



June 2019



**NIPISSING**  
**FIRST NATION**

A-Kii, Bemaadzjik, E-Niigaanwang  
The Land, the People, the Future

**ENKAMGAK**

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

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**Friday,**  
**June 21<sup>st</sup>**  
Nat'l Indigenous  
Peoples' Day

## Council Meetings

**Tuesday, June 4<sup>th</sup>**  
7pm - Garden Village

**Tuesday, June 18<sup>th</sup>**  
7pm - Duchesnay

Submit agenda items by  
4pm on the Thursday prior  
to the Council meeting to:  
Freda Martel, Director of  
Administration, by email  
to [fredam@nfn.ca](mailto:fredam@nfn.ca).

## Spring Flooding in Jocko Point & Beyond NFN working to mitigate impacts & risks to residents

At the time of writing this on May 28<sup>th</sup>, we are on day #20 of severe flooding Jocko Point... NFN has brought in countless loads of sand and gravel, over 65,000 sand bags, and has supported flood mitigation efforts by providing workers and disseminating call-outs for volunteers to local media, and through our website and social media feeds.

Our Emergency Services Manager, Melvin McLeod, has been at the helm of managing this situation since the MNRF first issued a flood watch on April 23<sup>rd</sup>. Sand and sand bags have been available since April 29<sup>th</sup> to help Jocko Point and Beaucage residents prepare for flooding. But, as we've seen across many communities in northeastern Ontario, the sheer volume of water from snow melt, rain events and run-off overwhelmed many defenses, despite the best efforts of many to be prepared.

Making matters worse in Jocko Point are the devastating effects of wind surges, and there have been several. The first occurred on May 9<sup>th</sup> and breached sand bag walls at many dwellings, which prompted an urgent call-out for volunteers. Now, we are dealing with sand bags deteriorating due to the amount of time they've been submerged under water, and volunteers are still needed to help fill sand bags and rebuild barrier walls.

The response to the calls for help have been nothing short of heartwarming. The Jocko Point community has rallied together to help each other with the backing of hundreds of individuals from community organizations, local businesses, schools and other volunteers. NFN volunteer firefighters and Beautification Crew have also helped sand bagging efforts.

**NFN has not declared a state of emergency, and will only issue evacuation orders if water breaches Jocko Point Road and it become unpassable.** We continue to repair sand bag barriers and build up Jocko Point Road to avoid evacuations. However, we have prepared for this scenario with our Health Services team completing a housing inventory to identify any vulnerable residents who might need assistance evacuating. Information packages containing evacuation checklists and helpful safety resources (i.e. safe drinking water, septic, hydro, gas) were distributed to residents, and are available on our [website](#).

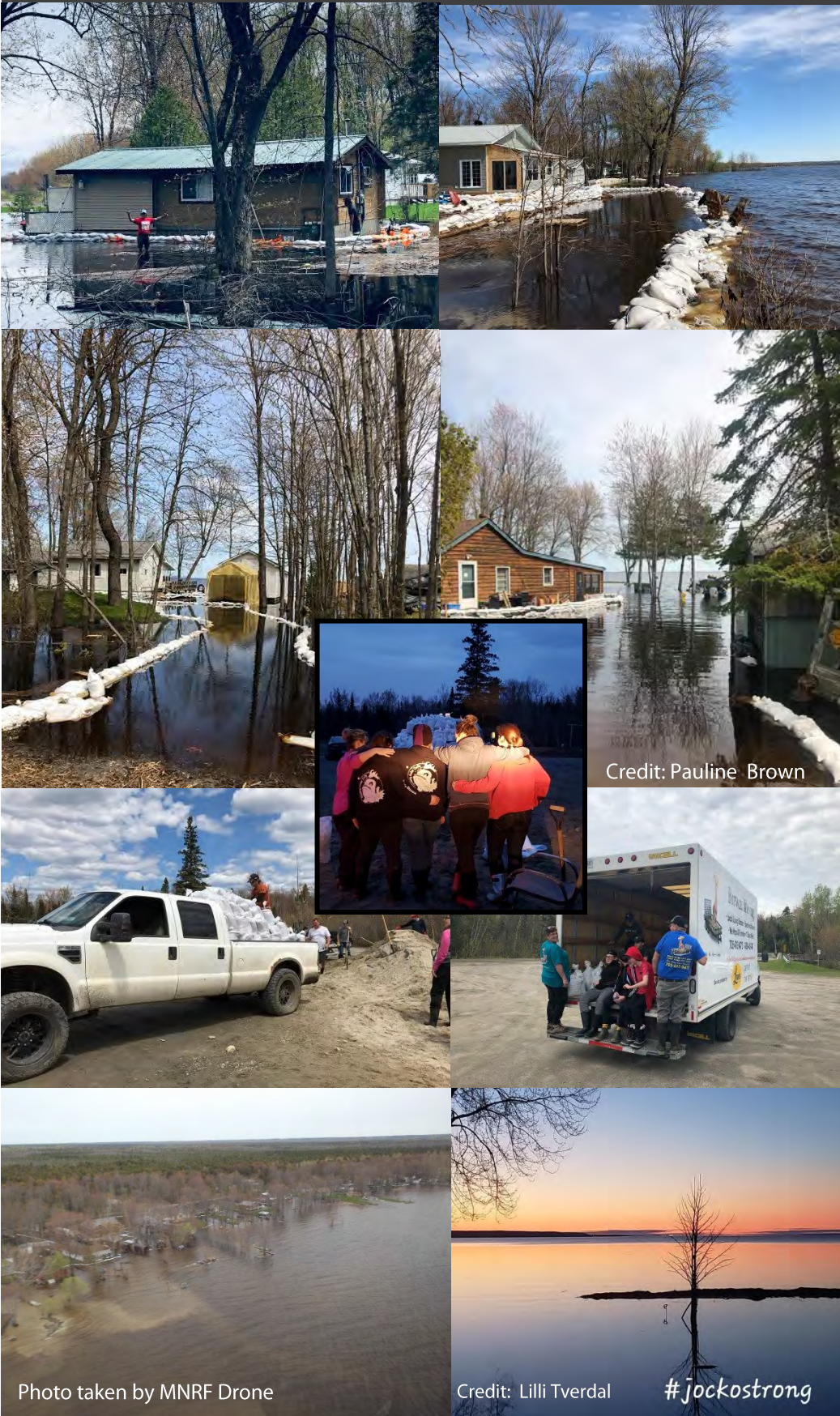
As devastating as this flooding crisis is, a look to other areas across the province (and in the central United States especially) serves as a stark reminder that it could be much worse. We are all truly at Mother Nature's mercy, but NFN is currently managing to mitigate the impacts and risks to residents during this flooding crisis, and to avoid declaring an emergency or needing to evacuate people from their homes and cottages.

We understand that people are concerned about damages and recovery/clean-up costs, and many have inquired about aid programs. NFN continues to investigate potential sources of support for affected NFN members and residents in dealing with the current flood situation and its aftermath. As it stands, insurance is the only *certain* method for residents to recover funds for property and infrastructure damages. First Nations are under *federal* jurisdiction, therefore *provincial* aid programs may not apply and are not intended to replace insurance coverage, but to cover eligible expenses not covered by insurance. NFN will continue to advocate for support to both MP Anthony Rota and MPP Vic Fedeli to help affected residents.

A recovery plan is being coordinated and will be communicated once flood waters recede.

## UPDATES

Photos are credited to Shawn McInnes and Colette Tremblay-McInnes from the Jocko Point/Beaucage residents' Facebook group, unless otherwise noted.



**Miigwech**  
**Thank You / Merci**  
*to all of the generous  
volunteers & donors who  
have supported Jocko  
Point during the flooding*

### Volunteers/Services

**Alouette Bus Lines**  
**Canadian Angel Network**  
Hydro One  
Knights of Columbus  
MNRF Fire Ranger Crews  
NFN Volunteer Firefighters

### Corporate Donors

17-Hour Convenience  
**Brown's Moving**  
Flat Rate Towing & Recovery  
FreshCo  
Get it Done Roofing  
Jocko Point Fish & Chips  
Kate's Country Kitchen  
Knights of Columbus  
Miller North Bay  
Mr. Sub Sturgeon Falls  
No Frills (Lakeshore)  
North Bay Rentals  
Orchard's  
Parker's Independent  
Pepsi Cola Canada  
Roléo Seguin  
Sobeys North Bay  
Toppers Pizza

### Schools

Franco Cité  
Jeunesse Active  
**Northern**  
Résurrection  
St. Joseph

We sincerely apologize to  
anyone we've missed - your  
kindness and contributions  
are greatly appreciated (but  
hard to keep track of with the  
outpouring of generosity).  
Miigwech for your support!



## Highlights from the Chief's Calendar

**June 3:** Anishinabek Nation Leadership Meeting (Georgina Island)

**June 4-6:** Anishinabek Nation AGM (Georgina Island)

**June 11-13:** Annual All Ontario Chiefs Conference (Sault Ste. Marie)

**June 19:** Nibisiing Secondary School Graduation Ceremony

**June 20:** Lake Nip. Steering Committee Meeting (North Bay)

**June 28:** Northern Secondary School Graduation Ceremony (Sturgeon Falls)

## Council Meetings

**Tuesday, June 4<sup>th</sup>**  
7pm - Garden Village

**Tuesday, June 18<sup>th</sup>**  
7pm - Duchesnay



## Council Connection

Keeping Our Community Informed about Key Issues

**Cannabis Law Update:** On Tuesday, May 21<sup>st</sup>, our lawyer Fred Bellefeuille presented the draft NFN Cannabis Law to Council that was revised following the consultation meetings. Mr. Bellefeuille has made some final changes based on Council's input, and the final draft law has been posted to our website and copies are available at the Administration offices. NFN's Cannabis Law will be enacted on Tuesday, June 18<sup>th</sup> if it is approved by a quorum of Council.

**\* IMPORTANT NOTE \*** NFN's Cannabis Law may be enacted, but it will not be "in force" until there is an agreement with the government that ensures NFN has access to an inspected and safe cannabis supply for any retail stores that we allow on reserve. Once that agreement is in place, a Band Council Resolution (BCR) may be passed proclaiming the NFN Cannabis Law in force and allowing NFN to issue retail licenses.

**Miller NFN Partnership:** We are still finalizing our joint venture with Miller, in which NFN will have a 51% stake, for the Duchesnay Creek Bridge replacement project. This \$12 million project will create jobs and build capacity while addressing critical infrastructure.

Work begins this summer with project completion slated for fall 2020. The Assistant Project Manager position closed May 31<sup>st</sup>. Watch for more opportunities to be posted soon!

## COMMITTEE MEMBERS STILL NEEDED



*Effective April 1<sup>st</sup>*

**\$100**

per meeting honorarium

**GET INVOLVED!**

Meetings are once per month



**NIPISSING  
FIRST NATION**

A-Kii, Bemaaadziik, E-Nigaanung  
The Land, the People, the Future

Anishinaabemwin - Seeking 2 members

Lands & Bylaw - Seeking 3 members

For more information, please contact:  
Freda Martel at 705-753-2050 ext. 1223 or [fredam@nfn.ca](mailto:fredam@nfn.ca)

# Highway 17 Rehabilitation Work

## Alternating lane closures starting on June 3<sup>rd</sup>

Highway 17 will have alternating lane closures starting June 3<sup>rd</sup> until August 31<sup>st</sup> for geotechnical investigation, highway rehabilitation and bridge replacement work.

The scope of the project is as follows:

- Rehabilitation of highway 17 (from the Laronde Creek Bridge easterly for 2.1 km west of Highway 17/17B for 17.8km)
- Replacement of the Laronde Creek Bridge 16.1 km west of Hwy 17B (Main St)
- Replacement of the Little Cache Creek Culvert 5.6 km west of east Jct Hwy 64

The engineering firm that will be performing the geotechnical work (including coring and pavement surveys) is McIntosh Perry and the site contact is: James Hutson (613) 876-5571.

**Drivers should expect delays due to alternating lane closures (with flagging).**



**Expect Delays  
on highway 17  
starting June 3  
for rehabilitation  
work & bridge  
replacements.**

# Beautification and Lawn Care Crews

## Meet the 2019 Beautification & Lawn Care Teams

The Beautification Crew works on multiple projects in the NFN community, providing repairs and upkeep on Community spaces. The Lawn Care Crew provides lawn care assistance for seniors.

The Beautification and Lawn Care crews works closely with NFN Departments, and based around recommendations by Chief and Council, to focus on short and long term projects in our communities. Inquiries should be directed to:

Garry Leblanc, Supervisor, Beautification Crew at 705-753-2050 or [Garry.leblanc@nfn.ca](mailto:Garry.leblanc@nfn.ca), or Ken Hazell, Beautification Clerk, at 705-753-2050 or [kenh@nfn.ca](mailto:kenh@nfn.ca).



L-R: Clayton Barnes, Keith McLeod, Tom Lariviere, James Lariviere, Heather McLeod, Brad Goulais, James Beaucage, Nathan Goulais, April McLeod, Blaze McLeod, Kyle Beaudette (Lawn Care supervisor), Brittany Lariviere.

Missing: Garry Leblanc (Beautification Supervisor), Josh Goulais and Sherry-Ann Pearson

## Seniors' Lawn Care Program Waiver Required

The Seniors' Lawn Care program began on **Tuesday, May 21<sup>st</sup>**.

To be eligible for the program, seniors must be over the age of 65 years and meet the Seniors Grass Cutting Policy criteria. A reminder that waivers must be signed every year.

For more information, or to request a waiver, contact:

**Shayla Brunet**  
**Facilities Clerk**

705-753-2050 ext. 1285  
[shaylab@nfn.ca](mailto:shaylab@nfn.ca)





## Treaty Pay Distribution

The dates and times for the Treaty Annuity Payments for Nipissing First Nation are as follows:

**Tuesday, June 18, 2019 -**

**10:00 a.m. to 3:00 p.m.**

Nipissing Secondary School,  
Duchesnay

**Wed., June 19, 2019 -**

**10:00 a.m. to 3:00 p.m.**

Council Chambers,  
Garden Village

**REMINDER:** Bring your status card or other ID for yourself, your spouse and children.



**Nipissing First Nation**

36 Semo Road

Garden Village ON P2B 3K2

Phone: 705-753-2050

Fax: 705-753-0207

Web: [www.nfn.ca](http://www.nfn.ca)

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

## Natural Resources Update

### Chi-Miigwech to Community Members & Compliant Fishers

The annual gill net moratorium and temporary moratorium on spear fishing for 2019 has ended as of May 18, 2019. We saw good compliance with both moratoriums thanks to a tradition-based membership who understand the importance of allowing walleye to re-populate their numbers at this crucial time of year.

Chief and Council would like to extend a 'Chi-Miigwech' to Nipissing First Nation members who refrained from harvesting during the walleye spawn. Nipissing First Nation efforts are beginning to show positive signs with the walleye population which will ensure that we pass on a healthy fishery to the next generation of Nipissing First Nation members.



## Anishinabek Nation Governance Agreement

### INFORMATION SESSIONS FOR ANISHINABEK NATION CITIZENS

#### Upcoming Sessions

**June 24, 2019, North Bay Indigenous Friendship Centre**

980 Cassells St., North Bay, ON

6:00 pm - 8:00 pm

**June 25, 2019, Parry Sound Friendship Centre**

13 Bowes St., Parry Sound, ON

6:00 pm - 8:00 pm

**June 26, 2019, Holiday Inn Sudbury**

1696 Regent St., Sudbury ON

6:00 pm - 8:00 pm

**June 27, 2019, Quattro Hotel & Conference Centre**

229 Great Northern Rd., Sault Ste. Marie, ON

6:00 pm - 8:00 pm

[governancevote.ca](http://governancevote.ca)

For more information, please contact Regional Communications Coordinator  
Lisa Restoule –[lisa.restoule@anishinabek.ca](mailto:lisa.restoule@anishinabek.ca) or call 705-497-9127 ext. 2341

# Employment Opportunities

## Watch our Website & Facebook Pages for Current Postings

The following employment opportunities are currently available with Nipissing First Nation. To view the complete job posting, click on the position titles below, visit [www.nfn.ca](http://www.nfn.ca), or call the office at 705-753-2050 to request a copy by mail, fax or email.

### Stewardship Youth Rangers (4)

8 Week Contract Position - Apply by Monday, June 10<sup>th</sup> at 4:30 p.m.

### Secondary Summer Student Positions

Various Contract Positions - Apply by Friday, June 14<sup>th</sup> at 4:30 p.m.

### Native Child Welfare Program - Prevention Worker

Permanent Full-Time with Benefits - Apply by Friday, June 14<sup>th</sup> at 4:30 p.m.

### Home & Community Care Nurse

Permanent Full-Time with Benefits - Apply by Friday, June 14<sup>th</sup> at 4:30 p.m.

### Building Nishnaabemwin Speakers - 1 Teacher & 4 Student Learners

Permanent Full-Time with Benefits - Apply by Friday, June 14<sup>th</sup> at 4:30 p.m.



**NFN Jobs & Training**

*Please submit a cover letter and resume before the specified deadline. Applications received after the deadline will not be considered.*

## Looking for a summer job?



**Are you between 15 and 18 years old?**

The Youth Job Connection (YJC) Summer Program provides for up to 9 weeks training and employment that includes:

**PAID  
PRE-EMPLOYMENT TRAINING**

**PAID  
SUMMER JOB PLACEMENT**

**FREE  
SUPPORT**

**Space is limited!**

Register today!

For more information or to register, please contact Yes Employment Services.

## APPLYING FOR A JOB AT NFN:

Qualified individuals are invited to submit a letter of interest and resume with three (3) current references no later than 4:30 p.m. on the deadline date specified to:

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

**Miigwech to all applicants for their interest; however, only those who qualify for an interview will be contacted.**

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



**EMPLOYMENT  
ONTARIO**

Yes Employment Services  
149 Main St East, North Bay  
Phone: 705-476-3234  
[info@yesnorthbay.com](mailto:info@yesnorthbay.com)



#HRofTheNorth



## NFN Youth Presentation on Education Priorities

### Niigaan Gdizhaami - We Are Moving Forward Together

More than 150 people gathered at the Anishinabek Education System's (AES) fourth annual *Niigaan Gdizhaami – We Are Moving Forward Together Forum* held in Toronto in February. The education forum brought together Participating First Nations, Ontario District School Boards, provincial and federal representatives.

This was the first forum since the AES took effect on April 1, 2018, and served as a platform for providing updates on the implementation of the Anishinabek Nation Education Agreement and the Master Education Agreement.

Some of the priority topics of engagement included student well-being, cultural competency, confident learners, and special education. Anishinabek Youth gathered in their regional groups at the AES to identify their priorities in education. Each group then shared their priorities with the main plenary. The following is a list of summative youth priorities for our region.

**NFN Youth representatives were: Kile George and Hailey Goulais**

### Regional Education Council #4 - Youth Priorities

• Immersion schools and opportunities • Transition programs/services/supports from elementary to secondary • Cultural resource room (archives/history/culture) • Transportation and access to different schools/ programs/sports/recreation • Outdoor education programs: canoes, kayaks, medicine walks • Feeling of isolation: having to leave the rez for everything • Qualified teachers with cultural competency • Job opportunities throughout school year • Qualified NSL teachers who are fluent language teachers • Elder relationships and learning • Life skills

All Regional Education Councils came together with their respective youth. They discussed joint priorities and participated in the creation of a Bear Paw activity. The joint priorities of each region are detailed below.

### Regional Education Council #4 update

- ✓ Develop an Elders exchange: regionally based
- ✓ Consistent, sustainable cultural programming
- ✓ Establish relationships with Northern FN's
- ✓ Offer cultural activities – sugar bush, ricing camps, harvesting, water walks, medicine walks, etc.
- ✓ Integrate rites of passage in education – fasting, sweats, fire/water teachings
- ✓ Provide access to traditional ceremonies
- ✓ Find opportunities for language immersion
- ✓ Identify ways to secure additional funding and resources
- ✓ Develop a language strategy
- ✓ Implement Truth and Reconciliation in schools
- ✓ Implement treaty talks (civics courses)
- ✓ Include Indigenous content in history
- ✓ Measure health and well-being of students
- ✓ Be mindful of trauma (trauma-informed schools)



### Student Consent Forms – Friendly reminder

In April, the Education department distributed and mailed consent form packages to all Nipissing First Nation AES students and parents, living on-reserve and off-reserve. The packages contain information explaining the purpose for the consents and the use of AES student information and data, and a **consent form that must be returned to the Education department asap.**

Please contact the Education department 705-753-6995 for further information, or to request another consent form if needed.

### First Nations Advisory Committee Updates Partner Provincial School Boards First Nation Action Plan



School Board Action Plans outline 4 areas to support the First Nation, Metis & Inuit Education Board Action Plan:

***Data and Data Analysis | Supporting Students | Supporting Staff | Community Engagement***

Boards have selected key supports, programs, initiatives and opportunities to share the valued work towards our shared vision and goals. Boards are committed to a supporting youth, their strong positive identity and self-esteem by creating environments that foster the appreciation for Anishinaabe language, culture, history and perspectives for all staff and students. They are committed to supporting all educators and students to learn about Treaties, the legacy of colonialism, including Residential Schools and the rights and responsibilities we all have to each other as reflected in the Calls to Action #62 and #63.

Projects reflected hands-on experiences with Elders and Artists in schools, while others connected to performances, celebrations or showcases. We are all committed in Education to supporting student achievement and well-being for all students.

Indigenous Language Teachers, Graduation Coaches, Child Development Counsellors, Youth and Family Outreach, Indigenous studies courses and Educator leads, all support our shared goals for student achievement and well-being as prioritized with the First Nation Advisory Councils and the Indigenous Education Advisory Circles with our partner School Boards.

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### PowerSchool Implementation update

In January 2019, two on-site training sessions were held, as preparation for the PowerSchool implementation that will occur for September 2019, at Nbsiing School. PowerSchool's Initial Product Training was delivered by trainer Lynn Bullock, a longtime veteran of the PowerSchool family. Training focused on familiarizing users with the interface of PowerSchool, and demonstrating the basic functions of the system.

More than 20 employees from AES schools in REC #2, REC #3 and **REC #4** attended a two-day training session to prepare for the transition to a new student information system by March 30, 2019. Nbsiing Administration and Education staff attended.

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### Accolades for Nbsiing Secondary School Following Inspection by Ministry of Education

Christine Misch from the Ministry of Education has completed Nbsiing's Inspection for the 2018-2019 school year. She said that the passion from the teachers is evident and that our school is a place that is welcoming and that it is obvious that the students are at the center of all we do here. She was impressed by the number of staff who are willingly taking on AQ and other courses to stay up to date.

She said that Nbsiing has a reputation of being organized, always willing to be a leader in new educational initiatives, has a great reputation in the Co-Op and Dual Credit Committees, and that we are often referenced as a resource for other First Nation schools. She said that they hear great things about Nbsiing at the M.O.E. and that they have no concerns about our school. They are pleased that we are transparent in what we are doing and we ask questions if we are unsure. They have full confidence in us.

Christine looked over the binders and all the unit, lesson plans, evaluations and exemplars of student work that she viewed were great. She said that she really enjoyed her conversations with each of the teachers and that she has no concerns all. Her formal written report won't be received for at least a month or so, but it will be a very favourable report.

Chi miigwech Nbsiing staff for your hard work, dedication and passion are evident each day and it is our students who benefit!  
Carole Couillard, Principal



### SUBMIT JUNE REPORT CARDS

*for NFN Student Awards and Incentives - learn more at [www.nfn.ca](http://www.nfn.ca)*

Contact Tracy Hanzlik at 705-753-6995 or [tracyh@nfn.ca](mailto:tracyh@nfn.ca) for more information



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

**Stay Connected with Us** - Please visit our website [www.nbisiing.com](http://www.nbisiing.com) or [Nbisiing Secondary School Facebook page](#) for our calendar of events and other school-related information, or call (705) 497-9938 for more information.

### YMCA Youth Exchange

A group of 12 Nbisiing students travelled to Fraser Lake, British Columbia to participate in a youth exchange with Fraser Lake Elementary Secondary School. We did a lot in one short week: visited a gold and copper mine, the local sawmill, toured the damage caused by last year's forest fires, and took a drive to 'Ksan to see how local First Nations lived prior to colonization.



### Nbisiing vs. APS Volleyball Game

Staff from APS and the OPP joined Nbisiing staff to compete in a staff vs. student volleyball game at Nbisiing followed by a feast prepared by Nbisiing's Hospitality class. Miigwech to those who organized and participated in this day.



### Sweat

The Nbisiing Wellness Lead (Amanda) and the Land-based Withdrawal Management Team (Tyler Dokis and Shari Bentley) organized a Sweat at Jocko Point's Sacred Grounds. Students (and staff) participated in 4 teaching sessions prior to the Sweat ceremony. Miigwech to Tyler and Shari, as well as Perry McLeod-Shabogesic.



### Science North

With several students participating in the YMCA Youth Exchange, classes were smaller at Nbisiing. It was the perfect opportunity to arrange a Science North field trip for those who remained in Ontario. Our day started off with a workshop on electricity. The excursion was made even more enjoyable due to the presence of the BodyWorlds exhibit, where students were able to visibly experience the inner workings of the human body. Plastinated models of human bodies showed how the digestive, nervous, and cardiovascular systems interact.



## Graduation Ceremony - Wednesday, June 19<sup>th</sup> @ 11am

Ceremonies in the school gymnasium, with Guest Speaker Jenny Kay Dupuis (author of "I am Not a Number")

**Kindly RSVP by June 14<sup>th</sup> at 705-497-9938 or by email to [admin@nbisiing.com](mailto:admin@nbisiing.com)**

# Gaa-Bi Kidwaad Maa Nbisiing: The Stories of Nbisiing Anishinaabeg



**COURSE:**  
**HIS 1006 SI**

**DATES:**  
**August 19-29, 2019**

**TIME:**  
**Monday - Thursday**  
**9:00 AM - 1:30 PM**

**LOCATION:**  
**Nbisiing Secondary School,**  
**Nipissing First Nation**

**INSTRUCTORS:**  
**Elder John Sawyer and**  
**Erin Dokis ([erind@nipissingu.ca](mailto:erind@nipissingu.ca))**

Course open to NFN community members,  
including grade 12 students who have graduated.

Please contact NFN Post-secondary Education  
Department to arrange for part-time registration fees  
(application required for approval).

Post-secondary Worker: [gerryg@nfn.ca](mailto:gerryg@nfn.ca) - 705-753-6995



# JUNE EVENTS

- 4, 11, 18, 25 Baby & Me Social Drop-In - Tuesdays, 9am - 12pm @ Nipissing Nation Kendaaswin (Library)**  
We discuss topics such as healthy child development & parent/child attachment. Transportation & snacks provided. *For more information & transportation registration, contact Katie at 705-753-2050 x 1323 / katielenfn.ca*
- 5 Walk Against Impaired Driving - Wednesday June 5, 4:30pm - 8pm @ Garden Village**  
Come out & join us for the 2019 Walk Against Impaired Driving! BBQ & presentations. Everyone is welcome! *For registration, call NFN Health Services @ 705-753-3312 before May 31st*
- 7 Teen Night - Friday, June 7, 6pm - 10pm @ Nipissing Nation Kendaaswin (Library)**  
Ages 13 - 24. *For more information & transportation registration, contact Katie at 705-753-2050 x 1323 / katielenfn.ca*
- 8 Kokum Scarf Skirt Workshop - Saturday, June 8, 10am - 4pm @ Nibisiing Secondary School**  
NFN Membership priority. Participant fee: \$40. Bring your own snacks, lunch, & beverages. *To register & for more information, contact Mindy at 705-753-2050 x 1260 / mindymenfn.ca*
- 12 Diners' Club - Wednesday, June 12, 11am - 1pm @ NFN Gym**  
Celebrating our elders with a luncheon every second Wednesday of the month. *For more information, please contact the Lawrence Commanda Health Centre at 705-753-3312*
- 13 Open Sew - Thursday, June 13, 6pm - 9pm @ NFN Culture Centre**  
Bring your projects & materials. There will be a facilitator to help. *For more information, contact Mindy at 705-753-2050 x 1260 / mindymenfn.ca*
- 15 Achieving Dreams Thru Music Workshop & Concert - Saturday, June 15 @ NFN Gym**  
Ages 13 - 18. 1pm - 3pm: Hip Hop Workshop. 6pm: Live concert featuring local talent & international hip hop sensation from NFN **Que Rock!** *For more information, to register & for transportation, contact Katie at 705-753-2050 x 1323 / katielenfn.ca before Thursday, June 13 by 4pm*
- 17 Full Moon Ceremony - Monday, June 17, 8:30pm @ K'tigaaning Midwives**  
K'tigaaning Midwives is located at 40 Couchie Industrial Rd, North Bay. *For more information, contact Evelyn at 705-753-2050 x 1261 / evelynmenfn.ca*
- 18 - 19 Seniors' & Adults' Overnight Baseball Trip - Tuesday June 18 & Wednesday June 19**  
Band office departure Tuesday, June 18 @ 8am. Game time @ 7:07pm. Staying at the Hilton Garden Inn Downtown Toronto. Return departure time Wednesday, June 19 @ 12pm. *To register, call NFN Health Services @ 705-753-3312 before June 7th*
- 19 Kids' Movie Night - Wednesday, June 19, 6pm - 8pm @ Nipissing Nation Kendaaswin (Library)**  
Ages 6 - 12. *For more information, contact Katie at 705-753-2050 x 1323 / katielenfn.ca*
- 23 Teen Cooking - Sunday, June 23, 12pm - 3pm @ TBA**  
Ages 13 - 24. *For more information & transportation registration, contact Katie at 705-753-2050 x 1323 / katielenfn.ca*
- 24, 26 Healthy Eating Guidelines Review - 5:30pm / Monday June 24 @ Lawrence Commanda Health Centre / Wednesday June 26 @ Nibisiing Secondary School**  
Join us for dinner and review what the Health Services have developed so far for Healthy Eating Guidelines. Limited seating. *To register & for transportation, contact Erika or Stella @ 705-753-3312 by June 20th*
- 26 Nerf Night - Thursday, June 26, 5:30pm - 8pm @ Outdoors (Band Office), Garden Village**  
16 & under. Pizza & drinks provided. Please bring own Nerf gear & bullets as only so many can be provided. *For more information, contact Katie at 705-753-2050 x 1323 / katielenfn.ca*

# 2019 NBISIING SUMMER SOLSTICE

*A community celebration  
of Nbisiing Anishnaabeg*

**Odemin Giizis  
Niizhna shi Bezhig  
Strawberry Moon, June 21st  
Location: K'Tigaaning (Garden Village)**



LIGHT SNACKS	9:30AM
COMMUNITY GRAND ENTRY	10:00AM
WELCOMING BY GIMAA & OPENING	10:30AM
HONOUR SONG FOR CANCER SURVIVORS	
CULTURAL EVENTS & ACTIVITIES	11:00AM
SPIRIT PLATE & LUNCH	12:00PM
CULTURAL EVENTS CONTINUING	1:00PM
DRUM SOCIAL	2:00PM
CLOSING CEREMONY	2:30PM

## **Red Hawk Singers From Nbisiing SS**

Sweat Lodge Learning, Nbisiing Clans/ Natural Law Teachings,  
Cultural Arts, Food Bank Penny Sale Raffles, Three sister  
Teachings, Connection to the Land Tree Planting, Childrens  
Games, Nishnaabemwin Storytelling, Jingle Dress Teaching Ect.

---

**Bring Reusable Water Bottles & Feast Bundles & Ribbon skirts/shirts**

NSL Classes Welcome. Call minimum 2 weeks Prior.

NFN makes reasonable efforts to comply with privacy laws. Photography on Site.

Contact: Mindy Martel (705)-753-2050. ext. 1260 or [mindym@nfn.ca](mailto:mindym@nfn.ca)

Sponsored by NFN Chief & Council &



Canadian  
Heritage

Patrimoine  
canadien



# 28TH ANNUAL CHARITY GOLF TOURNAMENT

Saturday, July 6, 2019

Hosted by Osprey Links Golf Club

**Registration 9:00am**

**Shotgun start 10:30am**

**4 Person Scramble**

**18 Holes**

**50/50 - \$2 each or 3 for \$5**

**Mulligans - 4 per team \$5 each**

**Closest to the Pin - \$5 each**

**Registration:**

\$120 per person

\$480 per team

**Cost Includes:**

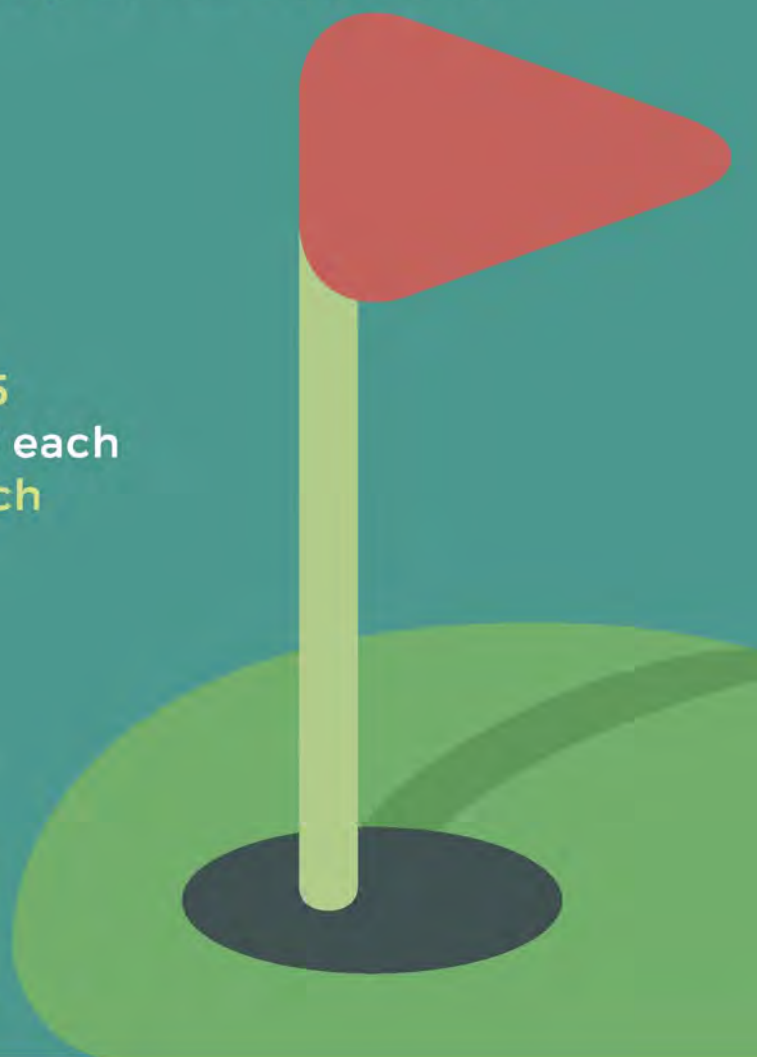
Registration

Gifts

Golf Carts

Fish Dinner

Prizes



Registration through Osprey Links @ <http://tiny.cc/nfngolf2019>

**[CLICK HERE TO ACCESS THE REGISTRATION PORTAL](#)**

Osprey Links Golf Course - 207 Osprey Cres., Callander, ON P0H 1H0



28TH ANNUAL CHARITY GOLF TOURNAMENT

**SATURDAY, JULY 6, 2019**



### Platinum Donations - \$2500

- Two golf packages (8 players) to play on the day of the tournament (includes golf carts, awards dinner & prizes)
- Your name and/or logo displayed in a donor listing in the 2019 registration brochure, event program, and included in all advertising for the event
- Your name displayed on two tee boxes
- Your name announced as a sponsor during the reception
- Your name mentioned in the golf tournament results article that will be published in the NFN newsletter, and recognition on our website (nfn.ca)
- Corporate banner to be displayed at the event

### Gold Donations - \$2000

- Two golf packages (8 players) to play on the day of the tournament (includes golf carts, awards dinner & prizes)
- Your name and/or logo displayed in a donor listing in the event program and all advertising for the event
- Your name displayed on one tee box
- Your name announced as a sponsor during the reception
- Your name mentioned in the golf tournament results article that will be published in the NFN newsletter, and recognition on our website (nfn.ca)

### Please submit forms & donations by June 21st

This is to ensure your name and/or logo are included in advertisements.

### Dinner Sponsor - \$1500

- Only one available
- Your name announced as sponsor during the dinner
- Your name mentioned in the golf tournament results article that will be published in the NFN newsletter, and recognition on our website (nfn.ca)

### Silver Donations - \$1500

- Two golf packages (8 players) to play on the day of the tournament (includes golf carts, awards dinner & prizes)
- Your name and/or logo displayed in a donor listing in the event program
- Your name displayed on one tee box
- Your name announced as a sponsor during the reception
- Your name mentioned in the golf tournament results article that will be published in the NFN newsletter, and recognition on our website (nfn.ca)

### Bronze Donations - \$1000

- Two golf packages (8 players) to play on the day of the tournament (includes golf carts, awards dinner & prizes)
- Your name displayed on one tee box
- Your name announced as a sponsor during the reception
- Your name mentioned in the golf tournament results article that will be published in the NFN newsletter, and recognition on our website (nfn.ca)

### Friends of Nipissing - \$500

- One golf package (4 players) to play on the day of the tournament (includes golf carts, awards dinner & prizes)
- Your name displayed on one tee box
- Your name mentioned in the golf tournament results article that will be published in the NFN newsletter

**\* Donations of prizes & cash are also appreciated \***

**Seniors & Adults (ages 25+)  
Baseball Overnight Trip  
June 18-19, 2019**



VS



**Game time: 7:07pm in Toronto**

**Band Office Departure:** Tuesday, June 18th, 2019 @ 8:00am

Staying at the Hilton Garden Inn Downtown Toronto

**Return Departure time:** Wednesday, June 19th, 2019 @ 12:00pm

To register, call NFN Health Services Reception 705-753-3312 by June 7th

(Please note: Spaces will be determined by a draw if registration results in a waitlist)

To better ensure all people have an opportunity for a yearly trip, if you attend this one, you may be wait-listed for the next trip registration

**OTHER PLANNED TRIPS FOR THIS YEAR INCLUDE:**

- FAMILY & YOUTH TRIP TO TORONTO ZOO - JULY 2019
- ADULT/SENIOR CASINO RAMA TRIP - OCTOBER 2019



## NFN Healthy Eating Guidelines

### Looking for your input!

We are in the process of developing Healthy Eating Guidelines for NFN programming. *Our hope is that these guidelines will help to encourage and support healthy eating and overall wellness in the community.*

We will be holding 2 sessions in June to invite community members to join us for dinner and review what we have developed so far.

Please join us for dinner on one of the following days:

- ⇒ 5:30pm on Monday, **June 24th** @ Lawrence Commanda Health Centre
- ⇒ 5:30pm on Wednesday, **June 26th** @ Nbisiiing Secondary School

**Limited seating. Call to register or book a ride by June 20th:**

Erika or Stella @ 753-3312



## Pre-Diabetes

With information from: **DIABETES CANADA**

**Wouldn't it be nice if the human body had an "early alert system" that let us know when something was about to go wrong with our health? Prediabetes offers a warning and gives us a chance to change the future.**

Prediabetes refers to blood sugar levels that are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes (i.e. a fasting plasma glucose level of 7.0 mmol/L or A1C of 6.5% or higher). Although not everyone with prediabetes will develop type 2 diabetes, many people will.

It is important to know if you have prediabetes, because research has shown that some long-term complications associated with diabetes – such as heart disease – may begin during prediabetes.

### Risk factors

Like type 2 diabetes, prediabetes can occur without you knowing it, so being aware of your risks and being tested are important. This is especially true if you have prediabetes as part of the "metabolic syndrome," meaning you also have high blood pressure, high levels of LDL cholesterol (the "bad" cholesterol) and triglycerides, low levels of HDL cholesterol (the "good" cholesterol) and excess fat around the waist. The risk for type 2 Diabetes is higher as you grow older. If you are aged 40 or over, or you are an individual at high risk using a risk calculator\*, Diabetes Canada recommends screening by testing fasting plasma glucose and/or A1C every three years. If you have additional risk factors that increase the likelihood of developing type 2 diabetes, you should be tested more frequently or start regular screening earlier.

\* The Canadian Diabetes Risk (CANRISK) calculator (available at [www.diabetes.ca/take-the-test](http://www.diabetes.ca/take-the-test)).

**For more information please contact:**

Lawrence Commanda Diabetes Education and Resource Centre 705-753-3312

# Nbisiing Anishinaabemwin

## June - O'demini Giizis (Strawberry Moon)

O'demin Giizis, nbasendis, mii go nji-wii-zhiitaayaan.

Nji-kendmaan Gzhe-mnidoo, ngii- miinig maa miikaans  
wii – naaswadoonya.

- Gookmis , wii-kwejmin nake'ii waa ni-zhaawyan mina ji-nsodmaan.
- Ndanwendaan wewena kina gegoo wii-mnozeg newing nake mina
- wii- waabmagwaa gi-gete- nishnaabeg nji-wiidookwiwaad maa kiing.
- Pii dash nga-kwedwe pii- kiishbaabyang maamwi
- Maa gchi-twaa- mnidookewin , nji-kenmaan nji-moseyaan miiknaan
- Ngchi--nendis ezhi'aawyaan

Baa maa pii dash minwa.

Miigwech

Strawberry Moon I humble myself to you as I prepare to go to the fasting grounds. I come to you knowing that the Creator has given me this path to follow.

Gookmis ,I come to you as I am to ask for guidance and understanding in my journey. My quest is for inner balance, to converse with the spirits of our ancestors, that will help me in this physical world.

When I sit in the of the sacred ceremonies and lodges, I will learn to walk

This road with my eyes open to Creation and respect myself for all that I am .

'Til the next time we meet again.

Strawberry Moon - I am forever grateful

Miigwech

### KIDWINAAN (WORDS)

<b>Niibin</b>	summer
<b>Zhaawnong</b>	south
<b>De'min</b>	strawberry
<b>De'minke</b>	strawberry picking
<b>Zaagigan</b>	lake
<b>Dkobii</b>	go swim
<b>Maadge</b>	swimming
<b>Jiikbiik</b>	beach
<b>GZhide niibing</b>	It's hot in the summer
<b>Engoo moode</b>	ant is crawling
<b>Gnebik moode</b>	snake is crawling
<b>Miigwechwin</b>	Thanksgiving
<b>Gchi-miigwech Gzhemnidoo</b>	Thank You, Creator
<b>Kina gegoo e -miizhyaang</b>	for everything
<b>Minwa ngoding gii-zhiigak</b>	for today
<b>Giizis gii-bi-naabid</b>	for the sunrise
<b>Iw sa Bi-maadziwin, Nesewin , Ge- chi-Piitendaagwak</b>	
<b>Mshkiki</b>	For Life, Breath, sacred medicines
<b>Wewena ji-moseyang</b>	to walk in a Good Way

### DIALOGUE

**Nga- wi- dkobii shkwaanaakweg zaagigning.**

I'm going to go swim this afternoon at the lake.

**Niibing minwendaan zhaayaang jiikbiik.**

In the summer I like going to the beach.

**Zhide noongom giizhgak , nga wi- mooshkinaanan de'minan.**

It's today, I will go pick **Ndaapsigewin** - Smudging

**Ndoon – wewena nji-gnoonag wii ji-bmaadis.**

Mouth – what we say is positive and helpful to others

**Ntawgan – wewena nji-bzindawag e-kinoomawid.**

Ears – to what we hear and listen will be positive.

**Shkiizhgoon – wewena nji- nga-waabmag nwii ji-bmaadis.**

Eyes – that we see is positive and what we see in others.

**Ndi-nenmowin – wewena nji-mshkawenmaan.**

Mind – that we think or react is positive.

**O'dey – nji-mshkawi – zoongde'eyaan.**

Heart – to be able to heal and use that to help others

**Wiiwo- wewena nji-bmoseyaan i-naadziwin**

Body – that we walk in a positive way in this physical world.

# The 13 Moons Governance and the Season of Ziigwan

## Being Respectful and thankful for Creator's Gifts

Our lives are governed by the 13 moons and medicine wheel of life. Each season is connected to something. That is our governance.

We are in the season of **Ziigwan**. **Siigwan** means "pouring out" or "flowing". Remember that **nishnaabemwin** is not about direct translations, but about describing something. When we loosely say **ziigwan** is "spring", well that is putting a translation through an English lens. It is the time for saps to flow and spring break up and waters start to flow. This year, in some places, there are floods because of an overabundance of flow. The sap that comes from the trees at this time, has spent the winter in the roots.

Full moon in February is where "our" new year starts. When the bear's water breaks, water breaks on the land. During this time, be creative. Do arts in the school. Create a play with creative mind.

You will start hearing of people preparing for ceremonies once again during this season: **Ziigwan** is the time of Sundance. We have just completed naming ceremonies during the long weekend in May. At NFN we celebrate the ceremony of welcoming the babies.

This past month was **waabigwaan**, the flowering moon. Spring is when we gather the best ash for snow shoe making, ash baskets, we gather fiddle heads, wild onion, wild leeks, spruce shoots, dandelion greens, skwaabiimish shoots. We collect the greens that have been pushed up through the earth. During this time we don't take the life of moose and deer who are carrying new life, or from birds who have eggs to tend to.

The suckers come to feed people after a long winter. We also eat the eggs and heads of that fish, for the nutrition it provides. We are told that the smelts are fairly new to this area, being brought in from the Great Lakes area by settlers.

In May the trees are finished giving their waters. The tree starts to grow and we begin to see leaves. We see the first strawberry. The boys will start fasting, and the girls will begin their berry fasts.

This knowledge is our original way of life. There is spiritual sacrifice. You enter into sacred covenants with knowledge. Fasting, Sundance, mide lodges.

Non-indigenous systems have caused devastation to the earth because they removed the reciprocity and sacredness in their relationships with the earth. They operate by a capitalist/consumerist system.

How you harvest the plants – are they endangered or rare? We see people yanking plants out by the roots and by the buckets. That is not respect.

Protocols and ceremonies when hunting and gathering medicines and food are our original ways. **Semaa** is gratitude. We received our instructions as we were lowered to the earth. The creation story tells of these instructions.

Humans kill all species of animals. There was a time the animals decided to make us sick because of the imbalance we were creating and not practicing gratitude. Once again we were spared and the plants were sent to rescue and help the humans. We learn that it is a mistake not to follow our original instructions. We started to look after the animals again according to the great law. The animals give us so much. They give us their meat. We do back for the animals as creator instructed in our agreement. We would bring ceremony and prayer to acknowledge the animals and water.

We don't need more money, we need more ceremony. We are lusting over bigger, better, more. Money won't save us. Our ceremony, and prayer is not a side thing. It is THE thing. Don't underestimate prayer.

We have relationships with Creator, animals, plants, etc. This works two ways. Receive and return.

Our culture is new to us again because of Indian act. Doing the ceremonies back then would have gotten us arrested. Now we are going to ensure that our children have their culture.

**\*\*Our culture is beautiful. It is ancestral knowledge. We are living a sacred story\*\***

**\*\*these teachings have been shared with us by different cultural elders\*\***

Nipissing First Nation Food Bank

# Spring Into Spring

with these  
incredible prizes!



**1<sup>st</sup> Prize Masterchef Propane BBQ and accessories.**

**\$250 value**

**2<sup>nd</sup> Prize For Living Bistro Set and accessories**

**\$230 value**

**3<sup>rd</sup> Prize \$100 Gift Card Don's Butcher Shop**

**\$100 value**



**Tickets are just \$2.00 each or 3 for \$5.00**

**Winners will be drawn on June 21st, 2019**

**To purchase tickets, contact Becky Commanda 705-753-6972**

**Raffle License # 1019-124**



### Miigwech Dream Catchers Fund & Youth Who Excel

Keisha McLeod-Penasse played for the North Bay Bantam A Ice Boltz this year. Her team won the Silver Medal at the Provincials that were held in Mississauga on April 5-7. They also won the Gold in the 38<sup>th</sup> Annual Walter Gretzky Tournament held in Brantford in February.

She had a great year overall in which all of her home games were played at the Canlan Arena in North York. She enjoyed playing and did lots of travelling over the winter. Keisha is now looking forward to her upcoming season.

This was all possible with the support of the Dreamcatchers Charitable Fund and NFN's Youth Who Excel Fund. **Miigwech for your support!**

### Miigwech from Cailen Hanzlik

Early mornings and late nights didn't deter this Nipissing First Nation member from pursuing her passion. Cailen Hanzlik, who is a grade 11 Franco Cité Student didn't mind travelling to Sudbury 2 – 3 times per week to play hockey. Cailen began her hockey career as a West Nipissing Sting and also played for the North Bay Ice Boltz before making the move to the Sudbury Lady Wolves in the fall of 2018. This gave her the chance to compete for the Canada-wide Midget AA Girls Championship, *The Esso Cup*.

In March, Cailen played in the LNHL for the Wikwemkoong Midget Girls, winning the B Championship. Her Sudbury Lady Wolves team won the Lower Lakes League division title, finishing on top at the Provincial Championships winning them the Ontario placement at Nationals. At Nationals, "*The Esso Cup*", the Sudbury Lady Wolves finished with a Silver Medal.

Once this tournament was done, Cailen was able to meet her new team for the 2019-20 Season where she will play with the Barrie Jr. Sharks (Intermediate AA). Giving her only a week to rest Cailen, then left for the National Aboriginal Hockey Championships that were held in Whitehorse, Yukon. Representing Team Ontario, she played a great week of hockey and came home with a Bronze medal, finishing her year with a 2-0 Shutout.

To complete her season this year, we can all watch her on the APTN series of *Hit The Ice* season 7. Episode 1 of 13 will be aired June 12, 2019.

Cailen would like to thank all her friends, family, Nipissing First Nation and supporters for believing in her and cheering her on as she was able to chase dreams and achieve her goals.



## 3 Bedroom House for Sale in Garden Village

**Available to NFN members only**

**123 Gerald Crescent Garden Village**

1,000 sq.ft. single storey on 100 x 200 lot

NEW renovations include: roof shingles, deck, propane furnace with central air, doors, vinyl siding and windows.

Call 705-493-2064 or trapper23@persona.ca

**Serious Inquiries Only - Open to Offers**




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couchie.george@gmail.com  
www.nativeawarenesstraining.com

**Challenger Mobile Wash Inc.**  
Rob Couchie - 705.477.5347



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F: 705-476-2470

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



**Now Open in the Bineshii Small Business Centre**

**132 Osprey Miikan — 705-471-0472**

Located on highway 17 between the Eagle's Nest Gas Bar & Young Forestry Services

*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 - Yellow Hominy Corn/Wild Rice

# COMMUNITY EVENTS CALENDAR



## JUNE 2019

SUN

MON

TUES

WED

THURS


FRI

SAT

**Anishinaabemwin Community Class** 6pm - 8pm (Last class on June 17<sup>th</sup> in Duchesnay & June 19<sup>th</sup> in Garden Village)

Mondays @ Nbisiiing Secondary School | Wednesdays @ Church Hall in Garden Village

**LEGEND:**   Garbage Collection   Garbage & Recycling Collection

01						
02	03 Gym Night 6pm - 8pm @ NFN Gym	04 Baby & Me 9am - 12pm @ NFN Library  Council Meeting 7:30pm in GV	05 Food Bank Open 9am - 4pm  Walk Against Impaired Driving 4:30pm - 8pm @ Garden Village	06 Gym Night 4:30pm - 6pm @ Nbisiiing	07 Teen Night 6pm - 10pm @ NFN Library	08 Kookum Scarf Skirt Workshop 10am - 4pm @ Nbisiiing
09	10 Gym Night 6pm - 8pm @ NFN Gym	11 Baby & Me 9am - 12pm @ NFN Library	12 Diners' Club 11am - 1pm @ NFN Gym	13 Gym Night 4:30pm - 6pm @ Nbisiiing  Open Sew 6pm - 9pm @ Culture Centre	14	15 Achieving Dreams Thru Music 1pm - 3pm Workshop 6pm Concert @ GV Gym
16	17 Gym Night 6pm - 8pm @ NFN Gym  Full Moon Ceremony 8:30pm @ K'Tigaaning Midwives	18 Seniors' & Adults' Blue Jays Trip 8am Departure @ Band Office  Baby & Me 9am - 12pm @ NFN Library  Treaty Payment 10am - 3pm @ Nbisiiing  Council Meeting 7:30pm in Duchesnay	19 Food Bank Open 9am - 4pm  Treaty Payment 10am - 3pm @ NFN Band Office  Kids' Movie Night 6pm - 8pm @ NFN Library	20 Gym Night 4:30pm - 6pm @ Nbisiiing	21  Nbisiiing Summer Solstice Celebration 10am - 3pm Garden Village  Offices Closed	22
23 Teen Cooking 12pm - 3pm @ TBA	24 Healthy Eating Guidelines Review 5:30pm @ LCHC  Gym Night 6pm - 8pm @ NFN Gym	25 Baby & Me 9am - 12pm @ NFN Library	26 Healthy Eating Guidelines Review 5:30pm @ Nbisiiing  Nerf Night 5:30pm - 8pm @ Outside of Band Office in GV	27 Gym Night 4:30pm - 6pm @ Nbisiiing	28	29
30						

To stay up to date with events - like & follow [NFN Events](#) on Facebook!

36 Semo Rd, Garden Village, ON P2B 3K2  
TEL: (705) 753-2050 FAX: (705) 753-0207 WEB: [www.nfn.ca](http://www.nfn.ca)

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Nipissing First Nation Administration



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