



February 2020



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

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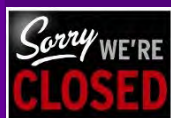
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*Get the newsletter by email: sign up with [genc@nfn.ca](mailto:genc@nfn.ca)*



**Monday,  
February 17<sup>th</sup>**  
Family Day

## Council Meetings

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

**Tuesday, Feb. 18<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).

## Anishinabek Nation Governance Agreement

### Ratification Vote: February 1 - 29, 2020

A vote will be held to ratify the Anishinabek Nation Governance Agreement (ANGA) between Nipissing First Nation and Canada. The Ballot Question is:

**As an Eligible Voter of Nipissing First Nation, do you:  
approve the proposed Anishinabek Nation Governance Agreement?**

To vote, you must be a Nipissing First Nation member who is at least 18 years of age or older by the end of the Vote Period, your name must be on the List of Eligible Voters, and you will be required to produce identification in order to vote.

### Ways to Vote

- **Online** from February 1-29 using this link: <https://onefeather.ca/nations/nipissing>
- **Mail-in** ballot (must be received by February 29<sup>th</sup> at 8:00 p.m.)
- **In-person** at the polling station from February 25-29 between 9:00 a.m. and 8:00 p.m. at the NFN Council Chambers, 36 Semo Rd., Garden Village

To confirm your name is on the List of Eligible Voters or for more information about the voting process, please contact Nipissing's Ratification Officer, Laura Commanda at 705-753-2050 ext. 1221 or 705-978-2920 or by email to [governancevote@nfn.ca](mailto:governancevote@nfn.ca).

The threshold required to ratify the ANGA is 25% + 1 of eligible voters must vote "Yes", and there must be more "Yes" votes than "No" votes. With 2,364 eligible voters, Nipissing First Nation will need 591 + 1 = 592 "Yes" votes, and fewer "No" votes to meet the threshold.

### For More Information

Please contact Nipissing's Communications Officer, Gen Couchie, at 705-753-2050 ext. 1270 or by email to [genc@nfn.ca](mailto:genc@nfn.ca). You can also call the toll-free number at 1-833-297-9850.

Open House information sessions were held on January 27<sup>th</sup> and 29<sup>th</sup> to explain what the ANGA means for Nipissing and to answer questions. Both sessions were well-attended and were also livestreamed. You can view the sessions using the following links:

- January 27<sup>th</sup> - Garden Village livestream: <https://livestream.com/firsttel/events/8968188>
- January 29<sup>th</sup> - Duchesnay livestream: <https://livestream.com/firsttel/events/8969267>

You can also visit [www.governancevote.ca](http://www.governancevote.ca) and our website [www.nfn.ca](http://www.nfn.ca) to access helpful documents, including fact sheets, FAQs, presentations, video messages and plain language versions of the agreements.

Copies of the full legal agreements can be mailed or emailed to registered Nipissing members by request to Nipissing's Communications Officer, or picked up at the Administration Office in Garden Village.



### Anishinabek Nation Governance Agreement Facts

#### What does the proposed *Anishinabek Nation Governance Agreement* actually mean?

It means Anishinabek First Nations can govern themselves without interference from Canada in the areas of language and culture, citizenship, leadership selection and First Nations operations and management and may also include:

- Laws in those areas created by Anishinabek citizens for Anishinabek citizens.
- A government that works for Anishinabek citizens.
- Constitutions that mean more stable governance institutions and processes.
- Establishing an Intergovernmental Forum between the Anishinabek First Nations that ratify the Agreement and the Government of Canada to deal with issues that are important to Anishinabek citizens.
- More money to govern Anishinabek First Nations and to support the collective Anishinabek Nation government.
- Keeping the First Nations tax exemption, Section 87 of the *Indian Act*.
- Removing Anishinabek First Nations from the *Indian Act*, Sections 8 - 14, Sections 74 - 79 and Section 80.

#### LANGUAGE & CULTURE

- Laws to promote the use of traditions and ceremony in our collective and community life, to integrate and preserve Anishinaabe identity.
- Laws that will promote the use of Anishinaabemowin in First Nation Administration Offices and on street and business signs in First Nations, in schools, and in everyday life.
- Laws to revitalize traditional Anishinabek Nation governance which is based on the Do-demaag (Clan) System and rooted in Anishinaabemowin.
- More money that could be put into projects like learning languages in First Nation homes and culture camps for Anishinabek children and youth.
- Incorporating language and culture into First Nation and Anishinabek Nation governance will support Anishinabek identity and well-being.

#### CITIZENSHIP

- Anishinabek First Nations can decide who their citizens are. "Our blood flows through family, not federal law." - Anishinabek Nation Grand Council Chief Glen Hare
- Anishinabek citizens can decide what responsibilities and privileges come with being a citizen of Anishinabek First Nations.
- Anishinabek First Nations can implement the E'Dbendaagzjig Naaknigewin (citizenship law) as required by individual communities.
- "We need a healthy discussion of good old common sense to make the call as to who belongs. We know our people." - Former Anishinabek Nation Grand Council Chief Patrick Madahbee

#### MANAGEMENT & OPERATIONS OF GOVERNMENT

- Anishinabek citizens can develop laws such as a Financial Management Act for their First Nations and the Anishinabek Nation government.
- Chiefs and Councils are financially accountable to citizens.
- Anishinabek citizens can develop laws for the establishment and management and operation of Anishinaabe Institutions, such as appeals and redress systems.
- Anishinabek citizens can help Chiefs and Councils set priorities that meet their needs.
- Anishinabek citizens can be involved in looking at how their Chief and Council decide on spending money to run their First Nation.
- More money to make and support decisions in the First Nations.

### 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 Anishinabek Nation Governance Agreement.



# Anishinabek Nation Governance Agreement **MYTH BUSTERS**

**Here are FACTS addressing common misconceptions about the proposed Anishinabek Nation Governance Agreement.**

**1. MYTH: The Agreement will give Chiefs more power and money which won't benefit citizens or communities.**

**FACT:** Chiefs will be accountable to the citizens of their First Nations. Their citizens will also help decide how the money is to be utilized. First Nation governments will operate according to their constitutions which are developed and ratified by the people.

**2. MYTH: The Agreement doesn't do anything the existing Indian Act or current legislation doesn't do.**

**FACT:** The proposed *Anishinabek Nation Governance Agreement* provides an unprecedented level of funding and autonomy that no Canadian legislation does within the four areas of governance jurisdiction; namely, leadership selection, citizenship, language and culture, and operations and management.

**3. MYTH: The Union of Ontario Indians is going to become the government.**

**FACT:** The First Nations that ratify the Agreement will form the collective Anishinabek Nation Government. The participating First Nations will have complete control of all of the funding. The Union of Ontario Indians will remain the secretariat for its member Anishinabek First Nations.

**4. MYTH: The Agreement doesn't do anything for Anishinabek language and culture that isn't already happening.**

**FACT:** The Agreement will provide stable funding to strengthen and promote languages and culture and recognize the jurisdiction to develop laws and policies. The inclusion of law-making authority for languages and culture reflect the highest priority stated by Anishinabek people during the extensive consultation over the past 25 years.

**5. MYTH: The Anishinabek Nation hasn't properly informed voters.**

**FACT:** The communications efforts have been lengthy and extensive. There have been numerous information sessions in First Nations, urban centres, etc. First Nation Communications Coordinators, specifically hired to inform and engage community members, have been hired in most First Nations, to provide a wide range of information. In the last year alone, experts of the agreement have spoken directly to hundreds of Anishinabek First Nation members explaining the agreement's process and benefits. Agreement information is free and available to members through their First Nation.

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

**6. MYTH: Only the plain language version of the proposed Anishinabek Nation Governance Agreement is available.**

**FACT:** The Agreement was not complete until August 2019 after its official initialling by the Anishinabek Nation and Canada. The final document is available upon request to Anishinabek First Nation members.

**7. MYTH: The proposed Anishinabek Nation Governance Agreement will damage sovereignty and diminish inherent and treaty rights.**

**FACT:** Anishinabek negotiators were extremely cautious ensuring sovereignty, inherent rights, and Aboriginal rights, treaty rights are not affected in any way by the Agreement. The Agreement is about getting out of the *Indian Act* in four specific sections, including leadership selection, citizenship, culture and language, and management and operations.

**8. MYTH: A change in Canadian government could cancel the Agreement and First Nations will be worse off than before.**

**FACT:** Once ratified, the Agreement will become federal law, making it highly unlikely that future governments will revoke or alter it.

**9. MYTH: After five years, the Agreement ends and First Nations will be left without further funding.**

**FACT:** The Governance Agreement is permanent. The fiscal offer for governance funding will be renegotiated every five years. Until a new fiscal deal is reached, the previous deal will remain in force with increases such as the cost of living. The funding is permanent.

**10. MYTH: It's too good to be true. There must be a catch.**

**FACT:** There is no catch. The proposed *Anishinabek Nation Governance Agreement* is the result of 25 years of hard work mandated by Anishinabek First Nations Chiefs through Grand Council resolution in 1995. It's also a recognition by Canada that it needs to get out of regulating First Nations. The only catch is First Nations will be responsible for enacting laws in four areas: leadership selection, citizenship culture and language, and management and operations.

**11. MYTH: New citizenship laws will mean I will lose my Indian Status.**

**FACT:** All Indian Status people will keep their Indian Status. The Agreement gives participating First Nations the authority to create their own citizenship laws. They will negotiate using their own citizen lists in the future. This Agreement does not grant Indian Status.

**12. MYTH: OSR (Own Source Revenue) will claw back some of the funding that is earmarked for First Nations.**

**FACT:** OSR is in a moratorium. Some Anishinabek First Nations are currently using OSR to cover shortages in funding. Once ratified, the proposed *Anishinabek Nation Governance Agreement* will enable communities to use OSR to cover other costs.

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



## Highlights from the Chief's Calendar

**February 3-4:**  
Robinson Huron  
Waawiindaamaagewin  
Chiefs Assembly  
(Ottawa, ON)

**February 5:**  
Open House in Ottawa  
re: ANGA & Citizenship  
(Hilton Ottawa Downtown)

**February 5-6:**  
Chiefs of Ontario  
Special Assembly  
(Ottawa, ON)

**February 26-28:**  
Police Governing  
Authority Quarterly  
(Sault Ste. Marie)

## 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**



## Opinion: 'Staying under the Indian Act is not being sovereign' *Remarks by Chief Scott McLeod at the Anishinabek Nation Governance Summit*

January 14, 2020 - A lot of people out there are saying, "Well you know, we shouldn't get into this Governance Agreement because we need to maintain our sovereignty." Well the one thing I've realized over the last little while is sovereignty doesn't mean, first of all, staying under the *Indian Act*, that's not being sovereign. We have to move away from the *Indian Act*. And the other thing I realized is there is no magic solution to reaching sovereignty. It takes work and it's going to take more than one step to get there. But it starts by taking that first step and I truly believe that the Governance Agreement that we're looking at here – and I've looked at this a hundred different ways— but I truly believe that it is a step towards sovereignty. It isn't the end all, be all to get there, it's far from it, but not doing anything is worse. Staying under the *Indian Act*, as much as it feels like a safe place because we know it so well, doesn't make it better than moving forward.

In Nipissing, we're known for not waiting for agreements with governments and we move forward on our own and we have been in these four areas that the Governance Agreement addresses. We're already doing that work. So then the question is, "Why would Nipissing want to get into this Agreement if you're already doing that work?" Well the simple answer is that we're doing it and we're financing it ourselves. We're moving out of the *Indian Act* ourselves. With this Governance Agreement, it makes a formal agreement with the government that allows those financial resources to flow to us.

This is not about empowering government to have more control over us; this is about empowering ourselves to make decisions on our own.

*Note: these are excerpts only - read the full opinion piece online at [anishinabeknews.ca](http://anishinabeknews.ca).*



## 1850 Treaty | ROBINSON HURON WAAWIINDAAMAAGEWIN

### Nipissing First Nation Information Sessions

<p>Duchesnay Community Centre Date: February 11, 2020 Time: 5:00pm – 9:00pm Dinner @ 5pm</p>	<p>Garden Village Diners Club Date: February 12, 2020 Time: 1:00pm – 4:00pm</p>
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#### Agenda

- Opening – Elder
- Overview – Earl Commanda, Executive Director
- Historical Presentation – Jennifer Simpson
- Annuities Update – Angus Toulouse, CEO NSTC
- Questions/Answers
- Closing – Elder

**Purpose:** To share information, educational resources and provide ongoing support to Robinson Huron Waawiindaamaagewin signatory communities. Begin a dialogue on 'Renewing the Treaty Relationship' and/or 'polishing the chain' between the Crown and 16 RHT Sovereign Signatory First Nation communities and potentially 5 non-signatory First Nation communities. This will establish a foundation to work towards a future that moves the Treaty Relationship forward.

**For information:** Jennifer Simpson, Researcher/Facilitator  
E: [jennifer@mamaweswen.ca](mailto:jennifer@mamaweswen.ca)



Robinson Huron Waawiindaamaagewin  
473 A Highway 17 West, Cutler, ON, P0P 1B0  
Phone: 705-844-2360 Website: [www.rht.mamaweswen.ca](http://www.rht.mamaweswen.ca)

## Spaces Available at Nipissing Ojibway Daycare

Our child care centres offer quality care for children aged 18 months to 5 years of age and offer space for 5 toddlers and 16 preschool children. Both centres are non-profit organizations, operated by Nipissing First Nation and licensed by the Ministry of Education under the Child Care and Early Years Act.

The Nipissing Ojibway Daycare in Garden Village currently has spaces available. Spaces will be filled on a first come, first served basis and there will be a waitlist afterwards.

Please contact Kelsey McNeill, Nipissing Ojibway Daycare Supervisor, at 705-753-4052 or [kelseym@nfn.ca](mailto:kelseym@nfn.ca) for more information about the registration process.

## Hall Rental Policy Change: Mandatory Coverage

Effective October 1, 2019, all hall renters will require *Third Party Liability Insurance*. This policy must name Nipissing First Nation as an additional insured and coverage must be in the amount of \$2M based on Bodily Injury Liability and Property Damage.

## Couchie Memorial Daycare moves into new home

The Duchesnay daycare staff and children moved in to their new facility across from Nbisiiing Secondary School on January 6th. Everyone is enjoying the settling into their new environment.

The community hall next door is expected to open in February once all kitchen equipment is installed.

Nipissing Ojibway Daycare  
**SPACES AVAILABLE!**



# LNHL 2020 Host Committee

## Meet our Team!

**Freda Martel**

Volunteer Coordinator

[fredam@nfn.ca](mailto:fredam@nfn.ca)

**Tammy Saulis**

Finance Coordinator

[tammys@nfn.ca](mailto:tammys@nfn.ca)

**Gen Couchie**

Sponsorship Coordinator

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

**Sarah Fisher**

Vendor Coordinator

[sarahf@nipsiing.com](mailto:sarahf@nipsiing.com)

**Patrick Stevens**

Design Coordinator

[patrick@nfn.ca](mailto:patrick@nfn.ca)

**Melvin McLeod**

Committee Member

**Meriza George**

Committee Member

**Rick Stevens**

Council Member

**Christina Beaucage**

Committee Member

**Samantha Goulais**

Committee Member

Watch our [website](#) and [@NipissingFN Facebook](#) page for LNHL Updates!



## 50 Day Countdown began on January 27!

Our Little NHL 2020 Host Committee has been hard at work planning everything from the opening ceremonies and special events during the tournament, to coordinating schedules and accommodations for the over 80 volunteers that are needed throughout the week.

As Ontario's largest Indigenous youth hockey tournament, the Little NHL uses six arena venues, consisting of 16 ice surfaces, and welcomes over 10,000 youth and their families.

On January 27<sup>th</sup>, members of the Little NHL Executive Committee and City of Mississauga representatives were in Nipissing for a meeting to ensure that plans are progressing well.

## Volunteer Relief List Call-Out

Our volunteer list and schedules are now finalized, but we are still seeking people to add to a "relief list" that we can call on should a volunteer not be able to work their scheduled shift. This is a great option for those who want to help out, but who couldn't commit to the minimum three 7-hour shifts required of the volunteers that we are paying travel, accommodations and meal expenses for. To add your name to the relief list, please call Freda Martel at 705-753-2050 ext. 1223 or send an email to [fredam@nfn.ca](mailto:fredam@nfn.ca).

## Upcoming Deadlines

- **DRAW TO PLAY IN ALUMNI GAME (Midget Players):** Friday, February 14<sup>th</sup>
- **DRAW TO SMUDGE ICE (PeeWee, Bantam, Midget):** Friday, February 21<sup>st</sup>
- **VENDORS (50% deposit due):** Friday, February 21<sup>st</sup>

## Miigwech to our LNHL 2020 Sponsors

Year after year, the success of the LNHL tournament is the result of the tireless work of countless committed volunteers as well as the generosity of our corporate partners. Chi-Miigwech for recognizing and supporting the Little NHL's efforts to promote unity through sport for Indigenous youth and families from across Ontario.

**We are pleased to announce that our two main presenting arena sponsors are:**

**Hydro One and Peace Hills Trust who have each contributed \$50K to LNHL 2020!**

A list of all sponsors will be posted after the commitment deadline on January 31<sup>st</sup>.



Meeting with LNHL Executive & City reps



# WILLS & ESTATES WORKSHOPS

FACILITATED BY FRED BELLEFEUILLE

**Wednesday, February 19:** 7-9pm at NFN Complex Boardroom

**Thursday, February 20:** 7-9pm at Nbisings School Classroom

FOR MORE INFORMATION, PLEASE CONTACT:

CATHY MCLEOD, LAND MANAGER  
705-753-2922 OR CATHYM@NFN.CA

## Notice to Vendors - Cigarette Quota

To access the Cigarette Quota for April 2020 to March 2021, you must submit a Letter of Request by the deadline of February 28, 2020. Requests can be emailed to [reneec@nfn.ca](mailto:reneec@nfn.ca), mailed or dropped off in person to the Finance Department at 36 Semo Road, Garden Village ON P2B 3K2. Contact Renée Commanda, Finance Officer, at 705-753-2050 ext. 1280 or [reneec@nfn.ca](mailto:reneec@nfn.ca) if you have any questions.

## Seniors' Trip

Overnight - Ages 55 +

# Little NHL

March 15 - 16, 2020

### What is included?

- ♦ Travel via Bus Charter
- ♦ Accommodations (2 people per room)
- ♦ Lunch on the trip home

### Participant is responsible for...

- ♦ All meals except lunch on return trip home
- ♦ All other expenses (souvenirs etc...)

Event sponsored by Chief & Council



Chief & Council would like to invite Nipissing First Nation Seniors to attend the L'NHL Opening Ceremonies

### Bus Schedule to Toronto (Sunday):

- 9:30 am depart Band office
- 10:00 am depart Yellek (How Convenient)
- 10:20 am depart Duchesnay (school)

### Bus Schedule HOME (Monday):

- 12:00 pm (noon) depart from Hotel lobby
- 1:00 pm Lunch in Barrie (included)

### Travel to Opening Ceremonies

- 4:00 pm Depart from hotel to Rink
- Departure time returning to hotel will be announced.

Opening Ceremonies at 5:00pm

Call NFN Health Services 705-753-3312 to register by 4:30pm on March 6, 2020

## Reallocation of Registered Traplines

Although there are no registered traplines currently available for reallocation within the North Bay District, individuals interested in being considered for future reallocation of an available trapline should submit any required documentation (i.e. head trapper application form and/or documentation in writing of family connection, if applicable) to the Ministry of Natural Resources and Forestry:

3301 Trout Lake Road  
North Bay ON P1A 4L7

or contact Norm Dokis at 705-475-5594 for more information.

Members of rights-bearing Indigenous communities generally don't require an Ontario trapping license when trapping for food, social or ceremonial purposes within their traditional territory.

For more information, contact Jeff McLeod at the Natural Resources Department at 705-753-2050 ext. 1325.



## Fur Harvest, Fur Management & Conservation Course

February 21-24, 2020

Elder's Hall  
Anishinabek Nation Head Office

### About the COURSE

The Anishinabek Nation's Lands and Resources Department is hosting the Fur Harvest, Fur Management and Conservation Course for interested individuals.

### 4 DAYS

of immersive hands-on activities  
*\*Attendance for all four days is mandatory*

### SPACES LIMITED

for 20 citizens from member Anishinabek First Nations

*\*As space is limited, registration will be filled on a first-come, first-served basis to a maximum of 20 participants (age 12+) until February 10.*

*\*The cost of the course and materials are provided at no charge for the 20 participants. The cost of accommodation, travel, and meals are the responsibility of the participant.*

### CONTACT

Curtis Avery  
Lands and Resource Project Coordinator  
Lands and Resources Department  
Anishinabek Nation

☎ 705-497-9127 ext. 2502

✉ [curtis.avery@anishinabek.ca](mailto:curtis.avery@anishinabek.ca)





### NFN Jobs & Training

## Employment Opportunities

Watch our Website & Facebook for Current Postings

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

### Junior Finance Officer

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

### Waste Diversion Coordinator

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

### Band Representative

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

### Employment Assistance Counsellor

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

### Personal Support Workers

Casual Employment - Open until positions filled

### Early Childhood Educators - North Bay Indigenous Hub

Full-Time, Part-Time and Casual Positions - Open until positions filled

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



## SCHOOL BUS DRIVERS WANTED

for runs in the North Bay area!

You must be at least 21 years of age, have a clean driving record, and enjoy working with children. If successful, you must be able to provide a current, clean criminal reference with vulnerable sector check. You must also provide, or be willing to obtain, a current medical check and valid First Aid/CPR.

Preference will be given to those with a valid "B" license. If successful, we will provide you with the necessary training and licensing if required.

To apply or to get more information, please contact **Charlene Bellefeuille**:

70 Semo Road, Garden Village, ON P2B 3K2  
Email: [charleneb@nfn.ca](mailto:charleneb@nfn.ca) | Phone: 705-753-6995

## Cameras set to roll again on NFN...

**"Unsettled" TV series filming in Garden Village and Duchesnay in February & March**

We are pleased to welcome the crew of a new ten episode drama series that will be filmed in large part on NFN as authorized by Chief & Council.

*Unsettled* will be produced by Jennifer Podemski and Derek Diorio of *Hard Rock Medical* and will air on TVO and APTN. *Unsettled* is the first dramatic series in history to be financially supported by the Canadian Media Fund's *Indigenous Language* portfolio, and 20% of each episode will be in Anishinaabemwin.

The production also aims to hire an entirely Indigenous cast and crew, and has been dedicated to sourcing services and supplies from our First Nation vendors.

The production schedule will be posted to the community when confirmed by the locations managers.



## Education Department Reminders

### Student Incentives

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

To evaluate if your child is eligible for incentives and awards, we require up to date information. Make sure you have submitted a signed *Release of Information* form so that we may receive copies of report cards from their school.

We will distribute all incentives and awards in March:

**March 3, 2020 from 2 p.m. – 6 p.m.** at Nbisiiing Secondary School in Duchesnay

**March 4, 2020 from 10 a.m. – 6 p.m.** at the Education Office in Garden Village

Please ensure that all your child's information is up to date with the Education Department. Contact us if you've had any change in school, address, phone number, email, to update Authorization for Release of Information forms, or to have incentives mailed.

#### **Student incentives are available to registered Nipissing First Nation members who live on-reserve.**

- Elementary incentives are distributed in March for the first Report Card \*
- Secondary incentives are distributed in March for semester one.

\* Note: labour actions affecting elementary school students may delay report card submissions and distribution of incentives.

### Other Reminders:

- Don't forget to register with the Education Department if you have a student starting in JK.
- We can assist Grade 8 students getting ready to transition to high school with this process.
- If you are a First Nation member living on reserve, you need to register with the Education Office.

**Contact: Tracy Hanzlik, Elementary/Secondary Support Worker at the Education Office: 705-753-6995 or [tracyh@nfn.ca](mailto:tracyh@nfn.ca)**



### **AES Niigaan Gdizhaami Forum “We Are Moving Forward Together”**

On February 25-26, 2020, NFN representatives will attend the Niigaan Gdizhaami Forum in Toronto. The event is hosted by the Kinoomaadziwin Education Body (KEB) for the Anishinabek Education System (AES), and brings together First Nations, school boards, and government partners.

Discussions will include updates on the multi-year action plan projects, further negotiation items, and how to strengthen relationships with school boards and participating First Nations. This forum will also provide an opportunity to hear directly from youth, including two NFN youth representatives Kile George and Hailey Goulais. An update will be provided after the forum.



Student voice has always been a passion of mine.

KILE GEORGE  
NIPISSING-PARRY  
SOUND CDSB



Congratulations to Kile, who is serving a second term as a Student Trustee with the Nipissing-Parry Sound Catholic District School Board and is in grade twelve at St. Joseph-Scollard Hall Catholic Secondary School.



**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.

### **Talent Show**

Nbisiing Redhawks showcased some amazing talents before Winter Break. We were able to see magic tricks from Alex Hummel, amazing guitar solos from Ryan Couillard, Mackenzie Tremblay, and Mckinnley Tepiscum-Moore, and hear the soothing voice of Chelsea Martin. We also had some staff showcase their talents; we heard an original round dance song by Blair Beaucage and a cover of Shallow by Mark Burns and Carole Couillard.



### **Culinary Demo**

Nbisiing's Junior Hospitality class welcomed Chef Daniel and Chef Emilie from Canadore College's Culinary Arts program for a Culinary Demonstration.

The students got to learn more about where a culinary arts career could take them, as well as practice some garnishing and plating techniques.

After the demonstration, students were also able to sample their delicious creations.



**Soaring to Excellence  
Embracing Nishinaabe Pride**

## Child, Youth & Family Programs



**Baby Group - Every Tuesday (February 4th, 11th, 18th, 25th) 9am– 12pm @ NFN Library**

A chance for mothers to bond with their babies. (Ages 0-5)

Email Katie at [katiel@nfn.ca](mailto:katiel@nfn.ca) or by phone at 705-753-2050 ext. 1323 for more info.



**Computer Night– February 5th @ NFN Library. 6-8pm**

A chance to have time on the computer. (Ages 13-24)

Email Katie at [katiel@nfn.ca](mailto:katiel@nfn.ca) or by phone at 705-753-2050 ext. 1323 for more info.



**Movie Night– February 5th and 19th @ NFN Library. 6-8pm**

A chance for youth to hangout and socialize while watching movies. (Ages 6-12)

Email Katie at [katiel@nfn.ca](mailto:katiel@nfn.ca) or by phone at 705-753-2050 ext. 1323 for more info.



**Family Snowshoe Day– Sunday February 9th. 12-4pm. Meet @ NFN Band Office**

A chance for families to enjoy the nice February weather for a day. (Ages 6-12)

Registration : Email Katie at [katiel@nfn.ca](mailto:katiel@nfn.ca) or by phone at 705-753-2050 ext. 1323



**Craft Night– February 10th & 26th @ NFN Library. 6-8pm**

A chance for youth to get creative and show/ learn some art skills. (Ages 6-12)

Email Katie at [katiel@nfn.ca](mailto:katiel@nfn.ca) or by phone at 705-753-2050 ext. 1323 for more info.



**Skate Night– February 12th & 26th @ Garden Village Outdoor Rink. 6-8pm.**

A chance for Youth to get out for a simple skate. (no scrimmages during these hours)

Email Katie at [katiel@nfn.ca](mailto:katiel@nfn.ca) or by phone at 705-753-2050 ext. 1323 for more info.



**Escape Room– Sunday February 16th @ North Bay Escape Rooms (Meet @ Band Office for Transportation). 12:30-5:30pm. (Ages 13-24)**

Chance for youth to experience an escape room and build skills on solving problems.

To register and get transportation ; Contact Jayde- [jaydes@nfn.ca](mailto:jaydes@nfn.ca) or by phone 705-753-2050 ext. 1274



**Teen Cooking– Wednesday February 19th @ NFN Gymnasium Kitchen. 5-9pm**

A chance for youth to learn how to cook different meals. (Ages 13-24)

To register and get transportation, Contact Jayde- [jaydes@nfn.ca](mailto:jaydes@nfn.ca) or by phone 705-753-2050 ext. 1274



**Kids Social– Friday February 28th @ NFN Library. 5-9pm**

A chance for youth to get to know one another and hangout. (Ages 6-12)

Email Katie at [katiel@nfn.ca](mailto:katiel@nfn.ca) or by phone at 705-753-2050 ext. 1323 for more info.

## Health & Wellness Programs & Updates

### RESPONSIBLE GAMING

#### Responsible Gaming for Seniors - Monday, February 10<sup>th</sup> @ Health Centre from 5-8pm

Facilitated by Perry McLeod-Shabogesic. Dinner and transportation provided. Seating for 24 people. Call 705-753-3312 to register. Funded by Anishinabek Responsible Gaming Program.

### FHC Food Handler course



#### Food Handler's Training Course - February 21<sup>st</sup> from 8:30am - 4:30pm @ Health Centre

Instructor: Ray Alatalo, BAA CPHI, Environmental Health Officer.

This course is for anyone serving food to the public, from volunteers to restaurant owners. We need a minimum of 12 participants to offer this course, and there are 20 spots available. Lunch provided.

Please register by Wednesday February 12<sup>th</sup> by calling LCHC @ 705-753-3312.

### CORONAVIRUS INFORMATION

On January 25, 2020, Ontario identified its first presumptive confirmed case for the Wuhan novel coronavirus (2019-nCoV). Our Community Health Nurse is actively monitoring this situation.

According to the Public Health Agency of Canada the public health risk linked to 2019-nCoV in Wuhan, China is low for Canada.

**We are monitoring this situation** and if you have any questions or concerns, please contact:

Carole Lafantaisie, RN, BScN  
705-753-3312 ext. 2257  
705-840-8830 (cell)

Monday to Friday 8:30-12:00 and 1:00-4:30 or visit these websites for current information:

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- <https://www.myhealthunit.ca/en/health-topics/coronavirus.asp>

### Coronavirus prevention



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose, and mouth with unwashed hands.



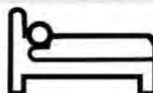
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid close contact with people who are sick.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick.

CBC NEWS

(CBC News)

### Right Path Extended Hours (by appt. only)

Every Tuesday starting in February we will be offering extended hours until 7:30pm (regular office hours are 8:30 a.m. - 4:30 p.m.) pending worker availability.


Please call 705-753-1375 to make an appointment (no drop-ins).



# A Love for Yourself:

## Taking Care of Your Feet

Join us for **dinner** and learn about how to take care of your feet when you have diabetes



Blood Sugar  
Screening  
Available

**Guest Speaker:** Crystal Kaufman, Pedorthist from BioPed

**When:** Monday February 24, 2020  
5:00pm to 7:30pm

**Where:** Lawrence Commanda Health Centre

Transportation available

Giveaways and **PRIZES!**

For more information or to register call 753-3312  
Seating Limited

# Feeding Your Baby

Join us to learn about introducing solid foods to your baby!



Topics will include what foods to start baby on, progression of foods, different textures, tips for making your own baby food, and food safety.

**Prizes to win!**

**When:** Thursday February 6th 11:00am—1:00pm

**Where:** Lawrence Commanda Health Centre

Lunch will be provided



**For more information or to register:**

Contact Erika or Misty @ 753-3312



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

**Good Food Box** is every third Thursday of the month. Volunteers are needed for grocery pick-up on Wednesday afternoon and/or packing and delivery Thursday morning.

**Diners' Club** is every second Wednesday of the month. Volunteers are needed for set up, cooking and clean up. Hours are between 8:30am and 3:30pm.

**Please contact Stella Solomon @ 705-753-3312 Ext. 2229**

# Eating Disorders Awareness Week

## February 2-8, 2020

### Important Information about Eating Disorders from CAMH

#### Eating Disorders

Our society's preoccupation with body image is reflected in the fact that, at any given time, 70% of women and 35% of men are dieting. More seriously, a 1993 Statistics Canada Survey reported that in women between the ages of 15 and 25, 1-2% have anorexia and 3-5% have bulimia. Eating disorders have the highest mortality rate of all mental illnesses, with 10% to 20% eventually dying from complications.

Clearly, these potentially life-threatening conditions are a growing problem. Despite their collective label, these disorders are not about food. Eating disorders are a way of coping with deeper problems that a person finds too painful or difficult to deal with directly. They are complex conditions that signal difficulties with identity, self-concept and self-esteem. Eating disorders cross cultural, racial and socio-economic boundaries, and affect men and women.

Eating disorders can be difficult to detect. The media glamorization of so-called ideal bodies, coupled with the view that dieting is a normal activity, can obscure a person's eating problems. It can be difficult for a person with an eating disorder to admit they have a problem. Knowing how to support someone with an eating disorder is also a challenge. Treatment is available - it can be a long process, but an eating disorder can be overcome. If you think that you, or someone you know, has an eating disorder, it is important to learn the facts. Gaining an understanding of these conditions is the first step in the journey to wellness.

Three chronic eating disorders have been identified.

**Anorexia nervosa** is characterized by severe weight loss due to extreme food reduction. Symptoms include:

- refusal to keep body weight at or above the normal weight for one's body type
- dieting to extremes, usually coupled with excessive exercise
- feeling overweight despite dramatic weight loss
- loss of menstrual periods

extreme preoccupation with body weight and shape

**Bulimia nervosa** results in frequent fluctuations in weight, due to periods of uncontrollable binge eating, followed by purging. As well as a preoccupation with body image, symptoms include: repeated episodes of bingeing and purging, usually by self-induced vomiting, abuse of laxatives, diet pills and/or diuretics - methods which are both ineffective and harmful

eating beyond the point of fullness

**Binge-eating disorder**, or compulsive eating, is often triggered by chronic dieting and involves periods of overeating, often in secret and often carried out as a means of deriving comfort. Symptoms include: periods of uncontrolled, impulsive or continuous eating sporadic fasts or repetitive diets.

#### **Warning signs**

Eating disorders can be difficult to detect. Someone suffering from bulimia can have a normal weight, but the activities they are engaging in can be deadly. Here are some warning signs:

- ♦ low self-esteem
- ♦ social withdrawal
- ♦ claims of feeling fat when weight is normal or low
- ♦ preoccupation with food, weight, counting calories and with what people think
- ♦ denial that there is a problem
- ♦ wanting to be perfect
- ♦ intolerance of others
- ♦ inability to concentrate

#### **What causes an eating disorder?**

When someone has an eating disorder, their weight is the prime focus of their life. Their all-consuming preoccupation with calories, grams of fat, exercise and weight allows them to displace the painful emotions or situations that are at the heart of the problem and gives them a false sense of being in control.

There is no single cause. An eating disorder generally results from a combination of factors. Psychological factors include low self-esteem, feelings of inadequacy or lack of control, depression, anger or loneliness. Interpersonal factors include troubled family and personal relationships, difficulty expressing emotions and feelings, history of physical or sexual abuse. Media promotion of unrealistic images and goals, along with its tendency to equate a person's value with their physical appearance is another contributor.

The possibility of biochemical or biological causes is being studied. Some people with eating disorders have been found to have an imbalance of chemicals in the brain that control hunger, appetite and digestion, possibly as a result of the disorder.

#### **For more information on Eating Disorders or Mental Health**

**You can go to the following website: [www.camh.ca](http://www.camh.ca) or**

**Talk to your health care provider (doctor) or contact the Right Path for a referral.**

## Cultural Events



### Full Moon Ceremony

Monday, February 10th @ 7pm - Culture Centre  
Please bring your yellow cloth and skirt if you wish.

Contact: Evelyn at 705-753-2050 for more information,  
or by email to [evelynm@nfn.ca](mailto:evelynm@nfn.ca).



### Sweat Lodge Ceremony

Friday February 28th, 2020 @ 4-9pm  
341 Couchie Memorial Dr.

Bring feast bundle, towel and semaa (tobacco). Women encouraged to wear skirts. Register with Mindy at 705-753-2050 or by email to [mindym@nfn.ca](mailto:mindym@nfn.ca).



### Why you shouldn't snare Rabbits in February

**Bezhik Ndimooeyeban ngii-dbaajmodtaagban gaan iisan nji -goodoonswan iinsan i- Mkwa Giizis.**

**Gaan nishiznoon ji-goodoosig , nji- nisin a waabooz. Mii i-pii gi-waaboozook paa nooknandiwaad maa nookming, ndinik.**

**Aanen dash iinzan, ndinaa Gookmis.**

**Gii bi- mbikweno waawiinendam sko- gii nawaabmit , Gookmis.**

**Giizhpín nsindwaa gi- waaboozoog kido, gaan ga-yaasiwak gi-Easter Bunnies, waaboozoonsag.**

**Giinik , pii dash I ndaapshkoo gii chi-baapyaan.**

**Geget sko-chi- debwe. Mii-I**

### This story was told by our Elder Martha Clemens

She said do not snare rabbits in February Mkwa Giizis. I asked why and she said, well that's when the rabbits chase each other around the bush.

And why would they do that? That's when she looked up with a big smile and said so we can have Easter bunnies at Easter time.

We both had a good laugh, I can still see her rocking in her rocking chair, telling stories and singing.

I went to visit at the Seniors Home a lot.

I enjoyed visiting them our kwewag.

Miigwech,

Gookmis Evelyn

# Nbisiing Nishnaabemwin

## Eko-Niizh Giizis - Mkwa Giizis (Bear Moon - February)

Eko-niizh Giizis e-goojing gaa zhijkaazod ,Mkwa Giizis zhinkaazo.

Mii wa Mkwa e-piitendmin waa bi-yaad.

Mii dash pii wii-wiijiwaan Gookmisan wii mosewaad Manidoowin,kiing.

Gookmisan wiin gii-maajiinaan wa Mkwana mndoo – kiing,wii debnang gchi-mshkawziid.

Wii debwaabid wa Mkwana washme waasa pii-dash maa pii kiing minwa wii-gnoonaad wiyan naajitood maa gchi-mshkawziwin.gaan wiin memkaaj naanoondaagweweg aabjitoosiin.

Miijim ge-nendaagwat , gaawin nishaa nji-daapnigaadesnok.

Kina kendaaswin minwa nbwaakaawin gaa bi-zhi-miigwewaad nawendaagnak,e-nendaagwak wiijiigaazod Gookmis.

Mii dash noongom Mkwa Giizis ,Gookmis gii-maji-webnaan Mkwana ,wii bi-dgoshing goki maa kiing wii bi-giishtonid ji-gchi-mshkawziwin.

Mii Gzhemidoo pane ebi-ndawendang.

Miigwech

Bear Moon is the second moon of creation.

This sacred time is given to the bear to honor the spiritual journey that he will soon return from.

During this time, he has journeyed with Gookmis in a vision quest of the spirit world.

Gookmis takes the bear gradually through the spirit world to receive the spiritual powers of the universe.

He receives the ability to see beyond the physical world and to communicate through the energy rather than sound.The foods required for such a quest are not taken by chance.

The knowledge and wisdom passed through the heredity line are needed for this long journey with Gookmis.

In this time of the Bear Moon, Gookmis awakens the bear to return to the physical world to complete his quest.

At this time it is not wise to get near the bear because he is marking his territory and searching for nourishment, consisting of: different types of berries, roots, and fish.

All keep the mind sharp and the body strong and pure, the way the Creator intended from the beginning.

Miigwech

## Nishnaabeg Kidwinan (Words)

<b>Mkwa Giizis</b>	Bear Month	<b>giigooyens</b>	minnow
<b>Mkwa</b>	bear	<b>giigoons</b>	small fish
<b>Kakjii</b>	ground hog	<b>saawens</b>	perch
<b>waabshkaa</b>	white	<b>gnoozhe</b>	pike
<b>boong</b>	winter		
<b>Mkwam</b>	ice		<b>Nmaadgaak mkwamiing</b>
<b>Zaagigan</b>	lake		walking on frozen lake, ice
<b>wewebnaabiing</b>	ice fishing		<b>Bi-maadgaako</b>
<b>pkwaneg</b>	making a hole		he/she is coming, walking across the lake
<b>mgsinaak</b>	fishing rod		<b>Aazhgeyaatgaako</b>
<b>mgiskan</b>	fish hook		travelling across by foot, lake



## Nbisiing Nishnaabemwin

### Kidwinan & Dialogue

Boozhoo kina

hello everyone

Evelynm Gookmis niin ndaaw

I am Evelyn, Gookmis

Waabshkaa

white

Gookookoo

owl

kidwinan

words

Jiinaago

yesterday

(gii)

past

Noongom

today, now, present

Waabang

tomorrow

(wii)

future

Gchi-pooni Giizis

Big winter month

**Verbs:**

Naaabwaaajge

read

Aagmose

snowshoe

Gziignaagne

wash dishes

**Dialogue :****Jim wii-naabwaaajge waabang .**

Jim wants to read tomorrow.

**Mishoomis gii-aagmose jiinaago.**

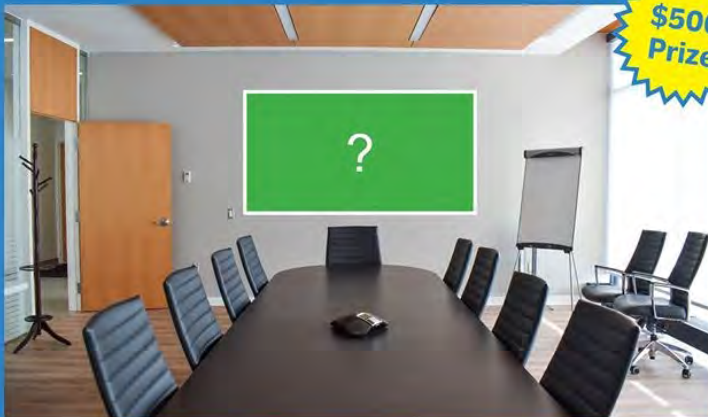
Grandfather went snowshoeing yesterday.

**Gookmis gziinaagne noogom .**

Grandmother wash dishes today.

KINOOMAADZIWIN  
EDUCATION BODY

## MURAL ART CONTEST

\$500  
Prize**Art Contest**

The KinooMaadziwin Education Body is hosting a youth art contest for a mural to be painted in our head office board room. The winning entrant could win a \$500 grand prize.

**Theme**

Artwork must be representative of Anishinabek culture, teachings or history, and must focus on the theme of Anishinabek education.

**Who can enter?**

The KEB Mural Art Contest is open to youth who are members of the Anishinabek Education System's Participating First Nations, ages 12-24.

**Submissions**

Artwork may be submitted as original artwork, full colour scans or photographs. The deadline for submissions will be February 7, 2020 at 4:00pm.

**EMAIL SUBMISSIONS TO:**

makenzie.dokis@a-e-s.ca

**MAIL SUBMISSIONS TO:**

KinooMaadziwin Education Body  
132-100 Osprey Miikaan  
North Bay, Ontario  
PIB 8G5

For complete contest details, please visit:  
[www.aes-keb.com](http://www.aes-keb.com)

We are looking for a logo to  
represent the new  
North Bay Indigenous Hub!

## DIGITAL ART LOGO CONTEST

Our new name is  
**Giiwedno Mshikiiwgamig**  
which means  
**Northern Medicine Lodge**

Prize: \$500

Deadline: February 3, 2020  
@4:30pm

18+ or with parental consent

Please forward submissions to:  
[reception@nbindigenoushub.ca](mailto:reception@nbindigenoushub.ca)

\*Contest rules and conditions apply, please see  
contest rules attached or on the  
North Bay Indigenous Hub's Facebook page.

## A Teaching provided by Eddie Benton Banai

### February 14, 2014 workshop at Nipissing University

The 8<sup>th</sup> Fire speaks of how our youth will be brothers with the settler nation.

We acknowledge the prayers of our ancestors for clean water for clean lands.

They didn't see good things coming, but they prayed anyways. We still pray for our children too.

Not that many years ago, there was no established Indian knowledge in the schools or in the communities. Our kids were being harassed in the schools, on the buses, etc. We started going to school board meetings and demanding something be done. Nothing was done, and it dragged on. Indian women were asking, "Where are the Indian men?" Little by little, it started coming together. To deal with marginalization. Even the books didn't say good things about us.

We had to start forcing people to hear us. It's not what we wanted to do, but what we had to do. We went to our elders and spiritual advisors and to their pipes.

No matter who it is, always have respect for who you are addressing. Respect others too. Always listen to how others see things, and then have a conversation.

Native people were always being targeted by the police, media, etc. They started wearing red jackets and carrying cb radios and video recording cameras to protect people being harassed. The media started to notice. There was starting to be better response. Take police badge numbers. The state of Minnesota – Indian Citizenship Review commission. The other races started coming forward. The blacks.

When you use respect, you get better results. There is only One Creator. The earth is the mother of all living things. The original people of North America respected all other ways, and all other people. That is our education. The churches and education systems tried to steer us away.

Spirit put us here. We are here to take care of this part of the world and we look after the bones of our ancestors. 50,000 years, we've been here in North America.

Give the kids their basic teachings, their clans, their names. They will be able to face every day, even the racism. Give the people who they are. If you give the kids their foundations, it is never too late. It will open the doors to wherever they need to go.

Seven generations from now, they will have clean water because the anishnaabe knew their responsibilities.

Read the seven prophecies. They were given to us 300 years

before the settlers came here. The seventh fire. The children whom we forgot to give their clans, whom we forgot to teach their sacred language, whom we forgot to give their clan songs. The children of the 7<sup>th</sup> fire will start to ask "why"??

We have become so "civilized", we don't know who we are. Don't leave the children to fend for themselves.

The AIM movement dared to stand up and say we want to see about US in the education books. We should be the first chapter in the history books. We always hear about settler heroes. Never about our heroes.

Semaa wasn't given to use to smoke and cause us lung cancer. It is a medium of prayer. There is a difference between commercial semaa and natural semaa. Semaa wasn't given to use to smoke and cause us lung cancer. It is a medium of prayer.

The AIM movement dared to stand up and say what we wanted to see about ourselves in the education books. We should be the first chapter in the history books. We always hear about settler heroes. Never about our heroes.

The white educators hung their head because they knew we were telling the truth.

In the jails, 82% of youth corrections, are native, 70% of the women, 35% of the men are natives. Black and Indian. That's not corrections. That's revenge. For such things as stealing, joy riding, you end up in jail.

We need anishnaabe orientation in the school system. In St Paul, they have the first youth Indian home. Culturally based. The pipe is raised every day. The clans are installed. Only 3% come back. In the prison system, 18% go back.

All these are done to get at the land and resources.

We are misread, as people, because of our natural traits. Our respect teaches us not to interrupt, or argue. This is seen as assent.

The gas and oil companies own the politicians. The only thing standing in the way, is the treaties. Some white people are now standing with us.

Pay more attention. Restore our sacred ways. Restore our sacred language.

When we look up, when we get old, we will all realize we've been duped.

We are all anishnaabe, but differentiated by our language and culture. All anishnaabe are united by our spiritual beliefs. The earth is the mother of all.

## Property for Sale in Prime Area

30 Goulais Crescent, Duchesnay Village

Available to Nipissing First Nation members only

Big lot with all services. Location, Location, Location!

**\$200,000 - open to offers**

Serious inquiries only. Please contact:

Dot at 705-493-5577 (call or text) or email [dotbeaucagekennedy@gmail.com](mailto:dotbeaucagekennedy@gmail.com)



**Wednesday, February 5th  
7pm | Nipissing University**



**IAN CAMPEAU**

Ian Campeau, also known as DJ NDN, is the co-founder & former member of the music group A Tribe Called Red (ATCR). Through a powerful combination of art and activism, he uses his notoriety to draw attention to issues of racism, gender based violence, stigmas of mental health, and other forms of oppression. He is Ojibwe, Anishinaabe from the Nipissing First Nation.



**Thursday, February 27th, 2020**

**11AM - 1PM**

**NFN Complex Gym**

**4th Thursday of each month**

**Call the Food Bank at 705-753-6972  
to book transportation by February 20th, 2020**



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



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



Green Medicine by the Homeopathic Pair



**170 Main Street, Sturgeon Falls**

705-753-9333 | [www.bowandarrowcanada.com](http://www.bowandarrowcanada.com)

Owner/Operator: Lana Stevens



Bow & Arrow



**George Couchie**  
705-494-6887

286 Nova Beaucage Road  
North Bay, ON P1B 8G5

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

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



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North Bay, Ontario P1B 8G5

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

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

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**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



# February 2020

## Mkwa Giizis (Bear Moon)

SUN	MON	TUES	WED	THU	FRI	SAT
 <p><b>NIPISSING FIRST NATION</b> A-Kii, Bemaadziik, E-Niigaanwang The Land, the People, the Future</p> <p><b>EVENTS</b></p>			<p><b>Anishinabek Nation Governance Agreement</b> <b>Ratification Vote Period: February 1-29</b> Vote online, by mail-in ballot, or in person at the polls in Garden Village from February 25-29</p>			1
2	3	4	5	6	7	8
		<p><b>Baby Group</b> 9am-12pm @ Library</p> <p><b>Council Meeting</b> 7:30pm in Garden Village</p>	<p><b>Food Bank</b> OPEN 9-4</p> <p><b>Computer Night</b> 6-8pm @ Library (Ages 13-24)</p> <p><b>Kids Movie Night</b> 6-8pm @ Library (Ages 6-12)</p> <p><b>Ian Campeau talk</b> 7pm @ Nipissing U</p>	<p><b>Feeding your Baby</b> <b>Introducing Solids</b> 11am – 1pm @ Health Centre</p>		
9	10	11	12	13	14	15
<p><b>Family Snowshoe Day</b> 12-4pm @ Band Office (Ages 6-12)</p>	<p><b>Resp. Gaming 50+</b> 5-8pm @ LCHC</p> <p><b>Craft Night</b> 6-8pm @ Library (6-12)</p> <p><b>Moon Ceremony</b> 7pm @ Culture Ctr</p>	<p><b>Baby Group</b> 9am-12pm @ Library</p> <p><b>Robinson Huron Treaty Session</b> 5pm – 9pm @ Duchesnay Hall</p>	<p><b>Diners' Club</b> 11am – 1pm @ GV Gym</p> <p><b>RHT Session</b> 1-4pm @ GV Gym</p> <p><b>Skate Night</b> 6-8pm @ GV Rink</p>		<p><b>Deadline for LNHL</b> Midget age players to enter LNHL Alumni Game Draw!</p> <p><b>HAPPY Valentine's DAY</b></p>	<p><b>Sudbury Day Skate for Families</b> 10am – 7pm @ Ramsey Lake Skate Path (12 &amp; under w/ parent/guardian)</p>
16	17	18	19	20	21	22
<p><b>Escape Room Trip</b> 12:30-5:30pm @ North Bay Escape Rooms (Ages 13-24)</p>	<p><b>Family Day</b></p> <p><b>Sorry WE'RE CLOSED</b></p>	<p><b>Baby Group</b> 9am-12pm @ Library</p> <p><b>Council Meeting</b> 7:30pm in Garden Village</p>	<p><b>Food Bank</b> OPEN 9-4</p> <p><b>Teen Cooking</b> 5-9pm @ GV Gym (Ages 13-24)</p> <p><b>Kids Movie Night</b> 6-8pm @ Library (Ages 6-12)</p> <p><b>Wills &amp; Estates</b> 7-9pm @ NFN Boardroom in GV</p>	<p><b>Wills &amp; Estates Workshop</b> 7-9pm @ Nipissing School Classroom</p>	<p><b>Deadline for NFN</b> Peewee, Bantam &amp; Midget age players to apply for the honour of smudging the ice during Opening Ceremonies!</p> <p><b>Food Handler's Training Course</b> 8:30am – 4:30pm @ Health Centre</p>	
23	24	25	26	27	28	29
	<p><b>A Love for Yourself</b> 5-7:30pm @ Health Centre</p>	<p><b>ANGA Vote: Polls in Garden Village</b> 9am – 8pm Feb 25-29</p> <p><b>Baby Group</b> 9am-12pm @ Library</p>	<p><b>Skate Night</b> 6-8pm @ GV Rink</p> <p><b>Craft Night</b> 6-8pm @ Library (Ages 6-12)</p>	<p><b>Bi Mino Wiisin Soup Kitchen</b> 11am – 1pm @ NFN Complex Gym</p>	<p><b>Kids Social</b> 6-8pm @ Library (6-12)</p> <p><b>Sweat Lodge</b> 4-9pm @ 341 Couchie Memorial Dr.</p>	<p><b>Last Day to Vote on the ANGA</b></p> <p><b>LEAP YEAR</b></p>



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

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