



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

## In This Issue

### UPDATES:

- AN Governance..... 2
- Council Connection..... 3
- RHT Gathering..... 4
- Notices..... 5-6
- Fisheries..... 7
- Archaeology..... 8
- Warrior Days..... 9-10
- Education..... 11
- Nipissing-Miller Job Fair... 12

### EVENTS:

- Event Listing ..... 13
- Community BBQs ..... 14
- NFN Pow Wow..... 15
- Pow Wow Agenda..... 16
- Community Notice..... 17
- Cultural Events..... 18

**CULTURE** ..... 19-22

**HEALTH** ..... 23-25

**ADS & NOTICES** ..... 26-27

**CALENDAR**..... 28

Get the newsletter by email!  
Sign up with [genc@nfn.ca](mailto:genc@nfn.ca)



**Monday, Sept 2<sup>nd</sup>**  
Labour Day  
**Friday, Sept 20<sup>th</sup>**  
Staff Appreciation

## Council Meetings

**Tuesday, Sept. 3<sup>rd</sup>**  
7pm - Duchesnay

**Tuesday, Sept. 17<sup>th</sup>**  
7pm - Garden Village

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).

## A summer of good news for NFN

*By Kelly Anne Smith for the Anishinabek News*

**NIPISSING FIRST NATION**— It is a summer of good economic news for Nipissing First Nation (NFN) as numerous construction projects are underway.

NFN is entering a \$12 million-dollar venture with Miller Group Ltd. for the replacement of the 1937 timber deck Duchesnay Creek Bridge on Hwy 17B, which has been closed since January. The project includes one kilometre of paving and the removal of the bridge that crosses over the abandoned Canadian National Railway line.

In his June video address to the community, NFN Chief Scott McLeod explains that NFN has a 51% stake in the limited partnership. Chief McLeod says the project is expected to build capacity, address critical infrastructure and create jobs.

The collaboration has been in the works for more than a year, says Chief McLeod. "The first project in the partnership with Miller Paving is getting kicked off with an official ground-breaking ground in September."

NFN is looking for employees who work in the construction trade to apply for positions within the company. The new timber girder and arch Duchesnay Creek Bridge is expected to be completed in the fall of 2020.

Chief McLeod also shared more news in his June video update.

"NFN has been able to secure, in partnership with Cassellholme, 16 long-term beds that will be available for elders in our community that require long-term health care."

Housing for seniors requiring supports was announced as well by Chief McLeod.

"We are moving to build units for assisted living in both the Duchesnay, Yellek areas and also in the Garden Village area. We will be going ahead with construction some time this year." The Chief has said between 10 to 12 beds will be available in both ends of Nipissing First Nation.

Turning to childcare, NFN is currently building a state-of-the-art facility in Duchesnay Village for the Couchie Memorial Daycare Centre. The new daycare and community hall building is pictured below and is expected to be ready at the end of September.

And just announced by the province, Yellek Road will be rehabilitated with \$809,000 in funding from the Investing in Canada Infrastructure Program. (See [page 6](#) for details.)





# Anishinabek Nation Governance Agreement BENEFITS

### Excerpts from *Anishinabek News: Seeing beyond the Indian Act through self-governance* (August 7, 2019)

Notes for an address by Lance Copegog, Beausoleil First Nation - Anishinabek Nation youth representative for Southeast Region

Today, across the Anishinabek Nation, and indeed across the country, Indigenous communities are taking back control of our systems of governance. We are beginning to envision a world after the *Indian Act* – one where our people are free from its constraints. That is why this Anishinabek Governance Agreement is so vital.

In moving beyond the *Indian Act* and taking back control, I believe that our communities must take bold actions. If we actually want to make transformative change – the change that is required – we must truly lead the way in building capacity in our nations and doing the hard work. This means taking a good look at the state of our communities and asking ourselves hard questions.

Bringing about transformative change will mean revitalizing our culture and language...

Ending the culture of dependency on the federal government through innovative economic development means...

Doing away with colonial laws, and writing our laws based on cultural beliefs and the needs of our people...

Taking back control of our institutions and systems of governance...

And finally, organizing ourselves in a manner that is consistent with our role as rights and title holders.

Ultimately, I believe that it is the youth that will do the hard work. And we're seeing it already. Having served as a young leader in my community and in at different levels, and having worked alongside other young leaders – I can say with full and complete certainty that we are willing, ready, and able to move our communities forward.

Instead of allowing ourselves to be complacent, we are moving to bring about changes in our communities. Instead of being scared to venture into a world beyond the *Indian Act*, we are thinking of ways to create systems of governance that truly reflect who we are as Anishinabek.

Not only are the youth leaders of today demonstrating a generational shift, but we are demonstrating a complete shift in thinking. We know what needs to be done. We know how to get to where we need to go. And most importantly, we have the solutions. We have the tools...

The work that we are already undertaking in our communities – whether it be moving out from under the *Indian Act* or undergoing other transformation processes – must accelerate. Each of our communities must come up with our own ways to improve our governance and make it our own. It is up to us to think outside of the box – or outside of our own Band Office.

Most importantly, our communities must overcome their fear of life beyond the *Indian Act*. Another challenge that I see when moving beyond the *Indian Act* are those people who – in the name of protecting our rights – oppose any effort to move forward, even if that advancement means a better future for their community. These are the people that foster fear and mistrust among our community members – pitting those who want a better future versus those that only use inflammatory rhetoric for their narrow-minded goals.

We must reject those that seek to stop our progress. So, I stress that unity – seeking to build consensus, bridging divides, and coming up with common solutions – will be a major component in the governance work that we are undertaking... Our goal must be this – transforming *Indian Act* governance into our own governance. We must also ensure that our own governance is good governance. And it will be up to each individual nation to – mine included – determine the path forward – on our terms.

But let us not forget – moving beyond the *Indian Act* is not the end in itself, but rather a means to an end. That end being more prosperous nations, where all of us are playing active roles in our systems of governance, with our people enjoying a better quality of life, and where our culture and language thrives. Let us not lose sight of this objective. While considerable work remains, I know that we are well on our way to realizing the vision of our ancestors – a world beyond the *Indian Act*.





## Highlights from the Chief's Calendar

**September 3-6:** AFN National First Nations Cannabis Summit (Vancouver, BC)

**September 13-15:** Robinson Huron Treaty Gathering (Wiikwemkoong)

**September 18:** Lands Advisory Board AGM (Rama)

**September 24:** Anishinabek Nation Leadership Council (Sault Ste. Marie)

**September 25-26:** Anishinabek Nation Cannabis Forum (Sault Ste. Marie)

## Chief's Video Update Series

Watch the latest video in the series on our YouTube channel: **June 2019**

and on Facebook: **Giima Zoongawbwi Chief Scott McLeod**



## Council Connection

### Keeping Our Community Informed about Key Issues

**Cannabis Law Update:** On July 3, 2019, the Government of Ontario announced its plans for a second allocation of cannabis retail store authorizations. The plan allocated eight (8) store authorizations for stores to be operated on First Nations reserves.

The AGCO began accepting applications on July 31<sup>st</sup> at 9:00 a.m. on a first come, first served basis from applicants who wish to operate a store on a First Nations reserve. The chance to apply for a store authorization was determined by the time of submission of a complete, online Retail Store Authorization (RSA) Intent to Apply application. Complete applications were required to include a resolution from the First Nations Band Council approving the location of the proposed store on their reserve, which for NFN is the Bineshii Business Park.

View the Results of the Allocation Process for Cannabis Stores on First Nations Reserves here: <https://www.agco.ca/results-allocation-process-cannabis-stores-first-nations-reserves>

NFN's Zachary Lacelle was one of the eight (8) First Nation applicants notified to apply, while five (5) other applicants from NFN were placed on the First Nations Allocation Wait List in the following order: Curtis Avery (2), Charles William Ronald Avery (5), 2673520 Ontario Limited (6), Joshua Goulais (8) and Kenneth Michael Dokis (14).

NFN Council supported eight (8) individuals who wanted to pursue a provincial licence, and made it clear that the successful applicant will also need to be licensed by NFN and follow the NFN Cannabis Law and other community laws.

Despite months of lobbying and meetings with both levels of government, there are still no formal agreements worked out with the federal government over jurisdiction.

"The issue we have with the whole system is once again First Nations have been pushed aside on this," said Chief Scott McLeod. "We have inherent rights of creating laws and opportunities in our own lands and the province really has no jurisdiction on First Nation lands." He adds, "we're still pursuing the avenue of working out a bilateral agreement with the federal government so we can maintain jurisdiction and the creation of laws in our land."

By being left out of the federal legislation, NFN has not been able to access a safe legal supply of cannabis and views this as an "interim agreement" until a deal is reached with the federal government. "We didn't want to stand in the way of our individuals who wanted to partake in this economic opportunity, but we also do not support the idea that the province has jurisdiction on First Nation lands and we continue to work diligently to address this."

## DID YOU KNOW?

The *Anishinabek Nation Governance Agreement* belongs to all citizens of the Anishinabek Nation. Many people helped develop the Agreement by speaking up at information and negotiation sessions held in the First Nations.



**governancevote.ca**



## DID YOU KNOW?

The *Anishinabek Nation Governance Agreement* will not abrogate or derogate from aboriginal or treaty rights of the First Nations who ratify the Agreement. The Agreement makes it very clear it is not intended to fulfill any of Canada's treaty obligations nor is it a treaty.



**governancevote.ca**

# ROBINSON HURON TREATY GATHERING

*Honouring & Remembering our*



**1850 Treaty**

*Whitefish Island*  
State hereditary First Nations territory

**September 13, 14 & 15, 2019**

Hosted by Wiikwemkoong Unceded Territory  
at Nimkii Bineshii Kaaning, Kaboni Road, Wiikwemkoong

**Sunrise Ceremony  
Feast  
Guest Speakers  
Traditional Activities  
Entertainment  
and more!**

Event contact:  
Trinity Jacko at 705-859-3122 ex. 242

## COMMITTEE MEMBERS STILL NEEDED



*Effective April 1st*

**\$100**

per meeting honorarium

**GET INVOLVED!**

Meetings are once per month

**Anishinaabemwin - Seeking 1 member**

**Lands & Bylaw - Seeking 1 member**

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

## Bill S-3 Update

*With details from an  
Anishinabek Nation  
News Release (Aug 21,  
2019) and CBC News*

Bill S-3 received royal assent over a year ago, but the removal of the 1951 cut-off was delayed for over a year to allow for consultations with First Nations.

The remaining provisions of Bill S-3 are intended to eliminate long-standing gender based discrimination in the Indian Act.

As of August 15, 2019, all descendants born prior to April 17, 1985 to women who lost Indian status or were removed from band lists because of their marriage to a man without status dating back to 1869 will be entitled to registration.

These changes could potentially extend eligibility for Indian status to hundreds of thousands of people.





## Exclusive LNHL 2020 Merchandise On Sale Now!

The Little NHL 2020 Host Committee kicked off fundraising efforts on August 17<sup>th</sup> & 18<sup>th</sup> at the inaugural Warrior Days Slo-Pitch tournament.

Part of our efforts included the sale of LNHL 2020 branded apparel so community members can show their support for NFN hosting next year.

T-shirts and ballcaps can be purchased for \$20 from reception. Watch for more items to be added this fall!



## Volunteers Needed!

Nipissing First Nation will host the Little NHL in Mississauga in March 2020, and we are seeking volunteers for events leading up to the Little NHL, as well as during the tournament.

If you are interested in becoming a volunteer for the Little NHL 2020, please contact Freda Martel at 705-753-2050 ext. 1223 or send a quick email with your contact information to [fredam@nfn.ca](mailto:fredam@nfn.ca).

Chi-miigwech!!



## Service Canada Outreach Session Canada Pension Plan & Old Age Security Benefits

Service Canada is hosting this session to ensure our community members have access to the benefits they are entitled to and may not be aware of.

**Wednesday, September 11<sup>th</sup>**

**10:00am Presentation**

**1:00pm - 3:00pm Pension Clinic**

Council Chambers, Garden Village



## Congratulations to Evelyn McLeod Anishinabek Lifetime Achievement Award Recipient

On August 14<sup>th</sup>, our Anishinaabemwin Language Worker Evelyn McLeod was honoured with an *Anishinabek Lifetime Achievement Award* at Rama First Nation.

Evelyn was recognized for her dedication to revitalizing Nbsiing's language and heritage through her work with community members of all ages.

*Photo Credits: Anishinabek Nation 7th Generation Charity*



### Connecting Duchesnay & Yellek Provincial Funding Approved, Awaiting Federal Decision

On July 24<sup>th</sup>, we received confirmation from the Investing in Canada Infrastructure Program (ICIP) that our application for funding to connect Duchesnay and Yellek via Yellek Road was nominated by Ontario.

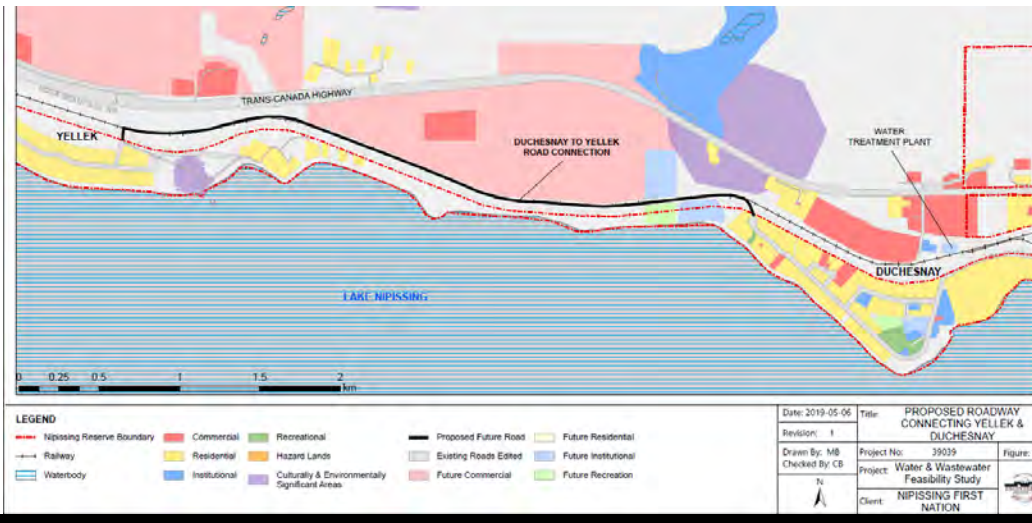
As this is a federal program, Ontario cannot guarantee approval of the application by Canada, and this notification should not be construed as providing approval.

ICIP is a cost-shared infrastructure funding and if NFN is approved, funding would be provided as follows:

Federal - 75%	\$3,308,713.89
Provincial - 18.33%	\$ 808,649.67
Recipient (NFN)* - 6.67%	\$ 294,254.96

\* We have contacted Indigenous Services Canada to see if they can contribute

Pending federal funding approval for this project, the proposed road connection is shown with a black line on the map below (old railbed):



### Beautification and Lawn Care Crews



The Beautification Labour crew has had a busy August! On top of their daily duties, they set up new swings in Yellek and worked hard to get the grounds in Garden Village ready for the first annual Nipissing Warrior Days Slo-pitch tournament, as well as for our annual Pow Wow. Our Seniors' Lawn Care crew has been equally busy taking care of our Elders' lawns. Our crews enjoy making our communities look beautiful!

If you have any questions or concerns, please direct them to Garry Leblanc, Beautification Coordinator at [garry.leblanc@nfn.ca](mailto:garry.leblanc@nfn.ca) or to Courtney Commanda, Beautification Clerk at [beautificationclerk@nfn.ca](mailto:beautificationclerk@nfn.ca) or call the office at 705-753-2050 at ext 1262



### Offices Closed September 2 & 20

All NFN offices will be closed on Monday, September 2<sup>nd</sup> for Labour Day and on Friday, September 20<sup>th</sup> for our annual Staff Appreciation Day.

Please note that the Landfill site will also be closed on Monday, September 2<sup>nd</sup> and that regular hours are from 9am to 5pm on Saturday, Sunday, Monday and Tuesday (closed for all statutory holidays).



### 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)

## Fisheries Law & Regulations

### Background

In 2015, community consultation meetings identified concerns about the stressed walleye population, and NFN put the following regulations in place to sustainably manage the fishery:

- Maximum number of gill-nets permitted: 3
- Minimum gillnet mesh size: 3.75"
- Spring moratorium on gillnetting (annual)
- Temporary moratorium on the cultural practice of spear fishing

Each year, Chief & Council set regulations and limits to ensure our commercial fishery stays within sustainable harvest levels.

**Chi-Miigwech to our registered and compliant commercial fishers, and to community members who follow our law.**

We appreciate your efforts to support the recovery of the walleye population.



## Commercial Fishery Closing for 2019 Season

**Closure expected at the end of September; date to be announced**

Based on estimates to date, the closing date for the commercial fishery will likely be at the end of September 2019. Chief and Council will receive an update from the NFN Natural Resources Department in early September with a recommended closure date.

**This closure does not affect our members' inherent, treaty-protected rights to harvest fish for subsistence or ceremonial purposes. Members who plan to fish for subsistence or ceremony must follow our *Fisheries Law* and are asked to notify our Fisheries Office in advance by calling 705-753-6991.**

**Miigwech to the registered commercial fishers and community members who respect the will of the community and follow the NFN *Fisheries Law* and processes. Increased compliance is a significant reason for the positive signs of recovery that are being observed in the Lake Nipissing walleye population.**

**A reminder to fishermen that catch forms must be submitted to the NFN Biologist in order to be considered in compliance with NFN Fisheries Regulations.**

The harvest data used to inform decision-making is collected by NFN Fisheries staff using catch reports submitted by registered compliant fishers, as well as harvest estimates for non-reporting/non-compliant fishers.

NFN is committed to principles of sustainability and the protection of resources while maintaining the practice of our rights in a responsible way. We regulate our own fishery through assessments, monitoring, data exchange and harvest reporting, and we collaborate with the Ministry of Natural Resources and Forestry to enforce our *Fisheries Law*.

For more information, or to report compliance issues, please contact:

**Jeff McLeod, Natural Resources Manager**

705-753-2050 ext. 1325 | [jeffm@nfn.ca](mailto:jeffm@nfn.ca)

## Fall Walleye Index Netting (FWIN)

**MNRF & NFN dropping research nets in Lake Nipissing this fall**

The annual Fall Walleye Index Netting (FWIN) project will be completed on Lake Nipissing in late September or early October. This marks the 21<sup>st</sup> year that NFN's Natural Resources Department has worked in partnership with the Ministry of Natural Resources & Forestry (MNRF) on FWIN projects.

Nets consisting of different mesh sizes are set randomly in deep and shallow areas of Lake Nipissing to assess the health of the walleye population. Each day, nets will be picked up and fish will be brought back to NFN to be biologically sampled for total length, fork length, and weights. Age structures are also collected, and sex and maturity of walleye will be recorded. All edible fish are filleted and donated to the NFN Food Bank.



# Nipissing Archaeology Field School

## Findings Displayed for Community on August 15<sup>th</sup>

We had a great turnout at the annual Archaeology Field School Artifact Presentation held on Thursday August 15<sup>th</sup>. Artifacts, maps, sample units, and posters were on display for members of the community to see, handle, photograph, and talk about with this year's team.

The Presentation was followed by a Fish Fry cooked by George Goulais & Family. Archaeology Field School T-shirts were given out to those who supported or were involved with the Field School this summer.

The Field School has been operating since 2014 and is funded through the Nipissing Enhancement Fund. Each year, the field school employs an Archaeology Project Leader, and two post-secondary Student Archaeology Leaders to work with secondary school students, with all positions working under Archaeologist Ken Swayze's guidance and expertise.

See pictures on the [NFN Archaeology Field School 2019 Facebook page](#), or make arrangements with the Land Office at 705-753-2922 to view the display.



## NFN Youth Help Assess Their Land for Future Development Projects

### *A Collaboration with Past Recovery Archaeological Services Inc. as part of the Hwy 17 Rehabilitation Project*

On August 6<sup>th</sup> and 7<sup>th</sup>, students from the Nipissing First Nation Archaeology Program and the Stewardship Youth Rangers Program had the chance to assist Archaeologists from Past Recovery Archaeological Services Inc. with a Stage 2 Archaeological Assessment on Lot 8, Concession 1 of the Beaucage Township on Nipissing First Nation (NFN).

The purpose of the assessment was to identify any significant archaeological resources or any past indigenous activity relevant to our Nation before the rehabilitation of Highway 17 between the Laronde Creek Bridge and Hwy 17B and the replacement of the Laronde Creek Bridge. The construction of this project is scheduled to start in 2021. The students and NFN staff members gained some first-hand experience in undertaking a Stage 2 archaeological assessment by digging many test pits as per the recommended Ministry guidelines.



*Top Row (L to R):* Glenn McLeod (Field School Coordinator, NFN Archaeology Program), Hailey Goulais (Student), Ken Swayze (Head Archaeologist, NFN Archaeology Program), Darian Goulais (Student), Chase Penasse-McLeod (Student), Ryden Hanzlik (Student), Cailen Hanzlik (Student), Brooklyn Sawyer (Student), Jeff Earl (Principal, Past Recovery), Cassie St.Pierre (Student), Edward Thierry (Archaeology Technician, Past Recovery)  
*Bottom Row (L to R):* Caitlyn Howard (Staff Archaeologist, Past Recovery), Parker Dalglish (Student), Renée Vaillancourt (NFN Engagement Coordinator-Hwy 17 Rehabilitation Project)  
*Absent:* Cody Maloney  
*Photo Credit:* Carl Ralph (Archaeologist Assistant, NFN Archaeology Program)



# Nipissing Warrior Days was a huge success!

Nipissing Warrior Days was hosted August 16-18. This event was an attempt to bring back a summer celebration similar to the former Parish Picnics. We held a ball tournament and hosted food vendors, raffles, merchandise tables and a beverage stand. We hope to build on this event and generate more attraction and interest in the years to come! The 1st Nipissing Warrior Days was a wonderful weekend!



Our Gimaa  
Scott McLeod  
tossing out the  
ceremonial first  
pitch to declare  
the weekend  
Nipissing  
Warrior Days!



## Personal Message from Randy Penasse, Ball Tournament Organizer

I want to thank everyone who came out to the first annual Nipissing Warrior Days. This event has been my vision for a long time and I can't express how proud I was to see Nipissing come together to enjoy the weekend. My purpose was to bring people together the way the Parish picnics did and I believe we accomplished that. I want to start a new committee soon to plan the 2nd annual Nipissing Warrior Days next summer. If you are interested please contact me at [randyp@nfn.ca](mailto:randyp@nfn.ca).

## Tournament Champion: Purple Helmets

Hanna Penasse	Dakota Penasse
Shawnee Penasse	Phil Penasse
Cherie Penasse	Nathaniel McLeod
Brooklyn Penasse	Jeremy Dokis
Krystal McLeod	Jeff Stock
Laura Poirier	Shane Young

Runner-Up: Masterbatters







FRIDAY NIGHT GAME



MARKY MARK & THE FUNKY BUNCH  
& NUMBER 9



NECESSITIES



THE TEROBREDS

## A CHI-MIIGWECH TO ALL OUR VOLUNTEERS AND HELPERS!

Apologies if anyone's name is missing. We appreciated all of the help we received!

Kimberly Commanda  
Amber Commanda  
Alice McLeod  
Eleanor McLeod  
Kimberly Salvaneschi  
Christina Beaucage  
Tracy Hanzlik  
Meriza George  
Kiley George  
April Goulais  
Penny Stevens  
Jane Commanda

Lorraine (Girly) Commanda  
Luc Martel  
Roman Lem  
April McLeod  
Blaze McLeod  
Tammy Saulis  
Conrad Saulis  
Patricia Fisher  
Steve Commanda  
Kenny Goulais  
Patrick Stevens  
Marie Stevens

Burt Chartrand  
Sarah Hazell  
Cameron Welch  
Ericka Penasse  
Rob Couchie  
Genevieve Couchie  
Phil Penasse  
Krystal McLeod  
Raymond (Bud) Penasse  
Cherie Penasse  
Tammy Desmoulin  
Henry Penasse

MIIGWECH ALSO TO CHIEF & COUNCIL FOR SPONSORING THE LIGHTS!





**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.

If you are interested in registering for the Fall 2019, please click on the link below to complete our online registration. The office will be open to respond to all registration inquiries starting the week of August 19<sup>th</sup>.

**REGISTER ONLINE:** [https://docs.google.com/forms/d/1FZqSuU8YhisGcyXGfRKMcdTHBlBodBzarSBXj2w\\_yak/edit](https://docs.google.com/forms/d/1FZqSuU8YhisGcyXGfRKMcdTHBlBodBzarSBXj2w_yak/edit)



## Fall Sessions: Adult Education

- \* Are you looking to achieve your grade 12?
- \* Do you need help getting a transcript?
- \* Not sure what options are out there?
- \* What are maturity credits?

**The Adult Education Program will start up again on Monday, September 9<sup>th</sup>.**

### Classes are offered:

Monday & Wednesday: 6:00 p.m. - 8:00 p.m.

Nbisiing Secondary School in Duchesnay

Tuesday & Thursday: 6:00 p.m. - 8:00 p.m.

Kendaaswin (Library) in Garden Village

For more information or to register, please call the Education Office: 705-753-6995. You are also welcome to drop-in to a session for assistance.

## Integrated Children's Program Registration Open

**Back to School is right around the corner, so it's time to start thinking about After School programs.**

**The Integrated Children's Program is scheduled to begin on Monday, September 9<sup>th</sup>.**

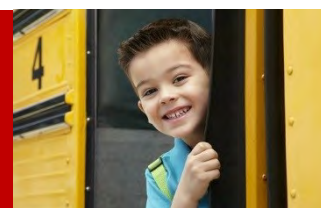
**Please be aware of the following information to register your child(ren):**

- Program is for children ages 6 – 12 years and children must be registered BEFORE they attend the program
- Program runs Monday to Thursday from 3:30 p.m.—5:30 p.m. (No program on holidays or when buses cancelled)
- Pick up is at the Holy Spirit Church Basement. After school snack provided

**To register:** Download a form at [www.nfn.ca](http://www.nfn.ca) or pick one up from the Band Office or Health Centre. Please return completed forms to Brandie Fong at the Health Centre or by email to [brandief@nfn.ca](mailto:brandief@nfn.ca). Should you have any questions, please contact Brandie at 705-753-3312.

## Student Info & Bussing Forms

All students accessing Nbisiing Bus Lines services must fill out a Student Information and Bussing Form **EVERY YEAR**. The form is available here: <https://bit.ly/2YWN2FO> or please contact the Education Office to request a copy.





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



# Nipissing Miller Partnership Celebration & Job Fair Duchesnay Bridge Project



*Help us celebrate this new endeavour with dinner & information  
booths.*

*For potential job seekers, bring your resume.*

***Everyone welcome!***

**THURSDAY AUGUST 29, 2019  
2 PM - 7 PM  
NBISIING SECONDARY SCHOOL**



# SEPTEMBER EVENTS

5, 10,  
17, 24

## **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](mailto:katielenfn.ca)*

8

## **Teen Night - Friday, September 6, 6pm - 10pm @ Nipissing Nation Kendaaswin (Library)**

Ages 13 - 24. Pizza & snacks provided. Transportation available. *For more information & to register for transportation, contact Katie at 705-753-2050 x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*

9

## **Outside Play & Activities - Monday, September 9, 6pm - 8pm @ GV Playground**

All ages! *For more information, contact Katie at 705-753-2050 x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*

11

## **Diners' Club - Wednesday, September 11, 11am - 1pm @ NFN Gym**

Celebrating our elders with a luncheon every second Wednesday of the month.

*For more information, please call the Lawrence Commanda Health Centre at 705-753-3312*

11

## **Computer Night - Wednesday, September 11, 6pm - 8pm @ Nipissing Nation Kendaaswin (Library)**

Ages 6 - 12. Hosted by Native Child Welfare Prevention & Nipissing Nation Kendaaswin. *For more information, contact Katie at 705-753-2050 x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*

13

## **Kids' Social - Friday, September 13, 6pm - 8pm @ Nipissing Nation Kendaaswin (Library)**

Ages 6 - 12. Games, movies, pizza & drinks! *For more information, contact Katie at 705-753-2050 x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*

16

## **Full Moon Ceremony - Monday, September 16, 7pm @ Garden Village**

*For more information, contact Evelyn M at 705-753-2050 x 1261 / [evelynm@nfn.ca](mailto:evelynm@nfn.ca)*

18

## **Kids' Movie Night - Wednesday, September 18, 6pm - 8pm @ Nipissing Nation Kendaaswin (Library)**

Ages 6 - 12. Hosted by Native Child Welfare Prevention & Nipissing Nation Kendaaswin. *For more information, contact Katie at 705-753-2050 x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*

20

## **Family Fire - Friday, September 20, 6pm - 9pm @ GV Firepit / Courtyard**

Family event - those under 12 must be accompanied by an adult. Marshmallows, hot dogs, & smores! *For more information, contact Katie at 705-753-2050 x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*

25

## **Craft Night - Wednesday, September 25, 6pm - 8pm @ Nipissing Nation Kendaaswin (Library)**

Ages 6 - 12. Hosted by Native Child Welfare Prevention & Nipissing Nation Kendaaswin. *For more information, contact Katie at 705-753-2050 x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*

27 - 28

## **Teen Overnight Movie Marathon - Friday September 27, 8pm @ NFN Gym**

Ages 13 - 24. SAW Trilogy. Pizza, snacks, drinks, & light breakfast provided. Transportation available. *For more information & transportation registration, contact Katie at 705-753-2050 x 1323 / [katielenfn.ca](mailto:katielenfn.ca)*



**Stay up-to-date with all of our events!**

Like and Follow our Facebook Page:

**NFN Events**

EVENTS





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

# COMMUNITY BBQS

**MONDAY, SEPT. 9 - GARDEN VILLAGE  
TIM'S CONVENIENCE - 5:30PM - 7:00PM**

**WEDNESDAY, SEPT. 11 - YELLEK  
PLAYGROUND - 5:30PM - 7:00PM**

**MONDAY, SEPT. 16 - DUCHESNAY  
NBISIING SCHOOL - 5:30PM - 7:00PM**

*Join us for good food & great company*

We will also have information about the  
Anishinabek Nation Governance Agreement

Contact: Kym Couchie, Events Coordinator  
705-753-2050 | [kymc@nfn.ca](mailto:kymc@nfn.ca)



Canadian  
HeritagePatrimoine  
canadien**NIPISSING**  
**FIRST NATION****31st Annual  
Traditional**

# Pow Wow

*Gaa-Miingooyan Enyweng**The Language That Was Given To You***Aug 31st & Sept 1st, 2019**

Due to flooding in Jocko Point it has been **RELOCATED** to  
36 Semo Rd. Garden Village P2B 3K2, Baseball Field

Featuring Specials at Noon Saturday & Sunday

M.C: Bob Goulais

Arena Director: Clifton Couchie

Host Drum: High Ridge Singers

Co-Host: Boys From the Bay

Head Elders: George Couchie & Evelyn McLeod

Veteran Representative: John Jewitt

Head Male Dancer: Mckenzie Ottereyes-Eagle

Head Female Dancer: Desiree Sands

Head Male Youth: Brent Couchie

Head Female Youth: Kelsey Borgford

Friday Evening - Miss NFN

11:00am till 2:00pm: Registration

1:00pm Saturday: Grand Entry

5:00pm Saturday: Drummers and Dancers Feast

7:00am Sunrise Ceremony Thursday to Sunday

Jingle Dress Special Sponsored by Linklater Family

Feast Bundle Special **"Bring your Feast Bundle"**

Contact Person: Mindy Martel, Event Coordinator  
705 753 2050 ext. 1260 or Mindym@nfn.ca

**\*Free Admission\* EVERYONE IS WELCOME !**

Vendors Must Register - Rough Camping 18+

**ABSOLUTELY NO DRUGS / ALCOHOL or Pets**







# Nbisiing Dewegigewin 2019

**August 31<sup>st</sup> & September 1<sup>st</sup>**

**\*\*Sunrise Ceremony every day at 5:45am: Thursday through Sunday\*\***

**Sacred Fire Lighting** Thursday at sunrise at powwow grounds

## MAANIIGIIZHGAD (SATURDAY)

**\*\*Saturday Breakfast Vendor will available from 7am-11am\*\***

**Community Ceremonies/Specials** – 12:00pm-12:45pm

**Grass Dancers** – 12:45pm

**Grand Entry**- 1:00pm – 2:00pm

**Intertribals** 2:00pm-3:00pm

**Dance categories**- 3:00pm – 4:00pm

**Nishnaabemwin Special** – 4:00pm-4:15pm

**Decheno Family Men's Traditional special**– 4:15pm- 4:45pm

**Intertribals** (feast bundle special @ 4:45pm

**Feast / Supper Break**- 5:00pm-7:00pm

**Hand Drum Special** during supper break.

**Grand Entry**- 7:00pm-7:45pm

**Intertribals** – 7:45-8:15pm

**Men's Fancy/Men's Chicken Dance** - 8:15pm -8:30

**Intertribals**- 8:30pm - 9:00pm

Powwow ends for the day!

## NAMEGIIZHGAD (SUNDAY)

**\*\*Sunday Breakfast Vendor will available from 7am-11am\*\***

**Grand Entry** – 12:00pm

**Intertribals** – 1:00pm-2:00pm

**Category Dancing** – 2:30pm-3:15pm

**Hand Drum Finals**- 3:15 – 3:30pm

**Intertribals** – 3:30pm-4:15 pm

**Linklater Jingle Dress Special** – 4:15pm- 4:45pm

**Community Honour Song**- 4:15pm- 4:45pm

**Intertribals**-4:45pm-5:15pm

**Give away Ceremony**– 5:15pm

## NIPISSING FIRST NATION 31<sup>ST</sup> ANNUAL POW WOW DRAW

TO BE HELD SUNDAY AT 4:00 P.M.

**1<sup>ST</sup> PRIZE**  
STAR QUILT

**2<sup>ND</sup> PRIZE**  
2 PAIR OF HANDMADE LEATHER MITTS

**3<sup>RD</sup> PRIZE**  
WOMEN'S RIBBON SKIRT & SCARF

\$2.00 EACH OR 3 FOR \$5.00



## NBISIING POW WOW COMMUNITY NOTICE

It's almost pow wow time and people are busy prepping the grounds, getting their family's regalia tweaked or making new ones. This is our 31<sup>st</sup> year of Traditional Pow Wow at Nbisiing. It is an alcohol and drug free event. Please remember dogs are not allowed at the grounds.



### Here are some important updates:

Because of the flooding we had this spring and into summer, we had to move our pow wow to another large space for this year. This year's pow wow will be held in Garden Village, near the baseball field and we will have the use of the Outdoor rink as well.

- ◆ There will be 14 parking lots within the community and 4 camping sites for visitors: around the baseball field, the grounds at the cenotaph, the beach area and Sweetgrass Road.
- ◆ RV camping for visitors will be situated beside at the Sweetgrass Road site that is newly developed. There is no hydro.
- ◆ There are new trails from Sweetgrass road through to the pow wow site.
- ◆ We are asking that Ktigaaning people do not bring their vehicles to the pow wow to reduce the strain on parking spaces. We will have a shuttle bus within Garden Village running continuously to transport elders and handicapped people who are not able to walk, and for those who need transportation from the parking lots.

### Community Help Needed:

Our pow wow would not be successful without the help of so many people: the drums, the dancers, the volunteers, the committee and staff, the elders, the corporate and community donors. Once again, we are asking for help from our community to be a part of your community pow wow by:

- ◆ Contributing to the **feast** on Saturday afternoon by providing: **salads, soups, side dishes, bannoc, fresh fruit and vegetables in season (watermelon, peaches, plums, cucumbers, tomatoes, etc)**, and any prepared dishes you want to share with community and visitors. These will need to be brought to the pow wow grounds by 3pm on Saturday, at the feast area;
- ◆ Providing **gifts for the giveaway ceremony** on Sunday. These can be handmade authentic nishnaabe crafts, gift cards, home canned goods, back to school supplies, any new items that you would consider a nice gift to give someone. In our Nbisiing history, when visitors came to our territory, we gave furs and other gifts. Showing hospitality to our visitors is our culture;
- ◆ **Volunteering a couple of hours** as a parking attendant, fire keeper during the night, serving at the feast, helping with clean up during and afterwards. We will provide vendor food vouchers for volunteers who work 3 hours or more.
- ◆ By **offering your yard** to welcome some campers a place to stay;
- ◆ Putting semaa down for good weather.

### Looking After Shkakmikwe (Mother Earth):

We are stewards of the earth: land, water, animals, fish, birds, plants, etc. Please bring your reusable water bottles. There will be a water station to fill up, and if you plan to stay for the feast, please bring your feast bundles (a bag with reusable plate, bowl, cutlery, cup, cloth napkin).

### Offer your Nbisiing Hospitality:

Many people will start coming to Garden Village by Friday night, and some as early as Wednesday. Please be careful on the roads, and patient with our visitors. The pow wow is only one weekend. Offer kindness to our visitors. We plan to have overnight security. If there are any problems, please seek out our security people to report, or APS if necessary.

Miigwech to all who have helped or are helping with our community pow wow in any way. We are fortunate to have so many people involved in making this a success every year, including our businesses. For any information regarding our pow wow, please contact our organizer, Mindy Martel at 705-753-2050 x1232 or [mindym@nfn.ca](mailto:mindym@nfn.ca).

# FEASTING THE BUNDLES

The NFN Community Withdrawal Management Program is hosting some community pre-pow wow preparations:



**Aandi Pii** (when): **Daatkaaminaag Giizis, Aabtaawse minwa Shpinganwaan, Niizhna shi nshwaaswi minwa niizhna shi zhaangswi, Nshwaaso dibagane shi aabta**

Blackberry moon (**August**), Wednesday **28th** and Thursday **29th** starting at 8:30am

**Aandi Maa** (Where): A lodge will be built near the fisheries building in Ktigaaning (Garden Village)

You are welcome to bring your bundles and regalia to share your story of these items that you carry, what they represent to you, and to prepare them to continue to help you.

For more information, please contact Tyler Dokis at 705-753-1375, or [tylerd@nfn.ca](mailto:tylerd@nfn.ca)

## Traditional Mshkiki (Medicines) with Esstin



**Thursday, September 12<sup>th</sup> & Friday, September 13<sup>th</sup>**

10am-4pm at the Culture Centre, Garden Village

Light Lunch Provided ~ Priority to Nbisiing membership

Please contact: Brady Penasse @ [bradyp@nfn.ca](mailto:bradyp@nfn.ca) or 705 753 2050 x1290

*Esstin is from the Mississaugi First Nation and has been studying and practicing plant base remedies for 30+ years. She has worked in various health care centers within First Nations as a Traditional Medicine Practitioner for the past 15 years. She promotes Traditional Healing from a Wholistic perspective with the focus on Plant Therapy and Spiritual Development.*

*Esstin has a BA Honours and Child and Youth Worker college diploma.*

***She will work with us in preparing an immune system building and other remedies depending on our needs. Miigwech.***



Multidisciplinary artist Dan Commanda of Nipissing First Nation paints a clan mural entitled, "Where Art Comes From", for Nbisiing Secondary School located in Nipissing First Nation.

Read the full article online: <https://anishinabeknews.ca/2019/08/20/nipissing-first-nation-artist-takes-to-the-stage-for-arts-sake/>



## Indigenous Food Sovereignty/Security

Back in May, our Culture Centre, in partnership with Ktigaaning Midwives, hosted a Food Sovereignty workshop at Nbsiing. We were very fortunate to have Glenda Abbott from Pelican Lake First Nation provide relevant information on the colonization of our food supply, seed saving and starting, traditional medicines, obstacles to traditional agriculture including the contamination of land by environmental toxins, the history of Indigenous Agriculture and the Renewing Indigenous Agriculture Program.

Glenda travels the world dedicated to reclaiming Indigenous Food Systems through harvesting and gardening traditions, and she holds a Bachelor of Education. The importance of traditional foods as medicine was discussed with respect to animal foods. The outcome of the session was that the community people in attendance developed a four-season approach to food security that included identification of a variety of traditional activities.

At one time, our indigenous nations had a strong and respectful relationship with the land and water, plants and animals. Of course this was necessary for survival. It still is. All of creation comprises of Creators gifts.

With food sovereignty, you need to ask permission from the plants. You do a ceremony. And you need to transfer gratitude back to Creator and to the plants, respectfully and harvest respectfully, to ensure survival of all of creation.

Plants develop over years and make intimate relationships with insects, their pollinators. Some of our plants are pollinated by mosquitoes. They feed the frogs. Mosquitoes are plankton of the earth. De-cancerize themselves from sap of spruce trees.

How you harvest the plants are important – are they endangered or rare? We see people yanking plants out by the roots and by the buckets.

At one time, we had practiced a burning agriculture. This practice brought the plants back stronger. I.e: blueberries for rood.

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.

This knowledge becomes your way of life. There is spiritual sacrifice. You enter into sacred covenants with knowledge. Fasting, Sundance, mide lodges. Protocols and ceremonies when hunting and gathering medicines and food. Semaa is offered for gratitude.

Seed saving, garden planning, semaa, food sovereign planning is important for every family. Start with easy crops. Annuals, Pumpkin seeds, sunflower seeds. Pregnant and nursing women need the omega 3. A 10 x 16 garden can get a lot of veggies. We can get 2 crops the same year. Lettuce now and use the space for something else after. Staggered planting. Take corn kernels and replant.

Sweet corn that you buy in the store, you are basically eating sugar with low nutritional value. Red corn. People knew that if you add ash, it increases the nutritional value of the corn and makes it a complete protein. This is ancestral knowledge. You need 4 years to grow seeds. Delayed planting so they don't pollinate at the same time.

Nutritional value comes from the soil. We may not have known nutritional value the way it is described today, but we did understand good soil, that they don't understand today. Today for consumerism, the crops are sprayed with chemicals continuously and this accumulates over the years. How healthy is that soil? It isn't healthy.

In the next 25 years our children are going to experience something we have never experienced before. Keep the heritage seeds. Revitalizing Indigenous agriculture is a must for future survival. How to pass seeds from one generation to another.



Revitalizing Indigenous agriculture is a must for future survival. How to pass seeds from one generation to another.

What do our seeds symbolize? Sex education should be taught in the garden.

Corporations realized that if they can control seeds, they can control the world. In 1996-2008 the seed industry structure was buying out small seed companies. Monsanto and Bayer. They weren't interested in seeds, they were interested in controlling the world. 6 companies make a lot of money. Seeds are power.

When we buy groceries, 16 companies own our grocery stores. We don't grow our food anymore. We have become a people of convenience. This is lending to our poor health. In the 1980s we were still growing our own food.

Africa is the richest country in the world: diamonds, and the locals are poor. Africa's richest corporations are right next to the poorest communities in the world. Capitalism and colonization need to keep people poor and uneducated and controlled. Colonizers will have us believe that they built the colonized countries with hard work but it was by oppressing others. Every time we buy into this system, we continue to make them rich.

Genetically modified food is a serious problem. Some of the worst plant diseases we have today are from cultivated seeds. Removing natural defenses of natural plants. Companies creating herbicides and creating seeds to control.

Why shouldn't we just be happy with this? Why does it matter?

We have lost 93% of all seeds left from the early 1900's, from 1903-1983.

Our seeds are brilliant. Every seed we plant, it reads the heat, moisture, micronutrients, bacteria in the soil. And they develop coping mechanisms, they become stronger in biological DNA. They have memory. They carry this memory and they become stronger. Heirloom seeds are carrying 100's of years of memory on how to survive. Bacteria and viruses are smart. When these things are killed with antibiotics, they develop memory and adapt and are resilient. Life is smart.

Why do we need to protect and keep our seeds? We may need to change what we are growing because of climate change. There is an indigenous movement across Turtle Island of repatriating our seeds. Repatriating back to our communities.

What was Columbus looking for when he came here? Spices and seeds. Our idea of wealth was different then than now. South American and Central America were colonized and their seeds were shipped to the countries of the colonizers. Our seeds are part of our identity. They were our wealth. Columbus came for our wealth. Indigenous people traded our wealth – seeds. Potatoes, corn, came from South America. Many of these seeds came from indigenous and other people took them for their identity. I.e: Irish potatoes, Italy (tomato, corn, polenta).

We were entrusted with the life of seed to put them in the ground. When we take care of our seeds, we can take care of our seeds, our children, our future generations and feed the children. That is our wealth. We can plant all the dollar bills in the ground and it won't grow. We have relationships with our seeds.

In bad times, war, starvation, we go to fast on the land.

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. Glenda said in her territory, precious meat from wild animals is not sold.

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.

Women were original seed keepers. Flint corn, indian corn, pop, dent, flour. Sweet corn in the grocery store is GMO.

Semaa is foundational to every need we have. In our history to now, we have forgotten to pray. Semaa comes before anything.

Gtigewin (garden), - growing in good life and abundance.

All of this knowledge is worthless if we don't have a community. How do we become less dependent on stores, etc? We work as a community. This is what it means to be indigenous-nationhood. Our sovereignty is not going to come from somewhere else. It has to come from us. Our strength is our knowledge.



Our most vulnerable people are our elders, pregnant, youth, and our families. Our measure of wealth is how well our most vulnerable are doing. Elders were devastated that people started to sell the animals. There was a change in values. A food co-operative can be built with our fishermen, hunters, all harvesting respectfully, etc.

Every community needs a food sovereignty position. Teach people to appreciate what we have: our fishing, hunting, community garden, food bank, trapping, grow an orchard.

### **Our priorities at Nipissing, that were determined during this gathering:**

- ⇒ Seeds = access, saving, exchange, library (knowledge).
- ⇒ Form a group
- ⇒ Create awareness, education
- ⇒ Land

We can have all the money and still have more problems. We have a wealth of resources that people would want. How do we best honour our ancestors? We are shedding the coats of shame and guilt and will be stronger. It won't happen in a university.

We will make it because we will work together, we will take our vulnerable. Nobody gets left behind. We value our youth. The capitalist system creates homelessness.

Once we were becoming more heavily colonized, we started to trade our good food for processed food. We traded away our wild blueberries and fish for white flour, lard, etc. We used these processed products to make bannock.

Some of our fresh daily food included seagull eggs, beaver, goose berries, fish. Hunting/fishing/cultivating/gathering.

We now pick farmed GMO strawberries and raspberries and no longer pick our wild berries. Our wild foods won't come back if we don't need them or use them.

Sage balances bacteria in our body as well as balances emotions. We can burn a smudge to clean bacteria in the air. We never know who is in the room who may be in need of a smudge, to return energy to the positive.

Global food systems. Our community circles are the most important ways to learn. We have the most beautiful ancestral knowledge. The science is starting to come around. Our community wants to reclaim our knowledge.

It is really important to know where our food comes from. When is the last time we were able to feed ourselves without intervention? Let food be thy medicine and medicine be thy food.



The last time we were food sovereign, we traded from the north to the south. We developed agreements to share what we had in trading with each other. Trade and kinship was important because we couldn't survive only on what we had in our communities.

Pemmican can keep up to 20 years. It has all the nutrients and vitamins we need to survive for months. Food caches were made to hold the pemmican. They are still finding these today. We could tell our trade stories by the seeds.

The government in the 1800's were worried about an Indian uprising, so they put the Indians on reserves and gave them the 5 white gifts: white flour, white sale, white sugar... True intelligence is how we adapt to everything. We took what we had and become the best damned bannock makers.

Ancestral foods: you get Vitamin A from Plants. Carrots come from A1 and Vit A2 comes from animals. You get different A vitamins from animals and plants. If we had something wrong with our livers, we ate the liver and glands of the animal, for the thyroid. Wolves eat only organs. It is the most nutrient dense. Using butchers changed the importance of the animals.

We are losing our good bacteria which is causing anxiety and depression. Skin issues are because mom hasn't eaten proteins needed for good skin. We literally become what we eat. Skin disease is our body trying to rid ourselves of toxins. Animal fat has all the vitamins. Keto diet is the original indigenous diet – 75% fat. If you eat a chicken that never saw the sun, you won't get the vitamin D. Vegetable oils, sunflower oil, canola oil is coming from depleted soil with no nutritional value. This is where the plaque is coming from in our bodies. Cholesterol regulates our hormones.

## Nbisiing Anishinaabemwin September - Mdaamin Giizis (Corn Moon)

*Mdaamin giizis, dgosenmin wii naadmawshiyana mina wii-waamdashin maa maadziwin mina wii-nsotamaan maa mnidoo maadziwin maa pii minwa waakwiing.*

*Gii – kendaan Gzhemnido wiin gii saad Mdaamini Giizis, wii naadmaawshid; ji-gwekgaabwiyaan maa megwaa maadziwin.*

*Gookmis mooshkneshaagan maadziwin wii mi wiidesmninaa. Aabwenmishin, giishpin nendamaan gego wa wiinmoonaan mii dash pii tkweshkoonaan mii ji-mno piitenmiszooyaan wii mnaadenmidzooyaan.*

*Miigwech.*

Corn Moon, I humble myself to you for the journey of Creation shown to me and the understanding of the continuing journey of the spirits from this world to the next.

The Creator instructed Gookmis to teach me; so I may remain in balance with Creation .

Gookmis, my heart is filled with the energies to live and share this spiritual journey.

In the 13 rows of multi-coloured corn lies the spirits of the universe, waiting to begin the ever continuing cycle of life, as it was in the beginning.

I ask that I may be forgiven for the things I do not speak of the things I have forgotten. When we meet again at the crossroads, I will journey with honour and dignity for all that I am.

*Miigwech.*



### Nishnaabe kidwinan Waabagaa Giizis

Ni-dkwaagi - Fall

Ni-tkwaa giizhgat -- Days are getting shorter

Ngaawbiiwnong - west

Zhebaa – this morning

Words : Ezhiwebak noongom gwajjiing?

(Weather today outside is....)

#### Noongom – present/ now

Mno-giizhgat noongom.

Noodin noongom .

Gimiwan noongom.

Dkayaa noongom.

It's nice today.

It's windy today.

It's raining today.

It's cool today.

#### Tomorrow - Waabang – future (wii)

Wii- mno-giizhgat waabang.

Wii- noodin waabang.

Wii- gimiwan waabang.

Wii- dkayaa waabang.

It will be nice tomorrow.

It will be windy tomorrow.

It will rain tomorrow.

It will be cool tomorrow.

#### Yesterday- Jiinaago – past

Jiinaago gii- mno-giizhgat.

Jiinaago gii- noodin.

Jiinaago gii- gimiwan.

Jiinaago gii- dkayaa.

Yesterday it was nice.

Yesterday it was windy.

Yesterday it was raining.

Yesterday it was cool.



Anishinaabemwin Bemwidood Shabogesic ► NBISIING  
NISHNAABEMDAA

3 hrs · 🌐

After an incredible amount of time, patience, and translations provided by our native speakers, I am pleased and excited to inform you all that myself and our summer language workers have begun work on the initial edition of Nipissing's Nishnaabemwin Dictionary. We need a little more patience from you all before we can roll out the first edition. Keep in mind that there will most likely be mistakes here and there most likely made by myself but future editions will correct past mistakes and add to our body of knowledge/vocabulary. Our native speakers and language learners are doing amazing work!



When Irene is sent away to residential school, she is determined that she will not forget who she is or where she comes from.

PRE-ORDER TODAY



<https://secondstorypress.ca/kids/gaawin-niin-ndoo-gindaaswisii-i-am-not-a-number>



Gaa-zhiibiigewaad/written by Jenny Kay Dupuis  
Minwa and Kathy Kacer  
Gaa-mzinbiiged/illustrated by Gillian Newland  
Gaa-aankanoobiigewaad/translated by Muriel Sawyer  
Minwa and Geraldine McLeod  
Gaa-waadookaaged/with contributions by Tory Fisher

Second Story Press

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





## Coping with Hearing Loss - What Services are Available?

Thursday, September 26<sup>th</sup> at NFN Health Services Boardroom

Presentation: 12pm - 1pm ~ Screenings: 1pm - 3pm

### Topics will include:

- Defining sensory loss
- Impacts of sensory loss
- Services available
- Communication strategies/tools
- Devices available



*A Hearing Loss Blog*

### After Lunch:

- CHS staff available for questions
- Provide simulations for sensory loss
- Provide FREE hearing screenings ages 16+ (health card required) but will need to register for 15 minute slot between 1:00-3:00

### LUNCH WILL BE SERVED & YOU COULD WIN A DOOR PRIZE!

PLEASE REGISTER BY CALLING 705-753-3312 and leaving a message for CAROLE at extension 2257

*Presented by: Canadian Hearing Society*

*Jackie Cardy – Deafblind Intervenor & Francesca Morabito – General Support Services Counsellor*

# Recovery Days

NORTH BAY

Celebrating Recovery From Addiction

SEPTEMBER 21 9AM-11PM

## RECOVERY DAY NORTH BAY

During the month of September, Canadians in recovery from addiction join with friends and family to build awareness, challenge societal stigma, and celebrate the role that recovery plays in improving the lives of individuals, families, workplaces and communities.



NORTH BAY  
WATERFRONT  
KIWANIS  
BANDSHELL

SPEAKER PANELS.  
STREET DANCE.  
SILENT AUCTION.  
FREE FOOD. ZUMBA.  
FACE PAINTING.  
GAMES. AND MORE

EVERYONE IS  
WELCOME

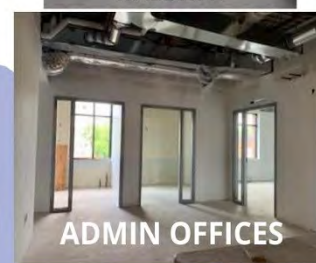
ADMISSION IS FREE

HELP CELEBRATE  
ALL WALKS OF  
RECOVERY

PRESENTED BY:  
NORTH BAY  
RECOVERY DAY  
COMMITTEE  
North Bay, ON

## NORTH BAY INDIGENOUS HUB

END OF  
JULY 2019



NBIH team building Friday, August 2nd included harvesting sweetgrass and building planter boxes to transfer sage and cedar over to the new site.

Visit the North Bay Indigenous Hub Team  
at the Nipissing First Nation Pow Wow on  
August 31<sup>st</sup> & September 1<sup>st</sup>  
in Garden Village!







## Gtiguewin Community Garden Stand

### STAND OPEN FROM NOON TO 3PM



Pick up *fresh free* vegetables from the Gtiguewin Community Garden!

**Thursday, August 29<sup>th</sup>**

Duchesnay - Nbisiing Secondary School

**Tuesday, September 3<sup>rd</sup>**

Yellek - Playground

**Monday, September 9<sup>th</sup>**

Garden Village - Seniors' Complex



**Please note:** Dates may change due to weather or crop availability. Check the [NFN Health & Recreation Facebook page](#) or call the Health Centre for updates: 705-753-3312.

## Flame of Hope Ceremony

On September 10<sup>th</sup>, we will be recognizing World Suicide Awareness/Prevention Day with the Flame of Hope ceremony @ 10:00 AM at Twiggs in Sturgeon Falls with the West Nipissing Suicide Task Force. Everyone Welcome!

Giyak Moseng (The Right Path Counselling & Prevention Services) will also host a Staff & Community Coffee Break Information Session on Suicide Prevention at 2:30 p.m. at the Lawrence Commanda Health Centre. Everyone Welcome!

For more information, please contact Lori-Anne McLeod at 705-753-1375 or [loriannm@nfn.ca](mailto:loriannm@nfn.ca).



## Miigwech to the Dreamcatcher Charitable Foundation

Chloe Chartrand would like to say miigwech to the Dreamcatcher Charitable Foundation for the support in playing hockey for the West Nipissing Sting Minor Hockey Association.

Chloe scored her first goal... and then scored several more goals this year!!!

She gained so much confidence with the help of her coaches and had an amazing season. Congratulations Chloe!

## 3 Bedroom House for Sale in Jocko Point



**Available to NFN members only**

Approx. 2000 sq. ft. 2 story house on large 1 acre lot (approx.)  
Bachelor apartment on lower level. Newly renovated upper floor.  
Wide gravel path to river. Bunky with separate driveway on lot.

Call 705-471-4924 or [danieliracouchie@gmail.com](mailto:danieliracouchie@gmail.com)

## 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](mailto:trapper23@persona.ca)

**Serious Inquiries Only - Open to Offers**



## Beat the Silent Killer

Make sure **YOUR** household is safe from carbon monoxide poisoning.

Ensure all fuel-burning  
appliances and vents  
in your home are  
inspected annually. Find  
a registered contractor  
at [COsafety.ca](http://COsafety.ca)



Install and regularly test  
carbon monoxide alarms



of all carbon monoxide  
deaths and injuries in  
Ontario occur in homes



Symptoms of carbon monoxide  
poisoning are similar to the flu  
without the fever

It is often referred to as The Silent Killer



No Odour



No Colour



No Taste

Many Ontario homes have on average **4-6 fuel-burning appliances** that produce carbon monoxide



Fireplace



Portable  
Fuel Heater



Dryer



Furnace



Stove



Water Heater



Portable Fuel  
Fired Generator



**GREEN  
MEDICINE**  
THE NATURAL CHOICE



**Health Food & Organic Grocery Store  
Alternative & Holistic Health Service**

120 Commanda Crescent  
Duchesnay - Nipissing First Nation  
**705-474-1258**



Green Medicine by the Homeopathic Pair



**George Couchie**  
705-494-6887

286 Nova Beaucage Road  
North Bay, ON P1B 8G5

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

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



Residential, Commercial, Equipment, Fleets & Vehicles

**Dot Beaucage-Kennedy, Elder**  
Nipissing First Nation

**Wedding Officiant**  
705-493-5577

Weddings, Anniversaries, Funerals  
dotbeaucagekennedy@gmail.com



40 Couchie Industrial Road  
North Bay, Ontario P1B 8G5

T: 705-476-BABY (2229)  
F: 705-476-2470

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

**SUPPLIES FOR THE SOUL**

**CRAFT SUPPLIES & GIFTS**

**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



## SEPTEMBER 2019

SUN

MON

TUES

WED

THURS

FRI

SAT

LEGEND:



Garbage Collection



Garbage & Recycling Collection

01 <b>NFN Pow Wow</b> @ NFN Community Complex, Garden Village	02 <b>Labour Day</b> 	03 <b>Baby &amp; Me Drop In</b> 9am - 12pm @ NFN Library  <b>Garden Stand</b> 12pm - 3pm @ Yellek Playground  <b>Council Meeting</b> 7:30pm @ Nbisiting SS	04  <b>Food Bank</b> Open 9am - 4pm	05	06 <b>Teen Night</b> 6pm - 10pm @ NFN Library	07
08	09 <b>Garden Stand</b> 12pm - 3pm @ GV Seniors' Complex  <b>Community BBQ</b> 5:30pm - 7pm @ Tim's Convenience, Garden Village  <b>Outside Play/Activities</b> 6pm - 8pm @ GV Playground	10 <b>Baby &amp; Me Drop In</b> 9am - 12pm @ NFN Library  <b>World Suicide Awareness &amp; Prevention Day</b> 10am @ Sturgeon Falls Twigg's  <b>Suicide Prevention Info Session</b> 2:30pm @ LCHC	11 <b>Diners' Club</b> 11am - 1pm @ NFN Gym  <b>Service Canada Info Session</b>  <b>Community BBQ</b> 5:30pm - 7pm @ Yellek Playground  <b>Computer Night</b> 6pm - 8pm @ NFN Library	12 <b>Traditional Mshkiki</b> 10am - 4pm @ Culture Centre	13 <b>Traditional Mshkiki</b> 10am - 4pm @ Culture Centre  <b>Kids' Social</b> 6pm - 8pm @ NFN Library	14
15	16 <b>Community BBQ</b> 5:30pm - 7pm @ Nbisiting SS  <b>Full Moon Ceremony</b> 7pm @ Garden Village	17 <b>Baby &amp; Me Drop In</b> 9am - 12pm @ NFN Library  <b>Council Meeting</b> 7:30pm @ NFN Council Chambers	18  <b>Food Bank</b> Open 9am - 4pm  <b>Kids' Movie Night</b> 6pm - 8pm @ NFN Library	19	20 <b>Staff Appreciation</b>   <b>Family Fire</b> 6pm - 9pm @ GV Fire Pit / Courtyard	21 <b>Recovery Days</b> 9am-11pm North Bay Waterfront
22	23 <b>Baby &amp; Me Drop In</b> 9am - 12pm @ NFN Library	24 <b>Baby &amp; Me Drop In</b> 9am - 12pm @ NFN Library	25 <b>Craft Night</b> 6pm - 8pm @ NFN Library	26 <b>Food Bank Soup Kitchen</b> 11am - 1pm @ NFN Gym  <b>Lunch &amp; Learn - Coping with Hearing Loss</b> 12pm - 1pm Presentation 1pm - 3pm Simulation & Screenings @ LCHC Boardroom	27 <b>Teen Overnight Movie Marathon</b> 8pm @ NFN Gym	28
29	30					

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

Connect with Us!



@NipissingFN



@Nipissing\_FN

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