

December 2019  
& January 2020



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

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### Get the newsletter by email

Sign up with [genc@nfn.ca](mailto:genc@nfn.ca) or  
on our website [www.nfn.ca](http://www.nfn.ca).



December 23<sup>rd</sup>  
to January 3<sup>rd</sup>  
Christmas Break

## Council Meetings

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

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

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

**Tuesday, January 21<sup>st</sup>**  
7pm - Duchesnay

## Christmas Income Distribution

### Funds will be distributed on December 5<sup>th</sup> & 6<sup>th</sup>

Christmas funds will be distributed to members on **December 5<sup>th</sup> & 6<sup>th</sup>** until **March 31, 2020**.

Distribution dates are scheduled as follows for those wishing to pick up shares in person:

Thursday, December 5 <sup>th</sup>	Friday, December 6 <sup>th</sup>
10:00 a.m. to 3:00 p.m.	10:00 a.m. to 3:00 p.m.
NFN Complex, Garden Village	Nbisiing School, Duchesnay

You can also pick up shares from the Finance department starting on **December 9, 2019**.

Note: Third party pick-ups are no longer permitted; however one can collect for a spouse and a parent may collect for children under the age of 16 who are still living at home.

To request a cheque or direct deposit instead of picking up, please complete, sign and return the Request Form available at [www.nfn.ca](http://www.nfn.ca) to our Finance Department by mail, fax or email. Members 16 years of age or older must complete their own application.

Requests that were submitted by November 8<sup>th</sup> will receive payment by cheque or direct deposit on December 6<sup>th</sup>. Requests received after this date will be processed within 4-6 weeks. Please contact the Finance Department at 705-753-2050 or [finance@nfn.ca](mailto:finance@nfn.ca) if you have any questions or need more information.

**NOTE: SHARES DO NOT ACCUMULATE AND MUST BE PICKED UP OR REQUESTED EVERY YEAR\*.**

\* with the exception of shares for children in care: these funds will be held "in trust" until the child is 16 years old. (A child in care is any child who is currently not being raised by their birth parents.)

**NFN members will have until March 31, 2020 to pick up or request their shares.**

## Christmas Break Office Closure

### Offices closed from December 23<sup>rd</sup> to January 3<sup>rd</sup>

Chief and Council have approved the Christmas Break closure for two weeks starting on Monday, December 23<sup>rd</sup> to Friday, January 3<sup>rd</sup>. All Nipissing First Nation offices will be closed during this time, with staff returning on Monday, January 6<sup>th</sup>.

### FOOD BANK & SOCIAL SERVICES - EMERGENCY ACCESS DATES

The Food Bank and Ontario Works will be open on **Monday, December 30<sup>th</sup>** from 9am until noon. In January, the Food Bank will be open on January 8<sup>th</sup> & 22<sup>nd</sup> (2<sup>nd</sup> and 4<sup>th</sup> Wednesday).

### PUBLIC WORKS - ESSENTIAL SERVICES & EMERGENCY CONTACTS

Essential services provided by Public Works will continue during the holidays, including road maintenance, garbage/recycling collection and seniors' snow plowing.

**In case of emergency**, please contact Terry Lariviere, Public Works Supervisor, at 705-471-7009 or Patrick Stevens, Facilities Manager, at 705-498-2519.

## Mkweshkodaadang Nji-Wiidooktaadyang *Annual Community Meeting*

Miigwech to everyone who came to our Annual Community Meeting in Garden Village on November 23<sup>rd</sup>. The event was very well attended with over 200 community members joining us to learn more about what's happening at Nipissing First Nation.

Staff from our various programs and services, along with partners and service providers, hosted information and display booths to update community members on what they've accomplished in the past year, and what they're working on in the year ahead.

Gimaa Scott McLeod provided opening remarks and a presentation that touched on highlights from the past year, recent developments, current priorities and future opportunities. We were pleased to welcome Earl Commanda and Jennifer Simpson from the Robinson Huron Treaty Confederation. Their presentations stressed the importance of developing capacity and common vision to recognize, protect and enforce Treaty and Indigenous rights and to strengthen the living relationship between First Nations and the Crown.

Links to all of the presentations and reports from the Annual Meeting are provided on the right side of this page, or contact Gen Couchie at 705-753-2050 ext. 1270 or [genc@nfn.ca](mailto:genc@nfn.ca) to request copies by mail or email.

The morning culminated with the screening of the *Nipissing Warriors Documentary* in Anishinaabemwin and draw prizes. The documentary will be added to our website as soon as it is available.

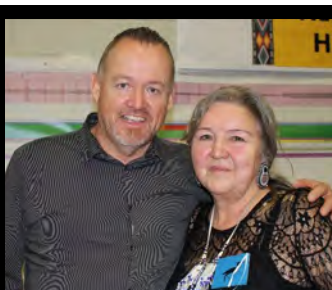
Last, but certainly not least, Gichi-Miigwech to the *Ojibway Women's Lodge* for providing breakfast despite not receiving any of the food items they had pre-ordered from a food service company. The staff still managed to smile and put out a nice continental breakfast. Their resourcefulness and hard work to pull this off was greatly appreciated. Miigwech!



Culture & Heritage hosted an impressive display in the gym in collaboration with the Archaeology program and Joan McLeod.



On display were items and documents that were also featured at the International Plowing Match in West Nipissing this past September.



## ANNUAL MEETING

### Presentations & Reports

Did you know that the presentations and reports that were provided at the annual meeting can be viewed/downloaded from our website?

Visit [www.nfn.ca](http://www.nfn.ca) and click on the Annual Meeting link on the homepage, or click on the links below if you are reading a digital copy of *Enkamgak*:

**Chief Scott McLeod** – Opening Remarks

**Earl Commanda** – Robinson Huron Treaty Confederation

**Jennifer Simpson** – Robinson Huron Treaty Confederation

**Nipissing Boundary Claim Trust Update - Nov 2019**

**Annual Report 2018-2019**





## New Cenotaph Unveiled

After 24 years, it was time to replace our former memorial. Our new cenotaph tangibly recognizes the Debendaagziwaad who volunteered to serve and exemplified a profound commitment to the land, the people and the future, both for our reserve land and the entire country.

This monument is dedicated to those who lost their lives, who served in any capacity, and those who continue to serve.

## Zhimaagnishii Giizhgak *Remembrance Day*

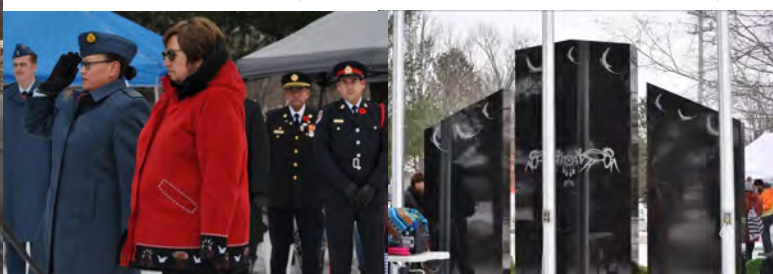
What is always a beautiful Remembrance Day ceremony was made even more special this year with the unveiling of our new granite cenotaph in Garden Village. Deputy Chief Muriel Sawyer said a few words in Anishinaabemwin and English about the significance of the new monument before it was unveiled to the community to applause and audible "wows".

Another special element was having Captain Kimberly Munro, a member of NFN, participate in the ceremony along with the 22 Wing Canadian Forces Base North Bay. Captain Munro was honoured on November 9<sup>th</sup> at a Toronto Maple Leafs game as part of Canadian Forces Appreciation. She is pictured below on the left with NHL alum Darryl Sittler, and in the centre photo with Deputy Chief Muriel Sawyer laying a wreath. The photo on the far right is of the artwork Dan Commanda created for the back of the new cenotaph which features soaring eagles and two wawashkesh (deer) and an epitaph poppy dream catcher.

The monument is engraved with the names of 80 Nipissing First Nation members who served in WWI, WWII and the Korean War, and includes pictures of four of the five service-men who were killed in action.



Miigwech to Janice Couchie and Nish Dish Catering for the delicious hot meal that helped everyone warm up following the ceremony.



Top two images provided by Shayla Brunet



Bottom right: Dan Commanda recognized for cenotaph artwork





# Duchesnay Creek Bridge Project

## 83-year-old bridge is now "history"

October 15<sup>th</sup> marked the official kick-off for the Nipissing Miller partnership that was created to manage the replacement of the 83-year-old Duchesnay Creek bridge that has been closed since late last year.

To date, seven NFN members have been hired to work on the project, and there will be opportunities for members to perform framing work in St. Thomas and New Liskeard over the winter months. The project is expected to create 15 to 20 local jobs, both directly and indirectly tied to the project.

Since October, workers have been busy dismantling the old wooden bridge and preparing the job site for the structure to be removed in one piece by a large crane. Substantial progress was made on November 25<sup>th</sup> with the removal of the bridge deck and both ends. You can view the progress of this work in the photos below.

Construction of the new \$12-million Duchesnay Creek bridge is expected to be complete and open to traffic in October 2020. Phase 1 involves removing the existing structure and constructing the new bridge, which will be designed to honour the heritage of the original wooden bridge. Phase 2 will involve one kilometer of paving and reducing the hill over the abandoned CNR rail line (between Couchie Memorial Drive and Highway 17). This presents an opportunity to add a new entrance to the community of Duchesnay to improve access for residents, and to help connect local businesses with customers and regional markets.



Photos supplied by Rob Couchie



## Notice re: Trespassing on Train Trestle

We have been advised of concerns about the number of pedestrians using the train trestle to cross Duchesnay creek now that the bridge is dismantled.

A reminder that it is not safe to use the trestle and doing so is trespassing. Ottawa Valley Railway (OVR) will be monitoring the area for trespassing and repeat offenders could be charged.





## Highlights from the Chief's Calendar

**December 2:**  
National Fisheries  
Committee Meeting  
(Ottawa, ON)

**December 3-5:**  
AFN Special Assembly  
(Ottawa, ON)

**December 14:**  
Nipissing Serenity  
Hospice Opening  
(North Bay, ON)

**January 27 & 29:**  
Anishinabek Nation  
Governance Agree-  
ment Open Houses  
(Garden Village on 27<sup>th</sup>  
& Duchesnay on 29<sup>th</sup>)

## Chief's Video Update Series

Watch the latest video  
in the series on our  
YouTube channel:

**November 2019**

Follow Chief McLeod  
on Facebook:

**Giima Zoongawbwi**  
**Chief Scott McLeod**



## Council Connection

### Keeping Our Community Informed about Key Issues

Chief and Council would like to extend a warm chi-miigwech to our staff and partners for their efforts in hosting such a successful and informative annual community meeting, and to community members for their continued engagement and input on the many priorities that are currently in front of us.

One of those priorities is the Robinson-Huron Treaty. As mentioned in the annual meeting summary on page 2, we invited representatives from the confederacy group to provide updates on their work, as well as the annuities case that is currently before the courts thanks to many years of hard work by Mike Restoule, who has led the charge on this case.

The Robinson Huron Treaty Trust Litigation Fund recently sent a letter to Prime Minister Justin Trudeau with the following message: *"As far as the Robinson-Huron Treaty leadership is concerned, the opportunity of a nation to nation and rights recognition approach and the new promises related to Resource Revenue Sharing and implementation of Canada's treaty obligations are immediately achievable within the framework of the Robinson-Huron Treaty. We strongly encourage you and your government to proceed with issuing the mandate and instructions to the federal officials to achieve a negotiated resolution consistent with your promises in 2015 and 2019."* Read the full letter and other timely updates about the Annuities case on the News & Notices section of our website: <https://www.nfn.ca/news-notice/rht/>



## Volunteers Needed

Nipissing First Nation will host the 49<sup>th</sup> annual Little NHL in Mississauga in March 2020.

We are seeking volunteers to assist with events leading up to the Little NHL, as well as to work 7 hour shifts per day during the tournament. Volunteers will be compensated for travel and meals, and accommodations will be covered in exchange for their assistance.

If you are interested in volunteering for the Little NHL 2020, **you must fill out a Volunteer Application Form** available on our website, from the main reception area or request a form by mail, fax or email by contacting Freda Martel at 705-753-2050 ext. 1223 or by email to [fredam@nfn.ca](mailto:fredam@nfn.ca).

Miigwech!





## 2013 Boundary Claim Trust Seeking Off-Reserve Member

**3 Year Term: January 1, 2020 to December 31, 2022**

Nipissing First Nation members who meet the following conditions are eligible to apply for the **off-reserve seat** on the Board of Trustees for the NFN 2013 Boundary Claim Trust:

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

Interested Nipissing members shall provide the following information: A current detailed resumé, a statement declaring that you are not in undischarged bankruptcy or insolvency, and a current Certified Criminal Records Check.

Applications should be submitted in a sealed envelope marked "Confidential" no later than 4:30p.m. on **Friday, December 13<sup>th</sup>, 2019** to: Dwayne Nashkawa, Chief Executive Officer, Nipissing First Nation 36 Semo Road, Garden Village ON P2B 3K2 or by fax: 705-753-0207 or email: [dwaynen@nfn.ca](mailto:dwaynen@nfn.ca)

## 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, Bemaadziik, E-Niigaanung  
The Land, the People, the Future

**Anishinaabemwin - Seeking 3 members**

**Housing - 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](mailto:fredam@nfn.ca)

## Niijaansinaanik Child & Family Services Update

At their meeting on October 15<sup>th</sup>, Chief and Council supported the decision for NFN to opt-out of Niijaansinaanik Child & Family Services.

Our first priority is making sure that this decision does not negatively impact NFN families in any way.

Our staff will continue to work constructively and diligently with Niijaasinaanik staff to ensure a smooth transition back to the Nipissing Parry Sound Children's Aid Society.

Should you have any questions or concerns, please contact:

**Debbie McLeod, Social  
Services Manager**

705-753-2050 ext. 1230  
[debbiem@nfn.ca](mailto:debbiem@nfn.ca)

## Benefits of Ratifying the AN Governance Agreement

1. Member First Nations will elect Chief and Councillors based on the individual First Nation constitution and not by the *Indian Act* regulations;
2. Member First Nations will receive more funding for governance initiatives such as the use of Anishinaabemowin and traditional ways of governing including the Clan System;
3. First Nations will pass laws without other government interference in the areas of:
  - Language and culture
  - Elections
  - Citizenship
  - Management and operations

The *AN Governance Agreement* will establish and recognize two levels of government: individual First Nation Government and the Anishinabek Nation Government, which will consist of the nations that ratify the ANGA.

## Anishinabek Nation Governance Agreement Ratification Vote: February 1-29, 2020

By Cindy Males for the *Anishinabek News* (excerpts - view full article [here](#))

Anishinabek First Nation citizens have an important decision ahead of them when they vote on a self-government agreement with Canada this coming February. With a little less than three months to go before the vote, Anishinabek Nation Grand Council Chief Glen Hare is encouraging citizens to vote 'yes'.

The vote on the proposed *Anishinabek Nation Governance Agreement* is scheduled for February 1 to 29, 2020, for First Nations that have authorized a vote through Band Council Resolution (BCR). Last week, when Grand Council Chief Hare addressed the Anishinabek Nation Chiefs-in-Assembly in London, more than half of the 40 Anishinabek First Nations had authorized a vote on the proposed Governance Agreement.

"We're 26 First Nations strong on this Agreement, and there are meetings happening as we speak yet in our communities." Since then, two more First Nations have signaled their intention to run a vote on the proposed Governance Agreement, bringing the total to 28 First Nations.

Once the proposed *Anishinabek Nation Governance Agreement* is ratified, the Government of Canada will formally recognize Anishinabek First Nation law-making power and authority over how their First Nations are governed. The four parts of the *Indian Act* that deal with governance will no longer apply to the Anishinabek First Nations who ratify the proposed Agreement. The First Nations will make their own decisions and laws about leadership selection, citizenship (E'Dbendaagzijig) government operations, as well as how best to protect and promote Anishinaabe language and culture.

Anishinabek Nation staff are now preparing to help the First Nations who ratify the Governance Agreement transition from *Indian Act* governance. ...

Of the Anishinabek First Nations who agreed to run a vote on the Governance Agreement, 20 are already in a self-government agreement with Canada and Ontario, respectively, for Anishinabek education. Part of the Transition Plan includes the coordination of the Anishinabek Nation Education and Governance Agreements. ...

For more information on the proposed *Anishinabek Nation Governance Agreement*, please visit: [governancevote.ca](http://governancevote.ca).

## Upcoming Open Houses

Two open houses are scheduled to provide more information about the *Anishinabek Nation Governance Agreement* and ratification vote scheduled for February 1-29, 2020. Mail-in ballots will be provided to all members shortly, and online voting will be available starting on February 1st. In-person voting will be available from February 25-29, 2020.

For more information, please contact our Ratification Officer, Laura Commanda, at 705-753-2050 or [governancevote@nfn.ca](mailto:governancevote@nfn.ca).



**Monday, January 27<sup>th</sup>**

**6:00 p.m. to 8:00 p.m.**

**NFN Complex, Garden Village**

**Wednesday, January 29<sup>th</sup>**

**6:00 p.m. to 8:00 p.m.**

**Community Hall, Duchesnay**



### THE WAY YOU BUY TAX-EXEMPT GAS IS CHANGING

**STARTING JANUARY 1, 2020**

The Ontario Gas Card will be discontinued. Instead, show your Indian Status card to buy tax-exempt gas on reserve.



QUESTIONS?  
1-866-ONT-TAXS (1-866-668-8297)  
Email: [commoditytax@ontario.ca](mailto:commoditytax@ontario.ca) [www.ontario.ca/TaxExemptGas](http://www.ontario.ca/TaxExemptGas)



# Beautification Update

The Beautification program is coming to an end on December 20<sup>th</sup> and has successfully completed many projects and tasks across our communities this season, including:

- **Assessing** various projects in the community to determine the scope of work.
- **Assisting** with deliveries to the Food Bank and moving equipment to the new Daycare, moving supplies and equipment for the Pow Wow to Garden Village.
- **Building** a storage shed in the Garden Village cemetery, storage shed for the baseball field in Garden Village, Swing sets at playgrounds in Yellek, Garden Village and the O'Jeek playground.
- **Clearing & cutting** fallen trees along roadways, ditching throughout Nipissing and the new trails set up for the Pow Wow.
- **Installing** the new Cenotaph and flagpoles, service doors for the Zamboni, snow fencing at the Nipissing Ojibway Daycare playground; as well as temporary fencing for falling snow and ice at the Outdoor Rink in Garden Village.
- **Maintaining & improving** grounds, equipment and facilities across NFN, such as repairing rink doors in Duchesnay; improving roads by addressing culverts, potholes and levelling; performing repairs at our Pump Houses; and maintaining walkways and the ODR change rooms.
- **Preparing** facilities and equipment for the winter season, including framing and installing concrete and railings for the new Zamboni entrance in Garden Village; winterizing small engine equipment used by the program; and applying sand & salt to roads and walkways.
- **Removing** garbage and debris across NFN lands.



### For more information, please contact:

Beautification Clerk  
705-753-2050 ext.1262  
[beautificationclerk@nfn.ca](mailto:beautificationclerk@nfn.ca)

Facilities Manager  
705-753-2050 ext. 1230  
[patrick@nfn.ca](mailto:patrick@nfn.ca)

## NFN Landfill - Holiday Hours

Regular Hours are from 9:00am to 5:00pm

**Saturday to Tuesday**

The Landfill site is closed for all Statutory Holidays

## Help Us Stop Illegal Dumping

*See it?  
Suspect it?  
Tell Us!*

Illegal dumping is a serious environmental issue and is strictly prohibited in all areas of Nipissing Nation.

Please notify us with any information if you witness illegal activity occurring.

All tips are confidential and violators will be prosecuted to the full extent of the law.

Helpful information about suspicious behavior includes:

- License Plate #
- Vehicle/Driver Description
- Location
- Direction vehicle was travelling in
- Items in truck and/or trailer

For more information, please contact:

Patrick Stevens  
705-753-2050 x 1220  
[patrick@nfn.ca](mailto:patrick@nfn.ca)





NIBISIING SECONDARY SCHOOL

Please visit our website [www.nbisiing.com](http://www.nbisiing.com) or Facebook Page for our calendar of events and other school-related information, or call (705) 497-9938.

## Game Brain Presentation

Students participated in an interactive workshop provided by the Responsible Gambling Council. They competed in informative games, with and against each other, and had the opportunity to win touch screen gloves and portable phone chargers!



## IMPORTANT SAFETY MESSAGE

Your safety is important to us! Please do not walk on the Train Trestle as the Bridge is currently under construction and it is not safe. You can be charged with trespassing. The work on the bridge is expected to be completed by November 2020. Until that time, NFN has organized FREE TRANSPORTATION from Duchesnay to North Bay via a shuttle service. Miigwech for your cooperation during this time.

## From the Graduation Coach

Attendance is important and will affect your marks. It is important to establish a good attendance routine early so that it is already established for college, university, and the workforce. The Graduation Coach will be meeting with the potential graduates to register them for College and University in the next few weeks. Please take the time to discuss your child's pathway plan with them so they can register for the program of their choice.

## Indian Baseball with Perry McLeod-Shabogesic

We'd like to thank Perry McLeod-Shabogesic for coming in and speaking with our students and offering his time to play a game of Indian Baseball with our students. They had a great morning learning and sharing with Perry.



## Education Department Reminders

**Incentives and awards are a great way to keep our Elementary and Secondary students motivated!**

Please submit first semester report cards asap and ensure that your child(ren)'s information is up to date with the Education Department. Contact us if you've had any change in school, address, phone number, email, or to update Authorization for Release of Information forms. Contact: Tracy Hanzlik at the Education Office: 705-753-6995 or [tracyh@nfn.ca](mailto:tracyh@nfn.ca).

**Read the latest updates on the [Education](#) & [Anishinabek Education System](#) sections of our website!**

# Career 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, please click on the job posting title below, visit [www.nfn.ca](http://www.nfn.ca), or call the office at 705-753-2050 to request a copy by mail or email.

### **Band Representative - Child Welfare**

Permanent Full-Time with Benefits (1st Round Posting)

**Apply by Friday, December 6<sup>th</sup> at 4:30 p.m.**

### **Nipissing Miller Assistant Project Coordinator**

Contract Position—Subject to Renewal (2nd Round Posting)

**Open until suitable candidate is found**

### **Facilities Administrative Assistant**

Permanent Full-Time with Benefits (1st Round Posting)

**Apply by Friday, December 13<sup>th</sup> at 4:30 p.m.**

### **Lands & Natural Resources Director**

Permanent Full-Time with Benefits (2nd Round Posting)

**Apply by Friday, December 13<sup>th</sup> at 4:30 p.m.**

### **Forestry Coordinator**

Permanent Full-Time with Benefits (1st Round Posting)

**Apply by Friday, December 13<sup>th</sup> at 4:30 p.m.**

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 above to:

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

**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.*



**NFN Jobs & Training**



### **School Bus Driver/Trainee**

Full-Time Entry Level (Open to all applicants: status and non-status). No Closing Date.

**Apply in-person or by mail to Nipissing Bus Lines - 70 Semo Road, Garden Village ON P2B 3K2**

**Fax to 705-753-5827 or Email to [charleneb@nfn.ca](mailto:charleneb@nfn.ca)**





## Medical Transportation Reminders

### Notice Required for Bookings & Christmas Closure

To ensure rides can be arranged with **local medical transportation**, please provide the Health Centre with **48 hours notice** for scheduling purposes. Call the Health Centre at 705-753-3312 before 4:30 p.m. on December 20<sup>th</sup> to book your ride in advance.

Anyone requesting **long distance medical transportation** assistance through Non Insured Health Benefits (NIHB) is asked to please provide **2 weeks notice** by contacting the NIHB Coordinator, Sue Commanda, at 705-753-3312 ext. 2233.

Health Services clients who use the medical transportation van should call and book their appointments before our offices close for the **Christmas Break** from: December 23<sup>rd</sup> to January 3<sup>rd</sup>.

For any emergency or unscheduled appointments that occur during the closure, please contact: Sue Commanda at 705-358-5714 or Kimberly Lalonde at 705-498-3698.



## Baby Calendar Submissions

### *for Babies Born in 2019*

The submission form is now available at [www.nfn.ca](http://www.nfn.ca), or get one from the Health Centre or Band Office. Submissions must be returned to the Health Centre by Friday, December 13<sup>th</sup>.

# 'Tis the Season to be Careful



## ENJOY A FIRE SAFE HOLIDAY

Water Fresh Trees Daily  
Check all lights before decorating  
Use flameless candles  
Use extension cords wisely  
Give space heaters space

Make sure all smoke alarms work  
& replace any over 10 years old  
Protect your family with  
carbon monoxide alarms  
Make sure everyone knows  
how to get out safely

Watch what you heat (always stay  
in the kitchen when cooking)  
Encourage smokers to smoke  
outside and use deep ashtrays  
Keep matches and lighters out of  
the sight and reach of children

### Introduction to Dementia and Communication

Presented by

**Alzheimer Society**

SUDBURY-MANITOULIN NORTH BAY & DISTRICTS

An overview of Alzheimer's Disease and other forms of Dementia. The following topics will be discussed;

- ♦ Signs and Symptoms
- ♦ Effective Communication Strategies
- ♦ Programs and Services offered by the Alzheimer's Society to assist those living the dementia journey

**Tuesday December 3, 2019, 10:30am-12pm**

**Lawrence Commanda Health Centre  
58 Semo Rd, Garden Village ON P2B 3K2**

- ♦ All Nipissing First Nation members are invited
- ♦ **Lunch will be provided following presentation**

## Alcohol and diabetes

*Information taken from Diabetes Canada*

### Health risks of alcohol use

You may have heard that alcohol has certain health benefits. However, any pattern of drinking can be harmful. Proven ways of improving your health include: healthy eating, being active, and being a non-smoker.

### The Diabetes Canada Clinical Practice Guidelines recommend that:

- People with type 1 diabetes should be aware that moderate consumption of alcohol with, or 2 or 3 hours after, an evening meal may result in delayed low blood sugar (hypoglycemia) the next morning after breakfast, or up to 24 hours after alcohol consumption. This also applies to people with type 2 diabetes who are using insulin or insulin secretagogues.
- Alcohol should be limited to 2 standard drinks/day or less than 10 drinks /week for women, and limited to 3 standard drinks/ day or less than 15 drinks/ week for men.
- People with diabetes should discuss alcohol use with their diabetes health-care team.

### Risks for people with diabetes...

#### Alcohol can:

- Affect judgement
- Provide empty calories that might lead to weight gain if taken in excess
- Increase blood pressure and triglycerides
- Cause damage to liver and nerves including brain and sexual organs
- Contribute to inflammation of the pancreas
- Dehydrate the body which is very dangerous in someone with high blood sugar
- Worsen eye disease

### For young people in particular, alcohol use:

- Can lead to addiction
- Is associated with a dramatic increase in injuries and death

**For more information please contact:** Lawrence Commanda Diabetes Education and Resource Centre at 705-753-3312.



**OJIBWAY WOMEN'S LODGE**  
Respect, Security, Harmony

The Ojibway Women's Lodge is an emergency shelter for women and children fleeing abuse.

The services provided include Crisis Counselling and Outreach Services

We would like to acknowledge the North Bay Parry Sound District Health Unit for their very generous sponsorship in the amount of \$7,250

The fund will be distributed through the Transitional Housing and Support Program and will assist women who are getting re-established in the community with the purchase of basic necessities.

The Health Unit has always been a very valuable resource for the families that we serve and we are extending a very heartfelt Miigwech, for this gift.

Special Thank you to Tawnia Healey, Community Health Promoter, Healthy Living Team for her ongoing support.



**North Bay Parry Sound District  
Health Unit**



# -Christmas Tea-

Saturday, Nov 30<sup>th</sup>

- White Elephant Sale
- Bingo & Penny Sale
- Draws & Prizes
- Turkey Dinner \$8



11am - 4pm @ NFN Complex Gym



## CHRISTMAS WRAPPING NIGHTS!

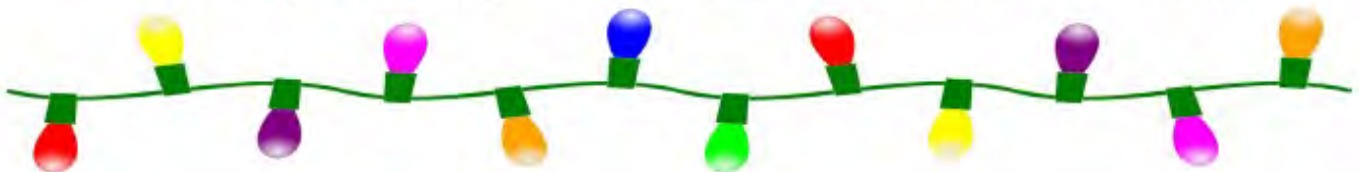


**HOSTED BY NIPISSING NATION KENDAASWIN**

Do you need a safe, quiet space to wrap presents?

Come out and wrap presents for family and friends

Monday evenings before the Christmas holidays!



**Mondays: December 2, 9 & 16 starting at 6pm**

*Gift wrapping supplies available & refreshments served*

For more information, contact Randy at 705-753-2050 ext. 1231 or [randyp@nfn.ca](mailto:randyp@nfn.ca)

## Child, Youth & Family Programs



### Baby & Me Drop-In - Every Tuesday

December 3, 10 & 17 ~ January 7, 14, 21 & 28 from 9am - 12pm @ NFN Kendaaswin (Library) - Garden Village

We discuss topics such as healthy child development and parent/child attachment. For more information, please call Katie at 705-753-2050 ext. 1323 or [katiel@nfn.ca](mailto:katiel@nfn.ca). Transportation & snacks provided.

**Hosted by the Native Child Welfare Prevention Program**



### Gym Nights in Duchesnay - Every Thursday (All Ages)

4:30pm - 6:30pm @ Nbisiing Secondary School Gym - Duchesnay

Contact Richard for more information at 705-753-3312 or [richardm@nfn.ca](mailto:richardm@nfn.ca). **Hosted by the Recreation Program**



### Skating Nights - December 4 & 18, January 8, 15, 22 & 28 (Ages 13-24)

6pm - 8pm @ Outdoor Rink - Garden Village

Bring skates, hockey sticks & pucks and please dress according to the weather. Contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca) for more information. **Hosted by the Native Child Welfare Prevention Program**

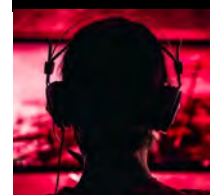


### Sewing Class - Saturday, December 7 & Sunday, December 8 (Ages 13 & Up)

Saturday, December 7 & Sunday, December 8 from 9am - 4pm in new lobby @ NFN Complex

We will be sewing Christmas stockings, placemats, hotpot pads, coasters, and other small projects good for Christmas gifts. To register, please contact Katie at 705-753-2050 ext. 1323 or [katiel@nfn.ca](mailto:katiel@nfn.ca). Snacks & lunch provided.

**Hosted by the Native Child Welfare Prevention Program**



### Computer Night - Wednesday, December 11 (Ages 13-24)

6pm - 8pm @ NFN Kendaaswin (Library)

A chance for youth to work with computers. Contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca) for details.

**Hosted by the Native Child Welfare Prevention Program**



### Christmas Movie Night - Friday, December 13 (Ages 13-24)

6pm - 10pm @ NFN Complex Gym

Come out and cook some Christmas goodies while watching movies! Permission form is required. Contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca) to register. **Hosted by the Native Child Welfare Prevention Program**

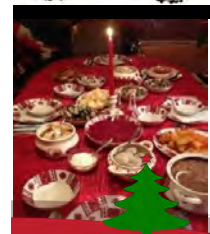


### Beaded Earrings Class - Saturday, December 14 (Ages 13-24)

12pm - 5pm in new lobby @ NFN Complex

Learn how to make beaded earrings! Contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca) to register.

**Hosted by the Native Child Welfare Prevention Program**



### Youth Christmas Dinner Preparation - Sunday, December 15 (Ages 13-24)

9am - 5pm @ NFN Complex Gym

Learn to cook a turkey dinner. Contact Katie @ (705) 753-2050 ext 1323 or [katiel@nfn.ca](mailto:katiel@nfn.ca) for more details or to register.

**Hosted by Native Child Welfare Prevention Program**



## Child, Youth & Family Programs



### Christmas Family Social - Wednesday, December 18 (All Ages)

6pm - 8pm @ NFN Kendaaswin (Library)

Join us for crafts, games, cookie decorating, a movie and snacks! For more information, contact Katie @ (705) 753-2050 ext 1323 or [katiel@nfn.ca](mailto:katiel@nfn.ca). **Hosted by Native Child Welfare Prevention Program**



### Movie & Trivia Night - Wednesday, January 8 (Ages 6-12)

6pm - 8pm @ NFN Kendaaswin (Library)

Join us for a movie, trivia, snacks & prizes! Contact Katie @ (705) 753-2050 ext 1323 or [katiel@nfn.ca](mailto:katiel@nfn.ca) for details. **Hosted by Native Child Welfare Prevention Program**



### Game Night - Wednesday, January 15 (Ages 6-12)

6pm - 8pm @ NFN Kendaaswin (Library)

Join us for fun & games! Snacks provided. Contact Katie @ (705) 753-2050 ext 1323 or [katiel@nfn.ca](mailto:katiel@nfn.ca) for details. **Hosted by the Native Child Welfare Prevention Program**



### Kids' Social - Friday, January 17 (Ages 6-12)

6pm - 8pm @ NFN Kendaaswin (Library)

Join us for pizza, snacks, movies, games & crafts! Contact Katie @ (705) 753-2050 ext 1323 or [katiel@nfn.ca](mailto:katiel@nfn.ca) for details. **Hosted by the Native Child Welfare Prevention Program**



### Skating in Huntsville - Saturday, January 18 (Ages 13-24)

10am - 7pm @ Arrowhead Provincial Park (Huntsville) - Meet in front of Band Office

Join us for this outing and come skate through the forest! Contact Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca) for more information. Registration is required by Monday, January 13 at 4:30 p.m.

**Hosted by the Native Child Welfare Prevention Program in partnership with the Recreation Program**



### Sewing Basics Class for Youth & Families - Sunday, January 19 (All Ages - 13+ preferred)

9am - 4pm in new lobby @ NFN Complex

Learn to sew and create things! Registration is required by Thursday, January 16 at 4:30 p.m. For more information or to register, contact Katie at 705-753-2050 ext. 1323 or [katiel@nfn.ca](mailto:katiel@nfn.ca) or Jayde at 705-753-2050 ext. 1274 or [jaydes@nfn.ca](mailto:jaydes@nfn.ca).

**Hosted by the Native Child Welfare Prevention Program**



### Boys' Retreat - Thursday, January 30 to Sunday, February 2 (Ages 13-17)

4 days at Spirit Point. Meet at Band Office.

A retreat for NFN boys aged 13-17 that will provide an opportunity to participate in cultural crafts, teachings, hiking/ snowshoeing, and fun evening events. For more information or to register, contact Katie at 705-753-2050 ext. 1323 or [katiel@nfn.ca](mailto:katiel@nfn.ca).

**Hosted by the Native Child Welfare Prevention Program**



## Nbisiing Anishinaabemwin

### KIDWINAN:

(Words for December)



<b>Aazhenii</b>	angel	<b>Niibaanamaang</b>	Merry Christmas
<b>Boozhookawaa</b>	shake hands and wish them	<b>Nmadshiwe</b>	to visit
<b>Gidaanmikoon</b>	to wish you	<b>Nmiigwe</b>	to give/exchange gifts
<b>Gaa-miisaagdooned gmishoomis</b>	santa	<b>Nmiingoo</b>	I received a gift
<b>Gnawendaagan</b>	relative	<b>Nmiinaa</b>	I give him/her a gift
<b>Madshiwe</b>	go visit	<b>Niibaanamang ngamnan</b>	Christmas carols
<b>Miingoo</b>	to receive	<b>Skapchigan</b>	gift
<b>Miigwe</b>	give	<b>Skigwenaa</b>	hug
<b>Minowaazong</b>	time to be happy	<b>Wii niimidin</b>	there's a dance
<b>Miswendam</b>	wishing	<b>Gidaanmigooon &amp; Niibaanamaang</b>	
<b>Nang</b>	star	<b>Kina wiya</b>	
<b>Ndamnowaagnan</b>	toys	Wish you a Merry Christmas & Happy New Year	

### KIDWINAN:

(Words for January)

<b>Nimkodaadin</b>	New Year	<b>Goon waabshkizi</b>	snow is white
<b>Gchi-gsinaa</b>	very cold	<b>Ma'iingan</b>	wolf
<b>Giidwedid</b>	north wind	<b>Dbaaimonan</b>	stories
<b>Waabshkaa</b>	white	<b>Mooshne Giizis</b>	full moon

### January Chi Bbooni Giizis 2020

*Story telling: Dbaaimon story by Muriel Sawyer*

Waabooz Enaajmod.

Waabooz ndizhinikaaz.

Ndoo kwaanwaaktawge wewena ji-noondmaan kina gegoo.

Kaanwaakzide ge chi-waasa ji-gwaashniyaan pii maajii boweyaan.

Ngosaa a gaa-maangaangaabid. Ndoo kweji-yezhmaa, ndoo waabshkiz boong.

Niibiing ndoo zaawiz. Kaadaakoonsan nda mwaag niibing.

Nwaj nsobag minwendaan ji-miijyaan.

Shkobiinsag ndoo-mnagaakmaag boong.

Gaan demnik yaasnoon ge-miijyaan zaam goonkaa.

Wiizhinaagwad nzowens waawyeyaag, gaasing, ndoo-naangos miptooyaan.

### Stories were once told during winter...

*What the Rabbit Says*

I am called Rabbit. I have long ears so I can hear everything.

I also have long feet so I can jump far when I run away.

I am afraid of that one with the big eyes (owl).

I try to fool him, my fur is white in the winter, in the summer

I am brown .

I steal carrots, in the summer I eat clover. I chew the bark off the twigs in the winter.

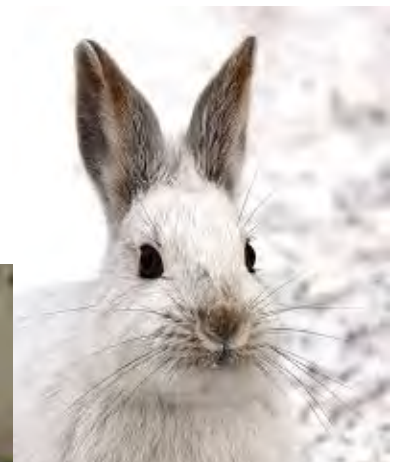
There is not much to eat,

there is too much snow .

My little tail looks cute cause

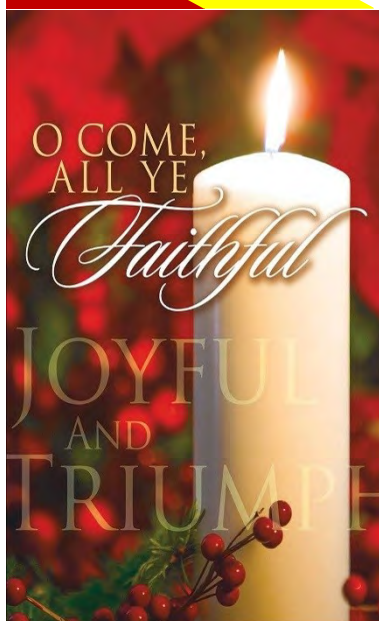
it is round and small.

I am light when I run.



Note: No cultural events were submitted for the December/January newsletter. Please watch the [NFN Culture & Heritage Facebook page](#) for updates, or contact the Culture Centre at 705-753-2050 to inquire about upcoming events and workshops.





## Emnamii'aayeg, Onaaniigwendamog

### *O Come, All Ye Faithful*

E naa mii 'aayeg , Oo naa nii gwend mog  
Aam be Beth le he ming wii bi l zhaag  
Gaa na waa baa mig Zhe zos ga bi nii gid

#### *Chorus:*

Oon daas, bi maa naa di i ig, bi maa naa dji ig  
O come let us adore him , o come let us adore him.

Aaw gaa bi nii igid

De be ni mi naang

Gii zhi gong oon dji baa

Ki Zhe mni doo wi

Gii gaan gwaan Oo gii bi nig i i goon

Noon gom sa oo maa Kit chi twaa wi naa daa

#### *Chorus*

O come, all ye faithful

O come ye O come ye to Bethlehem

Come and behold him

O come let us adore him

Christ the Lord

O sing , choirs of angels

Sing in Exaltation

Come and behold him

Born the King of angels

## Anishinaabemwin Prayer for December

### *Mnidoo Giizoons ~ Little Spirit Moon*

Mnidoo Giisoons ~ Niibaanamaang Giizis  
Mtaaswi shi-niizh giizis egoojing gaa-zhinkaazod,  
Mnidoo Giisoons zhinkaazo mii maa aabchi-mnidooyang  
maadziwin  
Mii maa maadziwin emkawaabmigaadeg  
Maa miikan wa- Gzhe- Mnidoo gaa-tood  
Mii dash pii Mnidoo- Giisoons wii ni-zhaad  
Mkinaak Mnising ge ezhinkaadeg  
Mtakmikwe ni- naandwiwed minwa  
Wii-waamdang m'yaa maadziwin enjibaamgak.  
Mii maa wii- gwekwendaagwak,  
Mshkawziwin minwa gchi-mshkawendmowin

Pane nji-nishing, ni waamdaweng pane maa miikan  
Enmok wedi Mndoo-kiing.

Little Spirit Moon is the twelfth moon of Creation,  
a very spiritual time.

At this time all is being reminded of their journey set out by the  
creator.

During this time , the little spirit moon journeys to Turtle Island,  
As a healer and a seer in the hearts of all Creation.

of Creation, can flourish with the identity to make the journey from  
this world to the next.

Miigwech

## Anishinaabemwin Prayer for January

### *Gchi-Mnidoo Giizis - Spirit Moon*

Nshki-tam Giizis egoojing gaa-zhinkaazod,  
(Mnidoo Giizis Zhinkazo)  
e-piitendjigaadeg kinoomaagewin pii giizis mooshned,  
nji-kenmang noongom pii Gookmis kinoomaaged Maadziwin  
mii dash ge Mnidoog bi-maanjidiwaad  
gchi—twaa shkodeng nmadbiwaad Semaan gii-pkitnaawaan,  
nji-bznindamwaad Gchi-kinoomaagewin Gookmis-miigwed.  
Mii maa pii mnidoosag ge wiinwaa bi-yaawaad pii shkode  
ndaaptege  
Mii dash gii-shkwaa kinoomaageng, goki maa kiing bi-zhaawak,  
Pii ge waamjigaazwag bi-mi yaawaad giizhgong.  
Enaandwiwewaad zhinkaazwak,  
Waaseyaa Dbikak

Spirit Moon is the first moon of Creation.

A time when the teachings of life is being honored in silence. In this  
great moment of the full moon,

We understand this time as a time of Gookmis or the spirit that teach-  
es the meanings of the continuum of life from this world to the next.

At this time our spirits are called to sit at the sacred fire with our  
tobacco and listen to these teachings from Gookmis. When the sacred  
fire begins, the path of the spirits can be seen clearer than any other  
time.

Following the teachings, the spirits return to the earth and can be  
seen traveling across the night sky.

They are the healers of the universe or the Northern Lights.

Nipissing First Nation Food Bank

# Scratch Ticket Moose Raffle

Don't miss your  
chance to win this  
4' pre-lit Moose  
decorated with  
**\$450** worth of  
scratch tickets!

NFN License  
#1019-131

**Tickets are just  
\$2 each or  
3 for \$5**

**Winner will be drawn on December 12th, 2019  
at the Social Services Lobby.**

Scratch Tickets provided by Tim's Convenience,  
Young Forestry, Green Medicine, Northern Convenience,  
How Convenient, Twiggs Coffee Roasters,  
Bow and Arrow and Supplies for the Soul.



# WILLS & ESTATES WORKSHOPS

FACILITATED BY FRED BELLEFEUILLE



**Tuesday, December 17:** 7-9pm at Nbsiing School Gym  
**Wednesday, December 18:** 7-9pm at NFN Complex Gym

FOR MORE INFORMATION, PLEASE CONTACT:  
 CATHY MCLEOD, LAND MANAGER  
 705-753-2922 OR CATHYM@NFN.CA



## FREE Dental Services



Qualified participants can enjoy  
**FREE dental hygiene services** in  
 our unique learning environment.

Teeth cleaning, oral exams, dental x-rays and other services are performed by our dental hygiene students under the supervision of a Registered Dental Hygienist.

Other services available include referrals, tobacco cessation, oral cancer screening and nutritional counselling. Teeth whitening and sports guards are available at an additional cost.



Call 705.474.7600 ext. 5250 to book your appointment  
 or visit [canadorecollege.ca/dental-clinic](http://canadorecollege.ca/dental-clinic) for more information.



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



## ADVERTISING & ANNOUNCEMENTS

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*Health Food & Organic Grocery Store  
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Bow & Arrow



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[couchie.george@gmail.com](mailto:couchie.george@gmail.com)  
[www.nativeawarenesstraining.com](http://www.nativeawarenesstraining.com)

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North Bay, Ontario P1B 8G5

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F: 705-476-2470

[ktigaaning.midwives@gmail.com](mailto:ktigaaning.midwives@gmail.com)  
[www.ktigaaningmidwives.com](http://www.ktigaaningmidwives.com)



*Supplies for the Soul*

Monday-Friday

10am-6pm

705-471-0472

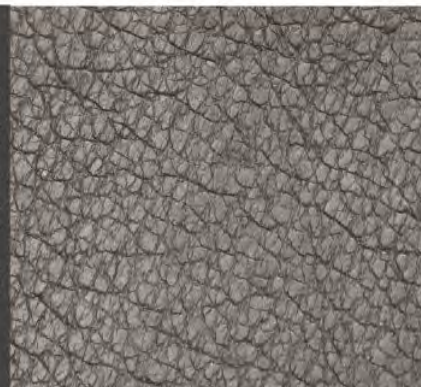
132 Osprey Miikaan



CRAFT  
SUPPLIES



GIFTS  
& MORE







# December 2019

## Mnidoo Giizoons (Little Spirit Moon)

SUN	MON	TUES	WED	THU	FRI	SAT
1	2 Xmas Wrapping 6pm @ Library (Kendaaswin)  Nishnaabemwin 6pm – 8pm @ Nbisiing School	3 Baby & Me 9am – noon @ Library  Alzheimer's info 10:30am – 12pm @ Health Centre  Council Meeting 7:30pm @Nbisiing	4 Food Bank OPEN 9-4 Skating Night 6-8pm @ ODR in GV (Ages 13-24)  Nishnaabemwin 6pm – 8pm @ GV Church Hall	5 Xmas Distribution 10am – 3pm @ NFN Complex  Gym Night 4:30- 6:30pm @Nbisiing	6 Xmas Distribution 10am – 3pm @ Nbisiing School	7 Sewing Class 9am – 4pm @ NFN Complex lobby (new wing) (Ages 13+)
8 Sewing Class 9am – 4pm @ NFN Complex lobby (new wing) (Ages 13+)	9 Xmas Wrapping 6pm @ Library (Kendaaswin)  Nishnaabemwin 6pm – 8pm @ Nbisiing School	10 Baby & Me 9am – noon @ Library	11 Diners' Club 11am – 1pm @ NFN Complex Gym  Computer Night 6-8pm @ ODR in GV (Ages 13-24)  Nishnaabemwin 6pm – 8pm @ GV Church Hall	12 Gym Night 4:30- 6:30pm @Nbisiing	13 Bonding with Baby 11am – 1pm @ Health Centre  Christmas Movie Night 6-10pm @ NFN Complex Gym (Ages 13-24)  Baby Calendar Deadline	14 Beaded Earrings Class 12pm – 5pm @ NFN Complex lobby (new wing) (Ages 13-24)
15 Youth Christmas Dinner Preparation 9am – 5pm @ NFN Complex Gym (Ages 13-24)	16 Xmas Wrapping 6pm @ Library (Kendaaswin)  Nishnaabemwin 6pm – 8pm @ Nbisiing School	17 Baby & Me 9am – noon @ Library  Wills & Estates 7-9pm @ Nbisiing  Council Meeting 7:30pm in GV Council Chambers	18 Food Bank OPEN 9-4 Skating Night 6-8pm @ ODR in GV (Ages 13-24)  Christmas Family Social 6-8pm @ Library (All Ages)  Wills & Estates 7-9pm @ NFN Complex Gym	19 Gym Night 4:30- 6:30pm @Nbisiing	20 Book medical transportation by 4:30pm today	21
Sorry WE'RE CLOSED Dec 23 – Jan 3	23	24	25 Merry Christmas	26	27	28
29	30 Emergency Access Food Bank & Social Services 9am - noon	31	1 Happy New Year 2020	2	3	4



A-Ki, Bemaadziik, E-Nigaanung  
The Land, the People, the Future

### Contact Us

36 Semo Road  
Garden Village ON  
P2B 3K2

TEL: (705) 753-2050  
FAX: (705) 753-0207  
WEB: [www.nfn.ca](http://www.nfn.ca)

Connect with Us!



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



# January 2020

## Gchi-Mnidoo Giizis (Spirit Moon)

SUN	MON	TUES	WED	THU	FRI	SAT
 <b>EVENTS</b>			1	2	3	4
		Follow our <b>NFN Events</b> Facebook page to stay up to date!				
5	<b>6</b> 	7 Council Meeting 7:30pm in GV Council Chambers	8  <b>Food Bank</b> <b>OPEN 9-4</b> Diners' Club 11am-1pm @ NFN Gym Movie & Trivia 6-8pm @ Library (Ages 6-12) Skating 6-8pm @ ODR (Ages 13-24)	9 Gym Night 4:30-6:30pm @ Nbisiiing	10	11
12	<b>13</b>	14 Council Meeting 7:30pm @ Nbisiiing School	15 Game Night 6-8pm @ Library (Ages 6-12) Skating Night 6-8pm @ ODR in GV (Ages 13-24)	16 Gym Night 4:30-6:30pm @ Nbisiiing	17 Kids' Social 6-8pm @ Library (Ages 6-12)	18 Skating in Huntsville 10am - 7pm Meet in front of Band Office (Ages 13-24)
19 Sewing Basics 9am - 4pm @ NFN Complex lobby in new wing (Ages 13+)	<b>20</b>	21	22  <b>Food Bank</b> <b>OPEN 9-4</b> Skating Night 6-8pm @ ODR in GV (Ages 13-24)	23  <b>Soup Kitchen</b> 11am - 1pm @ NFN Complex Gym	24	25
26	<b>27</b> Open House: Governance Agreement 6-8pm @ NFN Complex Gym	28	29 Open House: Governance Agreement 6-8pm @ New Hall in Duchesnay	30 Boys' Retreat @ Spirit Point until Sunday, Feb 2 (Ages 13-17)	31	



### Contact Us

36 Semo Road  
 Garden Village ON  
 P2B 3K2

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