

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

In This Issue

- [Updates/Notices.....2-3](#)
- [Education.....4-6](#)
- [Employment.....7](#)
- [Job Fairs.....8](#)
- [Health.....9-10](#)
- [Recreation.....11-12](#)
- [Library.....13](#)
- [Child Welfare.....14](#)
- [Cultural Events.....15](#)
- [Anishinaabemwin.....16](#)
- [Advertising.....17](#)
- [Calendar.....18](#)

The newsletter is available online at www.nfn.ca or by request: shaylab@nfn.ca

Council Meetings:

April 5 @ 7:30pm
Garden Village

April 19 @ 7:30pm
Garden Village

Please submit agenda items by 4pm on the Thursday prior to the meeting to Freda Martel at (705) 753-2050 ext. 1223 or email to fredam@nfn.ca.

Memorandum of Understanding with the Ministry of Natural Resources and Forestry

On March 10th, following a pipe ceremony led by Elder Peter Beaucage, Nipissing First Nation's Chief and Council moved forward with the Memorandum of Understanding (MOU) that has been developed to establish a new relationship with the Ministry of Natural Resources and Forestry.

This effort follows the spirit of our Chi-Naaknigewin by upholding our values as a top priority in moving towards a more sustainable fishery for current and future generations. The MOU is intended to support the successful implementation of Nipissing First Nation's Fisheries Law and the management of NFN's commercial fishing activities through a collaborative framework.

It means that NFN's Fisheries Law will be recognized by the Government of Ontario, which is a first for this province, and a trailblazing activity for all Anishinaabe people.

NFN and the MNRF have a shared goal of ensuring the sustainable management of Lake Nipissing fisheries, and the recovery of the walleye population, while recognizing Nipissing First Nation's inherent and Treaty Rights to harvest fish from Lake Nipissing for subsistence, cultural and commercial purposes.

The new relationship enables the provision of financial and technical resources to NFN to support the commitments described within the MOU, including enhanced data exchange, harvest reporting, fisheries assessment and monitoring, training, as well as compliance and enforcement protocols that support NFN's Fisheries Law and use principles of Aboriginal restorative justice.

A summary of the MOU is posted to our website, along with a copy of our Fisheries Law. If you have any questions, please contact Dwayne Nashkawa, Chief Executive Officer, at (705) 753-2050 or dwaynen@nfn.ca.



L-R: Elder Peter Beaucage, Chief Scott McLeod and Minister Bill Mauro

Focus Group Sessions in May for Seniors, Youth & Women's Advisory Groups

Chief and Council have reviewed the interest lists and feedback provided by the membership about the proposed Advisory Groups to Council. They wish to thank everyone who took the time to fill out a survey to provide input about this proposed new initiative and greatly appreciate the response to the call-out for participants.

Focus Group sessions will be held in May for each of the proposed groups (Seniors, Youth & Women) to discuss the parameters, structure and objectives of each group. More details will be communicated as they are confirmed.

The intent of the Advisory Groups is to provide advice to Council about issues of importance to each of the groups.

For more information, contact:

Freda Martel
Director of Administration
(705) 753-2050
fredam@nfn.ca



UOI Satellite Office Hours

In order to better serve members located on the east end of NFN, the following departments offer a satellite office at the Union of Ontario Indians.

NFN's Satellite Office is available from **9:00am to 4:00pm** on the following dates (unless otherwise specified):

ONTARIO WORKS

Every 2nd Wednesday

Wednesday, April 13th

Wednesday, April 27th

Appointment Required:

Call (705) 753-2058 to book.

FINANCE

Every 3rd Friday

Friday, April 15th

MEMBERSHIP

Every 3rd Monday

Monday, April 18th

HEALTH CENTRE

By appointment only:

Call (705) 753-3312 to book.

CHIEF McLEOD

Every 3rd Thursday from

10am - 4pm *

(*While the Chief intends to be available at the UOI every 3rd Thursday, dates will be confirmed on a month to month basis due to his busy schedule.)

Call for Committee Members

Chief & Council are still seeking registered Nipissing First Nation members to serve on the following committees:

- Anishinaabemwin Committee - seeking 1 member
- Community Development Committee - seeking 2 members
- Economic Development Committee - seeking 1 member
- Health & Social Services Committee - seeking 2 members
- Housing Committee - seeking 2 members
- Natural Resources Committee - seeking 2 members

Committee meetings are held once per month and members are paid an honorarium of \$50 for each meeting that they attend. Members must be 18 years of age and over to participate on committees.

Note: Applicants are allowed to participate on a maximum of two committees.

Applicants must complete a separate application for each committee.

The Committee Member application form is available on our homepage at www.nfn.ca, at the front reception desk at the Band Office, or it can be faxed or emailed to you by request by calling (705) 753-2050.



Gidaabik Wind Project Update

On March 10th, the Independent Electricity System Operator (IESO) announced the list of projects that will be awarded power purchase agreements from the province of Ontario.

The Gidaabik Wind project that NFN had proposed to develop in partnership with Innergex Renewable Energy Inc. was not awarded a contract. In total, 103 bids were submitted by 28 developers. Only 16 projects were awarded contracts.



New Contact for Communications

Effective April 4th, **Shayla Brunet** will be the new contact for inquiries related to the newsletter and communications while Gen Couchie is on maternity leave.

Shayla can be reached at (705) 753-2050 ext. 1270 or shaylab@nfn.ca.



Action! Filming a scene at the Library, which was staged as a Diner

Hard Rock Medical

Filming of the third season of the television show *Hard Rock Medical* took place from March 18th to 24th in Garden Village and Duchesnay. The show, which is loosely based on the Northern Ontario School of Medicine, started filming in the North Bay area in mid-February.

In addition to generating economic spin-offs, as many as 30 local actors were employed by the project, as well as a dozens of extras from our community. 75 Digital Cinematography students at Canadore College also benefited by gaining hands on experience working with the production. The show will air later this year or in early 2017 on APTN and TVO.





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

The second semester is well under way and Midterm exams are quickly approaching! It's time to start studying now! Midterms are a great chance to see what you know and practice for final exams as well.

MIDTERM SCHEDULE

April 13

Morning: Period 1 Exam

Afternoon: Period 2 Exam

April 14

Morning: Period 3 Exam

Afternoon: Period 4 Exam

OPEN DISCUSSION - Teaching Through Culture

Elders and community members are invited to join us at 7pm on **April 8th** at the Band Office for a start-up event to discuss ideas about how to teach Science, English and History through the culture. Nbisiing teachers who are writing courses for future years will be attending and want to hear from the NFN community about how and what you believe we should be teaching your community children. Refreshments will be served. For more information please contact Harley at 705-497-9938 or harleys@nbisiing.com.

REGISTRATIONS

Are you thinking about registering at a High School for second semester? Will you be entering High School in the Fall of 2016? Make an appointment with the Student Success teacher at Nbisiing Secondary School, Ontario's finest First Nation High School!

We would be pleased to provide a personalized tour of our school and speak with you about the educational and cultural programming available. We welcome all Native and non-Native students.

To arrange a personalized tour, visit our website at www.nbisiing.com, call us at 705-497-9938 or check us out on Facebook. We look forward to meeting you soon!

Nbisiing Students Continue to meet with Elder Virginia for our Drum/Social Group



Drumming & Singing
Story Telling
Ceremonial Teachings
Traditional Crafts



ANISHINABEK Educational Institute

2017-18 PROGRAMS

DIPLOMA

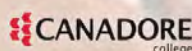
- Business
- Practical Nursing
- Native Community Worker
- Native Early Childhood Education
- Social Service Worker
- Paramedic

CERTIFICATE

- First Nation Child Welfare Advocate
- Fetal Alcohol Spectrum Disorders
- Pre-Health Sciences
- General Arts & Sciences
- Personal Support Worker
- Autism & Behavioural Science

APPLY ONLINE OR DOWNLOAD/MAIL APPLICATION PACKAGES AT:
www.aeipostsecondary.ca/aeiregistration.asp

In partnership with



Main Office
Nipissing First Nation

Satellite Office
Munsee-Delaware Nation



1-800-334-3330 www.aeipostsecondary.ca

Aboriginal Women in Trades

Do you want to develop your skills in the trades in a relaxed environment? Are you interested in the trades but are not sure which trade is right for you?

This 12 week, culturally-based work readiness training program is geared to Aboriginal women who want to explore four key trade areas: Building Construction, Electrical, Plumbing and Carpentry.

Start Date:
June 2016 to August 2016

There is no cost for this training as all books, personal protective equipment, bus passes, health and safety training fees are covered for each participant. If you live outside of the North Bay area, Canadore College Student Residence space will be available for private accommodations. Residence space or other living expenses during the training must be covered by a sponsor.



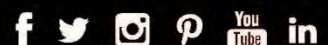
Upon completion, participants will receive a Certificate of Completion. As each participant works to attain their identified goals, they will also be guided and supported into further pathways.

For further information contact:

Judy Manitowabi
Manager, Community Based and Contract Training
First Peoples' Centre, Canadore College
judy.manitowabi@canadorecollege.ca

GREAT THINGS HAPPEN HERE

canadorecollege.ca/fpc



Employment Opportunities

The following employment opportunities are currently available with Nipissing First Nation. To apply, please forward a cover letter, resume, and three (3) current work references by 4:30pm on Friday, April 15th to:

MAIL: Jennifer Lalonde, Human Resources Manager
36 Semo Road, Garden Village ON P2B 3K2

FAX: (705) 753-0207
EMAIL: resumes@nfn.ca

Complete Job Postings can be viewed on our website at www.nfn.ca/jobs_internal.php.

Nipissing First Nation gives preference to First Nation applicants for any employment opportunities as per Section 24(1)(a) OHRC

Only those who qualify for an interview will be contacted.

Ojibway Daycare Supervisor (3rd Round Posting)

6 Month Contract Position - *with possibility of an extension*

Appointed, as Daycare Supervisor, to manage the First Nation Daycare Centre and to provide child care programs, information and services within the administrative policies and procedures established and directed by the Social Services Manager.

QUALIFICATIONS:

- Must meet the requirements of the Day Nurseries Act.
- Must have an Early Childhood Education Diploma and be in good standing with the college of ECEs.
- Experience in Day Care Centre Supervision and/or 2 years' experience in a Licensed Daycare Centre.

DUTIES:

- Planning, supervising and implementing the program for the Pre-school and Toddler program in accordance with the policies and philosophy of the Nipissing Ojibway Day Care Centre.
- Gearing the program to the needs of the individual child including his/her interests, special talents and needs.
- Helping each child to become aware of his/her role as an integral member of a group.
- Ensuring a warm, welcoming environment for both children and families.
- Conducting staff meetings.
- Planning and implementing methods of establishing a positive liaison with parents.
- Responsible for preparing art activities and circles according to the week's theme and incorporating the Early Learning Framework.
- Responsible for the administration and scheduling of Teachers.
- Responsible for maintaining assigned budgets under the guidance of the Social Services Manager.
- Responsible for including culture and language in the daily routine of the Centre.

A current CPIC/Vulnerable Persons Check is required upon employment.

WEST NIPISSING

GET JOB READY

In preparation for Career X Carrière!

Are you looking for work or a job change?

Receive free training, direction and advice from local employment service providers on the DO'S & DON'TS of interviews, resumé, and job fairs.



April 7th, 2016 @ 8:30 am - 2:30 pm
Marcel Noël Community Hall
219 O'Hara St., Sturgeon Falls, ON

- Full day of FREE training workshops
- Complimentary lunch
- Door prizes and more!

REGISTER NOW:
www.thelabourmarketgroup.ca

For more information please contact Trista at The Labour Market Group
trista@thelabourmarketgroup.ca or by calling us at 705-474-0812

Transportation available!

Please call 705-474-0812 and ask Trista for details



ready. set. hired.



WEST NIPISSING OUEST

CAREER X CARRIÈRE



April 20th, 2016 @ 8:30 am - 3:15 pm
Marcel Noël Community Hall
219 O'Hara St., Sturgeon Falls, ON

FREE Lunch at noon!

"X"plore careers & job opportunities available in West Nipissing!

Local employers will be on-hand to discuss their industries and provide information on career opportunities within their field.

- Hear straight from local employers what a typical day looks like in their industry
- Explore different career options within a variety of sectors
- Discover careers you may be interested in that you may not have considered
- Learn how you can get involved in different types of careers

Transportation available!

Please call 705-474-0812 and ask Trista for details.



FEATURING :

Local employer panels

Healthcare: 9:00 - 10:00
Personal Services: 11:00 - 12:00
Entrepreneurship: 1:00 - 2:00

Health News

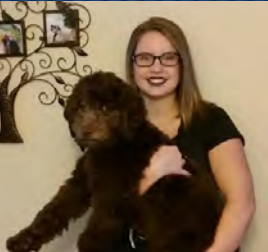
NIHB Survey

For all status First Nations people across Canada - having difficulty with dental benefits under NIHB?
NIHB is currently under review and your response to this survey could create a major overhaul!
Take the time to let AFN & FNIHB know the problems! <https://www.surveymonkey.com/r/LK8NFQ>



Northern Ontario
School of Medicine
École de médecine
du Nord de l'Ontario

Welcome NOSM Students!



Emily Stuart

Hello!

I am very excited to start my placement in April with Nipissing First Nation. I am a registered nurse and have experience in emerge. I recently moved to Sudbury with my husband and my new puppy. I am hoping to learn more about the culture I'll be immersed in. I want to be able to practice as a health care provider using culturally safe terms and being culturally sensitive to all those around me. I think this placement will be a valuable learning tool.



Brittanie LaBelle

Hi!

I am looking forward to starting my placement in April with Nipissing First Nation. I am a Francophone and I grew up in North Bay. I did my undergraduate degree at the University of Ottawa in Environmental Sciences. I want to learn more about the communities surrounding my hometown. I think this placement will be a valuable learning experience, as it will teach me ways to provide culturally safe health care.

The Food Bank would like to extend a Chi-Miligwech to Steve Commanda and the Knights of Columbus for organizing a spaghetti dinner fundraiser to ensure that families had a turkey for Easter. Your generosity has made an immediate difference in our community and your hard work does not go unnoticed. **Miligwech.**

Volunteers Needed for Good Food Box and Diners' Club

Good Food Box is every third Thursday of the month.

- Volunteers are needed between 8:30am - 3:30pm for grocery pick-up, packing and delivery

Diners' Club is every second Wednesday of the month.

- Volunteers are needed between 8:30am - 3:30pm for set up, cooking and clean up

Please contact Evelyn Chevrier @ (705) 753-3312 ext. 2229

Diabetes Information

Aboriginal people are more likely to develop type 2 diabetes than other Canadians. The most common type of diabetes is type 2. Aboriginal youth are developing type 2 diabetes more than ever before.

Type 1 diabetes is typically characterized by the following signs and symptoms:

- Lack of insulin;
- The appearance of the disease around puberty;
- Weight loss;
- The need for treatment with insulin injection.

Type 2 diabetes is typically characterized by the following signs and symptoms:

- Insulin resistance;
- Insufficient insulin production;
- Appearance of the disease after age 40;
- Excess weight;
- Significant family history;
- Treatment through lifestyle modification alone or in combination with oral anti diabetic drugs, in some, insulin injections.

Information derived from:

Understanding Your Diabetes and Live a Healthy Life



What is diabetes?

Diabetes is a disease that is characterized by a lack of insulin or impaired insulin action, which causes a rise in blood sugar to levels above normal.

What are the criteria of a diagnosis of diabetes?

The diagnosis of diabetes is based on the following lab results performed on venous blood:

- **Fasting blood glucose** equal to or above 7.0 mmol/L;
- **Random blood glucose** equal to or above 11.1 mmol/L;
- **Oral glucose tolerance test** with a blood glucose level equal to or above 11.1 mmol/L two hours after consumption of 75 g of glucose.

What is normal blood glucose (blood sugar)?

Blood sugar is considered normal when it remains **between 4 mmol/L and 6 mmol/L before meals, between 5 mmol/L and 8 mmol/L two hours after meals**. Target range for most people with diabetes is **4 mmol/L to 7 mmol/L before meals, and 5 mmol/L to 10 mmol/L two hours after meals**.

Why is it important to achieve a normal or target blood sugar level?

The closer that the blood sugar level is to normal, the more a person with diabetes will feel healthier and lower his/her risk of long term complications with diabetes.

Why do blood sugar levels increase in a person with diabetes?

Blood sugar rises because of a lack of insulin, which can be caused by reduced insulin secretion, decreased insulin action, or a combo of the two. When there is not enough insulin or insulin action to cause glucose to enter the cells, glucose levels in the blood increase. This is called hyperglycemia.

What is insulin?

Insulin is a hormone produced by the pancreas, an organ that is located in the abdomen behind the stomach. Insulin lets glucose enter cells, which in turn lowers blood sugar levels.

How does the body use glucose?

Just like gasoline is important to fuel cars, glucose is an essential energy source for our body's cells.

Where does excess glucose in the blood of a person with diabetes come from?

Excess glucose in the blood comes from two main sources: food containing carbohydrates; and the liver (the liver produces glucose) when it makes too much.

For more information, please contact the Lawrence Commanda Diabetes Education and Resource Centre at (705) 753-3312.

Gym Nights in Garden Village

Mondays & Wednesdays at the Band Office Gym

Date	Ages		Activity
Monday April 4	Ages: 6-12 All Ages	4:00pm - 6:00pm 6:30pm - 7:30pm	Pop Up & Capture the Flag ZUMBA
Wednesday April 6	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Octopus & Scream Run Indoor Soccer
Monday April 11	Ages: 6-12 All Ages	4:00pm - 6:00pm 6:30pm - 7:30pm	Four Corners & Chuck the Chicken ZUMBA
Wednesday April 13	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Capture the Flag Outside Play <i>No Activities</i>
Monday April 18	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Rock, Paper, Scissors & Football RPS Full Body Game
Wednesday April 20	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Dragon Tails RPS Cheer Tail & Pass the Charge
Monday April 25	Ages: 6-12 Ages: 13-18	4:00pm - 6:00pm 6:00pm - 8:00pm	Wizards Ball Hockey Dodgeball
Wednesday April 27	VOLUNTEER DINNER		<i>No Activities</i>

Lunch Hour Poker Walks

Monday to Friday from 12pm - 1pm at the Band Office

Looking for an incentive program to get you moving this spring?

Come walk every lunch hour throughout the month and you could win a FIT BIT!!!

* You do not need to stay the entire hour *

For every 5 laps that you complete you will receive a card.

Pokers Hands from during the week can be played on
Friday's Game for the weekly prize.



Open to all ages
Please Wear Indoor Shoes



Gym Nights in Duchesnay

Tuesdays & Thursdays at the Nbisiing School Gym

Date	Ages	Activity
Tuesday April 5	Ages: 6-12 4:30pm - 6:30pm	Rounders / Big Matt Floor Hockey
Thursday April 7	Ages: 6-12 4:30pm - 6:30pm	Triangle Tag & Temple of Doom
Tuesday April 12	Ages: 6-12 4:30pm - 6:30pm	Blind Badminton & Pop Up
Thursday April 14	Ages: 6-12 4:30pm - 6:30pm	Sinking Ships & Fort Breaking Game
Tuesday April 19	Ages: 6-12 4:30pm - 6:30pm	Snowman Dodge Ball & Drum Fit
Thursday April 21	Ages: 6-12 4:30pm - 6:30pm	Noodle Keep Away & Feet Tag
Tuesday April 26	Ages: 6-12 4:30pm - 6:30pm	Crab Walk Soccer & Hand Ball
Thursday April 28	Ages: 6-12 4:30pm - 6:30pm	Butts In / Butts Out & Park Play



PAINTBALL OUTING

Sunday, April 24th from 10am - 4pm

Private Group Paintballing for Ages 12-18 years
at Pyramid Paintball in Bonfield (20km east of North Bay)



LIMITED SPACE: 12 PARTICIPANTS

\$10 non-refundable deposit required

(participants must pre-register and pay fee before event)

Transportation Provided. Waiver and Permission Form Required.

Under 18: parent/guardian signature needed

Call Ashley at (705) 753-6971 to register or for more information.

This Month in the Library

Bi-Waamdan Mzinigan
Books of the Month



Kendaaswin Enokiing/Library Activities

APRIL

12

Naagshig Dbaajmonan / Bedtime Stories - Tuesday, April 12th

Library in Garden Village from 7pm - 8pm

Bring your pajamas, favourite teddy and a bedtime snack!



APRIL

13

Computer Night - Wednesday, April 13th

Library in Garden Village from 6pm - 8pm

Enjoy a fun night with friends on the computers!



APRIL

14

Nooj gegoo zhichkewin / Making Crafts - Thursday, April 14th

Library in Garden Village from 6pm - 8pm

Join us for a fun night of making crafts!



APRIL

20

Computer Night - Wednesday, April 20th

Library in Garden Village from 6pm - 8pm

Enjoy a fun night with friends on the computers!



MONDAY Ensogizhgak	TUESDAY Shkinokligiizhgak	WEDNESDAY Niizhgizhgak	THURSDAY Aabtawse	FRIDAY Shpinganwan	SATURDAY Jiibiiyaati-gogizhgak	SUNDAY Maaniigizhgak
9am-12pm 1pm-4pm 6pm-9pm	9am-12pm 1pm-4pm 6pm-9pm	6pm-9pm	9am-1pm 1pm-4pm 6pm-9pm	9am-12pm	CLOSED	6pm-9pm

Please check the NFN Public Library website www.kendaaswin.ca for updates and changes to the hours of operation. Miigwech!



Moccasin Making



Sunday, April 10th & Sunday, April 17th

from 11am to 3pm in Garden Village
Lawrence Commanda Health Centre Boardroom

5 spots available for women's duos (mother/daughter, grandmother/granddaughter, auntie/niece, etc.)

Registration will be on a first come, first served basis

Refreshments and snacks will be served

For more information or to register, please contact:
Natalie Olsen at (705) 753-2691 or natalieo@nfn.ca

Tools Needed for Community Garden Project

The Native Child Welfare office is in need of donations of garden tools in good used condition, such as:
shovels, hoes, platens, rakes, & hoses.

Donations can be dropped off to the Native Child Welfare Office (in the Band Office) throughout the month of April. Work on the garden is expected to begin in May.

For more information, please contact:

Natalie Olsen
(705) 753-2691
natalieo@nfn.ca



Cultural Events



Quill Design Workshop

With Lily Armstrong

Saturday, April 23rd ~ 10am - 3pm
Culture Centre in Garden Village

AND

Sunday, April 24th ~ 10am - 3pm
Nbisiing Secondary School

\$20/person. Register with Jules:
753-2050 ext. 1260 or julesa@nfn.ca

All are welcome to join Lily as she demonstrates techniques and uses of quills in a variety of designs.



Soup's On!

Pow Wow Fundraiser

Thursday, April 7th ~ Noon
Nbisiing Secondary School

Only \$5/person!

For more information, or if you would like to volunteer to help or donate food items, please contact Jules:

753-2050 ext. 1260 or julesa@nfn.ca

Everyone is Welcome!



Hand Drum Making Workshop

With Blair Beaucage & Tory Fisher

Saturday, May 14th ~ 10am - 3pm
Culture Centre in Garden Village

AND

Sunday, May 15th ~ 10am - 3pm
Nbisiing Secondary School

\$20/person. Register with Jules:
753-2050 ext. 1260 or julesa@nfn.ca

All are welcome to join Blair and Tory as they teach about the drum and how to make hand drums.

Workshops are proudly
co-sponsored by:



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario



Full Moon Ceremony

with Virginia Goulais

Thursday, April 21st
8:00pm

Garden Village, Culture Centre
Fourth Moon of Creation



Youth Drum & Dance Socials

Hosted by Volunteers:

*Drummer Blair Beaucage
& Dancer Mindy Martel*

Mondays: April 4th & 18th

6:00pm - 8:00pm

Garden Village, Church Basement
Everyone Welcome!



Full Moon Ceremony

at Ojibway Women's Lodge

Thursday, April 21st
7:00pm

Duchesnay, OWL
Fourth Moon of Creation

For more information about Cultural events and programs, contact Jules Armstrong

(705) 753-2050 ext. 1260 or julesa@nfn.ca

www.nfnculture.ca

Anishinaabemwin Words & Dialogue for April

Nmebin Giizis (Sucker Moon)

KIDWINAAN:

(Words for April)

Aabwaa	<i>mild</i>	Weweg misewag	<i>Canada geese are flying</i>
Aandeg	<i>crow</i>	Zaagigan	<i>lake</i>
Gimiwan	<i>rain</i>	Zaawaa	<i>colour yellow</i>
Ningide	<i>thawing</i>	Ziibi	<i>river</i>
Ni-zhaakami	<i>ice breaking up</i>	Ziigwan	<i>it's spring</i>

Fourth Moon

Nmebin Giizis Namewin

Nmebin giizis, semaa nga-bgidnaa noongom giizhgak, Gookmis nmiinik miigwechwinan ebi-jibaamgak gmiskwiimnaan pii maa zhichkaaged maa Kiing. Nga-zhichke iw nake'ii GZhemnidoo gaa-kidod waa zhichkeng iw-pii.

Gookmis, nda-kwedwe wii-biintamaagooyaan nwiiwoyo, ndi-nenmowin mina epiichi-piitendaagwag nbii wii-aabchitoong, mii dash geniin ji-debnamaan miigwewin

Nmebin Giizis. Nkwedwe maa, mii dash jiigbiik ni-dgoshnaan,

ji kendaagwag etemgag n'deying.

Baamaa pii minwa, Nmebin Giizis, Miigwech

Sucker Moon Prayer

Sucker Moon, I offer my tobacco and humble myself to you at this time, when Gookmis leaves with you the gifts of the blood of Creation.

I do this in a way that the Creator has instructed.

Gookmis, I ask that I may cleanse my body, mind and spirit, with the spirits of the water, so that I too can receive the gifts of purification and understanding of the Sucker Moon.

I ask this so that when I come to the water's edge they will know me as I am in my heart .

Until the next time we meet, Sucker Moon, Miigwech

Sucker Moon Ceremony

Sunday, April 17th starting at 2pm at Nbisiing Secondary School

Join us for this ceremony to honour the Sucker Moon. Elder to be announced.

Ladies wear your skirts. Bring your shakers and feasting food to share.

Nmebin Giizis is the time when the sucker fish makes its journey through the waters of Anishinabek territory. The sucker has been given the responsibility of purifying the life-giving water that we drink.

HOPE FOR HUNTER

License # 1019-85



Duchenne-Muscular Dystrophy Fund
for

Hunter Perasse

who needs help with medical supplies.

Affiliation: Nipissing First Nation

Tickets are \$10.00 each
3 draws of \$5,000.00 each

There are only 3,000 tickets available

For tickets call or text 705-493-2064

Draw will take place once all tickets are sold!

All Seasons Wedding Ceremonies



Dot Beaucage-Kennedy (Elder)

Wedding Officiant • Anniversaries • Funerals

Nipissing First Nation

Cell: 1-705-493-5577

Email: dotbeaucagekennedy@gmail.com

www.allseasonsweddings.com

(1-800-545-3681..by request)

Rob Couchie
Owner/Operator

705:477.5347

Challenger Mobile Wash Inc.

SUPPLIES FOR THE SOUL

791 Couchie Memorial Drive, North Bay, ON P1B 8G5

Phone: 471-0472

Leathers & Rawhides, Beads, Yarns, Fabrics, Fringe, Specialty Bead Threads & Needles

Specializing in Native craft supplies, craft books, patterns, Regalia kits, etc.

Artwork & Jewelry by First Nations Artists

PENDLETON PRODUCTS in stock * Yellow Hominy Corn / Wild Rice

Please call ahead for store hours. Cash * Debit * Visa



April 2016

Nmebin Giizis (Sucker Moon)

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Weekly Events: Adult Education Sessions & Anishinaabemwin Classes occur throughout the month.		Adult Ed Session 5-9pm @ Nbsiing <i>Every Tuesday</i>	Anishinaabemwin Classes in GV & DV 6-8pm @ Church Hall & Nbsiing <i>Every Wednesday</i>	Adult Ed Session 12-4pm @ Library <i>Every Thursday</i>	1 ZUMBA in GV 6:30-7:30pm @ Band Office Gym	2
3 Lunch Hour Poker Walks Begin! <u>DAILY</u> (Mon-Fri) from 12-1pm @ Band Office Gym throughout April <i>Open to All Ages</i>	4 ZUMBA in GV 6:30-7:30pm @ Band Office Gym Drum & Dance 6-8pm @ Church	5 Council Meeting 7:30pm in GV	6	7 Get Job Ready Community Hall in Sturgeon Falls 8:30am – 2:30pm Soup's On! Noon @ Nbsiing	8 Open Discussion 7pm @ Nbsiing <i>Teaching through Culture</i>	9
10 Moccasin Making 11am-3pm @ LCHC Boardroom	11 ZUMBA in GV 6:30-7:30pm @ Band Office Gym	12 Bedtime Stories @ GV Library from 7pm – 8pm	13 Nbsiing Midterms Ontario Works @ UOI from 9-4 Computer Night @ Library from 6pm – 8pm	14 Nbsiing Midterms Craft Night @ GV Library from 6pm – 8pm	15 Finance @ UOI from 9-4 Job Posting Deadline	16
17 Moccasin Making 11am-3pm @ LCHC Boardroom Sucker Moon Ceremony 2pm @ Nbsiing School	18 Membership @ UOI from 9-4 Drum & Dance Youth Social 6pm – 8pm @ Church Bsmt	19 Council Meeting 7:30pm in GV	20 Career X Job Fair Community Hall in Sturgeon Falls 8:30am – 3:15pm Computer Night @ Library 6-8pm	21 Full Moon Ceremonies 7pm @ OWL in Duchesnay 8pm @ Culture Ctr in Garden Village	22	23 Quill Design Workshop 10am – 3pm @ Culture Centre
24 Quill Design 10am – 3pm @ Nbsiing School Paintball Outing 10am – 4pm @ Pyramid Paintball	25 Northern Ontario School of Medicine students arrive	26	27 Ontario Works @ UOI from 9-4 Volunteer Dinner Band Office Gym	28	29	30



Contact Us

36 Semo Road
 Garden Village ON
 P2B 3K2

TEL: (705) 753-2050
 FAX: (705) 753-0207
 Email: shaylab@nfn.ca

Connect with Us!



Nipissing First Nation Administration



@Nipissing_FN

www.nfn.ca