



February 2019



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

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Get the newsletter by email

Sign up with genc@nfn.ca



Monday,
February 18th
Family Day

Council Meetings

Tuesday, February 5th
7pm - Duchesnay

Tuesday, February 19th
7pm - Garden Village

Submit agenda items by
4pm on the Thursday prior
to the Council meeting to:
Freda Martel, Director of
Administration, at
fredam@nfn.ca.

Cannabis Consultations & Survey

Meetings to discuss cannabis legislation and next steps

Consultation meetings were held in mid-December in Duchesnay and Garden Village to update debendaagziwaad (citizens) on cannabis legalization and to find out how people feel about retail store opportunities for NFN businesses (for legal recreational cannabis), and potential investments in cannabis production to benefit the NFN community.

The day after the consultations (on December 13th), Ontario announced only 25 retail store licenses would be issued for the April 1st target operational date. Of those 25 licenses, only two will be allocated to Northern Ontario due to concerns about supply shortages from federally licensed producers, and as a result, the business viability of retail stores.

A lottery was held for potential retail store operators through the Alcohol and Gaming Commission of Ontario (AGCO) with successful proponents being announced January 11th. These successful individuals/companies can now apply for a retail license and have until April 1st to establish retail stores in Ontario or potentially face hefty fines.

Results presented to Council for review

On January 8th, Council received a report of the feedback provided by debendaagziwaad. 154 surveys were completed, with **67%** of respondents in favour of recreational cannabis sales and **78%** in favour of cannabis production facilities regulated by NFN.

NFN Cannabis Law

Currently under development

We are working with a lawyer to draft a Cannabis Law that considers the feedback we received at the consultation meetings and in the community survey. NFN's Cannabis Law will assert NFN's jurisdiction on our lands through our Gichi-Naaknigewin and Land Code while working with provincial and federal legislation to interface with our own regulations.

We anticipate the following timelines for the review of the feedback received from debendaagziwaad by Council, the development of our Cannabis Law, and subsequent review and implementation of the law by the community.

January 2019
Council Review of
Survey Results &
Community Feedback

February 2019
Development of
Cannabis Law for
review by members

March 2019
Communication of
outcomes, outreach
& implementation

April 2019
Retail stores legal on
April 1st. Licenses
awarded by NFN.

Survey of Nipissing Nation Citizens For Future Generations Population Statistics

Our Lands & Membership Office is seeking your input in completing an important survey in order to initiate contact with persons affected by new legislation. There have been recent changes to the Indian Act to address inequities in registration in direct response to the Descheneaux case (Bill S-3).

This is a very important issue that affects our membership, our future generations and citizenship within Nipissing. It means that not all of our children/grandchildren will be entitled for status under these new changes to Bill S-3. This includes children/grandchildren of members who never lost status, were affected by the second-generation cut-off, adopted, categories in Indian registration, those who enfranchised, etc.

Surveys will be mailed to registered members in mid-February and will also be available online. Meetings will be held to provide more information to the membership on:

Wednesday, February 27th @ 7pm - NFN Complex Gym, Garden Village

Thursday, February 28th @ 7pm - Nbisning Secondary School, Duchesnay

If you have any questions or concerns, please call the Membership Office at 705-753-2922.

Notice to Vendors - Cigarette Quota Deadline for Letters of Request is February 28, 2019

To access the Cigarette Quota for April 2019 to March 2020, you must submit a Letter of Request by the deadline of February 28, 2019.

These requests can be emailed to finance@nfn.ca or reneec@nfn.ca, mailed or dropped off in person to the Finance Department at 36 Semo Road, Garden Village ON P2B 3K2. Contact Renée Commanda, Finance Officer, at 705-753-2050 ext. 1280 or reneec@nfn.ca if you have any questions.

Membership Office **CLOSED** **Feb 12, 13 & 14**

Please note that the membership office will be closed February 12th to 14th while staff attend off-site training. **We will be unable to process status cards during this time.**

Food Bank Thanks & Access Days

Thanks to Necessities, Tim's Convenience, Young Forestry, How Convenient, Northern Convenience and Supplies for the Soul for your donations to our Winter Raffle.

The prize, a light up Moose decoration, covered in \$295 worth of scratch tickets, was won by Tracy Hanzlik. **We raised \$2,279 for the Food Bank!**

February Access Days

Wednesday, Feb 6th
Wednesday, Feb 20th
from 9am to 4pm

All food bank donations can be dropped off at Social Services in the new wing of the Band Office during regular office hours. Please note that we no longer accept clothing or household items.

COMMITTEE MEMBERS STILL NEEDED



Anishinaabemwin
Culture & Pow Wow
Economic Development

Housing & Planning
Lands & Bylaw
Natural Resources

For more information, or to express interest in joining a committee, please contact:
Freda Martel, Director of Administration, at (705) 705-753-2050 ext. 1223 or fredam@nfn.ca

Quick Facts

- ◆ 21 First Nations, including Nipissing, are included in the Robinson Huron Treaty of 1850
- ◆ The terms of the Treaty explained as resources grew, so would the annuity.
- ◆ The \$4 annuity was given under the Treaty as payment for benefitting from the land-based resources.
- ◆ The annuity has not increased from \$4 since 1874 and the matter went to court to let a judge decide.
- ◆ In December, Justice Hennessy ruled the annuity should have risen over the years.
- ◆ Canada decided not to challenge the verdict, saying the federal government prefers negotiation to litigation.
- ◆ Ontario chose to file a notice of appeal to keep the litigation option on the table, but is open to settlement negotiations.
- ◆ Settlement talks may begin Jan. 30.

Robinson Huron Treaty Annuities Case Historic Case Moving to Negotiating Table

On January 22nd, we received the following community bulletin from the Robinson Huron Treaty Litigation team:

Sudbury, ON—Robinson Huron Treaty First Nations Look Forward to Negotiations to Settle the Case

The Robinson Huron Treaty Litigation Committee is pleased Canada and Ontario have indicated their desire to negotiate a resolution of the claim of the Robinson Huron Treaty to a fair share of the resource revenues within the Robinson-Huron Treaty territory. In her judgement Justice Hennessy wrote:

"I find that the Crown has a mandatory and reviewable obligation to increase the Treaties' annuities when the economic circumstances warrant. The economic circumstances will trigger an increase to the annuities if the net Crown resource-based revenues permit the Crown to increase the annuities without incurring a loss. The principle of the honour of the Crown and the doctrine of fiduciary duty impose on the Crown the obligation to diligently implement the Treaties' promise to achieve their purpose (i.e. of reflecting the value of the territories in the annuities) and other related justiciable duties."

The federal government has decided not to appeal Justice Hennessy's December 21st, 2018 decision on the Robinson Huron Treaty annuities case.

Ontario has indicated its desire to preserve the ability to appeal the decision of Justice Hennessy including the decision on costs. "The province has served us with their Notice to Appeal. We are very disappointed with this decision, however, we welcome their willingness to seek a settlement through negotiations" said Wikwemikoong Chief Duke Peltier.

Batchewana First Nation Chief Dean Sayers says, "the Robinson-Huron leadership believe that Madam Justice Hennessy's decision is a very solid and fair decision and identifies a clear path forward for renewal and reconciliation. We're confident that Ontario and Canada will follow through on their legal obligation through a mediated negotiation process."

The judgement does provide direction on the appropriate approach to achieve reconciliation:

"The Anishinaabe and the Crown now have an opportunity to determine what role those historic promises will play in shaping their modern treaty relationship. The pressures they faced in 1850 will continue to challenge them. However, in 1850 the Crown and the Anishinaabe shared a vision that the Anishinaabe and the settler society could continue to co-exist in a mutually respectful and beneficial relationship going into the future. Today, we arrive at that point in the relationship again. It is therefore incumbent on the parties to renew their treaty relationship now and in the future."

Moreover, the judgement points out that the treaty relationship is long term and does reflect the perspectives and laws of the parties:

The Plaintiffs remind the court that the Anishinaabe Chiefs and leaders came to the Treaty Council to secure a treaty that was consistent with their long-term relationship with the Crown, which was characterized by the Anishinaabe principles of respect, reciprocity, responsibility, and renewal. From the Anishinaabe perspective, the central goal of the treaty was to renew their relationship with the Crown, which was grounded in the Covenant Chain alliance and visually represented on wampum belts with images of two figures holding hands as part of two links in a chain.

The parties will be meeting soon to discuss the way forward on negotiations. This will provide an opportunity to determine if Ontario prefers litigation to negotiations as the preferred method for achieving lasting reconciliation and, if Canada can advance rights recognition, respect and partnership with the Robinson-Huron First Nations in the existing treaty relationship.

We look forward to a just resolution of this historic case.

Compliance Update

Natural Resources Department

This update summarizes the activities of Nipissing First Nation's Enforcement Officers over the course of the 2018 spring fishing moratorium, open commercial fishing season and fall hunting season.

NFN's Enforcement Officers work closely with the Anishinabek Police Service (APS) and Ministry of Natural Resources and Forestry (MNRF) Conservation Officers to represent and protect NFN fishers and hunters who follow NFN's Fishing and Hunting laws, and to conduct checks on non-Indigenous anglers and hunters to ensure compliance with provincial regulations.

Spring Moratorium

NFN's Enforcement Officers monitored for compliance with NFN's *Fisheries Law* during the 2018 spring moratorium, which was in effect from April 1st to May 19th, by conducting snowmobile, land and marine patrols.

The annual gillnetting moratorium has been in place since 2004, while the temporary moratorium on the cultural practice of spear fishing was initiated to boost the success rate of the spawn and help repopulate the lake.

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

Open Commercial Fishing Season

NFN's Enforcement Officers continued to actively monitor for compliance with NFN's *Fisheries Law* during the 2018 Open Commercial Fishing Season, which began on May 20th and closed on September 15th.

During this time, our Enforcement Officers conducted 23 marine patrols and 13 bush patrols, and also responded to 5 reports of lost or abandoned gillnets and 4 reports of net tampering.

Our goal is to work with our fishers to support a healthy, sustainable fishery that our community can continue to enjoy and rely on for generations to come. This will be achieved through the full implementation of our Fisheries Law.

Hunting

Due to increasing reports of trespassing on NFN lands and bush roads during the hunting season over the last few years, NFN's Enforcement Officers conducted regular patrols of these areas with the assistance of the APS.

Our goal is to ensure that unauthorized access is controlled, and that any non-members with permission to hunt on our lands are complying with provincial regulations.

A reminder that anyone who is not an NFN member must have **written permission or a permit** to be on NFN lands, even if they are with an NFN member. Please contact our office for more information by calling 705-753-2050.

Did you Know?

Bylaw Enforcement is managed by our two NFN Natural Resources Enforcement Officers?

Should you have any concerns about bylaw infractions, please contact one of our enforcement officers:

Tyler Couchie

Desk: 705-753-2050

Cell: 705-498-2506

Email: tylerc@nfn.ca

Clayton Goulais

Desk: 705-753-2050

Cell: 705-498-3823

Email: claytong@nfn.ca

Read the full **2018 Compliance Report** on our website at www.nfn.ca.



Compliance Update

Natural Resources Department
November 2018

Volunteer Celebration & Upcoming Opportunities

Are you a volunteer?
Or are you interested
in volunteering?

A survey has been mailed out with the newsletter, and can be completed online by clicking [here](#) or visiting www.nfn.ca.

The purpose of this survey is to update our volunteer database for the Annual Volunteer Celebration event held in April, and also to *recruit new volunteers* to assist with hosting over a dozen special events each year.

NFN will be hosting the Little NHL in 2020 and will require many volunteers to assist with making this event a success. If you are interested in helping out with one of the sub-committees, please contact:

Freda Martel, Director of Administration at 705-753-2050 ext. 1223 or fredam@nfn.ca.

Miigwech!

Call-Out for Catering Bids For Annual Anishinaabe Art Show

The NFN Culture & Heritage Committee is seeking bids for the provision of food and beverage services for the annual art show taking place on **Saturday, February 23rd** at Nbisiiing Secondary School.

- 1) A caterer to operate a **food canteen** from 12:00pm (noon) to 5:00pm. Snack foods, beverages and lunch. All food sold is your own profit.
- 2) A caterer to serve **dinner** at 5:00 pm to artists (approximately 200 people). Menu: Indian Tacos (with and without bread), fruit salad & beverages. Include "paper" plates and cups, cutlery. No Styrofoam please.

Please submit bids in a sealed envelope clearly marked "Caterer - Art Show" to:

NFN Culture & Heritage Committee
Nipissing First Nation
36 Semo Road, Garden Village ON P2B 3K2

Caterers must include a copy of their "safe food handling certificate" with the bid.

Deadline for Bids: Monday, February 11th at 3:00 pm

Please contact Glenna Beaucage at 705-753-2050 ext. 1232 or glennab@nfn.ca if you have any questions.

Filming in Garden Village

The popular television series *Cardinal* is returning to NFN to film scenes for Season 4. Filming will take place on Tuesday, **February 5th** at the main dock in Garden Village, as well as on Monday, **February 11th** at Tim's Convenience in Garden Village.

Residents will notice increased activity in these areas, as well as the Band Office, on these days as the production has a large crew (approximately 80-100 people and several large technical vehicles). Miigwech for your patience and support of this filming activity!

About the Show

CTV's *Cardinal* is filmed mainly in North Bay and Sudbury, with a few scenes taking place on Nipissing Nation. This gripping crime-drama series is based on the John Cardinal Mysteries novels written by award-winning author Giles Blunt, who grew up in North Bay.

Cardinal premiered in January 2017 and was the most-watched debut of any Canadian series that year. Season 3 began airing on January 24, 2019 and can be viewed on CTV on Thursday evenings at 9 p.m. ET.



Waabnoong Bemjiwang Child Well-Being Agency Development Project

Waabnoong Bemjiwang Child and Family Services is moving steadily to becoming a mandated Indigenous Child Welfare agency. One part of the transition is becoming a licensed Foster Care Operator.

The agency will be licensed to approve Alternative Caregivers (Foster Parents) very soon. This new program will be offered within the NFN community and for members living off-reserve.

The following update is taken directly from the Waabnoong Bemjiwang Association of First Nations website (see link at bottom):

During the last year, the Waabnoong Bemjiwang Child Well-Being Agency Development Project staff has engaged in community consultations with each First Nation. Further consultation with the youth and Elders from each community took place to determine the 'readiness' to proceed through the process of becoming a designated agency approved to deliver child protection and prevention services both on and off reserve to the members of Wasauksing, Shawanaga, Magnetawan, Henvey Inlet, Dokis, Nipissing and Wahnipatae First Nations.

The operations of the Child Well-Being Project is currently being housed on Dokis First Nation. There is currently a Feasibility Study being conducted to determine where the Head Office location will be on a permanent basis.

Further work being conducted under the project is working collaboratively with legal counsel in order to have the Child Well Being Agency deliver operations from its own Corporate Structure. Ongoing meetings occur on a monthly basis with the Organizational Steering Committee. This committee has a representative from each of the seven communities. The representatives are the voice of the members of each First Nation as we plan and develop the new agency.

On January 16 & 17, the Project hosted a launch in Sudbury to celebrate ministerial approval to move from Stage A requirements of Community Readiness into Stage B which focuses on Capacity Development of the agency. Some of the areas where capacity will be developed will be in Customary Care placement of children as well as acquiring a Foster Care license.

A key element that will set this agency apart from the mainstream CAS will be the development of Service Delivery Model that will encompass the Anishinaabe culture. Cultural awareness and inclusion through these initiatives will assist with keeping our children in their own communities.

We are happy to answer any questions you may have on the project's progress. Please feel free to contact Vicki Restoule at 705 - 763-2200 or at Vicki.Restoule@wbafn.com.

Employment Opportunities with the Project

The following employment opportunities are open until February 15, 2019: Director of Human Resources, Manager of Information Technology and Director of Communications. View the postings on the [Anishinabek News Job Board](#).

Learn More: <http://wbafn.com/waabnoong-bemjiwang-child-well-being-agency-development-project/>



English Classes

In grade 11 English, we just finished watching Indian Horse after reading parts of the novel by Richard Wagamese. Students were able to write a film review and analyze literary decisions made in the creation of the film from the book. Although many heavy topics are brought up in this book, at Nbisiiing we are able to provide a safe and supported place for students to learn about and discuss the truths of First Nations history and the ripple effect of these events.

The grade 10 English class completed a unit on Grimms Fairy Tales, comparing the sometimes gruesome originals to the Disney versions children know today. Final exams are taking place now and the grade 10 students will be writing the Ontario Secondary School Literacy test (OSSLT) on Wednesday March 27th. The OSSLT is a requirement for graduation in Ontario. We will have more information for parents prior to the test, however, you can always go to the website <http://www.eqao.com/en> for more information, practice tests and examples of previous questions.

News from the Wellness Lead for Spirit Moon ~ January

This month, we focus on being still, embracing and sitting in the quiet that mid-winter brings. This is a time of reflection, visiting with family and elders, and listening to stories.

We can also settle in, and enjoy some time for self-care. Self-care looks different for everyone. Some examples are: reading a book that we like, taking a bath or shower (letting the water soothe and wash us), taking a walk in nature, enjoying the company of friends, meditation.

January is the month where Waawaate (Northern Lights) are most visible. Our teachings tell us that these dancing lights are our ancestors coming to visit. So, we take the time to go and greet them, watching them dance in the stillness of Biboon (Winter). We are reminded of their love and hard work that they put into their lives, so that we can be here. They show us how to continue their work for our descendants, so that our people can heal and continue on in a good way, in a kind way.

We also want to look at ways that we can encourage healing in ourselves. Reflecting on past hurts and trauma, seeing the learning that is there, recognizing our strength that brought us through the hurt, but remembering not to live in those moments. This is how we grow. When we break a bone, we let it rest and heal for a time before we attempt to use it. The same for our spiritual and emotional injuries. We need to give them time to heal, to build new strength, before we can move forward without re-opening that wound. Healing takes time, be kind to yourself.

A Note from the Graduation Coach



Reminder: Now is the time for potential graduates to begin the **application process for College and University**. Graduates must also ensure that they have met the requirements for the **Ontario Secondary School Literacy Test** Component as well as, must have completed **40 hours of community service**.

Please contact Monique at the school if you have any concerns regarding Graduation requirements.

Stay Connected with Us

Please visit our website www.nbisiiing.com or [Nbisiiing Secondary School Facebook page](#) for our calendar of events and other school-related information, or call (705) 497-9938 for more information.

Education Department Reminders

Student Incentives

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

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

Contact: Tracy Hanzlik at the Education Office: 705-753-6995 or tracyh@nfn.ca

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

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

Please ensure that the Authorization for the Release of Information form has been submitted to the Education Department with the appropriate boxes checked off. This form is required so that the schools can forward copies of report cards to our office.

For more information about Student Incentives, please contact us or visit the [Elementary & Secondary section](#) of our website.



*** Pick Up Dates ***

March 5th from 2:30pm - 6pm at Nbisings Secondary School in Duchesnay

March 6th from 10am - 6pm at the Education Office in Garden Village

Awards & Incentives will be available to pick up from the Education Office until March 21st.

If you would like incentives mailed, please forward your name and mailing address to:

Tracy Hanzlik at the Education Office by calling 705-753-6995 or to tracyh@nfn.ca.

*** Attention Grade 12 Students ***

Students planning to attend post-secondary studies in the 2019-2020 school year can obtain **post-secondary packages** at the incentive pick-up sessions. A staff member will be available to answer questions and provide individual support.

Congratulations to our Native Trustees **Nipissing Parry Sound Catholic District School Board**

On December 4, 2018, the Nipissing Parry Sound Catholic District School Board (NPSCDSB) held its inaugural meeting for the 2018-2022 term. **Judy Manitowabi** was appointed as Chair by acclamation, and **Kiley George** was appointed Student Trustee. Judy Manitowabi was first elected to the Board as a Trustee in 2003, and is also Chair of the First Nations Advisory Committee.



Attention Parents & Guardians of NFN Students

Consent Forms Required for All Anishinabek Students (on & off reserve)

The Kiinoomaadziwin Education Body (KEB) has been working diligently over several months to initiate many of the projects and activities identified in the work plans of the Anishinabek Nation Education Agreement and of the Master Education Agreement. Nipissing First Nation has sign as a partner First Nation in this agreement.

These ongoing projects and activities will contribute to the overall implementation of the agreements with Canada and Ontario. In addition, this work will assist our First Nation in our transitional journey to self-governance in Education.

Currently, the KEB is in the process of implementing activities under Project 10 of the Master Education Agreement's Multi-Year Action Plan (MYAO). This project sets out the implementation of a **Data and Information Sharing Agreement** between Ontario and the KEB. The agreement allows for the sharing of student data and information for specific purposes identified in the Master Education agreement.

Some of the purposes for which data and information are shared between the Anishinabek Education System (AES) and Ontario include:

- ✓ Supporting student success and well-being
- ✓ Informing program planning and service delivery
- ✓ Developing reports and statistics



The collection of student/parent consents is critical to the overall success of Project 10.

This process involves collecting consent forms for each Anishinabek student in our First Nation, both on-reserve and off-reserve.

Our First Nation is responsible for distributing, collecting and housing consent forms for students/parents residing on-reserve and off-reserve. A package containing the necessary consent materials for each school-aged citizen belonging to Nipissing First Nation will be sent to each household in February.



We kindly ask that you work closely with our Education department so we can collect the consent form packages for on-reserve and off-reserve citizens belonging to Nipissing First Nation.

For support and information regarding the collection of consent forms, please contact the Kiinoomaadziwin Education Body at 705-845-3634, or our Education Office at 705-753-6995.

Lectures & Knowledge Sharing about Treaties

In an effort to continue promoting learning opportunities, Catherine Murton Stoehr, Ph.D - a professor at Nipissing University and writer for the *Anishinabek News* - is teaching a history course over the winter entitled *Indigenous Treaties in Canada*.

The purpose of the course is to repatriate knowledge held at the university and create an avenue for accountability for Dr. Murton Stoehr to First Nation treaty partners.

The lectures cover a variety of topics and are held on **Wednesdays at 12:30pm** until March. Some of the lectures are held off-campus so they are more accessible to community members who would like to attend and help inform the discussion.

For more information, please contact Dr. Murton Stoehr at mstoehr@nipissingu.ca.

Employment Opportunities

Watch our Website & Facebook Pages for Current Postings

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

Administrative Assistant - Health Services

Full-Time Contract - Maternity Leave (Posting open to registered NFN members)

Apply by Friday, February 8th at 4:30 p.m.

Finance Accounts Payable Clerk

Full-Time Permanent - 2nd Round (Posting open to members of other First Nations, and non-member spouses of registered Nipissing First Nation members)

Apply by Friday, February 15th at 4:30 p.m.

Home and Community Care Clerk - Health Services

Full-Time Contract - to September 30, 2019 (Posting open to registered NFN members)

Apply by Friday, February 15th at 4:30 p.m.



NFN Jobs & Training

Qualified individuals are invited to submit a letter of interest and resume with three (3) current references no later than 4:30 p.m. on the deadline date specified above to:

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

Miigwech to all applicants for their interest; however, only those who qualify for an interview will be contacted.
Nipissing First Nation gives preference to First Nation applicants for any employment opportunities as per Section 24(1)(a) OHRC.



SURVEYING THE NATION

WHAT ARE YOU SURVEYING?

- Community members' recent employment and education activities
- Community's economic needs and strengths

WHO IS INVOLVED IN THE SURVEY

- Local surveyors and Employment & Training counsellors
- Anishinabek Nation Labour Market Development Department
- Sponsored by: Aboriginal Employment Services Inc. and Employment & Skills Development Canada



Contact Sarah Fisher at 705-753-2050 ext. 1243 or sarahf@nfn.ca for more information.
You'll get \$10 for participating in the survey, and be entered into 1 of 2 draws for a \$250 gift certificate!



Flu Shots Still Available Get Your Flu Shot, Not the Flu!

FREE VACCINES for Adults and Children 6 months of age and up!

Flu shots are still available at the Lawrence Commanda Health Centre. To schedule an appointment, please contact:

Carole Lafantaisie, RN, BScN

Community Health Nurse

705-753-3312 ext 2257 or chn@nfn.ca

Diabetes - Are you at Risk?

Indigenous people have a higher chance of getting type 2 diabetes. Before, older people used to get diabetes, but now, Indigenous people are getting it a lot younger because their traditional lifestyle has changed so fast.



The risk factors — Do these apply to you?

- Getting older
- Overweight (especially in the stomach)
- Blood relative with diabetes—or your mother had gestational diabetes
- Have had a baby over 4kg (9lbs.)
- Had gestational diabetes
- High cholesterol and /or high blood pressure
- Higher blood sugar than normal
- Darker patches of skin around your neck



If you answered yes to any of those risk factors, it does not mean you have diabetes.

Talk to your local health care provider and get tested.

Finding out early gives you a head start in living a healthy lifestyle.

What can I do to lower my risk?

- Eat healthy foods
- Be active
- Manage your stress



For more information please contact:

Lawrence Commanda Diabetes Education and Resource Centre

705-753-3312 | 58 Semo Road, Garden Village

Health & Wellness Programs



Poker Walk for Health

Every weekday in February (except Feb 13) from 12pm—1pm @ NFN Band Office

1 poker card per week, best hand wins. Lunch will be provided on the last day of the program (Friday, March 1)



30 Day Fitness Challenge

Monday - Thursday for 30 days, starting Monday, February 4th, at 12:05pm @ NFN Gym

Weight free exercise challenge, for a maximum of 27 minutes! Bring a good pair of running shoes and comfortable exercise clothes. For more information, contact Jeff Stewart at (705) 753 - 3312 ext 6971 or jeffs@nfn.ca



A Love for Yourself: Dietary Fats & Your Health

Thursday, **February 7**, 10am - 2pm @ Lawrence Commanda Health Centre

Guest Speaker: Erika Weidl, RD

Lunch & Transportation Provided. Limited Seating, Join us for your chance to win some great prizes! Blood sugar screening available. Register at (705) 753 - 3312



Youth Cooking Q&A

Monday, **February 11**, 4:30pm - 5:30pm @ Lawrence Commanda Health Centre

For youth between 12 - 15 years old. Enjoy a snack and a **chance to win 1 of 2 \$100 Northgate gift cards** by providing your input for a youth cooking program. For more information, contact Cheryl or Erika @ (705) 753 - 1375



Withdrawal Management Through Land Based Learning

Monday, **February 11**, 6:00pm - 7:30pm @ Nbisiiing Secondary School

Wednesday, **February 13**, 6:00pm - 7:30pm @ NFN Gym, Garden Village

Join us for dinner and a presentation to learn more about the new Withdrawal Management program available in Nipissing and how they can support our community's wellness. Transportation available. Register by Monday, February 4th with Tyler Dokis @ (705) 753 - 3312 ext 2231



Art Therapy — Youth Session w/ Emily Couchie

Tuesday, **February 12** & Wednesday, **February 13** from 4:30pm - 7:30pm (dinner included) - Only 8 spaces available @ Lawrence Commanda Health Centre. Register with Lori-Anne by February 8th, 4:00pm @ (705) 753-1375



Seniors/Students Luncheon Social

Wednesday, **February 20**, 11:15am - 12:30pm @ Nbisiiing Secondary School

For more information and to arrange for transportation, please contact Home and Community Care at (705) 753 - 5063



Health's Kitchen - Speedy Cooking

Tuesday, **February 26**, 10:30am - 2:30pm @ NFN Gym & Kitchen

Join us to learn to cook speedy Instant Pot recipes. Lunch will be what we cook and each participant will bring home an Instant Pot! Limited spaces. For more information and to register, contact Erika @ (705) 753 - 3312.



Seniors Matinee Movie

Wednesday, **February 27**, 2:30pm @ Galaxy Cinemas, North Bay (Movie TBD)

To register for movie & transportation, contact Stella or Lori-Anne @ (705) 753 - 3312



Food Handler's Training Course

Thursday, **March 7**, 8:30am - 4:30pm @ Lawrence Commanda Health Centre

Instructor: Ray Alatalo, BAA CPHI, Environmental Health Officer

This course is for anyone serving food to the public, from volunteers to restaurant owners. Minimum of 12 participants, 20 spots available. Lunch provided. **Please register by Monday, March 4th by calling (705) 753 - 3312**

Child, Youth & Family Programs



Gym Nights (Ages 6-12)

Mondays 6pm - 8pm @ Gym Complex, NFN Band Office

Thursdays 4:30pm - 6:30pm @ Nbsiing Secondary School

For more information, contact Jeff Stewart at (705) 753 - 3312 ext 6971 or jeffs@nfn.ca



Pickup Hockey (All Ages)

Tuesdays, 6pm - 8pm @ Garden Village Outdoor Rink

For more information, contact Jeff Stewart at (705) 753 - 3312 ext 6971 or jeffs@nfn.ca



Learn to Skate (All Ages)

Wednesdays, 5:30m - 7pm @ Garden Village Outdoor Rink

Wear a helmet, dress warm, and bring a water bottle! Children must be accompanied by an adult. For more information, contact Jeff Stewart at (705) 753 - 3312 ext 6971 or jeffs@nfn.ca



Computer Night (Ages 6 -12)

Wednesday, **February 6 & 27**, 6pm - 8pm @ NFN Kendaaswin (Library), Garden Village

Hosted by NFN Kendaaswin & Native Child Welfare



Family Snowshoeing (All Ages)

Saturday, **February 9**, 10am - 2pm @ Behind the Band Office, Garden Village

Hot chocolate, marshmallows, hot dogs, and a fire! If you have your own, please bring them! Some can be provided. For more information, contact Katie at (705) 753-2050 ext 1323 or katiel@nfn.ca



Kids' Social (Ages 6 -12)

Sunday, **February 10**, 1pm - 4pm

@ NFN Kendaaswin (Library), Garden Village



Baby & Me Drop-In

Wednesday, **February 13** & Tuesday, **February 26** - 10am - 1pm @ NFN Kendaaswin (Library), Garden Village

We discuss topics such as healthy child development and parent/child attachment. Transportation & lunch provided. More dates might be possible. For more information, contact Katie at (705) 753-2050 ext 1323 or katiel@nfn.ca



Kid's Movie Night (Ages 6 -12)

Wednesday, **February 20**, 6pm - 8pm @ NFN Kendaaswin (Library), Garden Village



Teen Night

Friday, **February 22**, 6pm - 10pm

@ NFN Kendaaswin (Library), Garden Village

Stay up-to-date with all of our events!

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NFN Events



EVENTS

Cultural Events



Beaded Wrist Lanyards

Thursday, **February 7**, 6pm - 9pm @ NFN Culture Centre, Garden Village

Thursday, **February 21**, 6pm - 9pm @ Nbisiiing Secondary School

Facilitator: Lily Armstrong

Fee: \$20. Must be paid before start of workshop. Priority to NFN memberships. No groups.

Register by contacting Mindy at mindym@nfn.ca



Family Ice Fishing Day

Saturday, **February 16**, 10am - 4pm

Come out on the ice for a fun filled afternoon with lots of prizes to be won! Lunch provided.

Children ages 6 - 12 must be accompanied by an adult. Registration is required.

Contact Mindy (mindym@nfn.ca), Joe (joem@nfn.ca), or Jeff (jeffs@nfn.ca) to register.

Sponsored by Native Child Welfare, Culture & Heritage, Recreation, and NFN Kendaaswin.



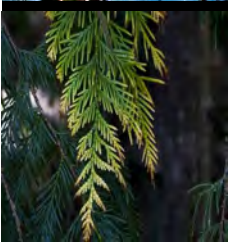
Full Moon Ceremony

Tuesday, **February 19**, 7pm @ NFN Culture Centre, Garden Village

Conductor: Carol Guppy Fire Keeper: Jeff Stewart

Please bring yellow cloth and a skirt. Men are welcomed to the fire.

For more information, contact Evelyn at (705) 753-2050 ext 1261 or evelynm@nfn.ca



Traditional Cedar Bath Training Part 3 (must have participated in Parts 1 & 2 to attend)

Monday, **February 25**, 10am - 3pm @ GV Church Hall

Facilitator: Isabel Meawaasige - Pot Luck Lunch

You will participate in 4 levels of training to learn the protocols of the Cedar Bath, as well as participate in hands on training and actual cedar bath work on individuals in need.

For more information, contact Evelyn at (705) 753-2050 ext 1261 or evelynm@nfn.ca



Gookmisag Circle

Tuesday, **February 26**, 6pm @ NFN Culture Centre, Garden Village

For information, contact Evelyn at (705) 753-2050 ext 1261 or evelynm@nfn.ca

Why you shouldn't snare Rabbits in February

Bezhik Ndimoooyeban ngii-dbaajmodtaagban gaan iisan nji-goodooswan iisan i- Mkwa Giizis.

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

Aanen dash iinzan, ndinaa Gookmis.

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

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

Giinik , pii dash I ndaapshkoo gii chi-baapyaan.

Geget sko-chi- debwe. Mii-I

This story was told by our Elder Martha Clemens

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

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

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

I went to visit at the Seniors Home a lot.

I enjoyed visiting them our kwewag.

Miigwech

Words & Prayer for February

Mkwa Giizis (Bear Moon)

KIDWINAN (words):

Mkwa	Bear
Mkoons	Cub
Kakjii	Groundhog
Mkwamiing	On the ice
Zaagiganing	On the lake
Naawaj	Out on the lake
Mgisnaak	Fishing rod
Mgisgan	Fish hook
Mkwamii Wewebnaabii	Ice fishing
Giigookegamik	Fish shack
Giigoonyens	Minnows
Gaans	Pickrel
Gnoozhe	Pike
Saawens	Perch
Wiinmoshe Giizhgak	Valentine's Day
Zaagin	I love you



Credit: Stephanie Laird

Mkwa Giizis

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

Mii wa Mkwa e-piitendmin waa bi-yaad.

Mii dash pii wii-wijiiwaan Gookmisan wii mosewaad

Manidoowin, kiing.

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

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

Mijim ge-nendaagwat , gaawin nishaa nji-daapnigaadesnok.

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

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

ji-gchi-mshkawziwin.

Mii Gzhemidoo pane ebi-ndawendang.

Miigwech

Bear Moon

Bear Moon is the second moon of creation.

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

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

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

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

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

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

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

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

Miigwech



Teaching of Mkwa by Peter Beaucage (2016)

Peter's family lived around bears and played in the bush where bears were close by all the time. The old people didn't talk about bears that much but did sometimes speak of stories about bears as beings of power and how people used bear power to travel around, and for healing, and to disguise themselves. One example is Bear walker. They were of spiritual nature, powers that certain people were able to harness and to travel around. After hearing of these stories, Peter recalls that the kids were afraid.

When Peter started to work in our culture, he learned that there were Nipissings that did have the ability to harness those gifts.

These stories were turned around by the churches being built on Nipissing territory, and the missionaries heard these stories and deemed our people as "paganist". This was a misunderstanding of the gifts of our ancestors and of the ceremonies and fasting that our ancestors did. In reading historical documents and research papers, it is understood that other first nations were afraid of our ancestors because of our gifts acquired from fasting and ceremonies.

Naadweg came after our people when they were searching for more trapping and hunting ground and driving people away from our territories. We didn't have a large population but we used those gifts to ward off enemies. One story is our people were able to turn themselves into different beings, ie: bineshii, to fly and scout around for naadweg.

Our ancestors were very knowledgeable. Peter read when Champlain arrived on our Nipissing shores, they saw the Nipissings on the shore and went to see them on canoe. These newcomers had brought beads, iron pots (kik). The Nipissings went to meet them. Champlain referred to our people as "savages". There were three newcomers. When Champlain looked into the forest, he said he saw movement. These were our nishnaabeg. Our people could mingle with the forest as part of the forest. Savage means people that live in the wilderness. He said it was like the forest came alive. He didn't even see the people until they started moving.

Peter's uncle Sam Beaucage spoke of old Jocko at Jocko Point and how it was like he could blend into the forest. You couldn't even see him sitting there. We were part of the forest.

Our ancestors were so close to nature and learned how to use the medicines. The spirituality of mkwa talks about blending with nature. Our four medicines has the spirituality of the creator in them. There is also a twin of everything, even the medicines. Our people observed mkwa, what medicines he used and what not to use.

Mkwa is a spiritual animal in our culture. Different first nations have different spiritual helpers. It is rare that anishnaabeg would kill bears. Except now in the new world, people will guide tourists who will kill bears to make bear rugs or sell the hides for money. Our people rarely hunt them because of our history and our stories of how they helped our people survive before contact. They fed us, looked after us spiritually, they helped us survive the winters.

Mkwa giizis. We never had calendars, we lived by the moons. The bear clan people would gather and have ceremony at this time of the year to feast and giveaway to honor their clans. During this time, little bears were being born in the den. Biboon is trying to get at the little bears to freeze them. Survival of the fittest. Biboon searches for all the weakest life forms and cleanses the earth. That is biboon's job. It was a lot of work for our people to survive a winter. If you didn't prepare your food, medicines, etc. biboon would take you.

Peter's elderly gookmis said mother bears in the fall when they are eating, getting ready for winter, would gorge themselves with blueberries before going into their winter den. She would lay in the blueberries and crush them only her belly. The babies would then suck on her milk when they were born and get the scent and taste of the blueberries from her. They wouldn't forget that scent. They know about miinan.

You can be right beside a bear, mink, deer, etc. and you wouldn't even know they were there. We were so close to the natural environment for 50,000 years or more. Christopher Columbus brought his teachings of Jesus her in 1492, onto our shores. We didn't know Christianity. Our spirituality was the natural world.

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SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
Anishinaabemwin Community Class from 6pm - 8pm Mondays @ Nbisiiing Secondary School Wednesdays @ Church Hall in Garden Village Poker Walk for Health Weekdays (except Feb 13th) @ NFN Band Office from 12pm - 1pm 30 Day Fitness Challenge Mondays to Thursdays @ NFN Band Office from 12pm - 1pm Pickup Hockey Tuesdays @ Garden Village Outdoor Rink from 6pm - 8pm Learn to Skate Wednesdays @ Garden Village Outdoor Rink from 5:30pm - 7pm						
03	04	05	06	07	08	09
	Gym Night 6pm - 8pm @ NFN Gym	Cardinal Filming in Garden Village Council Meeting 7:30pm @ Nbisiiing SS	 Food Bank Open 9am - 4pm Computer Night 6pm - 8pm @ NFN Library	A Love for Yourself 10am - 2pm @ LCHC Gym Night 4:30pm - 6:30pm @ Nbisiiing Beaded Wrist Lanyards 6pm - 9pm @ Culture Centre		Family Snowshoeing 10am - 2pm Behind Band Office
10	11	12	13	14	15	16
	Cardinal Filming in Garden Village Youth Cooking Q&A 4:30pm - 5:30pm @ LCHC Gym Night 6pm - 8pm @ NFN Gym Withdrawal Management 6pm - 7:30pm @ Nbisiiing	Art Therapy Youth Session 4:30pm - 7:30pm @ LCHC	Baby & Me 10am - 1pm @ NFN Library Diners' Club 11am - 1pm @ NFN Gym Art Therapy Youth Session 4:30pm - 7:30pm @ LCHC Withdrawal Management 6pm - 7:30pm @ NFN Gym	Gym Night 4:30pm - 6:30pm @ Nbisiiing		Family Ice Fishing Day 10am - 4pm
17	18	19	20	21	22	23
	 family DAY NFN Offices Closed LNHL FAMILY DAY FUNDRAISER 11am-3pm @ GV Gym	Council Meeting 7:30pm @ Council Chambers, Garden Village Full Moon Ceremony 7pm @ Culture Centre	 Food Bank Open 9am - 4pm Seniors/Students Luncheon Social 11:15am - 12:30pm @ Nbisiiing Kids' Movie Night 6pm - 8pm @ NFN Library	Gym Night 4:30pm - 6:30pm @ Nbisiiing Beaded Wrist Lanyards 6pm - 9pm @ Nbisiiing	Teen Night 6pm - 10pm @ NFN Library	Annual NFN Art Show 12pm - 7pm @ Nbisiiing
24	25	26	27	28	To stay up to date with our events Like and Follow NFN Events on Facebook! 	
Kids' Social 1pm - 4pm @ NFN Library	Cedar Bath Training Part 3 10am - 3pm @ Church Hall, GV Gym Night 6pm - 8pm @ NFN Gym	Baby & Me 10am - 1pm @ NFN Library Speedy Cooking 10am - 2:30pm @ NFN Gym/Kitchen Gookmisag Circle 6pm @ Culture Ctr	Seniors Matinee Movie 2:30pm @ Galaxy Cinemas Computer Night 6pm - 8pm @ NFN Library Bill S-3 Info Meeting 7pm @ NFN Gym	Cigarette Quota Deadline Gym Night 4:30pm - 6:30pm @ Nbisiiing Bill S-3 Info Mtg 7pm @ Nbisiiing		