



May 2020

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

## In This Issue

### UPDATES

- Essential Services.....2
- NFN Businesses.....2
- Food Security.....3
- Health Services.....4
- Council Connection.....5
- Natural Resources .....6
- Education Updates .....7
- Nbisiiing School.....7-8

### MENTAL HEALTH

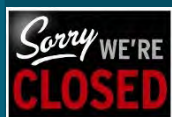
- Talking to your Child.....9-10
- Coping with Stress.....11
- Shkaabe Makwa.....12

### CULTURE

- Ziigwan Teaching.....13
- Nishnaabemwin.....14

### ADS & NOTICES .....15-18

Click the links above to go to the section you want to read!



Our offices are closed until May 19<sup>th</sup>

## Council Meetings

**Weekly via online conferencing during COVID-19 Pandemic.**

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).

**NFN offices and facilities are closed until May 19<sup>th</sup> and many staff are working from home. Others continue to serve on the frontlines to deliver essential services to support our community.**

Our response to COVID-19



Miigwech to our staff and community members for your continued patience and diligence during this challenging time. We urge everyone to keep paying close attention to public health information and to follow guidelines to stay safe and healthy, including staying at home except for essential trips, not visiting with people who don't live in your household or having gatherings of five or more people, practicing physical distancing when you do need to leave your home, and washing your hands thoroughly and often to protect yourself.

### Status of Cases

As of April 28, 2020, the number of positive cases for the Nipissing-Parry Sound District has not increased in one week, remaining at 16, with 15 of those 16 cases being resolved - meaning that the individuals have recovered. Officials are cautiously optimistic, saying that physical distancing measures are working and need to stay in place, especially as the number of positive cases across Ontario continues to be concerning.

### Managing our Response

Council meets weekly and our Emergency Control Group (ECG) meets twice weekly via online conferencing to manage our response to this evolving situation. We continue to implement measures to meet the needs of the community, such as the food security and community transportation programs, and we are maintaining essential services (with some modifications) while our offices are closed.

We are tentatively set to begin restoring business operations in phases on **Tuesday, May 19<sup>th</sup>**. This date will be reviewed by Council as it draws nearer and is subject to change as the situation evolves. We are adapting our plans and operations as needed, and will continue to provide timely updates to keep the community informed.

### Community Wellness Check-Ins & Communications

Our website and social media pages are updated daily with current information, however we realize that not everyone is online and able to access this information. That's why our Social Services team is leading a **Community Wellness Check-In** program with the support of staff from the Ojibway Women's Lodge. Staff will be calling every on-reserve member household to ask how you're coping and to provide information about services available.

We continue to mail our monthly newsletter to Elders on-reserve and in the local area, and to anyone who has requested the newsletter by mail. To be added to the mailing list, please call Gen Couchie at 705-498-2507. You can also be added to the email distribution list by emailing [genc@nfn.ca](mailto:genc@nfn.ca), or access newsletters anytime on our website: [nfn.ca/newsletters/](http://nfn.ca/newsletters/)

Visit [nfn.ca](http://nfn.ca) for information & resources during the COVID-19 pandemic

## UPDATES

### Essential Services & Contacts

**Community Health Nurse** - Carole Lafantaisie: 705-840-8830 (cell)

**Community Transportation Services** - Jeff Stewart: 705-840-8850

*Services are available Tuesdays, Wednesdays & Thursdays. Limited to one trip per week per household (same address) to 1 grocery stores, 1 pharmacy and 1 bank per trip.*

**Home & Community Care Driver** - Allan Penasse: 705-499-5921 (cell)

**Medical Transportation Driver** - Eleanor McLeod: 705-477-5143

*Only one household (same address) is permitted in vehicle per trip.*

**Housing Maintenance/Repair Emergencies** - 705-477-1586

**Child Welfare Emergencies** - 705-753-6999 ext. 1322 (leave a message) or [wendyl@nfn.ca](mailto:wendyl@nfn.ca)

**Ontario Works** - 705-753-6999 ext. 1324 (leave a message) or [gingerp@nfn.ca](mailto:gingerp@nfn.ca)

**Ojibway Women's Lodge** - 705-472-3321 (emergency), 705-472-0233 (crisis support) or 705-472-7828 (inquiries) | [OFRC@nfn.ca](mailto:OFRC@nfn.ca) | [www.ojibwaywomenslodge.ca](http://www.ojibwaywomenslodge.ca)

### NFN Businesses & Safety Measures

Following a two-week closure mandated by Chief & Council, essential NFN on-reserve businesses were allowed to reopen starting on April 22<sup>nd</sup> provided they met all public health requirements and protect the safety of the community.

To receive approval to reopen and remain open, all NFN businesses must follow a rigorous process, which is detailed on our website along with the list of approved businesses.

For more information please contact Michael Harney, Economic Development Manager, at 705-840-8296 or by email to [michaelh@nfn.ca](mailto:michaelh@nfn.ca).

Ongoing monitoring of business operations will be in effect and any complaints about non-compliance will be investigated. Failure to maintain compliance with safe business practices will result in the business being required to close until it becomes compliant.

**Businesses may opt into this process at any time, or remain in closure.** We also ask business owners to do their part to minimize traffic to the community and to help however they can to continue to keep the community safe. The Anishinabek Police Service and NFN staff continue to monitor traffic in Garden Village and Duchesnay.

## NFN's ECG (Emergency Control Group)

### Members include:

**Chief Scott McLeod**  
705-498-7599 (cell)

**Dwayne Nashkawa,**  
Chief Executive Officer  
705-498-4268 (cell)

**Kimberly Lalonde,**  
Director of Health Services

**Carole Lafantaisie,**  
Community Health Nurse

**Melvin McLeod,**  
Emergency Services  
Manager

**Freda Martel,** Director of  
Administration

**Tammy Saulis,** Chief  
Financial Officer

**Patrick Stevens,** Director of  
Community Infrastructure

**Nancy Allaire,** Director  
of Education

**Debbie McLeod,** Social  
Services Manager

**Geneviève Couchie,**  
Communications Officer

More contact info available  
on our website: [https://  
www.nfn.ca/covid-19-info/](https://www.nfn.ca/covid-19-info/)

### Other Participants:

**Jennifer Lalonde,**  
Human Resources Manager

**Carole Couillard,** Nbisiiing  
Secondary School Principal

**Brian Stevens,**  
Maintenance Supervisor

**Michael Harney,** Economic  
Development Manager

**Cameron Welch,** Director of  
Lands & Natural Resources

### SHOULD I WEAR A FACE COVERING (HOMEMADE MASK)?

✓ It will protect others from your germs

✓ When going out for groceries and  
essentials, the face covering may offer  
some protection when you cannot keep  
2 metres from others

✓ You can make your own face covering  
with materials you already have



✗ You may touch your face to adjust the  
face covering, contaminating your hands

✗ You may get a false sense of security  
and not keep 2 metres of distance

✗ You may think it is safe to go out for  
non-essential trips, but it isn't



Do not use medical masks as they are needed by health care workers



Visit [myhealthunit.ca](http://myhealthunit.ca) or call 1-800-563-2808 for credible health information.



## Public Health Information

- **North Bay Parry Sound District Health Unit** (updated at 3pm weekdays) <https://www.myhealthunit.ca/>
- **Cases in Ontario** (updated daily at 10:30am and 5:30pm) <https://covid-19.ontario.ca/>

### For more information or for medical advice:

- Telehealth Ontario for medical advice at **1-866-797-0000**
- North Bay Parry Sound District Health Unit at **1-800-563-2808 ext. 5229**
- Your primary health care provider (i.e. Family Doctor)

## Think you have COVID-19 symptoms?

Don't visit an assessment centre unless you have been referred by a health care professional.

**Do not call 911** unless it is an emergency.

Call Telehealth Ontario: **1-866-797-0000** OR use this self-assessment tool to help determine how to seek further care: <https://covid-19.ontario.ca/self-assessment/>

The West Nipissing Assessment Centre is now open by appt only. Call 705-580-2186.



The Food Security program is for local NFN members (on-reserve and living in nearby communities). The program operates weekly according to the following priority list: **Seniors (60+), Families with young children, NFN community members & employees.**

By delivering food directly to members at no cost, we are achieving a number of important objectives, including:

- Enabling people to make fewer trips to town, thereby reducing risk of exposure.
- Lowering costs for food and other staples for those whose work has been impacted by business and organizational closures.
- Encouraging people to stay home and reducing the risk of community spread by delivering to people's doors.

The deadline to order is **Tuesdays at noon** for deliveries on Thursdays, and the grocery list/order form is posted on our [website](#) and [Facebook](#) page every week. As part of the community wellness check-ins, all members should receive a phone call to inquire about any support needed during this time, and to inform them about supports available, such as this program. Please order only what you need to ensure there is enough for everyone.

To make a donation to support the Food Security Program, please send an e-transfer to [payments@nfn.ca](mailto:payments@nfn.ca) and use the "Message" field to indicate that the funds are for the "Food Security Program." Charitable donation tax receipts are available upon request.

### **For more information or to place an order:**

**Phone / Text: 705-498-0432**

**Email: [foodsecure@nfn.ca](mailto:foodsecure@nfn.ca)**

**Please do not contact the Food Bank – this is a separate program.** All access to the food bank is by delivery only on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month. Leave a message at 705-753-6972 or email [beckyc@nfn.ca](mailto:beckyc@nfn.ca) with your name, phone number and address to request a delivery. Please refer to the [Food Bank Policy](#) for details regarding eligibility.

**Chi-miigwech to the dedicated staff who have worked hard to organize and sustain this program to support community members during this difficult time.**



Photo Credits: Rodney Commanda



## Community Response on COVID-19 from the NFN Health Services Department

During this pandemic, it is extremely important to take all necessary precautions to prevent the spread of COVID-19 into our community to protect our most vulnerable community members. The COVID-19 virus has shown to be stronger in terms of how fast it is being transmitted and how severe the virus has been to date.

***There are over 2 million confirmed cases world-wide and over 165,000 deaths in a short period of 4 months.***

As of April 28<sup>th</sup>, there are no cases in NFN, we want to keep it that way. Past pandemics have shown that First Nations are more at risk due to their underlying medical issues, as well as some communities experience lack of adequate housing, no safe water to drink, overcrowding and remote access to health care.

Indigenous Services Canada is aware of 53 confirmed positive COVID-19 cases on First Nation reserves in Canada, 14 cases are in Ontario reserves. This can serve as a reminder that we all need to be vigilant in keeping ourselves and our loved ones safe.

We must continue to follow public health recommendations including staying home as much as possible. Only leave if it's absolutely necessary. Designate one person in the house to do the shopping, limit shopping as much as possible (try to go only once every 7-10 days), and leave your children at home if possible.

We have included a table below to visualize how different and serious this COVID-19 virus is compared to SARS and H1N1.

### Comparing Pandemic Viruses

SARS	H1N1	COVID-19
<ul style="list-style-type: none"> <li>Originated in <b>2003</b> - First appeared in Foshan, China. Population of approx. 7 million citizens.</li> <li>First pandemic of the 21<sup>st</sup> Century.</li> <li>Lasted 2 years.</li> </ul>	<ul style="list-style-type: none"> <li>Originated in <b>2009</b> - First appeared in Mexico.</li> <li>First global flu pandemic in 40 years.</li> <li>Last nearly 2 years.</li> </ul>	<ul style="list-style-type: none"> <li>Originated in <b>2019</b> - First appeared in Whuan, China. Population of approx. 11 million citizens.</li> <li>2019 to present</li> </ul>
<ul style="list-style-type: none"> <li>Respiratory virus related to the Coronavirus family.</li> </ul>	<ul style="list-style-type: none"> <li>Respiratory virus related to the Influenza family</li> </ul>	<ul style="list-style-type: none"> <li>Respiratory virus related to the Coronavirus.</li> </ul>
<ul style="list-style-type: none"> <li><b>8096 confirmed cases</b> world-wide.</li> <li><b>774 deaths</b> world-wide in a 2 year period.</li> </ul>	<ul style="list-style-type: none"> <li><b>1.6 million confirmed cases</b> world-wide</li> <li><b>18,000 deaths</b> world-wide in a nearly 2 year period.</li> </ul>	<ul style="list-style-type: none"> <li><b>Over 2 million confirmed cases</b> world-wide.</li> <li><b>165,000 deaths</b> in a 4 month period.</li> </ul>
Affected everyone one, people with chronic health issues were more at risk of severe cases.	Affected more children and healthy adults.	Affects everyone, it does not discriminate.
No vaccine.	Vaccine available and should be taken every fall.	No vaccine as of yet.
Contained mostly in healthcare settings. Isolation and contagiousness occurred at the same time therefore isolated when most contagious.	Community spread.	Community spread due to missing some positive cases that show no symptoms or mild symptoms, continue to spread the virus that are not isolating.



## Chief McLeod's Video Updates

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

- **COVID-19 Update**  
April 8, 2020 with  
Kimberly Lalonde,  
Director of Health Services
- **COVID-19 Update**  
March 24, 2020
- **COVID-19 Update**  
March 19, 2020

Miigwech to our dedicated staff for continuing to deliver services and to respond to the needs of the community while we all continue to adjust to the "new normal" for now.

**Mshkawendmodaa**

Let's Stay Strong Minded



## Council Connection

Keeping Our Community Informed about Key Issues

### Cannabis Law & Enactment Process Amendments

***Recreational cannabis & edible sales now permitted for ages 19 years+***

The Nipissing First Nation Land Code, Section 6.1(a) permits Chief and Council to make Land Laws respecting the development, conservation, protection, management, use and possession of Nipissing First Nation Land.

A community survey was recently completed and public meetings were held on March 11<sup>th</sup> and 12<sup>th</sup> regarding proposed amendments to the Cannabis Law to allow the sales of legal, inspected cannabis products (including edibles) to patrons aged 19 years and up.

Based on community feedback, Nipissing First Nation Chief and Council believe it is in the best interests of the membership to reduce the sale of unregulated cannabis and enable the sale of inspected and regulated cannabis at licensed NFN cannabis retail stores.

Therefore, the age requirement of twenty-one (21) years of age set out in Paragraphs 6, 7, 8, 13, 14, 24(b), 25 and 33 of the NFN Cannabis Law is hereby deleted and the following inserted in lieu thereof: "nineteen (19) years of age".

Further, Paragraph 24(f) related to the restriction on the sale of edibles will be deleted in its entirety. This law shall come into force and effect on the 19<sup>th</sup> day of May, 2020.

[Click here to download the Cannabis Law Amendment document.](#)

During emergency circumstances, such as the current COVID-19 pandemic, it may not be prudent to comply with the 60-day mail-out requirement stipulated in the Nipissing First Nation Land Law Consultation, Voting and Enactment Process. Therefore, section 4.12 has been amended and shall now read:

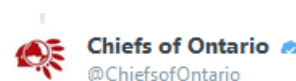
*"4.12 Council may create or enact a policy, guideline, regulation or land law without the preliminary steps in section 4.4 and 4.5 ordinarily required, if Council is of the opinion there is a public health or safety emergency in regards to land or Membership."*

[Click here to download the Notice of Amendment to the Enactment Process](#)

Should you have any questions or concerns regarding this amendment, please submit them in writing to:

Cathy McLeod, Land Manager  
36 Semo Road, Garden Village, ON  
or by email to [cathym@nfn.ca](mailto:cathym@nfn.ca)

**Visit [nfn.ca](http://nfn.ca) for updates & resources during the COVID-19 pandemic**



"It's for no other reason, and these are unprecedented times and it's calling for drastic measures to make sure that all our members are safe," says [@Chief\\_S\\_McLeod](#) of [@Nipissing\\_FN](#). #COVID19

12:08pm · 21 Apr 2020 · Twitter Web App



### Spring Gillnet Moratorium: April 1 - May 16

#### *Moratorium on Spear Fishing remains in effect for 2020*

The spring moratorium is the most important management tool we have to protect the spawning fish and ensure the long-term health and sustainability of Lake Nipissing.

**The annual gillnet moratorium is in effect from April 1<sup>st</sup> - May 16<sup>th</sup> (dates subject to amendment by Council). The temporary moratorium on the cultural practice of spear fishing remains in effect to boost the success rate of the spawn.**

The traditional practice of *spearfishing* during the spawning season has been temporarily suspended for the past several years due to NFN's concerns over stock status, especially with the lack of representation of adult walleye within their population. The temporary suspension, along with other management decisions, has proven successful as there are some signs of improvement, but the population is still in recovery.

Chief & Council decided to keep the temporary moratorium on spear fishing in place this year to boost the success rate of the spawn. Chief & Council also considered concerns about the spread of COVID-19 in making this decision to protect the health of members.

We all need to do our part to ensure that we can enjoy the resources that Lake Nipissing provides for us now, and for generations to come.

**Miigwech to all community members who follow the NFN Fisheries Law.**

### MOU Update 2019-2020

A joint update on our Memorandum of Understanding (MOU) with the Ministry of Natural Resources and Forestry (MNRF) was released in late April 2020 and is available to view on our website ([www.nfn.ca](http://www.nfn.ca)) and NFN Administration Facebook page (@NipissingFN).

#### ***Some key MOU achievements over 2019-2020 included:***

- Sharing strategies and relationship successes nationally with First Nation communities
- Cooperation between NFN staff and fishers to meet commercial fishery sampling targets
- Successful NFN Fisheries Law education and acceptance
- The MOU Steering Committee will continue to guide NFN and MNRF in implementing the MOU during 2020-21.

We are entering the fifth year of our working relationship with the MNRF, which is guided by our shared goal of supporting the recovery the Lake Nipissing walleye population through the full implementation of [NFN's Fisheries Law](#).

### Employment Opportunities On Hold

#### **All competitions are temporarily on hold until further notice**

### Commercial Fishing Registration

Please contact Jeff McLeod, Natural Resources Manager, at 705-753-2050 ext. 1325 or [jeffm@nfn.ca](mailto:jeffm@nfn.ca) for details about registering as a commercial fisher for the 2020 season.

### Fisheries Law Enforcement

Our Natural Resources Enforcement staff will be conducting patrols daily.

If they approach you, they are just doing routine inspections to ensure that no netting or spearfishing is taking place.

Report suspicious activity to the Natural Resources Department office:

- **Call 705-753-2050:**  
Jeff @ ext. 1325,  
Clayton @ ext. 1236 or  
Tyler @ ext. 1224.
- **After Hours**, please call/text/email Clayton at 705-498-3823 or [claytong@nfn.ca](mailto:claytong@nfn.ca), or Tyler at 705-498-2506 or [tylerc@nfn.ca](mailto:tylerc@nfn.ca).

Learn more about NFN's Fisheries Management program and access the NFN Fisheries Law here: <https://www.nfn.ca/natural-resources/fisheries/>



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

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

## Attention Graduates

Please ensure that you fill in your **First Nation Post-Secondary Funding Applications**. The deadline is May 1<sup>st</sup> for most First Nations (and it is May 15<sup>th</sup> for Nipissing First Nation). There are still **scholarships and bursaries** available and we encourage all students to apply. Links were shared with students in the drive and/or you can go online to search for others. We will get through this together!

## Frog Dissection

This past February, the Grade 10 Science class wrapped up their Biology unit by completing a frog dissection. Students were able to identify the organs and organ systems they had learned about throughout the unit. It was also interesting to compare the similarities and differences between human and frog anatomy.



## EDUCATION DEPARTMENT UPDATES

The deadline for **post-secondary applications** for 2019-2020 is **Friday, May 15, 2020** at 4:30 p.m. If you have any questions or for a post-secondary application package, contact Gerry at 705-753-6995 or [gerryg@nfn.ca](mailto:gerryg@nfn.ca). Post-Secondary information sessions that were planned in mid-April will be re-scheduled.

The deadline to return **AES consent forms** has been extended to June 5<sup>th</sup> due to the COVID-19 pandemic, and the prize draw will take place on June 8<sup>th</sup>. To download the form, visit: [nfn.ca/education/aes/](http://nfn.ca/education/aes/)

To register for **Adult Education**, please contact Tracy Hanzlik to register at 705-753-6995 or [tracyh@nfn.ca](mailto:tracyh@nfn.ca).

**More Education Updates & Online Learning Resources:** [nfn.ca/covid-19-info/](http://nfn.ca/covid-19-info/)



**Everyone's office is looking a bit different these days,  
but perhaps none quite as much as Alex's!**



**Alex grading assignments in  
his office...**



## CORONAVIRUS (COVID-19): HOW TO TALK TO YOUR CHILD



Ask questions geared to your child's age level. For older kids, you might ask, "Are your friends talking about the coronavirus? What are they saying?" For younger children, you could say, "Have you heard grownups talking about a new sickness that's going around?" This gives you a chance to learn how much kids know — and to find out if they're hearing the wrong information.



Focus on helping your child feel safe, but be truthful. Don't offer more detail than your child is interested in. For example, if kids ask about school closings, address their questions. But if the topic doesn't come up, there's no need to raise it unless it happens.



Give your child specific things they can do to feel in control. Teach kids that getting lots of sleep and washing their hands well and often can help them stay strong and well. Explain that regular hand washing also helps stop viruses from spreading to others. Be a good role model and let your kids see you washing your hands often!



Talk about current events with your kids often. It's important to help them think through stories they hear about. Ask questions: What do you think about these events? How do you think these things happen? Such questions also encourage conversation about non-news topics.

[WWW.NFN.CA](http://WWW.NFN.CA)

**GIYAK MOSENG THE RIGHT PATH 705-753-1375**



## CORONAVIRUS (COVID-19): HOW TO TALK TO YOUR CHILD

### There are many things you can do to support your child

Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.

Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.

Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.

Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.



#### Land Based :

Activities include medicine walks (which can be done this time of year [Cedar, Tamarack bark, Labrador Tea]), fishing, tracking, harvesting, open fire cooking, shelter building, solo survival, daily reflection, ceremonies, elder talks, traditional land-based practices, storytelling, sharing circles, and drumming and dancing.

**IF YOU ARE IN DISTRESS PLEASE CALL KIDS HELP PHONE**

**1-800-668-6868**

**OR HOPE FOR WELLNESS TALK LINE**

**1-855-242-3310**

**WWW.NFN.CA**

**GIYAK MOSENG THE RIGHT PATH 705-753-1375**



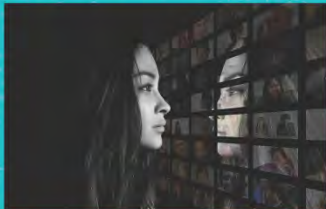
## TIPS FOR COPING WITH STRESS AND ANXIETY DURING THE COVID-19 OUTBREAK



Stay connected with family and friends through phone and email, and communicate your concerns and feelings with supportive people. This will bring a sense of comfort and stability and help you deal with the challenges presented by COVID-19



Pay close attention to all aspects of your health: mind, body and spirit. Eat balanced meals and drink plenty of water. Make rest and relaxation a priority. Stay physically active, take deep breaths, stretch or meditate. Avoid using smoking, alcohol or other drugs to deal with your emotions.



Constant monitoring of news and social media feeds can intensify worry and distress, so set limits on how much time you spend reading or watching news about COVID-19. Take time away from your phone, computer and television to focus on things that are going well and that you can control, such as your family and your home.



Draw on what you are good at and skills you have used in the past to overcome life's challenges, and use those skills and other activities you enjoy to help manage your emotions during the challenging time of COVID-19.



Find people (e.g., Community Health Nurse) and resources you can depend on for up-to-date and reliable information about COVID-19. Learn from these sources about the actual risk to yourself and people you care about, and how you can protect yourself and your family.



Land based activities include medicine walks (which can be done this time of year [Cedar, Tamarack bark, Labrador Tea]), fishing, tracking, harvesting, open fire cooking, shelter building, solo survival, daily reflection, ceremonies, elder talks, traditional land-based practices, storytelling, sharing circles, and drumming and dancing.

[WWW.NFN.CA](http://WWW.NFN.CA)

**GIYAK MOSENG THE RIGHT PATH 705-753-1375**



# Nanaadawejgaazawak Wii-Mnomaadizwad

Mental Health is Health - they are being healed to live a good life, to think healthy, be physically well and have a good heart

## GIIWEDINANG CEDAR, WHITE BEAR

You are spiritually protected in your homelands  
Mnikwen Giizhikaandawaaboo (drink cedar tea)  
Aak'dewin Bimaadziwining (courage in life)  
G'ziigbiig-ninjiin (wash your hands)  
Eat traditional foods  
Express yourself (dancing and drum)  
Zoongide'ewin (courage)  
Land-based learning (hunt, fish, trap)  
Sleep well, good dreams

Physical

## NINGAABIWNANG SAGE, THUNDER BEINGS & WHITE BUFFALO

Mkwendan, Gzhaadigen (remember, stay at home)  
Your ancestors love you  
Be gentle to yourself and those around you  
Tell people how much they mean to you  
Spiritually cleanse your home  
Hang medicines where you live  
Walk the land and pick medicines  
We are all in this together

Emotional

## WAABANANG TOBACCO, EAGLE

Kasehstenhsera (Power of the Creator)  
Nam'aadaa (let's pray)  
Share stories, teachings and songs  
Pray for self, others and the world  
Sema Ka-bgidnaa (put your tobacco down)  
Connect with your dreams and visions  
Use your spirit name to guide you  
Zhaawendan Bimaadziwin (love and respect life)

Spiritual

## ZHAAWANANG SWEET GRASS, WOLF

Creator has infinite power, do not fear  
You are loved and prayed for daily  
Miigwech wendam (be thankful)  
Kanaronkwa (I love you)  
Pkwenezdaa (let's all smudge)  
Skennen (peace)  
Kanikonhri:yo (Good Mind)  
Turn negative thoughts to positive  
Learn your language

Mental



## Ziigwan (Spring)

### Miigwech to the elders of Nbisiing for sharing these teachings

We are governed by the 13 moons and medicine wheel of life, set out by our creator.

What people call “crabs in the bucket” is actually our Indian way of keeping people level. Don’t kill everything just because you know how, and for sale. It looks like jealousy but it isn’t. It is for protection.

Each season is connected to something.

**We are in the time of Siigwan** – pouring out – pouring over. Flooding Saps. All of the water went to the roots the year before.

Bear Medicine: Bears are born in their cave in their mothers sleeping cave.

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

We are in the Time of Sundance.

Mother earth offers some gifts for us at this time. Spring is when we gather the best ash for snow shoe making, ash baskets, Fiddle heads, wild onion saps for medicine.

At Nbisiing we celebrate by welcoming our new babies.

During this sacred time, we can’t kill the moose and deer – they are carrying. Birds and fish have eggs to look after. Its time for animals to reproduce.

When humans practice respectful harvesting, we take only what is needed to feed our families and to share with those who don’t have as much, we use all of the animals and fish, and don’t waste. We eat all of the fish, not just certain fish. We make an offering to Creator thanking him/her for offering us these gifts.

It’s the time for fasting to give mother earth a rest, and to heighten our gratitude for our lives and creation. Time to prepare seeds and indoor growing and planning our gardens (in the front lawns and everywhere we can grow food), fruit trees. Time for water ceremonies and ceremonies to honor fish spawn. We are living a Sacred Story whether we like it or not. Mother Earth reacts to us the way we treat her children (other humans, her animals, her water, her land, her fish, her birds, her plants). She will fight us on it like we would fight to protect our own children. Nahaaw. Miigwech Mtakmikwe.



## Online Moccasin Making Workshop

**Sunday, May 31<sup>st</sup> at 12:00pm (noon)**

Using the Zoom program we will be doing an online interactive moccasin workshop! You will be mailed full kits, which includes a leather moccasin pattern cut to your specified size with pre-punched holes, as well as sinew, leather lacing and needles.

Since we will be live steaming using an interactive program you will be able to ask questions and troubleshoot in real time! You will be walked through step by step how to assemble your moccasins.

The workshop is for men, women & teens. All moccasins will be tan leather & low ankle style. Price is \$75 CAD including shipping (\$65 USD including shipping). Payments can be made by etransfer in Canada or PayPal in the US.

Please send a message to the facilitator to register: [Mocs & More by Joleen](#)

**More details:** <https://www.facebook.com/events/1349190255267470/>



# Nbisiing Nishnaabemwin

## Waabgowani Giizis (Flowering Moon)

<b>Gpidoonebzon</b>	Mask – covering for mouth	<b>Wesiyyag</b>	animals
<b>Gtigeng</b>	Planting	<b>Wasa</b>	this is
<b>Gtigenini</b>	Farmer	<b>Miptoo</b>	run (verb)
<b>Gtigeninikwe</b>	Farmers Wife	<b>Wasa nimosh</b>	this is a dog
<b>Miinkaanens</b>	seeds	<b>Wasa gaazhgens</b>	this is a cat/kitten
<b>Gtigenini Gtige Mkwakooma</b>		<b>Wasa bezhgoozhii</b>	this is a horse
Farmer plants cucumbers		<b>Wasa gookoosh</b>	this is a pig
<b>Gtigenini Gtige kaadaakoon</b>		<b>Wasa memaangshe</b>	this is a donkey
Farmer plants carrots		<b>Wasa waabginoojii</b>	this is a mouse
<b>Gtigenini Gtige Mndaamnan</b>		<b>Nwaabmaa nimosh miptood</b>	I see a dog running
Farmer plants corn		<b>Nwaabmaa gaazhgens miptood</b>	I see a cat running
<b>Gtigenini Gtige Shkaangwaazhii</b>		<b>Nwaabmaa bezhgoozhii miptood</b>	I see a horse running
Farmer plants onions		<b>Nwaabmaa waabginoojii miptood</b>	I see a mouse running
<b>Gtigenini gtige pidakan</b>			
Farmer plants potatoes			

### Waabgowani Giizis

*Waabgowan Giizis, npkidnaa semaa mina nbiinaaksigoo abji go dbasendis, mooshkne n'dey, nmooshneskaagooyaan mshkawziwin dbishkoo gonaa shki-bmaadziwin.*

*Gookmis, gchi-kinoomaagewin mshkawziimgadoon, aapchi-gchi-piitendam gaan go gegoo kidwinan tesnoowan ekidyamban ezhi-webzing pii maanjiwding, maa enamjiwing pii gooijing Waabgowanii Giizis .*

*Gookmis, nbasendis kidtaan ngo-ntaminaag da wendaan kina waa-ni-Nishnaabe naadziwin.*

*Ngi-kendaan ngi-kendaam wa, Gzhe-mnidoo ge ezhi-ndawenmiyan.*

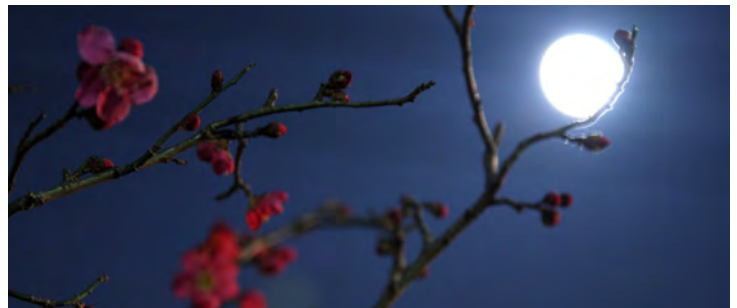
*Waabgowanii Giizis ntaamgo niibwa kenzowaan. dbasendizyaan, kwedweyaan wii-boonendmaan iw gaanendmaan mii dash mina tkweshkaadyang, wewena ga-nendis ezhi-aaw'yaan .*

### Flowering Moon (May)

Flower Moon is the fifth moon of creation. Life-giving energies focus on the continuum of Creation, as the Creator had planned it to be.

At this time, all plants present their spiritual identities and adversities in the form of multiple colors, shapes, textures and aromas that radiate a positive energy throughout the Turtle Island.

This positive force is the most powerful of medicines in the healing process of Mother Earth.







# SEEKING HOMES

— FOR NFN CHILDREN IN CARE —

Help keep our kids in our community

We need the support of our community members to help our children stay within Nipissing First Nation.

We are in ***urgent need*** of all types of homes to provide care on a *temporary* or *permanent* basis for NFN children and siblings of all ages.

It could be for a weekend or months, or to provide a forever home. We need your help.

## For more information, contact:

Wendy Lariviere, Band Representative  
Program Manager

**705-753-2691 | [wendyl@nfn.ca](mailto:wendyl@nfn.ca)**



[WWW.NFN.CA](http://WWW.NFN.CA)



## RECYCLING REMINDERS

- Recyclables need to be sorted!
- Paper/ Fiber products cannot be mixed with plastics and metals
- Please **DO NOT** put Paper/ Fiber in plastic bags.
- Use Bins or boxes for Paper/ Fiber materials
- Please flatten and break down Cardboard boxes and Tetra Pak's/ Milk Cartons

### Paper/ Fibre

- News Paper
- Cardboard
- Tetra Pak/ Milk Cartons
- Magazines/ Flyers

### Plastics & Metals

- Plastics marked 1 to 7
- Metals - tin, aluminum, and steel (rinsed clean)

**NOW CASTING**  
Indigenous Men and Women  
TV DOCUMENTARY SERIES

Adventure  
Culture

A once in a lifetime challenge!

Are you ready for **30** days  
that will change your life?

Send a 60 second video introducing yourself  
to [castingforadventure@gmail.com](mailto:castingforadventure@gmail.com)

must be 18+ and Canadian citizen

**Deadline: May 8, 2020**

**Filming: Sept - Oct 2020**



## National Volunteer Week was April 19-25, 2020

*Volunteers are the  of our community!*

# MIIGWECH to our volunteers

I want to express my heartfelt gratitude to the many volunteers who contribute to making Nipissing such an incredible community to be part of. I also want to express my sincere disappointment that, due to the COVID-19 pandemic, we won't be able to celebrate your contributions this month like we usually do with a Volunteer Appreciation Dinner.

I look forward to saying miigwech to you in person, and sharing stories and laughter at the community events that you help make successful throughout the year, including our annual pow wow and golf tournament, National Indigenous Peoples' Day, Remembrance Day, Diners' Club, Seniors' Christmas Party, and many others.

It's because of your contributions that we are able to offer so many events to engage people of all ages and bring our community together. We are grateful to everyone who shares their time and resources for the betterment of Nipissing. Miigwech, miigwech, miigwech!

***Chief Scott McLeod***





# STAY INFORMED COVID-19



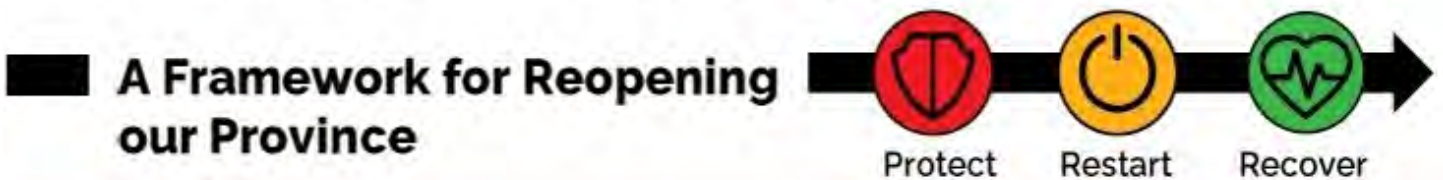
VISIT **NFN.CA** FOR INFORMATION  
& CONTACTS WHILE OUR OFFICES  
ARE **CLOSED UNTIL MAY 19**

Essential services are being maintained with  
some modifications during the closure

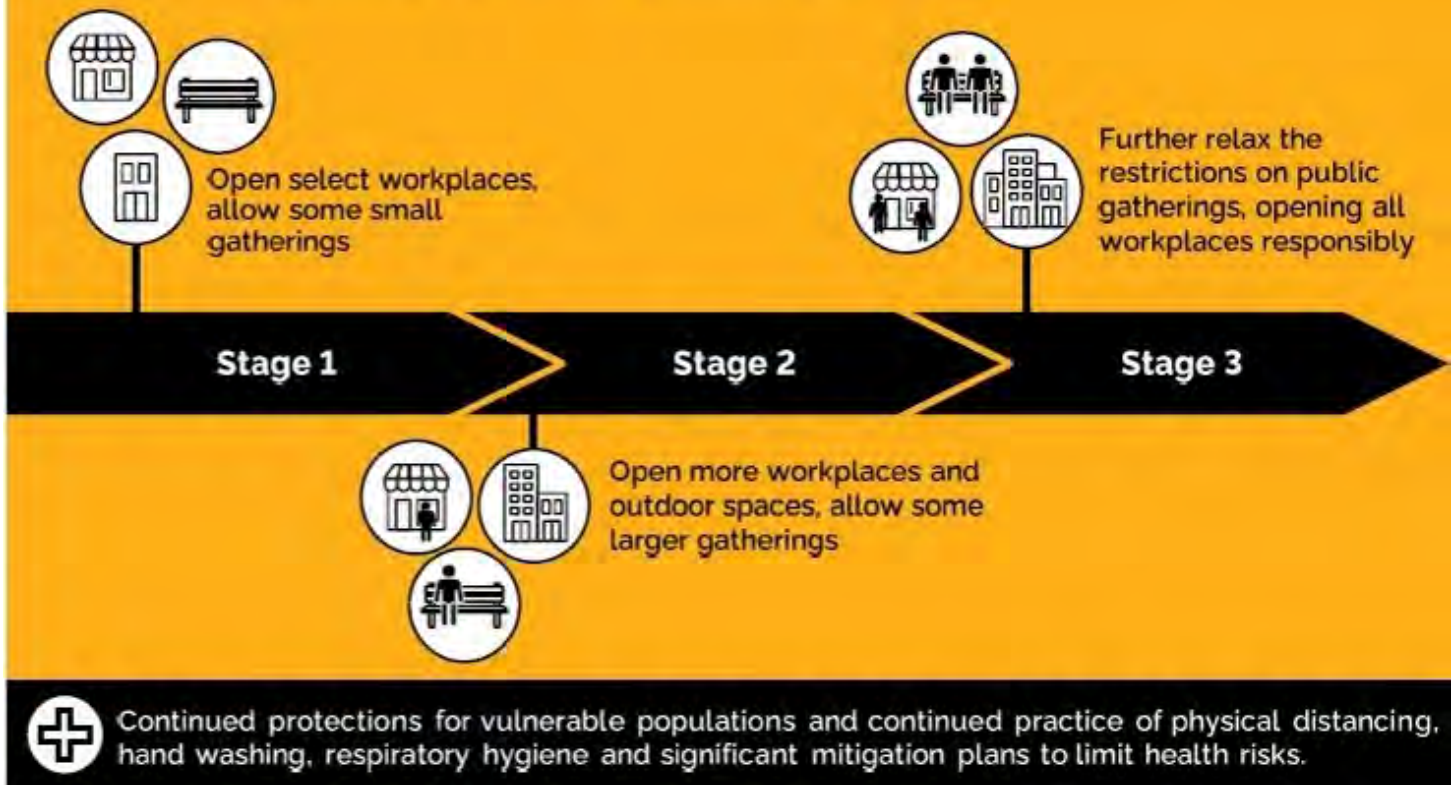


## Ontario's phased approach to reopening the province

### Phase 2: Restart — A Gradual, Staged Approach



Ontario will gradually reopen all workplaces and public spaces.



Connect with Us!



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