 2016.

Continued on next page...

Community Access Program - Youth Worker

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QUALIFICATIONS:

- Must be a registered Nipissing First Nation Band Member and be under the age of 30.
- Must be attending post-secondary for the 2015-16 school calendar year, or be a recent graduate of a post-secondary program.
- Must have experience and knowledge using all Microsoft Office software applications at the intermediate level.
- Must be reliable and able to work with minimal supervision.
- Must be available for evening and weekend library hours.

DUTIES:

- Reports directly to the Librarian.
- Maintains and is responsible for library resources. Promotes library services.
- Assists community members with computer related inquiries.
- Creates a schedule and delivers a series of Children's crafts and Reading circles.
- Assists with community workshops. Photographs and records important community events.
- Assists with library book input into automated software.

A current Criminal Reference check is required upon employment.

H.A.C.K. (Homework Assistance Club for Kids) Program

Seeking 1 HACK Supervisor/Tutor & 2 Assistant Tutors (high school or post-secondary students)

When: Monday to Wednesday

Where: NFN Library, Garden Village

Time: 4:00pm to 5:30pm

Start Date: Monday, September 28, 2015

HACK SUPERVISOR - Under the direction of the Director of Education, the HACK Supervisor/Tutor will:

DUTIES:

- Provide homework assistance to elementary students in a safe environment.
- Implement and maintain the iXLMath Program with HACK participants.
- Establish and maintain good working relations with parents, students, teachers and other staff.
- Provide supervision and guidance to the Tutor Assistants.
- Work collaboratively with the on-site Coordinator of the Biidahban Community Service Learning Program and the university student volunteers
- Ensure that required supplies are available for children (including snacks).
- Complete written reports as required (e.g. registration forms, attendance, financial records, etc.)
- Maintain communication with the Director of Education regarding the HACK Program.
- Establish daily timetable of activities at HACK Program.
- Participate in a minimum of 2 fundraising activities for the HACK Program.
- Other related duties as may be required.

QUALIFICATIONS:

- Must be a registered member of Nipissing First Nation.
- Work experience and/or qualifications related to educational programming for children (ECE, Educational Assistant, Child Development Worker, etc.). Knowledge of educational adaptive technology an asset.
- Demonstrated ability to work with groups of children.
- Excellent organization and communication skills.
- Must be able to work with minimal supervision.

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H.A.C.K. (Homework Assistance Club for Kids) Program

Continued from previous page...

HACK ASSISTANT TUTORS - Under the direction of the HACK Supervisor/Tutor, the Assistant Tutors will:

DUTIES:

- Assist children with homework assignments.
- Work collaboratively with the Biidahban Community Service Learning Program university student volunteers.
- Assist in various activities including: homework help, computer work, snack preparation and maintain a clean and orderly work environment.
- Interact with children of varying ages individually and/or in small groups.
- Assist HACK Supervisor in fundraising activities for the HACK Program.
- Other related duties as required by the HACK Supervisor.

QUALIFICATIONS:

- Must be a registered member of Nipissing First Nation.
- Must be in school at Grade 11 or 12 level or a Post Secondary student.
- Must be able to follow instructions with minimal supervision.
- Must have an interest in working with children on homework and other school assignments.

A current Criminal Reference check is required upon employment.

Recreation Activity / Gym Monitor

Part Time Contract Position (Garden Village)

Under the functional direction of the Recreation Program Coordinator and the administrative supervision of the Health Services Manager, the Recreation Activity/Gym Monitor actively facilitates recreation activities reflecting a community wellness strategy. The Recreation Monitor will be expected to follow all policies and procedures associated with Recreation, Health Services and Nipissing First Nation.

The activities will be scheduled, coordinated and promoted in advance by the Recreation Coordinator. Key responsibilities of the position include: actively facilitating a wide variety of sport and recreation activities and the ability to monitor the areas to ensure child safety within the gym night program.

QUALIFICATIONS:

- Must be at least 16 years of age.
- Current certificate in First Aid and CPR or willingness to obtain.
- Valid Class G driver's license and access to a reliable vehicle an asset, but not necessary for this position.

SKILLS & ABILITIES:

- Knowledge of community based recreational activities for all age groups.
- Ability to manage and interact with groups of children.
- Ability to facilitate and coordinate groups of all ages.
- Ability to act professionally and work with minimal supervision very important.
- Must be available to work flexible hours including evenings and weekends.
- Ability to understand and implement policies and procedures.
- Knowledge of Aboriginal Culture an asset.

A current Criminal Reference check is required upon employment.

Bingo Canteen Worker

Part Time - One Year Contract Position

Under the direction of the Bingo Supervisor the Bingo Canteen Worker will work 21 hours per week - on Sunday, Tuesday and Thursday evenings - to provide organizational and operational support to the Bingo and Canteen functions.

QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Band Member.
- Must have a valid Driver's License and access to a vehicle.
- Minimum grade 12 is preferred.
- Be able to operate computer and software.
- Must be Bondable.
- Retail and Cashier experience would be considered a definite asset.

DUTIES:

- Reports directly to the Bingo Supervisor.
- Stocking and preparing canteen inventory prior to Bingos, selling canteen foods and items, and cashier duties.
- Clean up of canteen after Bingos including the set up and take down of tables.
- Assists in collecting and remitting canteen proceeds to the Finance Department.
- Distributes prizes and awards consistent with bingo and gaming rules and First Nation procedures.
- Must be willing to train and take on other roles in the bingo hall when necessary (Bingo caller, Cashier, Supervisor, Runner)
- Maintenance/Janitorial duties, and other duties as required.

A current Criminal Reference check is required upon employment.

Bingo Caller Worker

Part Time - One Year Contract Position

Under the direction of the Bingo Supervisor, the Bingo Caller Worker will work 15 hours per week - on Sunday, Tuesday and Thursday evenings.

QUALIFICATIONS:

- Must be a Registered Nipissing First Nation Band Member.
- Must be at least 18 years of age.
- Must possess knowledge of Bingo Caller and Bingo Runner duties.
- Must be flexible in scheduling and make self available to work.
- Must be bondable.

DUTIES:

- Reports directly to the Bingo Supervisor.
- The Bingo Caller will be responsible for selling cards from 5:00 p.m. to 7:00 p.m. and for calling Bingo numbers for remainder of the evening.
- The Bingo Caller will be responsible for cleaning off tables at the end of the bingo and for placing garbage in bins outside.
- The Bingo Caller will be required to work regular Bingo nights and be reliable, and is also responsible for tear-down at the end of the night.
- Maintain Bingo equipment ensuring Bingo balls are washed on a regular basis and flash board bulbs are checked and burnt bulbs are replaced.
- Other duties as required.

A current Criminal Reference check is required upon employment.

What's Happening This Month...

SEPT
10

5th Annual World Suicide Prevention/Awareness Day - Thursday, September 10th
Nbisiing Secondary School from 5:00pm - 8:00pm

Memorial walk, sacred fire offerings, guest presentations and dinner. Transportation available by contacting Lisa at (705) 753-3312 for a ride by 4:00pm on Tuesday, September 8th.

Saving Lives, Restoring Hope & Stamping out Stigma. Light a Flame of Hope.

SEPT
10&16

Pre-Diabetes Group Sessions - Thursday, September 10th & Wednesday, Sept. 16th
Lawrence Commanda Health Centre, Large Meeting Room

Have you ever been told you have “borderline diabetes”, “pre-diabetes”, or that your blood sugar is a bit high? If so, then this 2 hour session run by our diabetes nurse and community nutritionist is just for you!

Learn what pre-diabetes is, and the healthy lifestyle choices you can make to help prevent or delay pre-diabetes from becoming type 2 diabetes. **You must register for this session as seating is limited!**

Choose from 2 dates: September 10th from 1:30pm - 3:30pm
 September 16th from 6:00pm - 8:00pm

SEPT
23

Integrated Diabetes Care Clinic - Wednesday, September 23rd
Lawrence Commanda Health Centre
Please call to register by Tuesday, September 15th



Nipissing First Nation Health Services is offering a 3rd clinic to support the prevention and management of diabetes. This is an exciting offer to receive diabetes care in one place!

What is the Integrated Diabetes Care Clinic?

It is a care clinic where registered clients will see a range of health care professionals in a confidential, one-on-one setting. The upcoming clinic will include a pharmacist, nurse practitioner, dentist, chiroprapist (foot assessment) registered dietitian, and a mental wellness worker.

Who can receive this care?

If you are a community member and...



- ⇒ Have been told that you have pre-diabetes and borderline diabetes;
- ⇒ Have been diagnosed with type 2 diabetes; and/or
- ⇒ If you are having trouble managing your diabetes symptoms

Please contact the Diabetes Program at **(705) 753-3312** to register or for more information.



Join us on Wed. September 2!

All are welcome!

Time: 10 am to 12 noon

Location: Nbisiing Secondary School (School Gym)
469 Couchie Memorial Drive, Nipissing First Nation

What are your ideas to strengthen health care for the Aboriginal/First Nation/Métis members of our communities?

The North East Local Health Integration Network (NE LHIN) is responsible for planning, integrating and funding health care services for more than 565,000 people across an estimated 400,000 square kilometres.

The North East LHIN is developing a three-year strategic plan to improve health care in your community and is looking for your feedback!

6 Myths of Diabetes

1. Diabetes only affects the elderly. FALSE!

Truth: Diabetes affects all age groups. Anyone over the age of 40 should be tested for diabetes every 3 years.

2. Diabetes is not a killer disease. FALSE!

Truth: Diabetes is a global killer, rivalling HIV/AIDS in its deadly reach. The disease kills more than 4 million people per year. Every 7 seconds, someone dies from diabetes-related causes.

3. Diabetes mainly affects men. FALSE!

Truth: Diabetes affects both men and women, and is rising among women. It is also increasing dramatically among youth and threatening to destroy aboriginal populations.

4. Diabetes cannot be prevented. FALSE!

Truth: Up to 80% of type 2 diabetes is preventable by changing diet, and increasing physical activity.

5. Diabetes care is not costly. FALSE!

Truth: Diabetes care is costly and has the potential to cripple any health care system.

6. Diabetes prevention is too expensive. FALSE!

Truth: Many inexpensive and cost-effective interventions exist. Proven strategies for improving the living environment, changing diet and increasing physical activity can reverse the pandemic.

For more information, please call the Diabetes Program (705) 753-3312

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

Diners' Club every second Wednesday of the month.

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

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

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

With September 10th being designated as “National Suicide Prevention Day”, we have provided suicide prevention information from the Centre for Addiction and Mental Health (CAMH). An estimated 4,000 Canadians – and 1 million people worldwide – die by suicide each year, yet it remains a taboo subject that is not discussed openly.

Deaths by suicide in the aboriginal community have been disproportionately high for years. Soldiers are another group of people whose suicide rate has made news. Suicide is an event that challenges our basic assumptions and leaves families and friends deeply troubled. It is important that we all learn about suicide prevention, its relationship to mental illness and how we can save someone’s life by caring and asking the right questions. This will be helpful for when a person who is feeling suicidal is trying to talk about their feelings of desperation, hopelessness and alienation. There is often no one there who can really hear their pain. When such feelings are shared and accepted, they can be lived with and eventually be resolved. If they are ignored or denied, the person may feel no recourse but to “show the world” how serious they are about committing a suicidal act. If someone you know is threatening suicide or showing other signs of feeling suicidal, your reaction and course of action could make the difference between life and death.

How You Can Help - Learn the Clues to Suicide:

It can be difficult to acknowledge clues that seem to indicate that a person you know may be planning to kill her/himself. But it can be tragic to disregard them.

Verbal Warnings:

- “You won’t have to worry about me much longer.” “It’s not worth while getting up in the morning.” “I’m going to kill myself.” “They’ll be sorry when I’m not around any longer.”

Behavioral Clues:

- Person becomes a loner, increased use of drugs/alcohol, shows a lack of attention to personal habits or appearance, change in sleeping/eating habits.

Situational Clues:

- Loss of loved one, failure at school/job/goal, major life change.

The Core Danger Signs:

If you observe clues that lead you to suspect someone may be suicidal, it is imperative that you check it out in more detail. Persons of any age in crisis may be at greater risk of making an attempt if they have:

- experienced the loss (or threat of loss) of a friend or family member through serious illness, divorce quarrel, move to another city, etc.
- experienced the loss of self esteem through failure or rejection
- made a suicide attempt or gesture in the past
- discussed or threatened suicide
- made specific plans to commit suicide, has a method at hand, e.g. pills, gun, etc.
- given away important personal possessions
- been pre-occupied with death
- known someone else who has died by suicide

The following steps are important to remember:

- ⇒ **Remember to learn the clues to suicide**
- ⇒ **Encourage a person** exhibiting some of these clues to talk about his/her feelings, problems, and dilemmas.
- ⇒ **Get involved**, talk about details of the plan, but don't try to probe into the area of unconscious motivation.
- ⇒ **Solicit the help of others** – don't try to carry the heavy emotional weight yourself.
- ⇒ **Trust yourself. Believe your suspicions.** Say something. The suicidal person may be so convinced that no one cares that he/she may reject your initial overtures.
- ⇒ **Be persistent.** Keep saying things like: "I see what you are doing and how much you must be hurting. I'm concerned about you. I want to talk. I want to hear what's going on with you."
- ⇒ **Be a good listener.** Communicate your concern for his/her well-being by offering to listen. Good listening is more than just listening quietly. It means showing that you can be supportive without being judgmental. It means accepting his/her feelings as the truth for him/her, no matter how irrational they might appear to you. It means that you are comfortable enough with your own feelings to set them aside and listen to his/hers.
- ⇒ **Be direct.** Talk about suicide and death openly. Ask the person specifically if she is thinking about suicide. It is a myth that if you talk with someone about her suicidal feelings this will encourage her to commit the act.

Here are some key questions you might ask:

- Have you been thinking of harming yourself? How would you do that?
- Have you been thinking of taking your life? Do you have a plan? Do you have the means available?
- Have you ever attempted suicide in the past? What has been keeping you alive so far?
- What's your hurry? Why do it now? What does the future hold in store for you?
- Who would be most affected if you killed yourself?

In situations where you have assessed a high degree of risk, it is essential that you get professional help. It is okay to be assertive. If they feel your concern and clarity, they are likely to respond to your support and direction. This does not mean that you are responsible for their lives. Your task is to prepare them for further support or professional counselling. If a friend or acquaintance requests your confidence, explore his/her need for secrecy. But never promise to conceal his or her suicidal condition. For children or youth, families must be contacted when a suicide potential arises. Once the family has been notified, then an appointment with a psychologist or a counsellor should be arranged. Remember: Stay with them or arrange for someone to be there. Remove lethal weapons or other methods on hand.

Get help – don't try to carry this responsibility alone. Above all, have the courage to act. It is worth the risk of "overreacting" if it averts a tragedy. Suicide is not something we can leave to the experts as there are not enough experts to go around. We are all qualified when it comes to human caring.

If you or someone you know is in need of help or more information about Mental Health or Addiction issues, call The Right Path Counselling & Prevention Services at (705) 753-1375.

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.

September Food Bank Hours:

Closed on Monday, September 7th for Labour Day. **Open** on Tuesday, September 8th from 8:30am to 12:00pm.

Regular hours are: Mondays from 1:00pm to 4:30pm and Fridays from 8:30am to 12:00pm

Any questions please don't hesitate to call Lisa Vega at 705-753-6972 or email lisav@nfn.ca

Back to School Outdoor “Double Feature” Movie Night Friday, September 25th @ 6pm



The NFN Food Bank and Native Child Welfare Program invite you to an Outdoor Movie Night featuring **YELLOWBIRD & FURIOUS 7** on **Friday, September 25th** starting at **6:00pm** (or as soon as it's dark enough to play the movie) behind the Band Office.



Admission is FREE, but we will collect non-perishable items for the Food Bank. For every non-perishable food item donated, you receive a ballot for a chance to win a copy of the Yellowbird and Furious 7 DVD... must be present to win!

We will have a concession stocked with all of your favorite movie snacks, including: hot dogs, popcorn, chips, chocolate bars, candy, pop and juice.

Thank you for supporting your local Food Bank! For more information, please contact Lisa Vega at (705) 753-6972 or email lisav@nfn.ca OR Natalie Olsen at (705) 753-1323 or email natalieo@nfn.ca.

Weather Permitting

Bring your lawn chairs and blankets!



Mitt Making

September 15th, 17th, 28th & 29th from 6:00pm - 8:00pm

Lawrence Commanda Health Centre Boardroom

Space is limited - only 10 spots available! Registration is on a first come, first served basis.

To register, please contact Natalie Olsen at (705) 753-2691 ext. 1323 or natalieo@nfn.ca.

Refreshments and a light snack will be provided.



After School Kids Social Attendance

Talon Beaucage

Reyen Goulais

Marcus McLeod



Nora McLeod

Rylie McLeod

Rylan Fisher

What's Happening This Month...



Full Moon Ceremony
at Ojibway Women's Lodge
Monday, September 28th
 8:00pm
 Duchesnay, OWL
Ninth Moon of Creation



Cultural Arts with Dan Commanda
Tuesday, Sept. 1st & Wednesday, Sept. 2nd
2:30pm - 7:00pm
 Duchesnay, Nbisiing Secondary School

Cultural Arts with Brenda Lee
Tuesday, Sept. 1st & Wednesday, Sept. 2nd
4:30pm - 9:00pm
 Garden Village, Culture Centre
 NEW \$10 Program Fee per day



Full Moon Ceremony
with Virginia Goulais
Tuesday, September 29th
 7:30pm
 Garden Village, Culture Centre
Ninth Moon of Creation

27th Annual Traditional Pow-Wow

Honouring Our Ancestors

September 5th & 6th (Labour Day Weekend)

MC: Bob Goulais Host Drum: Duchesnay Creek Co-Host: Little Iron

FRIDAY
 TALENT NIGHT

Saturday & Sunday
POWWOW
 11am - 2pm: Registration
 12pm: Grand Entry
 5pm: Feast (Satur.)

**MEN'S FANCY BUSTLE
 SPECIAL!**

LOCATION
 Nipissing First Nation Cultural Lands
 2100 Paradise Lane
 (The end of Jocko Point Road)

Pow-Wow Volunteers & Donations Needed

We need volunteers to help at this year's Pow Wow on September 5th & 6th with various tasks such as grounds and feast preparation, transportation, parking, hospitality booth and fundraising.

We are also requesting donations of Wild Meat & Fish (cooked or uncooked), and giveaway items. We'll be happy to pick up any donations, or you can drop them off at the Culture Centre in Garden Village.

Contact Jules Armstrong at (705) 753-2050 ext. 1260 or julesa@nfn.ca for details or to make arrangements.



DOG TAG BLITZ



Pick up a Dog tag at the NFN Band Office for a discounted price of \$15 during the months of September and October, and you will be entered into a draw for your dog/cat to receive **1 of 15 FREE spay or neuter** procedures from the North Bay & District Humane Society!!

- ◆ This is open to everyone who lives on NFN and has a dog/cat.
- ◆ If you received a tag at the summer rabies clinic, then your dog/cat are already in the draw.
- ◆ All animals must be within a certain age range and be in good physical condition, including being an appropriate weight for the procedure. **Cats – 5 months to 8 years, Dogs – 5 months to 5 years**
- ◆ If you cannot get to the Band Office to purchase a tag, please phone Tyler at (705) 753-9184 .

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 Tower Dr (North Bay)

HALLOWE'EN DANCE 

Saturday, October 31, 2015
9:00pm - 1:00am
 Music: DJ + Prizes for 2 best costumes!

\$10.00 per person | Must show ID to get in!
 NFN Admin Building - 36 Semo Road, Garden Village

Proceeds to Megan & Grant for wedding.



Rob Couchie
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705.477.5347

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September 2015

Mndaabmin Giizis (Corn Moon)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Cultural Arts 2:30-7:00pm @ Nbisiing School & 4:30-9pm @ Culture Centre Council Meeting @ 7:30pm in Garden Village	2 Cultural Arts 2:30-7:00pm @ Nbisiing School & 4:30-9pm @ Culture Centre NE LHIN Input Session 10am – Noon @ Nbisiing	3	4 27th Annual Pow-Wow Talent Night	5 27th Annual Pow-Wow Grand Entry @ Noon Feast @ 5pm
	6 27th Annual Pow-Wow Grand Entry @ Noon	7 Food Bank CLOSED All NFN Offices CLOSED for Labour Day	8 Food Bank Open 8:30am – Noon Call-in Deadline for transportation to World Suicide Prevention Day Event @ Nbisiing	9 Diners' Club 10:30am-1:30pm @ Band Office	10 Pre-Diabetes Group Session 1:30-3:30pm @ Health Centre World Suicide Prevention Day 5pm-8pm @ Nbisiing School	11 Deadline for Job Postings
13	14	15 Mitt Making 6:00-8:00pm @ Health Centre Council Meeting @ 7:30pm in Duchesnay	16 Ontario Works @ UOI 9am-4pm Pre-Diabetes Group Session 6:00-8:00pm @ Health Centre	17 Mitt Making 6:00-8:00pm @ Health Centre	18 Finance @ UOI 9am-4pm	19
20	21 Membership @ UOI 9am-4pm	22	23 Int. Diabetes Care Clinic @ Health Centre	24	25 Outdoor Movie Night – DOUBLE FEATURE!!! 6pm @ Band Office	26
27	28 Mitt Making 6:00-8:00pm @ Health Centre Moon Ceremony @ 8pm, Ojibway Women's Lodge	29 Mitt Making 6:00-8:00pm @ Health Centre Moon Ceremony @ 7:30pm, Culture Centre	30 Ontario Works @ UOI 9am-4pm			

