

Waabgoonwan Giizis
Flowering Moon

May 2021



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

In This Issue

UPDATES

- Vaccine Rollout Update.....2
- COVID Updates.....3-4
- Outreach Program.....5
- Employment.....6
- Natural Resources.....7
- ILMI Infographic.....8

HEALTH & WELLNESS

- Facts about Vaccines.....9
- Recreation Programs.. 10-11
- Seniors' Meals.....12
- Harm Reduction.....12
- Mental Health.....13
- Health Fund & Seniors14

EDUCATION

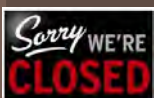
- Nibisiing News.....15
- AES Youth Forum16
- Scholarships..... 17-18

CULTURE & YOUTH

- Child & Youth Events.....19
- Nishnaabemwin.....20
- J. Commanda-Beaucage ..21
- Beading Project.....22
- Food Sovereignty.....23

ADS & NOTICES

- In the Spotlight.....24
- Ads & Notices..... 25-26



Monday, May 24th
for Victoria Day

Council Meetings

May 4th & 18th

@ 7:00 p.m.

via Microsoft Teams

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.

Notice of Election 2021 Nomination Meeting

Nomination meeting on May 21st; Nominations can also be mailed or emailed

Notice is hereby given that there shall be a meeting of Nipissing First Nation electors for the purpose of nominating candidates for Nipissing First Nation Chief and Council on **Friday, May 21, 2021 from 7:00 p.m. to 9:00 p.m.**

As a result of the pandemic, this meeting will be held via the Zoom meeting platform by computer or phone. All electors for which Nipissing First Nation has an address have been sent a notice by mail with the Zoom link and passcode on it. Those who have not received this notice may obtain the Zoom link and passcode by calling the Electoral Officer at 705-753-6975.

You may also nominate a candidate through the use of the mail-in nomination form, which must be accompanied by the voter declaration and witness statement.

Submissions should be sent to the following mail or email address and must be received on or before the close of the Friday, May 21, 2021 meeting:

Fred Bellefeuille
Nipissing First Nation Electoral Officer
P.O. Box 23003 FERRIS,
North Bay, ON P1A 4K6
OR email to: Fred_Bellefeuille@msn.com



In order to be a nominator or seconder of a nomination for a candidate for the position of Chief or Councillor, you must be an eligible voter of Nipissing First Nation, who is someone who is a member of Nipissing First Nation and who has attained 18 years of age on or before the date of the vote on Saturday, July 9, 2021.

In order to be an eligible candidate for a position of Chief or Council the person nominated must be:

- an "eligible voter" as defined in the Nipissing First Nation Custom Election Regulations;
 - ✓ must reside within a 100 km radius of Nipissing First Nation Administration office located in Garden Village;
 - ✓ must take a leave of absence from his/her employment effective from the date of acceptance of nomination until the results of the election have been finalized, if employed by Nipissing First Nation.

Any questions concerning the nomination meeting can be directed to the Electoral Officer, Fred Bellefeuille at 705-753-6975 or by email to Fred_Bellefeuille@msn.com.

Please click here to view/download this notice in PDF format.

See pages 2 & 4 for updates on our COVID-19 Vaccine Rollout.

NFN COVID-19 Vaccine Rollout Stats

One of the best ways we can protect ourselves, our families, friends and community members from COVID-19 is getting vaccinated.

All vaccines for COVID-19 authorized for use in Canada have been evaluated by Health Canada using rigorous standards, and continue to be monitored to make sure they are safe and effective.

NFN Health Services is offering the Moderna vaccine, which has been shown to be 95.6% effective in people 18 to 65 years of age against getting symptomatic COVID-19 fourteen days after a 2nd dose. In people over 65 years, the efficacy is 86.4% (National Advisory Committee on Immunization: March 16, 2021). Please see [page 9](#) for more vaccine facts.

You are protected from COVID-19 two weeks after your 2nd dose, however you can still get the virus if you get exposed to it before your body has had the time to develop full immunity (14 days). We need herd immunity to stop transmission of this virus. Until enough people are vaccinated, continue wearing a face covering, practicing physical distancing, hand washing and following other public health measures to keep safe.

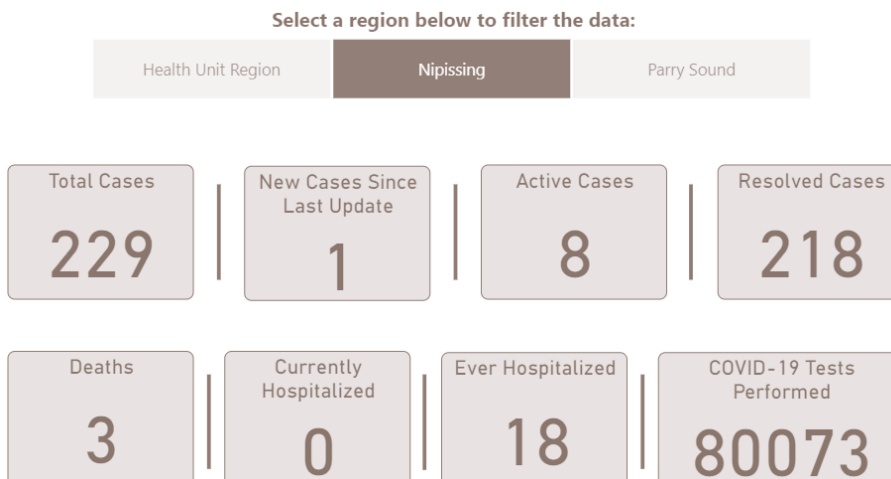
As of April 25th, 1,535 individuals have registered and 1,485 are eligible to receive a vaccine on NFN. To date, 1,325 individuals have received a 1st dose of Moderna (89.23% of eligible registrants) and 767 individuals have received their 2nd dose (57.78% of eligible registrants). There are currently 60 individuals on the waitlist for a 1st dose.

If you have not yet received a 1st dose and would like to, please call the Health Centre at 705-753-3312 to register as soon as possible. **You must register in advance** and will then be called for a vaccine appointment based on priority and the time at which you registered. If you have received a 1st dose already, you do not need to call again to register for your 2nd dose.

Public Health Update

The North Bay Parry Sound District Health Unit (Health Unit) has launched a helpful new COVID-19 dashboard tool on their [website](#) to provide a snapshot of COVID-19 activity in our district. The data can also be filtered by the Nipissing and Parry Sound regions.

Below is the dashboard as of April 28th for the Nipissing District. The test positivity rate for the Nipissing district is 0.29% [total number of cases to date (229) divided by the number of tests done to date in our district (80,073) multiplied by 100].



Public Health Information

North Bay Parry Sound District Health Unit

(updated Monday to Friday at 3pm, and Mondays at 10am)
www.myhealthunit.ca/

Cases in Ontario

(updated daily at 10:30am)
covid-19.ontario.ca/

COVID-19 cases in schools

& child care centres (updated weekdays at 10:30am)
ontario.ca/page/covid-19-cases-schools-and-child-care-centres

More info/medical advice:

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

Do not call 911 unless it is an emergency.

Think you have

COVID-19 symptoms?

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

To book a COVID-19 test, contact:

West Nipissing Assessment Centre
705-580-2186
Open 12pm - 4pm
Monday to Friday

North Bay Regional Health Centre
705-474-8600 ext. 4110

Outbreak & High-Risk Exposures Resolved

On April 19th, the COVID-19 outbreak on NFN that was declared on April 1st and focused on the community of Duchesnay was declared over. The outbreak is now considered contained. We wish to acknowledge the community's efforts to limit the spread of COVID-19 in the community. Miigwech!

For more information, please read [Update #11: COVID-19 Outbreak Declared Over & High-Risk Exposures re: Local Schools](#) (in Sturgeon Falls)

On April 23rd, the high-risk exposures to COVID-19 related to the positive cases at local schools were listed as resolved and did not result in any positive cases on NFN.

We wish to acknowledge the efforts of those who had to self-isolate to prevent the risk of spread within the community. Miigwech!

As a precautionary measure in response to the elevated risk in Garden Village, the Nipissing Ojibway Daycare, playgrounds and the ODR were closed for the duration of the two week high-risk exposure period. All facilities have now reopened.

For more information, please read [Update #12: High-Risk Exposures in GV and Jocko Point Resolved; Daycare & Recreation Facilities Reopen](#)

Provincial Measures & Our Operations

On April 8th, Ontario declared a third [provincial emergency](#) and announced a province-wide stay-at-home order that has now been extended until at least May 20, 2021.

The stay-at-home order is asking that people remain at their home and on their property unless necessary to leave for essential reasons such as going to the grocery store or pharmacy, accessing health care services (including getting vaccinated), for outdoor exercise or for work that cannot be done remotely.

Impacts to our Business Operations

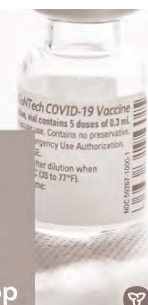
- **NFN Offices:** Closed to staff until Tuesday, May 25th (Monday, May 24th is Victoria Day). Staff will work remotely during this time. Only staff who cannot work from home will be permitted to be on-site to perform their duties. Our offices remain closed to the public until further notice. This is to minimize contact to prevent the spread of COVID-19 within our community in line with enhanced public health measures requiring workplaces to ensure all employees work from home if they can.
- **NFN Daycares:** The Couchie Memorial Daycare reopened on Tuesday, April 20th and the Nipissing Ojibway Daycare reopened on Monday, April 26th for parents/guardians who are deemed [essential workers only](#), in accordance with provincial guidelines.
- **NFN Afterschool Program:** Closed until Tuesday, May 25th (subject to change).
- **Nipissing Secondary School:** Virtual classes will continue to be offered until Friday, May 21st. A 2-week active screening for staff and students will be implemented when the school reopens for in-person learning on Tuesday, May 25th (subject to change).
- **NFN Businesses:**
 - ⇒ *Essential businesses* (providing gas and/or groceries) can continue operating with COVID-19 safety precautions in place. NFN staff are working with businesses to ensure safety measures are current.
 - ⇒ *Non-essential businesses* can be open between 7:00am and 8:00pm for curbside pick-up or delivery by appointment (deliveries are permitted between 6:00am and 9:00pm). Patrons must pre-order by phone or online before coming to the business (with the exception of convenience stores).
- **Shuttle Service (Duchesnay Creek Bridge):** Hours of operation are reduced to 7:00am – 8:00pm during the stay-at-home order. After-hours service is available for essential trips only and must be pre-arranged by contacting Glenn McLeod at 705-471-7073 during business hours (Monday to Friday from 8:30am - 4:30pm).

For updates about COVID-19 activity and our vaccine rollout, please visit nfn.ca/update

For updates about our operations and links to public health information, please visit nfn.ca/covid19

Continue to follow public health advice:

- ✓ Avoid social gatherings
- ✓ Wear a mask when required
- ✓ Practise physical distancing
- ✓ Wash your hands frequently
- ✓ Download the COVID Alert app



Register for a COVID-19 Vaccine

Vaccination Clinics Ongoing in NFN & North Bay

Everyone eligible to receive a COVID-19 vaccine in Nipissing First Nation will be offered one as long as they meet the criteria below.

You can put your name on the NFN COVID-19 Vaccine Registration List if you meet the following criteria:

- You are over 16 years old; and
- You live in Nipissing First Nation; or
- You are a Nipissing First Nation member living off-reserve who can attend a vaccine clinic in Garden Village or Duchesnay; or
- You are employed by Nipissing First Nation, or by a business located on NFN.

If you meet the criteria and would like to get the COVID-19 Vaccine, please call NFN Health Services at 705-753-3312 to register as soon as possible. Please only call once (and leave a message with your full name and phone number) and allow up to 48 hours for our team to return your call.

You must register in advance and will then be called for a vaccine appointment based on priority and the time at which you registered. *If you have already registered for a vaccine, someone from the Health Centre will call you to book an appointment.*

Update from the North Bay Indigenous Hub

Effective April 26th, the Hub advises that urban Indigenous individuals aged 18+ years of age can obtain their 1st dose by calling the Health Unit at 1-800-563-2808 ext. 5 to register (this is for 1st doses only and individuals must identify as urban Indigenous to be eligible).

Community members who recently registered at the Hub between April 7-23 will receive a call for an appointment date and time soon. There is no date established for 2nd dose clinics yet. Public Health is still estimating 16 weeks from your 1st shot.

New Variants Require Continued Vigilance

On April 29th, the North Bay Parry Sound District Health Unit (Health Unit) reported the lowest case rate in the province over the last reported seven-day period (April 17 to 23) with a rate of 9.2 cases per 100,000 population as well as the lowest cumulative case rate over the course of the entire pandemic, according to a [news release](#).

“Without the hard work and cooperation of everyone within our district we wouldn’t have lower than average numbers,” explains Dr. Jim Chirico, Medical Officer of Health.

“Although these numbers are something to be proud of, it is not time to let up. Earlier in this year, we saw how quickly the COVID-19 situation can change and we need to remain vigilant. Until everyone is fully vaccinated, the only way to slow the spread of COVID-19 and keep our numbers low is to follow public health measures.”

Individuals who have received their COVID-19 vaccine (first or second dose) must continue to follow public health measures until advised otherwise.

COVID-19

**Got symptoms?
Stay home and
get tested.**

You can get a test if:

- You are worried you may have COVID-19
- You have been exposed to someone with COVID-19
- You are at risk of exposure to COVID-19 through your employment
- You are experiencing **symptoms of COVID-19** (someone without symptoms or voluntarily testing is no longer a priority)
- You do not need a referral to get a test
- You do not need a health card to get a test

There are two testing centres in the area:

West Nipissing Assessment Centre

705-580-2186
Open 12pm - 4pm
Monday to Friday

North Bay Regional Health Centre

705-474-8600 ext. 4110
Open 9am - 5pm (7 days a week) - Assessment Centre in parking lot #9 – for symptomatic patients or children 8 years & under
Drive thru options near Emergency entrance is also available for asymptomatic people.

Please note: public health officials do not recommend getting tested for COVID-19 if you don’t have any symptoms.

Office Closure Extended

We are taking a cautionary approach to reopening our offices to staff as our district progresses to less restrictive measures. The majority of our staff will continue to work remotely until **May 25th** (subject to change).

Our offices remain closed to the public until further notice. Please visit nfn.ca/covid19 for regular updates about our operations and for a complete list of contacts.

FOOD BANK ACCESS

The Food Bank will be open on **Wednesday, May 5 & 19 (1st & 3rd Wednesday)**. Download the order form for the current month at nfn.ca/food-bank or call 753-6972.

PUBLIC WORKS

ESSENTIAL SERVICES & EMERGENCY CONTACTS

Essential services provided by Public Works continue without interruption, including road maintenance, garbage/recycling collection and infrastructure services.

In case of emergency, please contact:

Steve Doucette, Public Works Manager at 705-840-3626. For non-emergencies, please email steved@nfn.ca.

Community Outreach Program Update

On April 28th, we hosted two virtual community engagement sessions to provide updates and request feedback about our new Outreach Program design. The program has been extensively informed by input from clients and staff of Giyak Moseng (The Right Path) Counselling & Prevention Services. The sessions also provided an overview of the mental health and addictions supports that are currently available and introductions to some of the staff who deliver these services.

Giyak Moseng has a full suite of programs and services that balance clinical and cultural approaches, but the Outreach Program will help address gaps in our current programs, including waitlists for critical services, by providing immediate support and meeting people where they are.

Once recruitment is completed, Outreach Workers will be out in the community to assist those struggling with addictions and mental health issues, including those who may not be ready or willing to ask for help. Workers will meet these individuals where they are and offer support and assistance with basic needs (i.e. food, clothing) and spiritual needs (i.e. medicine bundles), among other types of support.

The goals of the new Outreach Program are to:

- Engage with vulnerable people;
- Build trusting relationships with them;
- Connect with people where they are to give them the support they need;
- Connect people with, and help them navigate, available resources and supports

We will be undertaking a communications campaign throughout the month of May and beyond to increase awareness of the resources that are available and how to access them.

We are committed to further discussions about the ideas brought forward by members in a recent letter to Council and through our engagement sessions. All forms of healing are valid and need to be considered. We will continue to work together as a community to address these complex issues and to help our members find their own path to wellness.

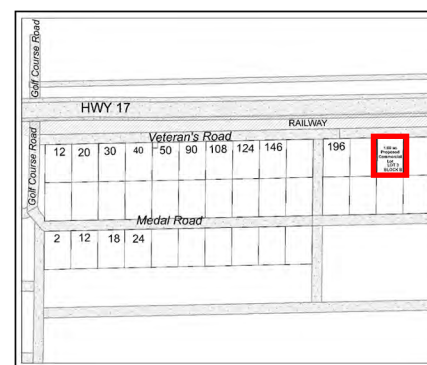
Visit our website at nfn.ca/outreach to view the presentation and notes from the engagement sessions. Updates and resources will be added to this page in the coming weeks.



Notice: Proposed Cannabis Retail Store in VLA

The Business License Committee received an Application for a Business Licence to operate a cannabis retail store in the Veterans' Lane area as noted on the key plan set out below.

Please submit any legitimate concerns or objections you may have about this proposed **business** in writing to: Ken Hazell, Economic Development Officer (kenh@nfn.ca); concerns or objections about the proposed **land use** should be submitted in writing to: Cathy McLeod, Land Manager (cathym@nfn.ca) or by mail to 36 Semo Road, Garden Village, Ontario P2B 3K2 before 4:30 p.m. on **Friday, May 21, 2021**.



Employment Opportunities

To view the complete job posting, please click on the position titles below, visit nfn.ca/jobs, or call 705-753-2050 to request a copy by mail, fax or email.

Social Services Administrative Support Worker – Contract Position – *2nd Round*
Apply by Friday, May 7, 2021 at 4:30 p.m.

2021-2022 Beautification Program Jobs (click on position titles below):

- Beautification Program Supervisor
- Beautification Program Clerk
- Beautification Program Labourers (2)
- Recreational and Maintenance / Seniors' Snow Plowing (2)
- Recreational and Maintenance / Rink Workers (2)

Apply by Friday, May 7, 2021 at 4:30 p.m.

Human Resources Administrative Assistant – Permanent Full-Time – *3rd Round Posting*
Apply by Friday, May 14, 2021 at 4:30 p.m.

Business Operations Manager – Permanent Full-Time
Apply by Friday, May 14, 2021 at 4:30 p.m.

Please submit applications to resumes@nfn.ca, or by fax to 705-753-0207, or mail to:
Human Resources, Nipissing First Nation, 36 Semo Road, Garden Village ON P2B 3K2

True Self Outreach Program Highlighted

On March 31st, the *West Nipissing Tribune* published an excellent article highlighting the work of NFN's True Self Debwewendizwin Employment & Training and outreach worker Gislain Ouellette in supporting individuals in West Nipissing who are homeless or at-risk of homelessness. Part of that outreach is to establish communications and relationships, deliver PPE and find the services needed to help those individuals.

In the article written by Isabel Mosseler, Donna Forget, program manager for True Self, explained that her program was initially directed at endangered women when it started 15 years ago, offering a multitude of empowerment and education programs for women. It has recently moved to providing services without gender bias.

True Self has its office in North Bay, but they are reaching out as communities such as Mattawa and Sturgeon Falls are also experiencing a spike in people finding themselves without shelter.

"Eight years ago, we got extra funding from DNSSAB and were able to start a men's side of the program... It's a peer support model but with an indigenous worldview. If we want to heal a community, we can't just work with the women... If there are no services for the men they won't get any better ...and then with COVID it gave us a whole new shift."

Forget explains that many people on the street are also victims of trauma, suffering some of the same results as women who experience domestic violence. The organization works with mental health issues and addictions, and has done previous outreach work in West Nipissing. To learn more about True Self, please visit: nfn.ca/true-self

FNCP Update

This notice is to homeowners who participated in the First Nation Conservation Program (FNCP) in 2019-2020 before it was postponed due to COVID-19.

A tentative date has been set for the first deliveries of refrigerators, humidifiers and air conditioners the week of May 10, 2021.

The second deliveries of chest freezers and stand-up freezers will be the week of June 14, 2021.

Participants can expect a call very soon to schedule a date and time for deliveries (all COVID-19 safety protocols will be adhered to). Please keep in mind the date and time you select cannot be changed. If you are not home, a second attempt at delivery is not possible.

If you have any questions or concerns, contact Tom Lambert at 705-753-6985 or thomasl@nfn.ca.

Treaty Times

The first historic issue of E-Wiindamaagejig (The Robinson Huron Treaty Times) is now available in print at local stores and online by visiting: [Giiwen \(home\) - Robinson Huron Waawiindamaagewin](http://Giiwen(home)-RobinsonHuronWaawiindamaagewin) (you can also order print copies of the magazines online)



Shoreline Assessments & Permits

Shoreline permits continue to be issued to all residents (members & non-members) when working in or around water within NFN.

The purpose of permits is to guarantee that no harmful alterations are made to shorelines as they cause harm to fish and other wildlife habitat.

If the shoreline in front of your property does not form part of your lot on a legal survey, it is band land.

Any improvements you make to that area are at your own risk. Placing personal items on the shoreline and maintaining the area does not constitute ownership.

Please contact the Land Office at 705-753-2922 if you have any questions regarding your lot lines when it abuts the shoreline allowance, or to get a copy of your lot as it is shown on the legal survey.

Our Natural Resources Dept. requires that all residents of NFN apply for a permit when working in and around water. Call 705-753-2050 ext. 1251 or email nikkic@nfn.ca for more information.

Download the Shoreline Work & Permitting document here: <https://bit.ly/32vyWk6> or visit the Natural Resources section of our website for more information: nfn.ca/natural-resources/

Spring Moratorium in Effect

Annual gillnet moratorium in effect from April 1st to May 22nd

In accordance with NFN's Fisheries Law, the spring moratorium came into effect on **Thursday, April 1st** and will remain in effect until the 2021 fishing season begins on **Saturday, May 22nd**.

The temporary moratorium on the cultural practice of spear fishing remains in effect this year. Our enforcement officers will be monitoring for compliance regularly.

Due to the ongoing COVID-19 pandemic, we will be offering online registration for commercial fishers again this year.

To register as a commercial fisher, please complete the following application form: <https://survey.zohopublic.com/zs/elChms>

Please note: *This is an application only. You must receive a Commercial Fishing Card from the Natural Resources Department in order to be registered to fish commercially.*

Online Catch Reporting Form: <https://survey.zohopublic.com/zs/9VCh30>

The current seasonal closure does not affect our members' inherent and treaty-protected rights to harvest fish for subsistence or ceremonial purposes.

Members who plan to fish for subsistence or ceremony must follow our [Fisheries Law](#) and are asked to notify our Fisheries Office in advance by calling 705-753-6991.

Anyone selling fish under the pretense of subsistence or ceremonial fishing will be considered to be in violation of and subject to enforcement measures under NFN's [Fisheries Law](#).

For compliance/enforcement issues, contact:

Tyler Couchie, Bylaw Enforcement Officer
Office: 705-753-2050 ext. 1224 | Cell: 705-498-2506

Clayton Goulais, Bylaw Enforcement Officer
Office: 705-753-2050 ext. 1236 | Cell: 705-498-3823



Proposed Lake Nipissing Fishing Regulation Changes

Virtual community information & feedback session on May 7th

Join us for a virtual information session via Zoom on Wednesday, May 7th at 6:00 p.m. to learn about the Ministry of Natural Resources and Forestry's (MRNF) proposed changes to the 2022 fishing regulations in FMZ 11 and Lake Nipissing.

Please click [here](#) to review the full details of the proposed changes. Share your feedback during the virtual meeting, or send your comments by email to MNR.NOR@ontario.ca.

Comments will be accepted until May 11, 2021.

TO REGISTER FOR THE COMMUNITY INFORMATION SESSION:

Please contact Gen Couchie, Communications Officer, at 705-498-2507 (call/text) or genc@nfn.ca to register. The Zoom link will be sent to all registrants on May 6th.



On-Reserve LMI Pilot Project

Community Survey

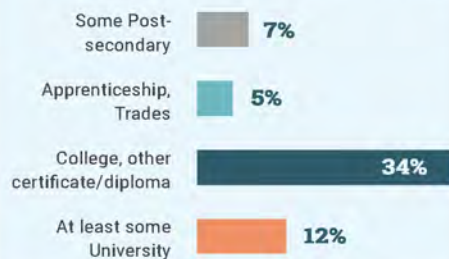
522 completed surveys → **56%** of the On-Reserve 15+ population

As more of the population is surveyed - the more precise the information becomes

Information gathered to date:

Education

57% completed at least some Post-secondary



Job Status

(taking into account traditional and occasional jobs)

61% Have a job

13% Do not have a job but are interested in working

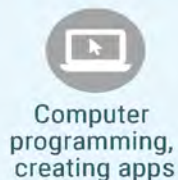
26% Other (such as: illness/disability, retired)



Most common skills



Least common skills



Most common jobs

Early childhood educators and assistants

Food counter attendants, kitchen helpers

Social and community service workers

Light duty cleaners

Cashiers

Retail salespersons

Construction trades helpers and labourers

Home support workers, housekeepers



54%

identified at least one barrier to getting a job or participating in training

Getting to and from work

Challenges with physical, emotional or mental health

Not enough work experience

Not enough or the right type of education



First Nations Health Authority
Health through wellness

The facts about COVID-19 Vaccines



What is the COVID-19 vaccine?

Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you can be exposed to it without becoming sick or if you do become infected, it prevents more severe illness.

WHY IS IT IMPORTANT TO GET A COVID-19 VACCINATION?

THE VACCINES WORK



COVID-19 vaccines provide excellent protection against the virus that causes COVID-19 – preventing up to 95% of infections.

THE VACCINES WILL SAVE LIVES



The vaccine protects you and the people around you, too. The more people that are vaccinated, the harder it is for COVID-19 to spread.

THE VACCINES ARE SAFE



Just like all vaccines approved for use in Canada, the COVID-19 vaccines have been rigorously tested and carefully reviewed by Health Canada.

PROTECTING FIRST NATIONS PEOPLE IS A PRIORITY

December



COVID-19 vaccines began rolling out to First Nations in BC at the end of December, 2020, and will be made more widely available over the next few months. The FNHA's Medical Officers strongly recommend that First Nations people opt to get the vaccine to protect you, your loved ones, Elders, and others in your community.



Even with the COVID-19 vaccines, we need to continue practising all recommended public health measures.

**STAY STRONG,
STAY THE COURSE.**

For more information, visit
www.fnha.ca

Wednesdays @ 6pm, May 5, 12, 19, 26th

Couch to 5K walk/run program covid friendly activity

705-753-6971

vickyl@nfn.ca



MUST wear mask, must stay 6 feet from all people. Call to register, 1st - 5 registrants get a prize, each class attended puts name in for grand prize at end of the program

challenge yourself....get active

Meet at the rink Wednesdays

warm up, walk/run, cool down/Stretch

INTERMEDIATE STRENGTH TRAINING PROGRAM FOR ADULTS
workouts will show modifications to reach various workout levels to be easier or to be a tougher workout

ARM WORK MONDAYS
CORE WEDNESDAYS
LEGS THURSDAYS
MONTH OF MAY @ 7pm - 8PM

CALL FOR ZOOM LINK OR FIND ON FACEBOOK/ NFNRecreation
call Vicky 705-753-6971, vickyl@nfn.ca

Routines will use resistance bands, hand weights and your own body weight.

Call for free resistance bands

Hand weights for exercises are not provided, can use bottles of water, or heavy items found in the home

bike safety

FIRST 10 REGISTRANTS GET A PRIZE

May 4 4pm - 5pm
Zoom Call

**taking care of your
bike, staying safe
with the bike**

Prize to be drawn

May 11 4pm - 5pm
Zoom Call

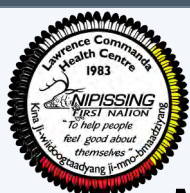
**Riding safely, in the
community, in
town, on the roads.**

Prize to be drawn

Call VICKY 705-753-6971, vickyl@nfn.ca

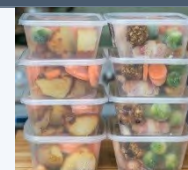


**submit a bike safety photo or
poster before May 14th and
enter a draw !! prize drawn on
May 17th**



Meal Program for Seniors

Orders must be placed every month



Must be a registered NFN member aged 65 years or older

Program provides a package of frozen prepared meals once a month

Call Stella Solomon at the Health Centre at 705-753-3312 to place your order for pick up or local delivery.

Monthly Order Deadlines

Order by May 5th for a meal package on May 12th

Order by June 2nd for a meal package on June 9th

HARM REDUCTION SERVICES

(needle exchange and naloxone kits)



are available every **THURSDAY** afternoon from 1pm to 4:30pm at the Right Path (316 Ted Commanda Drive, Garden Village). Knock at the door and someone will assist OR call Lisa at (705) 753-1375 and leave a message on the general voice mail and arrangements will be made to get your order to you. You can also email: lisal@nfn.ca.

The Suboxone Clinic is still available **Monday to Friday** from 8:30am to 4:30pm at the Health Centre (58 Semo Road, Garden Village). You can also call 705-753-1375 to make pick-up or delivery arrangements. New referrals and self-referrals are welcome. The Culturally Defined Community Withdrawal Management Program also provides land based activities and cultural supports. Call 705-753-1375 for more information.



ONLINE NALOXONE TRAINING FOR COMMUNITY MEMBERS

Register for our next training

Tues., May 4, 2021

9-10:30 a.m.

QUESTIONS?

Contact Katharine O'Connell

1-800-563-2808 ext. 5322

harm.reduction@healthunit.ca

Naloxone save lives. Get trained. Get a kit.



Mental Health Resources

FOR ADULTS

ConnexOntario: 24/7 support to help you find local mental health and addiction services at 1-866-531-2600 or ConnexOntario.ca

Talk 4 Healing: 24/7 support and resources for Indigenous women in 14 languages by phone or text to 1-855-554-HEAL (4325) or online at talk4healing.com

FOR CHILDREN & YOUTH

Hands The Family Help Network: Counselling and therapy support for children, youth, and their families 1-800-668-8555 or visit thefamilyhelpnetwork.ca

Kids Help Phone: Free, confidential professional counselling, information, and referrals for mental health and addictions services.

Call 1-800-668-6868

Text: CONNECT to 686868 Live chat counselling:

kidshelpphone.ca

CRISIS INTERVENTION

North Bay Regional Health Centre: 1-800-352-1141 Available 24/7

Sturgeon Falls Alliance Centre: 705-753-3110 x 288

4p.m.–11p.m., 7 days/week

Canada Suicide Prevention 1-833-456-4566 - 24/7

Mental Health Week

May 3-9, 2021

Good mental health isn't about being happy all the time. In fact, a mentally healthy life includes the full range of human emotions - even the uncomfortable ones like sadness, fear and anger.

- Feeling sad, angry and anxious at times is part of being human.
- Even if we try to push our difficult feelings down, they don't go away.
- Focusing on intense emotions doesn't make them worse. In fact, one of the best ways to quiet our emotions is to give them a voice.¹
- Bottling up our emotions can make them grow or come out in other ways—not reacting to something negative that happens at work could end up making you more likely to yell at your children later, for example.²
- If your emotions are overwhelming, persistent and/or are interfering with your daily functioning, it's important to seek mental health support.

The theme of this year's Mental Health Week is understanding our emotions. Recognizing, labeling and accepting our feelings are all part of protecting and promoting good mental health for everyone.

- 1 in 5 Canadians experiences mental illness or a mental health issue in any given year, but 5 in 5 of us – that's all of us – has mental health.
- Regardless of whether or not we have a mental illness, our mental health is something we can protect and nurture.
- Everyone deserves to feel well, and understanding our emotions is a part of feeling well.
- Emotional well-being includes recognizing what influences our emotions, discovering how our emotions affect the way we think or act, taking action when our emotional response isn't helpful and learning to accept them.³
- Emotional self-regulation, or the ability to label and shape your emotions, is a protective factor for good mental health.⁴

¹ <https://www.jstor.org/stable/40064633?seq=1>

² <https://www.sciencedaily.com/releases/2011/03/110323105202.htm>

³ <https://cmha.ca/wp-content/uploads/2016/02/MH-for-Life-NTNL-brochure-2014-web.pdf>

⁴ https://eerlab.berkeley.edu/pdf/papers/2011_Troy_Resilience_in_the_face_of_stress.pdf

#GetReal

CMHA Mental Health Week

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!

You don't need to be in crisis to access services, but accessing services may help prevent a crisis

Your well-being matters!

CONNECT



Your lifetime partner in healthy living

North Bay Parry Sound District
Health Unit
2m 6m
Bureau de santé
du district de North Bay Parry Sound

Medical Health Fund Deadline Extended

According to NFN's Medical Health fund policy, applications for the previous fiscal year are usually due by April 30th. However, due to delays related to the COVID-19 pandemic, this date has been extended to **May 14, 2021**.

The NFN Medical Health Fund was established to provide financial assistance for health related expenses not covered by other health benefit plans or funding sources. Approvals are subject to the availability of funds per fiscal year (April to March).

The Nipissing First Nation Medical Health Fund criteria apply to:

1. Registered Nipissing First Nation member;
2. Children and youth 16 years of age and under at the time the eligible expense was incurred and where the parent or legal guardian is a Registered Nipissing First Nation member;
3. The expense is not covered by other health benefit plans or funding sources (i.e. fundraising) or the applicant provides documentation that other health benefit plans or funding sources have been exhausted;
4. Expenses have not exceeded the maximum allowable per applicant per fiscal year;
5. Eligible expenses must be applied to the fiscal year (April to March) in which the expense was incurred. Applicants may submit expenses up to and including April 30th of each year for the prior fiscal year (April to March); and
6. Expenses submitted after April 30th* for a prior fiscal year will not be considered.

For more information or to submit an application to the Medical Health Fund please see the Nipissing First Nation [Medical Health Fund Policy](#) and [Medical Health Fund Application](#), which includes an Acknowledgement and Waiver form.

For more information, please contact our Non-Insured Health Benefits Coordinator, Sue Commanda, at 705-753-3312 ext. 2233.

Personal Safety Tips for Seniors

Car Safety

- Keep vehicle windows and doors locked
- Do not leave keys inside your vehicle
- Avoid hiding a spare key in your car
- Never leave anything valuable in plain sight (purse/wallet).
- Park as close to your destination as possible

Home & Personal Safety

- Keep home windows and doors locked
- If you are not home, do not leave notices outside your door
- Do not leave your keys under a doormat or outside where others can locate
- Leave a key with a friend/family member or neighbour you trust, in case you are locked out.
- Never let a stranger into your home
- Ask a friend or family member to accompany you on outings if you feel the need
- Never let strangers know that you live alone or that you are home alone
- Do not "buzz" someone in, verify by voice or monitor that they are the person you are expecting
- Consider carrying a cell phone

Financial Safety

- Never leave your wallet/purse unattended
- Do not carry large amounts of cash, use debit/credit cards with PIN (do not share PIN numbers)
- Talk with a friend/family member about any offers made to you by phone, email or mail
- Do not feel pressured into making purchases or signing contracts, donations, etc., simply state you are not interested and/or hang up.
- Do not share personal info such as SIN, Credit Card, Bank Info, Passwords with people you do not know. Banks, CRA, etc. will always send letters in the mail – never a phone call or email.
- Keep any valuable possessions such as jewelry, papers, cash, etc. out of site or locked away

What you should do

- Have Emergency Numbers available and easily accessible
- Report any crime, attempted crime or suspicious activity including: suspicious behaviors, phone calls, persons, vehicles, and/or incidents.
- Buddy System - Have neighbours watch out for each other and report suspicious activity



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 or [Nbisiing Secondary School Facebook page](#) for our calendar of events and other school-related information, or call (705) 497-9938 for more information.

Trips to the Sugar Bush

Nbisiing staff and students are grateful to have had the opportunity to visit Elder Larry McLeod's sugar bush to collect and see the process of turning sap water into maple syrup.

Students had the opportunity to choose their own trees to tap and start collecting sap. Larry also offered Nbisiing a teaching on the sugar bush and maple syrup after the field trip via Zoom.

We want to say "Chi-miigwech" to Larry McLeod and Virginia Goulais for their support and teachings.

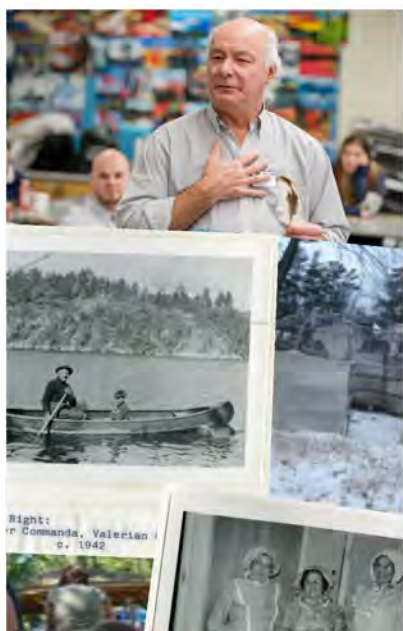


Wiidooktaadwin with Nipissing University

The grade 12 students had the opportunity to participate in Wiidooktaadwin in partnership with Nipissing University. Although working online was a challenge, the students engaged in several cultural activities that included the Seven Grandfather Teachings and made several traditional crafts.



Animating the Land: Nbisiing Nishnaabeg Histories



COURSE:
HIST 1306 SI

DATES:
August 9-20, 2021

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

LOCATION:
Nipissing University
(outdoors)

INSTRUCTORS:
Elder John Sawyer
& Erin Dokis

Course open to NFN
community members,
including grade 12
graduates.

Funding available through
NFN's Post-Secondary
Education program.
Contact gerryg@nfn.ca or
call 705-753-6995 to apply.

REGISTER HERE

KEB Welcomes New Director of Education

The Kinoomaadziwin Education Body (KEB) is pleased to announce the engagement of Christine Dokis (Restoule), who will take on the role of Director of Education for the organization. Christine will join the KEB team on Monday, May 3, 2021.

Christine will lead the KEB's day-to-day administration and will be responsible for working with the Board of Directors to implement the Anishinabek Education System's strategic priorities.

She will serve as the main public contact and spokesperson for the organization and will represent the KEB in all professional capacities.

Sharing
&
Learning

All
students
12-19 yrs
welcome



Guest Facilitator
**BRANDON
PETAHTEGOOSE**

Prizes
to
be
won!

Inspirational
Youth Panel

2021
NIIGAAN
GDIZHAAMI
FORUM

Youth Session!

Games!

JOIN US ON ZOOM

MAY 7, 2021 | 9AM-10:20AM

Register for the youth session at
<https://kebevents.online>



POST-SECONDARY FUNDING DEADLINE

May 15, 2021 at 4:00 p.m.

Applications are available at nfn.ca/education/post-secondary
Questions can be addressed to Geraldeana Goulais
at 705-753-6995 or by email to gerryg@nfn.ca.



Anishinabek Student Excellence Awards

Five (5) scholarships in the amount of \$1,500.00 each will be awarded to Anishinabek First Nation students at the post-secondary level

ELIGIBILITY AND APPLICATION INSTRUCTIONS

Eligibility:

Applicant must be a registered full-time student at an accredited post-secondary college or university. Students who are currently enrolled as well as those who have completed studies and are graduating in 2021 are eligible.

Applicant must be a registered member of one of the 39 Anishinabek First Nations.

To Apply:

Eligible students are asked to submit:

- ☐ a short bio (tell us who you are);
- ☐ a letter outlining academic achievements, community involvement and future aspirations;
- ☐ two (2) written academic references;
- ☐ a copy of your transcript of your current 2020/21 grades; and
- ☐ contact information including email address, complete mailing address and phone number.

**** Incomplete applications will not be considered.***

CLOSING DATE
for scholarship applications is
Friday, May 28, 2021

Applications can be submitted by email (preferred), mail, or fax to:

Jason Restoule, Manager
Anishinabek Nation 7th Generation Charity
1 Migizii Miikan, P.O. Box 711
North Bay, ON P1B 8J8

Phone: (705) 497-9127 or 1-877-702-5200
Fax: (705) 497-9135
Email: an7gc@anishinabek.ca
www.an7gc.ca

Anishinabek Education System

Scholarship and Award Program

The Kinoomaadziwin Education Body, in partnership with the Anishinabek Nation 7th Generation Charity, is pleased to announce the launch of the Anishinabek Education System Scholarship and Award Program!

The Anishinabek Education System is dedicated to maximizing the learning journeys of Anishinabek students. The scholarship and award program seeks to honour and celebrate the many educational achievements of Anishinabek students and educators through three categories of interest.

\$1,500

MURIEL SAWYER
NISHNAABEMWIN
MEMORIAL
SCHOLARSHIP

\$1,000

ACADEMIC
ACHIEVEMENT
SCHOLARSHIP

\$1,500

EDUCATOR
EXCELLENCE
AWARD

CONTACT:

Andrea Crawford
Senior Operations Manager
Kinoomaadziwin Education Body
andrea.crawford@a-e-s.ca

Jason Restoule, Manager
Anishinabek Nation 7th Generation Charity
jason.restoule@anishinabek.ca

VISIT
WWW.AN7GC.CA/EVENING-OF-EXCELLENCE
FOR DETAILS AND APPLICATION FORMS

APPLICATION DEADLINE:
MAY 28, 2021



**ANISHINABEK
EDUCATION SYSTEM**



Anishinabek Nation
7th Generation Charity

Child, Youth & Family Events

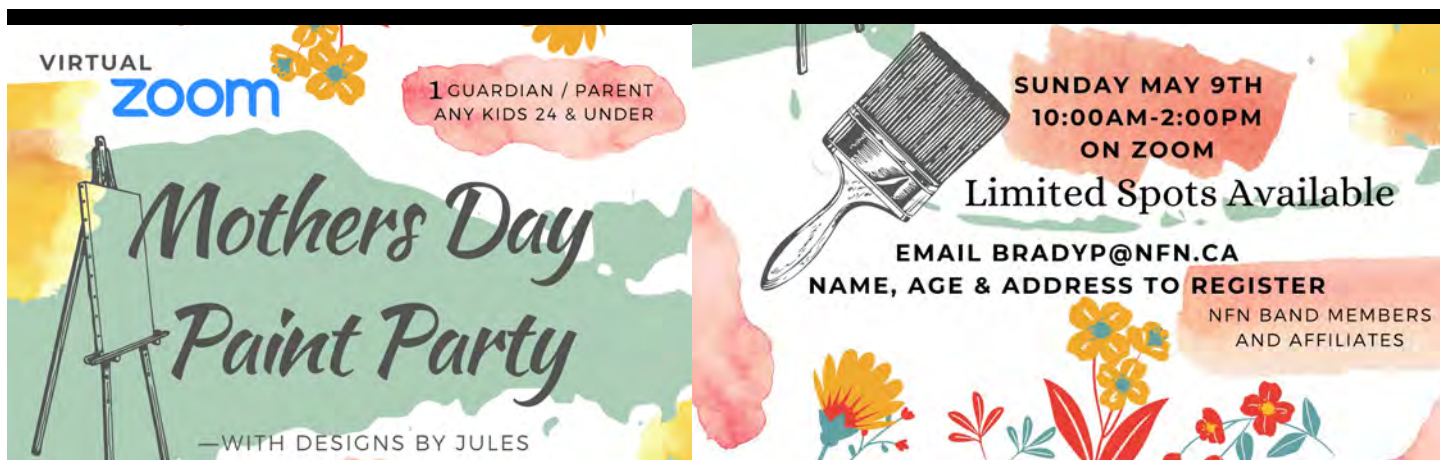
Sign up for these events for children aged 6-12 years with katiel@nfn.ca.

Mother's Day Activity - Painting Rocks - Paint will be supplied May 7th

Netflix Activity - May 14th and 28th - Snacks provided

Keep an Eye on the [@NFNNCW](#) Facebook page for these Pop-Up Events in May

Kids Trivia Nights via Zoom and Mom & Baby Group



VIRTUAL zoom

1 GUARDIAN / PARENT
ANY KIDS 24 & UNDER

*Mother's Day
Paint Party*

—WITH DESIGNS BY JULES

**SUNDAY MAY 9TH
10:00AM-2:00PM
ON ZOOM**

Limited Spots Available

EMAIL BRADYP@NFN.CA
NAME, AGE & ADDRESS TO REGISTER

NFN BAND MEMBERS
AND AFFILIATES

Wellness Packages from the Culture Centre

The Culture Centre has 40 little wellness packages for NFN families. They are comprised of sage, a bear oil salve, a small miigis shell, sage bundle, a small maple syrup and maple sugar.

Please contact gailm@nfn.ca while supplies are available. These will be on a first come, first serve basis, one package per family. Just a little thought to bring a little light to those who need it.

Nishnaabemwin Classes

Online classes for new learners & novice learners coming soon!

Stay tuned for more details about dates and how to register!

Contact glennab@nfn.ca for more info.



Virtual **YOUTH** **JEOPARDY!**

AGES 13-24

THURSDAY MAY 20TH @ 6:00PM

Email: Bradyp@nfn.ca to register

Nbisiing Nishnaabemwin

Kenjgewin	learning place	Debendaagziwaad	those who belong
Paamkawe	making foot prints	E-naaknigewaad	those who Govern/make Laws
Baamaadjimowin	spreading rumours, stories	Zhoonyaa naagdawenjan	rules for keeping money
Paa zaamdoon	spreading rumours, untruths	G'da-kiimnaanaaknigan	our land laws
Gaa-giiwnimo	spreading lies	Mnongishmo-giizis	beautiful sunset
Maamkaadkamig	amazing	Mno-mookam- giizis	beautiful sunrise
Zhaawenjgewin	grace	Mshakwat	skies are clearing
Teg	a place, where it is	Shweyaagjiins	dragonfly
Maaboonchige(wag)plural	river drive	Gzaagdawaang	mouth of river
Nbisiing Gchi-naaknigan	the Laws of Nipissing NFN	Wewebnaabii-mnigoosh	fish worm
Gchi-naaknigan	what Govern us	Dbaknigeng minwa Mno-ginaaknigenwin	court hearings and good laws
Ogimaa	Chief	Dbaknigeng minwa gbageng maznageng	holding court and paying debts
Giigtonini	male councillor		
Giigtoninii-kwe	female councillor		

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.

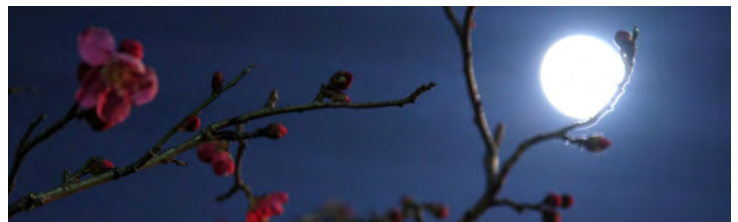
Waabgowanii Giizis ntaamgo niibwa kenzowaan. dbasendizyaan, kwedweyaan wii- boonendmaan iw gaanendmaan mii dash mina tkweshkaadyang, wewena ga-nendis ezhi-aaw'yaan.

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.



**** With Gratitude to our Fluent Speakers ****

Nbisiing Nishnaabeg Gaabinaadziwaad Gamig – NFN Culture Centre

Josephine Commanda Beaucage, Ban

On April 15, 1904, at Beaucage Village, Nipissing Reserve the second child of Paul and Mary Ann Stephans Commanda was born. Josephine is the granddaughter of Semo Beejesick Commanda, Ban, his doodem the Duck (Bird).

Her father Paul Commanda, Ban, was the head guide in the Carnegie Expeditions and as a guide for commercial tourism camps. Her sister, Margaret (Nellie) Commanda, Ban, was an entertainer and native rights activist under her native and stage name, Princess 'Wah Nese' Red Rock. She had three other siblings, Veronica, Annie and Paul who entered the spirit world as infants.

In her undated autobiography, Josephine recalled her early education was at 'a nice big schoolhouse', the Beaucage School. She relates that her father was on the Labrador expedition in June of 1914 when her mother passed away. As her father Paul's work with museums kept him away from home, his only option for childcare was to place his children in the residential school at Spanish, Ontario.

Her years at the school she described as lonely at first and cried a lot and related further that it 'was the best thing that ever happened to us'. She found the school strict in that native language was discouraged. Josephine was a fluent speaker of Nbisiing Nishnaabemwin, never losing her language despite the education policy of that day. Her attendance at the school was during the 1918-1919 influenza pandemic and described the impact on her school mates. During that time, she experienced isolation and quarantine from her father, as no visitors were allowed. Josephine attended this school where she completed her education in 1921.

Josephine married her husband Angus Beaucage, Ban, in 1923. She related in a recorded interview that her husband was from Garden Village and his family believed in "trying to keep the natural ways of the native people."

Angus guided for tourist camps in the Temagami area and as a couple resided in Temagami. As a couple they worked in commercial tourist camps in the summers between the years 1938 to 1950. Josephine's job duties with these camps were responsibilities as cabin girl, laundress and second cook. In May of 1950 she worked for Ontario Northland as a shipping and receiving clerk and Angus was a Captain on delivery boats. Beginning each Fall, they worked their trap line. Under her husband's tutoring she learned to handle a gun, run an outboard motor, to dress furs of beaver, mink and otter and in her words was 'pretty good when it came to handling a canoe'.

By the summer of 1959, her work towards cultural revival commenced. Josephine and Angus were hired to demonstrate beadwork and tanning of hides at a Niagara Indian Village. She began her teaching and counselling career with the Continuing Board of Education in 1966 working with families from Sioux Lookout.

The next year she began her work assisting families from the north to situate and culture manage their move into city life. By December of 1968 she worked for the Y.M.C.A. on Spadina Avenue in Toronto counselling and working with youth aged 16 to 22 years of age. In June of 1970 she began her work with the Board of Education instructing young adults in beading and leather work.

In July of 1970 her husband Angus passed away. She kept busy acquiring employment with Indian Crafts of Ontario and began her work visiting reserves "to improve their craft work and to teach them different patterns."

Josephine's agenda, diaries placed her on thirty-three Reserves where she taught beading, fur dressing and leather work. Amid this time of teaching, she was proud to state that she exhibited her own artisan work at the 1974 Canadian National Exhibition. Her autobiography relates two events she held dear to her heart. In 1972 she attended a conference in Sudbury and met Chief Dan George. Her humour can be seen in her autobiographical reference to this encounter. She was urged by her students to ask Chief George to marry her. She said in an attempt to get his attention and speak with him and since it was a leap year, she asked "*Chief, you are a widower and I am a widow this being a leap year, I've come to ask you to marry me. He looked at me with a big grin and said that he would be very happy to marry me. I presented him with a beautiful beaded glass case as a souvenir.*"

Her second memorable event was that she was chosen to go to Rome for the Beautification of Kateri Tekakwitha in June of 1980. She was honoured to wear her regalia at the Vatican's St. Peter's Square and assist at the Mass officiated by Pope John Paul II. She was 'thankful to have taken part in all the undertakings and programs' which she described as 'beautiful and touching'.

Josephine was an advocate of native teachers in the education system when on her travels she realized she knew native teachers with qualifications but did not see them employed in the schools in the communities she visited.

Continued on the next page

Josephine Commanda Beaucage, Ban - Continued

Not only did she advocate for the hiring of native teachers, she also performed recognizance reporting work for the needs of native people on the Reserves she brought her cultural revival classes too.

Mrs. Josephine Commanda Beaucage was featured in ten different magazines and periodicals. She was recognized for her lifetime work receiving the 1994 Ontario Senior Achievement Award and The Catholic Women's League of Canada acknowledgement of forty (40) years of service.

Josephine has many great and grandchildren who are Nation Members at Nipissing.



Josephine Commanda Beaucage has been the inspiration and is featured in the Lake Nipissing Beading Project.

Her story will be a part of the Nipissing Nation Exhibit on Nipissing Notables, an acknowledgement to those Nipissing who contributed to the heritage and culture of our Nation.

Author Joan McLeod Shabogesic for NFN/Nipissing University collaboration 'Recovering Voices at Home' GRASAC and Smithsonian. Our Culture Centre, in partnership with Nipissing University, Great Lakes Research Alliance for the Study of Aboriginal Arts & Culture Smithsonian National Museum of Natural History, was successful in applying for a heritage project called Recovering Voices. Stay tuned for more details about this exciting project that will connect NFN members virtually with our ancestral belongings at the Smithsonian Museum in Washington, DC!



Lake Nipissing Beading Project During A Global Pandemic

Project dedicated to Muriel Sawyer (ban), Ph.D. (Nipissing First Nation Deputy Chief and language keeper) who was a custodian of language and culture and an irreplaceable advocate for Indigenous education.

A 2-part project including NFN Culture Center in collaboration with Nipissing University and Dokis First Nation

The **Lake Nipissing Beading Project** will be an estimated 10 metre beaded replica of Lake Nipissing along with tributaries and joined waterways. This community-centred project is meant to bring folks from Nipissing and Dokis communities together through a shared project to bead a portion of the lake and its surrounding waterways. This action is meant to show respect and acknowledge the importance of this waterway as well as activate treaty relations.

Each participant will receive a beading kit, which contains all necessary materials and instructions. Once completed, each piece will be mailed back to the organizer and put in order for the future installations. NFN and Dokis, please order your beading kits by emailing: lakenipissingbeadingproject@gmail.com. Be a part of this memorable project.

The project includes a **Speaker Series** hosted by Suzanne Whiteduck that is being recorded (see below for link). In May, there will be three more speaker series (dates to TBA):

- Traditions and Teachings on Beading. Perry and Laurie McLeod-Shabogesic
- Passing Down knowledge of beading to the next generation: Uncle and Nephew Team, Dan Commanda & Tory Fisher
- Beading at Nibisiing, historical perspective: Katrina Srigley & Glenna Beaucage

The speaker series has been recorded and can be viewed here: lakenipissingbeadingproject.com/speakerseries

Understanding Our Sacred Food

with Tom Kanatakeniate Cook, Akwesasne & Loretta Afraid of Bear-Cook

Friday, May 14th from 10:00 a.m. – 12:00 p.m. via Zoom

Loretta Afraid-of-Bear is the faith-keeper and holder of the Afraid of Bear/ American Horse Sundance Pipe. Fluent in Lakota, she serves as a Cultural Specialist for her people. She is a dedicated wife, mother, and grandmother. Loretta Afraid-of-Bear and her husband, Tom Cook, together with their people, are sponsors of a Sundance ceremony, which takes place at the Wild Horse Sanctuary grounds in the Black Hills of South Dakota.

Loretta is a Board Member for Running Strong for American Indian Youth, and the Center for Sacred Studies. She and her husband Tom also enable food security and help to put in hundreds of gardens across Pine Ridge Reservation,

Tom Kanatakeniate Cook (Akwesasne Mohawk). For as long as he can remember, Tom Cook has toiled in the garden and helped others learn how to grow their own healthy, organic food. Tom was raised on a working dairy farm on the St. Regis Mohawk Indian Reservation in New York and for decades, an abundance of crops have grown from his hands.

Today, hundreds of gardens grow from his expertise. In fact, Tom's roots with Running Strong go back even further, through the Slim Buttes Agricultural Development Project (SBAG), which he co-founded with his wife, Loretta, on Pine Ridge in 1983, as a means to cultivate the land to grown healthy, organic food for an American Indian population plagued by food insecurity.

As Director of SBAG, Tom employed local residents to help tribal members plant up to 400 community and family gardens yearly throughout the 3,468 square mile reservation. SBAG is responsible for tilling garden plots for families to plant crops, delivering seedlings grown in a hoop house early in the spring so they would be ready for planting following the last frost of the season, distributing seeds and installing more than nine miles of irrigation systems. Tom also experimented with growing methods, organic means of pest control and wildlife management, drip line irrigation and composting techniques. His passion for life forces brought into the garden by Biodynamic methods has guided his approach to full-spectrum nutrition.

Understanding how to care for our traditional foods and prepare them in a sacred manner has always been an important part of our rights of passage teachings," said Dr. Loretta Afraid of Bear-Cook.

According to Dr. Afraid of Bear-Cook, the goal is to help our people to host an annual sacred food preparation gathering sometime between August and October.

Please register by contacting gailm@nfn.ca to receive a Zoom link for the session on May 14th.

NFN Food Sovereignty Program 2021

Our Culture Centre, with support from the NFN Enhancement Fund and NIB Trust, is planning to purchase 20 garden boxes made by an NFN band member, as well as soil, peat moss, manure, portable greenhouses, trellises, hoses, plants, solar lights and garden storage boxes to support local food sovereignty efforts.

We will draw 20 names and will deliver the garden box, soil, peat moss and manure to the winners' homes (following COVID-19 protocols).

NFN members can send applications to gailm@nfn.ca as soon as possible. Deadline and winners will be announced on the [NFN Culture & Heritage Events](#) page.



in the Spotlight

Creation of the Spark

A Book by George & Grace Couchie

George Couchie and his granddaughter Grace wrote a children's book titled *Creation of the Spark* that has recently been published. Books are \$15 each and all proceeds will go towards the Indigenous Arts program at St. Joseph-Scollard Hall Catholic Secondary School.

As George shares in his teachings, "everyone is given a spark, a gift. We all have gifts that come from within us. We are going to do something better than anyone else."



George has also published a book titled *The Gifts of Seven Grandfathers* and gives thanks to the many people who sent him their stories that were transformed by the seven grandfathers.

Order your copies of these books by contacting George on his Facebook page: [Redtail Hawk | Facebook](#)

Students Who Make a Difference

Cheyney Chevrier & Mylene Langlois

Cheyney Chevrier and Mylene Langlois were recently recognized as *Students Who Make a Difference!* by the North Bay & District Multicultural Centre, in partnership with the North Bay Local Immigration Policy, the North Bay and District Multicultural Centre, the Conseil scolaire catholique Franco-Nord, the Conseil scolaire public du northeast, the Nipissing Parry Sound District Catholic School Board, the Near North District School Board, Canadore College and Nipissing University.

Students are selected for being positive role models who demonstrate leadership in social justice issues. Cheyney and Mylene both excel academically and in extra-curricular activities, while also demonstrating leadership and community involvement. Both were recognized for making people feel special and inspiring others to be the best versions of themselves. Congratulations Cheyney and Mylene, and an honourable mention also goes to Keaton Goulais for his excellent poster submission.

Watch the video here: <https://youtu.be/O2VwCsGPBH4>



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1 Bedroom Apartment
for rent in Garden Village
Apply by May 14th
Move in June 1st
Details at nfn.ca or 753-6973

The Housing Department is now accepting applications for a **1 bedroom apartment** in a triplex unit:

237 B Semo Road, Garden Village

Available Date: June 1, 2021

Application Deadline: May 14, 2021

Monthly Rent: \$356 (1st month + security deposit required)

Must pay own Hydro and supply own appliances.

Mandatory: Please complete the application and submit all required documentation before the deadline.

Download the application on our website at nfn.ca/housing/vacancy/ or click here: bit.ly/3xBsd5p

**Miller Quarry
Blast & Crushing**

Blast on week of May 17
Crusher operating from 6am
to 10pm until early July

**Call Cathy at 705-753-2922
with questions/concerns**

**CALL OR
CLICK
BEFORE
YOU DIG**

**FOR ANY SIZE
PROJECT**

1-800-400-2255
ontarioonecall.ca



REMINDER: These items will **NOT** be picked up from your driveways. Please dispose of these items appropriately!

Freon appliances such as refrigerators, freezers, water coolers, air conditioners, dehumidifiers.

Organic waste such as grass, leaves, brush, branches, and trees.

Household hazardous waste such as cleaning products, automotive fluids, paints, aerosol cans.

For more information, contact Grant Stevens,
Waste Diversion Coordinator at 705-753-2050
ext. 1269 or email grants@nfn.ca.

SPRING CLEAN-UP

Wednesday, May 19
Garden Village, VLA, Mosquito Creek

Thursday, May 20
Jocko Point & Beaucage

Friday, May 21
Yellek, Art's Lane, Duchesnay



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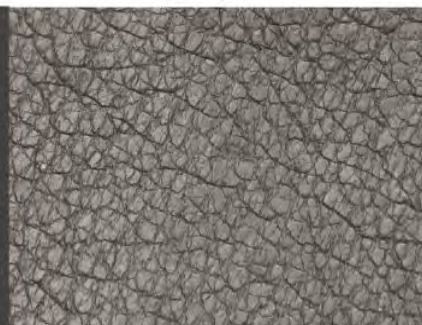
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