# NIIGAANIIN

Client and Community Newsletter
June 13, 2024



### Niigaaniin Hours

Mon-Thurs 9:00-4:30 - Fridays 9:00-4:00

\*\*\*\*\*\*\*\*

Income Statements can be filled out in office or emailed before June 16th

See ~Kristen Jackpine~

Niigaaniinreception@mississaugi.com

### **OESP PROGRAM**

CHECK YOUR HYDRO BILL FOR OESP EXPIRE

RENEWAL YEARLY

CALL Darrell Jacques

705 356 1621 Ext 2235

ODSP FN WORKER

STACEY ARMSTRONG

Sarmstrong@niigaaniin.com

(249)-377-6825

LMI COORDINATOR
KRISTEN JACKPINE

LABOUR MARKET INITIATIVE SURVEY

\*\*\*\*\*\*\*\*\*

LMI COORDINATOR @MISSISSAUGI.COM

705 356 1621 EXT 2351

Office Closed Aboriginal Day

June 21, 2024

### **"QUOTE OF THE WEEK"**

Take chances, make mistakes. That's how you grow, You have to fail in order to practice being brave

~Mary Tyler Moore~

Niigaaniin computer lab open come in to apply for jobs, birth certificate, EI, update resume!

#### Mississauga First Nations LOCAL AREA - JOB OPPORTUNITIES Employer/Location Closing date Various Positions Available Garden River FN until filled Various Positions Available unitl filled Serpant River FN Various Positions Available Sagamok FN until filled McDougall Energy/Blind River 6/14/24

**Customer Service** All Star Child Services/Blind River Daycare Workers 6/10/24 Office Assistant RJ's Auto and Glass/Blind River 6/28/24 Head Cook Camp Bilo-Wood/Blind River 6/5/24 **PSW** NSHN/Blind River 6/14/24 6/28/24 **Bus Cleaner** AJ Bus Lines Deck Hand Carlson Bros. LTD/Blind River 6/12/28 NOG/various communities Various positions until filled

Other Websites for job postings: Indeed; Linkedin; Google jobs; Job-Bank.gc.ca; employment solutions Also: Gas Attendants/Cashiers / Casual Parttime - Broken Canoe /ask for Jacquie

 If you are on OW or El or not working or need training ISETP's can offer you the following: Apprenticeships; Employment Supports/Startup; wage subsidies; Mobility/relocation assistance; Skills enhancement/Direct Course Purchase; Youth Work Experience; Student Employment; Career and Educational development: Self Employment Assistance \*

Students – If you are looking for Summer Job positions the Algoma District Services Administration

Board are looking for the Following: Child and Youth Worker

Position

Social Services

Mental Health and addictions Paramedic or even nursing field

Office Administration

If you are interested in any of these positions, please contact Chantal Laferriere at 705-842-3370-ext 254

When applying for any position/job the process involved is: Where do you apply; in person; mail; fax; email or phone. Before applying, please read and follow all the instructions that is required from the employer, or you may be screened out and not get that interview.

If you need help or assistance, you can call Rob our employment Counsellor at 705-356-1621 ext.2237 but please do not wait for the last minute. Call and make an appointment.



Position: Event Coordinator Salary: \$49,753-\$56,542 Hours of Work: 32 hours/week

Circulation Level: Level I

Accountability: Chi-Naakinagewin Director Employment Status: Term (1 year)

**Preferences: MFN Band Members** 

#### The Event Coordinator will perform the following key job functions:

- Collaborate with community leaders, stakeholders, and staff to conceptualize, plan, and execute events that align with the Nation's cultural values and goals.
- Coordinate all events operations (booking and preparing venue, flyers, merch, audio, etc.)
- Develop and manage event budgets, ensuring cost-effective planning and adherence to financial guidelines.
- Understand requirements and needs of each event, planning the event with attention to financial and time constraints.
- Identify and contract vendors, suppliers, and service providers for events, including catering, entertainment, and equipment
- Negotiate with vendors to achieve the most favorable terms; research and keep an active directory of Indigenous vendors (catering, decorators, musicians, etc.) and choose the best combination of quality and cost.
- Create detailed event timelines and schedules, coordinate logistics, and ensure all resources are in place for successful event execution.
- Liaise with Mississauga First Nation staff and volunteers ensuring tasks and schedules are established and confirmed before the scheduled event(s). Do final checks on the day of the event before scheduled activities are to start to ensure everything meets standards.
- Foster strong community participation by involving Nation members in event planning and seeking their input and feedback.
- Ensure that events promote and preserve the cultural heritage and traditions of Mississauga First Nation.
- Maintain accurate records and documentation for each event, including attendance, expenses, and feedback for post-event
- Implement health and safety protocols to ensure the well-being of all participants and attendees during events.
- Gather feedback from attendees and stakeholders to evaluate the success of events and make improvements for future gatherings.
- Attending and overseeing event happenings and acting quickly to resolve problems.
- Coordinate events so that they do not interfere with other local events.
- Complete other duties as assigned that relate to the job.

#### The Event Coordinator will possess the following qualifications, skills, experiences, and attributes:

- Education in hospitality management, public relations or relevant field is preferred/or 2 years equivalent experience.
- Minimum Grade 12 or GED
- Two (2) years' experience as an event coordinator is an asset.
- Must provide a clear Vulnerable Sector Criminal Records Check
- Valid Class G Driver's License or access to reliable transportation
- Knowledge of Mississauga First Nation programs and services.
- Knowledge and understanding of Aboriginal culture and traditions.
- Knowledge of the Occupational Health and Safety Act and the Canada Labour Code.
- Knowledge of the Workplace Hazardous Materials Information System.
- Good interpersonal, public relations, communication, and organizational skills.
- Excellent time management skills.
- Excellent computer skills with MS Office (i.e., Excel, Word, Access, Teams).
- Ability to work independently and within a team environment.
- Ability to pay attention to detail and ensure accuracy with work.

TO APPLY: Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job ad. Using concrete examples, you must show how you demonstrated the requirements for this job. We rely on the information you provide to us in your application during screening. Successful candidates who receive interviews must provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be in person. If you are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation Attention: Human Resources Department

P.O. Box 1299 Blind River, Ontario POR1BO

Marked: CONFIDENTIAL

EMAIL: hrclerk@mississaugi.com FAX: 705-356-1740

Deadline: June 14, 2024

Thank you to all applicants; however, only those selected for an interview will be contacted.



<u>Position</u>: Maintenance Custodian <u>Salary:</u> \$38, 970 – \$44, 295 <u>Hours of Work</u>: 25 hrs (Part-time)

<u>Accountability</u>: Women's Shelter Manager <u>Employment Status</u>: 2 years contract <u>Preferences</u>: MFN Band Members

Circulation Level: Level I

### The Maintenance Custodian will perform the following duties:

- Clean, sweeps, mops, scrubs, waxes and polishes floors by hand or machine; cleans carpets, upholstery, and furniture.
- Washes windows, screens, sills, woodwork, doors, desks, walls, and ceilings.
- Dusts all furniture, fixtures and surfaces as required, including door handles, phone handsets and taps.
- Cleans and sanitizes rest rooms.
- Cleans and sanitizes kitchens: sinks, counters, dishes, refrigerators, freezers, dishwashers, and stoves.
- Monitor building security and safety by performing such tasks as locking doors and windows and checking electrical appliances use to ensure that hazards are not created.
- Collects and disposes of waste and recyclables.
- Shovel snow, maintains outside walkways, applies sand/salt as necessary and assists in keeping outside premises in an orderly condition.
- Perform some repairs and maintenance of buildings by patching walls and doors, painting walls and trim, replaces fixtures and partitions, and replaces damages ceiling and floors tiles, repairs carpet.
- Ensures maintenance of shelter equipment including vehicles; Maintains logbooks and inspection manuals where required.
- Set up, arrange, or remove decorations, tables, chairs, ladders to prepare facilities for classes, programs, and events.
- Maintain strict confidentiality and adhere to Personnel policies and procedures.
- Maintain level of job requirements by attending training, workshops, seminars, certified programs, and team meetings.
- Performs other duties as assigned which are unplanned and of a transient nature and are consistent with the above job summary and duties.

### The Maintenance Custodian will possess the following qualifications, skills, experiences, and attributes:

- Grade 12 or equivalent.
- Experience in custodial, building maintenance or as a general labourer.
- Must provide clear Vulnerable Reference Check from the Canadian Police Information Center (CPIC).
- Knowledge of Occupational Health and Safety Act, as it applies to the worker.
- Knowledge of the Workplace Hazardous Materials Information System.
- Knowledge and sensitive to cultural practices and traditions in the workplace, i.e., smudging.
- Ability to handle stressful situations; strong organizational, time management skills.
- Ability to take initiative and work independently; ability to meet deadlines and work flexible hours.
- Effective verbal and communication skills; good time management skills; ability to work with little or no supervision.

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Mississauga First Nation

Attention: Human Resources Department P.O. Box 1299 Blind River, Ontario POR1B0

Marked: CONFIDENTIAL

EMAIL: hrclerk@mississaugi.com FAX: 705-356-1740

Deadline: June 14, 2024

Thank you to all applicants; however, only those selected for an interview will be contacted.

### WALKING IN BALANCE

A socially and culturally healthy community where individuals have the opportunity to prosper and to achieve their full potential spiritually, emotionally, mentally, and physically through generous and unselfish support for one another, while pursuing balance and harmony within, with each other, and with Mother Earth.



Position: After-School Program Coordinator

Salary: \$49,753 - \$56, 542 Hours of Work: 32 hours Circulation Level: Level I Accountability: Social Services Manager

Employment Status: 2 years contract
Preferences: MFN Band Members

### The Job Title will perform the following duties:

- Delivers the After-School Program/Right to Play for students (five) 5 to (eighteen) 18 years of age.
- The After-School Program/Right to Play goal is to promote healthy lifestyle choices including culturally appropriate physical activity, healthy nutrition, personal health and wellness, assistance with homework and traditional teachings.
- Delivers programs to increase physical activity, assists students with homework completion, delivers nutritional seminars and promotes personal health and wellness with identification of personal goals.
- Promotes healthy lifestyles through positive, role-modeling behavior and participation in program activities.
- Is responsible for ensuring satisfactory completion of administrative tasks as required.
- Is responsible for completing correspondence and reports as required.
- Prepares a work plan and monthly reports based on the work plan.
- Establishes work priorities and ensures deadlines are met and procedures are followed.
- Maintains record-keeping system for the program.
- Ensures the Program site buildings are neat, organized, and safe for program delivery.

### The Job Title will possess the following qualifications, skills, experiences, and attributes:

- Minimum Early Childhood Education, Bachelor of Social Work, Child and Youth Worker.
- Must provide a clear Vulnerable Sector Check from the Canadian Police Information Center (CPIC).
- Previous experience working with children and youth.
- Excellent organizational and time management skills.
- · Experience writing reports and preparing work plans.
- Excellent communication (oral & written) and interpersonal skills.
- Ability to work independently and within a team environment.
- Must be able to work flexible hours.
- Must have First Aid / AED and CPR Level Certification.
- Knowledge of Canada's Food Guide, the Occupational Health and Safety Act and WHMIS (2015).
- Knowledge and understanding of Aboriginal culture and traditions.
- Good computer skills and familiarity with Microsoft Office software.
- Proficient in team building, decision making, and problem solving.
- Be honest and trustworthy, respectful, have cultural awareness and sensitivity, and demonstrate sound work ethic.

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Deadline: June 14, 2024

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Position: Environmental Technician

Salary: \$52,299 - \$59,438 Hours of Work: 32 hrs Circulation Level: Level I

Accountability: Lands & Resources Director Employment Status: Full-time (2 year)

Preferences: MFN Band Members

### The Environmental Technician will:

- Conduct air, water and land monitoring through collection and preparation of samples
- Investigate, participate, and report on environmental emergencies
- Analyze and interpret resource data and prepare technical reports
- Collect samples of water for analysis; measure physical, biological and chemical workplace hazards; and conduct safety and environmental audits
- Conduct surveys and monitoring programs of the natural environmental to identify sources of pollution
- Assist with environmental processes on new projects with applicable environmental agencies
- Gather, document, and monitor Aboriginal Traditional Knowledge (ATK) of natural resources
- Other related duties as assigned.
- Assist with the development, implementation and enforcement of MFN Environmental Management Plan and fisheries or wildlife management plans, MFN Lands & Resources Policies and Procedures and MFN Laws pertaining to land issues
- Provide input into the design and delivery of the MFN Environmental Program
- Conduct research on environmental initiatives such as risk management strategies
- Participate in on-going evaluation of the Lands Department's programs and services
- Collaborate with Cameco and other industry partners to ensure proper environmental protection and programs are in place
- Research and implement a database for land reports, data, environmental sampling and enter data collected through monitoring activities
- Prepare technical reports including interpretations, assessments, and recommendations
- Participate in workshops on lands and resources or environmental initiatives to the community
- Prepare environmental information in laymen's terms for general knowledge and understanding

### The Environmental Technician will possess the following education, experience, and skill qualifications:

- Post- Secondary Diploma in Lands, Forestry, Waters or Environmental Management fields
- Experience conducting environmental monitoring, preparing technical reports, and assessing data
- Knowledge and understanding of Mississauga First Nation, traditional territories, and aboriginal traditions & culture
- Knowledge of Mississauga First Nation Land Code and First Nations Lands Management Act
- Knowledge and understanding of environmental issues and concerns within Mississauga First Nation and traditional territories
- Knowledge of protocols involved when gathering Aboriginal Traditional Knowledge (ATK)
- Knowledge of risk management strategies, species at risk programs & policies and environmental emergency planning
- Ability and be licensed to use ATV, Boat & Motors, Snow machines, Canoe and Forestry/Natural Resources Mensuration Equipment and any other scientific data collection equipment
- Ability to use Handheld GPS devices, implement data into the GIS system using ARCMAP 10
- Must have Valid Class G Driver's License and use of Vehicle
- Excellent computer skills with MS Office software and land use databases

TO APPLY: Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job posting. If you are a member of MFN or of Indigenous descent, please include this information in your cover letter. We rely on the information you provide to us in your application during screening. Successful candidates who receive interviews must provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be in person. If you would like a copy of the full job description and/or are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation P.O. Box 1299 Blind River, Ontario POR1BO Attention: Human Resources Department Marked: CONFIDENTIAL

EMAIL: hrclerk@mississaugi.com FAX: 705-356-1740

**DEADLINE: JULY 9, 2024** 

Thank you to all applicants; however, only those selected for an interview will be contacted.

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Position: Director of Operations
Salary: \$98,725 - \$112,186
Hours of Work: 32 hours
Circulation Level: Level I

Accountability: Chief and Council Employment Status: 2 years contract Preferences: MFN Band Members

### The Director of Operations will perform the following duties:

- Participates in financial resources and policy negotiations with provincial and /or federal and /or municipal departments, ministries and agencies as directed.
- Maintains regular contact with external financial advisors and auditors.
- Oversees finance and administration attendance for hours for payroll.
- Continuously monitors expenditures against the approved budget and recommends budget modifications to Chief and Council as appropriate.
- Provides regular and mandatory reporting on a monthly and annual basis to Chief and Council and Government agencies.
- Ensures that required financial reports respecting external government grants and contributions are prepared and submitted
- Meets with and consults with Senior Management team on a regular basis collectively and individually.
- Meets with and consults with staff on a regular basis collectively, and individually.
- The Director of Operations shall participate with Chief and Council in developing a vision and strategic plan to guide the Mississauga First Nation in achieving successful results of the overall budgets and financial situations of the Mississauga Band.
- Provide direction and assistance to senior managers regarding human resource issues.
- Conducts employee performance appraisals on senior management, executive assistants on an annual basis.
- Responsible for administration of personnel in accordance with personnel policy/ procedures including monitoring relevant labour laws, drafting of policy amendments, supervisions of personnel records system, and related recommendations to council on recruitment, appeals, compensation, evaluation, and discipline of employees.
- Acts as a role model to other staff in the day-to-day execution of responsibilities of the position.
- Meets with and advises Chief and Council as directed.
- Represents Mississauga First Nation at conferences and forums as directed.
- Meets with and consults with federal and provincial officers responsible for funding as directed.
- Network and develop positive relationships with all levels of government and private sectors to ensure the optimum level of services is being provided to the Mississauga First Nation Band.

### The Director of Operations will possess the following qualifications, skills, experiences, and attributes:

- Post-secondary graduate of Business Administration or Public Administration.
- Five (5) years of strong finance and management experience.
- Must provide a clear Criminal Reference Check from the Canadian Police Information Center (CPIC) and bondable.
- Must have Class "G" Ontario Driver's License in good standing and be able to travel.
- Must be able to meet deadlines, work flexible hours and/or attend emergency situations.
- Generally accepted auditing standards, principles, and practices.
- Business and audit related software applications and tools, including Microsoft Office.
- Must have knowledge of the Ojibway culture and traditions and significant characteristics of the social structures of Mississauga First Nation.
- Financial management and analysis; An understanding of relevant legislation, governance, policies, and procedures.
- An understanding of the northern and first nation economic, cultural, and political environment.
- Knowledge of Occupational Health and Safety legislation, standards, and best practices.
- Knowledge of the Workplace Hazardous Materials Information System.
- Leading or conducting assessments of complex business processes and operations.
- Relate effectively and supervise staff as a diplomatic and flexible team player.
- Must be able to exercise supervisory responsibility for all staff in a team environment.
- Project management skills that support strategic and operational planning/implementation.
- Experience conducting strategic audits and developing advisory plans.

### WALKING IN BALANCE

- Experience conducting audit projects, preparing audit reports, and providing advice to others.
- Change management skills to introduce innovative approaches to current practices.
- Relationship management skills to maintain relationships with clients and stakeholders, internal and external.
- Express ideas clearly and prepare technical reports and recommendations.
- Must work effectively with management and staff of other programs and/agencies.
- Provide direction and assistance to all employees through the approved chain of command.
- Ability to oversee department staff and provide guidance, direction, and mentorship.
- Identify areas of improvement and resolve issues in a timely manner.
- Presentation skills to provide explanation of complex issues and strategies.
- An effective leader.
- Strong interpersonal and influencing/negotiation.
- Be honest, trustworthy, and respectful.
- Possess cultural awareness and sensitivity.
- Possess a calm demeanor in responding to customers.
- Demonstrate sound work ethics.

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P.O. Box 1299 Blind River, Ontario POR1B0

Marked: CONFIDENTIAL

EMAIL: hrclerk@mississaugi.com FAX: 705-356-1740

Deadline: July 9, 2024

Thank you to all applicants; however, only those selected for an interview will be contacted.



Position: Front Line Worker

Salary: \$25.32 hourly
Hours of Work: As needed
Circulation Level: Level I

Accountability: Women's Shelter Manager

<u>Employment Status</u>: Casual Relief <u>Preferences</u>: MFN Band Members

#### The Casual Front Line Worker will:

 Prepares and complete daily reports in database; provides advocacy and support to clients and their children in crisis situations both one-on-one and over the telephone; maintains strict confidentiality and adhere to Personnel policies and procedures

- Be supportive and aid those termed as "walk-in" in a manner that is consistent to those who are admitted into the Mississauga Women's Shelter; responds to crisis telephone calls and provide support, information, and intervention according to the request and type of call/caller; assist with meal planning and preparation; conducts general cleaning such as dusting, cleaning windows/ floors and other areas
- Assist clients to set goals, fill in applications for housing, birth certificates, S.I.N, and budgeting etc.; provides education and
  awareness to women on domestic violence; ensures safety of clients, staff and visitors to the shelter at all times; facilitates
  and maintain a collaborative and safe work environment; provides in-house orientation to new clients and oversee
  communal living requirements; creates safety plans with clients and families; ensures windows and doors are locked at all
  times; completes regular resident status and safety checks
- Contacts appropriate authorities such as the Ontario Provincial Police or child welfare agency when required; provides referrals, support documents and support for discharge; conducts intake and discharge process with clients and their children in crisis
- Maintains level of job requirements by attending training, workshops, seminars, certified programs, and team meetings
- Demonstrates sensitivity to and knowledge of the impacts of woman abuse on women and children; remains to be empathic, non-judgmental, respectful and encourage independent decision making to clientele served; will problem solve in a positive manner

### The Casual Front Line Worker will possess the following educational qualifications, skills, experiences, and attributes:

- Minimum of Grade 12 secondary diploma or equivalent. Post-Secondary Diploma in the Social Services or Health preferred
- Experience working with aboriginal people, organizations, and communities; must provide an acceptable Criminal Record Check and Vulnerable Sector Check from the Canadian Police Information Centre (CPIC)
- Class "G" Ontario Driver's License in good standing and be able to travel
- Standard First Aid and CPR/AED; Mental Health 1St Aid (an asset); Life Skills Coach Certification (an asset)
- Must be able to work flexible hours, on-call, and shift work, including weekends, evenings, and holidays
- Excellent verbal and written communication; ability to work in a team environment; ability to effectively analyze situations
  quickly and apply sound judgement; possess strong conflict resolution and problem-solving skills with the ability to handle
  stressful situations
- Ability to observe and assess clients, enforce safety regulations and emergency procedures, and apply appropriate behaviour management techniques; maintain confidentiality; be respectful and empathetic; ability to take charge and motivate others; be always professional

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Mississauga First Nation

P.O. Box 1299 Blind River, Ontario POR1BO Attention: Human Resources Department

Marked: CONFIDENTIAL

EMAIL: hrclerk@mississaugi.com FAX: 705-356-1740

Deadline: Until position is filled

Thank you to all applicants; however, only those selected for an interview will be contacted.

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**Position**: Back-Up Receptionist

(Admin & Health Dept)

Salary: \$23.42 hourly

Hours of Work: As needed Circulation Level: Level I

Accountability: Finance Director

Employment Status: Casual

**Preferences**: MFN Band Members

### The Back-Up Receptionist will:

- Receive all incoming telephone calls and visits in person and direct all inquiries and persons appropriately and with courtesy.
- To receive and record all incoming and outgoing mail, open and distribute it to the appropriate staff, affix appropriate postage and ensure proper handling, photocopying of mail as needed.
- Be aware of and as required and requested to provide information about all staff employees' whereabouts.
- As needed and requested, order appropriate storage, distribution, and use of office supplies (i.e., pens, writing pads, staplers/staples, 3-hole punch) stationery and standard agency forms.
- Maintain booking schedule for Council Chambers using Outlook monitoring, community hall rental, van and bus rental, cultural center.
- Perform secretarial and clerical duties of photocopying, faxing, typing, and telephoning.
- Make travel arrangements and maintain travel itineraries for all staff, when required.
- Responsible for drafting letters and any other correspondence related to office administration.
- Ensure confidentiality and safekeeping of all the organization's records, forms, and documents.
- Assist Housing and Property Manager with receipt of rent monies when required.
- Update employee telephone and email listing for all staff and Chief and Council.
- Receive money, prepare invoices, and log payments for photocopying/ facsimile transmissions for public and forward to Finance Clerk and place in safe.
- Responsible for and maintaining Visitor Logbook; Employee Sign In / Out Daily logbook.
- Conduct themselves in a professionally appropriate manner; and any other duties are required.

### The Back-Up Receptionist will possess the following qualifications, skills, experiences, and attributes:

- Certificate and/or diploma in secretarial and office services with minimum of two (2) year related experience.
- Experience working with aboriginal people, organizations, and communities.
- Must provide a clear Criminal Records Check.
- Knowledge of Mississauga First Nation programs and services; understanding of Aboriginal culture and traditions.
- Knowledge of the Occupational Health and Safety Act and the Canada Labour Code as it applies to the worker.
- Good interpersonal skills; good public relations; good communication/ organizational skills.
- Excellent time management skills; excellent computer skills with MS Office including Excel, Word, Access.
- Ability to work independently and within a team environment; and ability to pay attention to detail and ensure accuracy with work.

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Mississauga First Nation

P.O. Box 1299 Blind River, Ontario POR1B0

Attention: Human Resources Clerk

Marked: CONFIDENTIAL

EMAIL: hrclerk@mississaugi.com FAX: 705-356-1740

Deadline: Until position is filled

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of aggressive behaviour and threatening language.

We do not tolerate any form of violence, aggression, discrimination, or verbal harassment towards **ANYONE** or for **ANY** reason.

### YOUR ROLE IN MAINTAINING A SAFE WORKPLACE

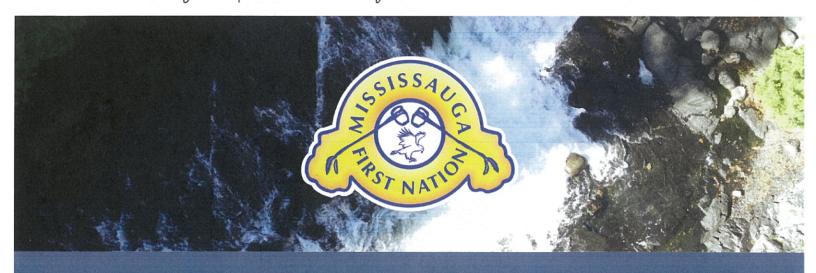
Creating a safe and respectful workplace is a collective responsibility. We encourage all community members to:

- Treat our employees with respect and courtesy
- Be aware of the impact of their words and actions on others
- Report any witnesses of harassment to the appropriate authorities within our organization

# FINANCE COMMITTEE members

- Seeking 1 Youth and 1 Elder for 2023-2026 Term
- Monthly meetings on the third Tuesday of the month
- Emergency meetings as necessary
- Must be able to provide clear CPIC
- Virtual/long distance members welcome

get experience, build your resume, learn about mfn!



### **PLEASE SEND LETTERS OF INTEREST TO:**

Kathleen Lofstrom, Executive Services Advisor cncEA@mississaugi.com or 705-356-1621 ext. 2212



**MASTER OF CEREMONIES** Stephanie Pangowish & Darren McGregor

**HOST DRUM Charging Horse**  **CO-HOST DRUM Under the Pines** 

**INVITED DRUMS** Migiziinhsag (MFN Boys Drum Group) Nimkii Aankwam

> **HEAD DANCERS** Hannah Morningstar Naakwam Shawanda

**HEAD YOUTH DANCERS** Niizh Wemigwans Leland Bellefeville

**HEAD JR DANCERS** Aubreigh Fox Niigaani Niganobe

**HEAD VETERAN Wayne Pitawanakwat** 

**ARENA DIRECTOR** Robert Stoneypoint

**HEAD ELDERS Leona Whetung & Wes Whetung** 

COMMUNITY FEAST | SATURDAY A 5PM

No drugs, alcohol, or pets

Honorariums for first 5 registered drums

EVERYONE WELCOME!

More info to follow!

Old Style Jingle Special Sponsored by Head Female, Hannah Morningstar

Men's Woodland Special Sponsored by Head Male, Naakwam Shawanda

Youth Girls Jingle 12 and under Sponsored by Head Youth, Niizh Wemigwan \$200 Winner Take All

Womens 18+ Fancy Shawl Sponsored by Sarah McGregor & Family 1st \$800 2nd \$600 3rd \$400 Giveaway for all dancers

Women's 18+ Combined Special Sponsored by Chief and Council 1st \$800 2nd \$400 3rd \$300

Men's 18+ Combined Special Sponsored by Chief and Council 1st \$800 2nd \$400 3rd \$300

Youth 13-18 Combined Special Sponsored by MFN Youth Coordinator 1st \$350 2nd \$250 3rd \$150

Children 7-12 Combined Special Sponsored by MFN Child-Youth Worker 1st \$150 2nd \$100 3rd \$75 + Giveaway for Dancers

Max's Road off Highway 557 (Scan QR code)

**Food or Craft Vendor Applications** or General Inquires, contact Sarahdaybutch@mississaugi.com



# ATTENTION!

### SEEKING DONATIONS FOR THE MFN POW WOW GIVEAWAY

UNOPENED & UNUSED GIFTS, GIFTCARDS ACCEPTED

Drop off at MFN Child and Youth Building or pick up can be arranged

> Contact: Sarah McGregor sarahdayb37@gmail.com 705-227-8117



### DONATION CALL OUT



The MFN Pow Wow Committee is seeking these poles to be donated



Light Poles

'oors, the atmosphere

Scan QR for website



# AMAZON AILBTON 2 Pack 10FT String Light Poles

THIS DONATION WILL BE GREATLY APPRECIATED. WE WILL ACKNOWLEDGE YOUR CONTRIBUTION PUBLICLY ON OUR WEBSITE, SOCIAL MEDIA PLATFORMS, AND ANY OTHER PROMOTIONAL MATERIALS

FOR FURTHER QUESTIONS CONTACT

Sarah Daybutch | sarahdaybutch@mississaugi.com | 705 227 8117



### DONATION CALL OUT

The MFN Pow Wow Committee is seeking these lights to be donated



Scan QR for website



# AMAZON Minetom 100ft Outdoor String Lights

THIS DONATION WILL BE GREATLY APPRECIATED. WE WILL ACKNOWLEDGE YOUR CONTRIBUTION PUBLICLY ON OUR WEBSITE, SOCIAL MEDIA PLATFORMS, AND ANY OTHER PROMOTIONAL MATERIALS

FOR FURTHER QUESTIONS CONTACT

Sarah Daybutch | sarahdaybutch@mississaugi.com | 705 227 8117





Spring is here and the bears are awake. While the weather is starting to get nicer, please take the time to do a thorough spring cleanup of your living space and yard. You will want to remove all sources of natural and non-natural food attractants from your yard.

Managing bear issues takes the efforts of the community to succeed. Let us have a successful Spring and Summer 2024.

### **Natural Sources**

- Berries
- Fruit trees
- Flowers/clovers/weeds

Bears are highly intelligent. They easily learn where food sources can be found and use their keen sense of smell to seek them out. Bears will travel more than 100 kilometers to a known food source like a berry patch or a stand of beech trees and they will return year after year. Bears are always looking for new food sources, including your garbage or the contents of your cooler. Once they determine that food can be found at your house or campsite, they will revisit again and again.

### Non-Natural Sources

- Barbeque grease and drippings
- Bird Feeders
- Garbage
- Pet food

You may not even know you are doing it. You could be attracting bears onto your property and into your community. Garbage is the main reason why bears are drawn into communities. Bird and pet food, greasy barbecues and ripe or decaying fruit, berries and vegetables are other invitations to bears to forage for food in your yard.



# SAFETY REMINDERS for SPRING FISHING SEASON

Safety gear required for each vessel



Life Jackets (Must fit the person wearing it)



Sound Signaling
Device



Manual propelling device and anchor



A waterproof flashlight



Bailor or Hand Pump



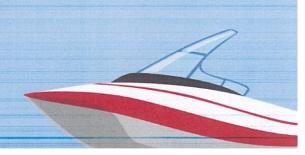
15m of rope



Navigation lights mandatory for vessels operating between sunset and sunrise.



A fire extinguisher for any craft





### TIPS FOR TICK SAFETY

### **HOW TO REMOVE TICK**







GRAB TICK



PULL UP SLOWLY



AGAIN

### How to remove a tick

Removing attached ticks as soon as possible reduces the chance of infection. Infected blacklegged ticks need to be attached for at least 24 hours in order to transmit the bacteria that causes Lyme disease.

If you find an attached tick, follow these instructions to remove it:

- 1. Use clean, fine-point tweezers to grasp the head as close to the skin as possible and slowly pull straight out.
  - Try not to twist or squeeze the tick. Ticks firmly attach their mouthparts into the skin requiring slow but firm traction to remove them.
- 2. If the mouthparts break off and remain in the skin, remove them with the tweezers. If you're unable to remove them easily, leave them alone and let the skin heal.
- 3. Wash the bite area with soap and water or an alcohol-based sanitizer.

Do not try to remove the tick by:

- burning it
- smothering it with:
  - nail polish
  - o essential oils
  - o petroleum jelly
  - o nail polish remover

This can cause the tick to release its stomach contents, which can be infected, into the bite area. This can increase your chance of infection.

### Watch for symptoms for 30 Days

Call your healthcare provider if you get any of the following:

Rash

- Headache
- Fever
- Muscle Pain
- Fatigue
- · Joint Swelling and pain

For more information: https://www.canada.ca/en/public-health/services/diseases/lyme-disease/removing-submitting-ticks-testing.html

### PUBLIC NOTICE



With summer upon us Mississauga First Nation wishes to remind ALL MFN Band members who invite visitors and/or guests to hunt and fish on Mississauga First Nation land is required to obtain a Harvesting Permit. Any guest or visitor without a Harvesting Permit may be subject to prosecution as per the Community Protection Law and the Mississauga First Nation Land Code. Spouses of our Mississauga First Nation members, who are not status, require a Harvesting Permit along with the proper provincial licenses.

An operational permitting system has been implemented for the purpose of safeguarding and managing our resources to sustain our way of life for the next seven generations. We request all our community members, guests, and visitors to respect our personnel who will be out on the land monitoring this system.

No Inter treaty harvesting is permitted on MFN lands.

Fishing permit

January – June = \$100

July – Dec =\$100

Full Year = \$200

Hunting &Fishing

1 year – \$300 includes small game and deer ONLY

Moose and Bear harvesting is prohibited

If you have any questions or concerns, please contact the By-Law Officer
Scott Richer
scottricher@mississaugi.com

705-356-1621 ext. 2259

# Anishinaabemowin Doopwining

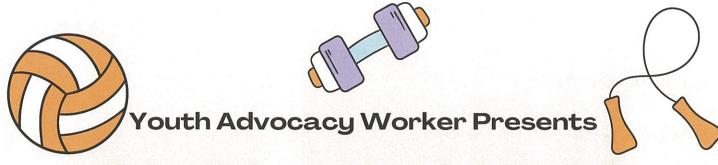


17
June

Join us from 6-9pm, June 17 at the Education Building for Anishinaabemowin Doopwining.

Have a seat, have a snack, and lets talk language!

Light refreshments provided



# GYM NIGHTS!

Meet every Monday 6pm - 8pm Starting June 3

**Gym Gear Baskets Provided** 

Challenge: Participants that attend the gym three times a week for the month of June, providing check-in photos will receive a fitbit!



For registration please contact Carissa Daybutch (705) 356-1621 ext. 2245

youthadvocateworker@mississaugi.com





### YOUTH PROGRAMMING 13-18



# FISHING CHIBLOW LAKE

3:30-7:00PM

MEET AT THE CHILD AND

JUNE 6th,13th

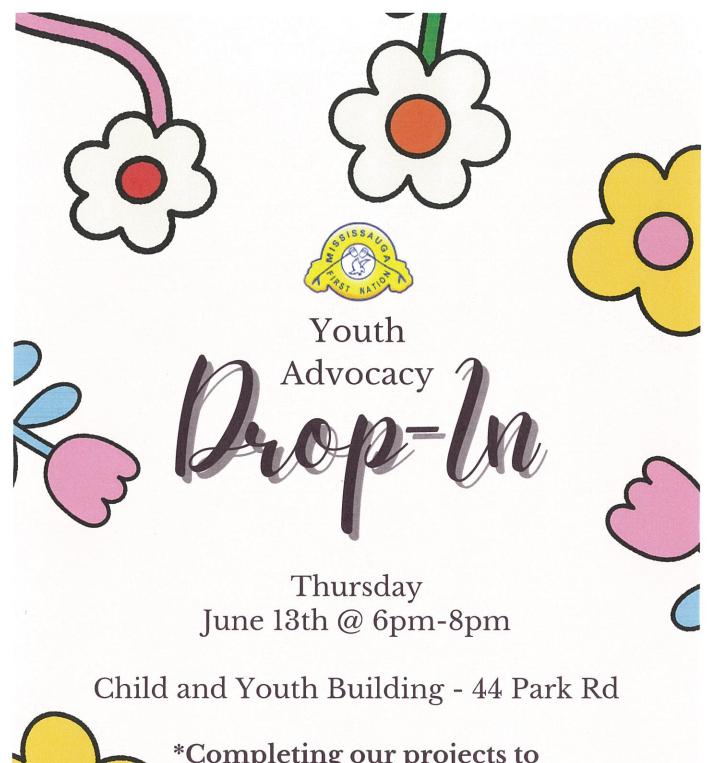
FOR MORE INFORMATION & TO REGISTER

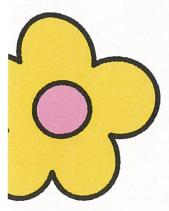
CONTACT: DILLON OMINIKA

YOUTHCOORDINATOR@MISSISSAUGI.COM

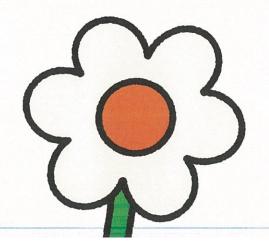


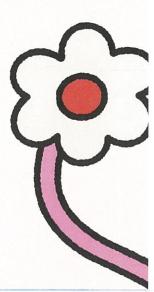






\*Completing our projects to move on to new projects :)\*









# FATHERS DAY GOLF

Saturday June 15, 2024
HURON PINES GOLF COURSE

FIRST TEE OFF TIME 12:08PM
18 HOLES
DINNER INCLUDED
15 SPOTS ONLY!

To Register, contact
Community Support Service Assistant
Sarah McGregor
cswassistant@mississaugi.com
705 227 8117



COMMUNITY SUPPORT SERVICE PROGRAM

# HYGIENE MARKET

June 18, 2024





11:00AM to 2:00PM Child and Youth Building

For women and men in the community.

Shampoo | Body Wash | Dental Hygiene | Feminine Hygiene products available.

For more information contact

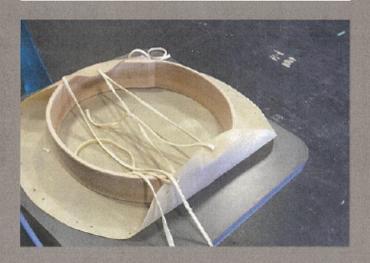
Jade Fox - Community Support Service
P. 705-356-1621 ext 2357 | E. cssworker a mississaugi.com

**YOUTH PROGRAMMING 13-18** 

# HAND DRUM MAKING WORKSHOP



JUNE 18,2024 3:30 - 5:30 PM



Darren Mcgregor

Will be providing teaching of the hand drum and assisting the youth on how to make their own

For more Information & register contact: Dillon Ominika

Youthcoordinator@mississaugi.com



supper provided

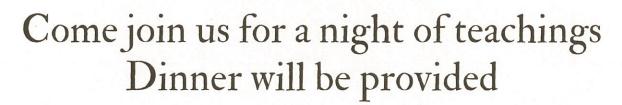


### CULTURAL SUPPORT SERVICES



### WATER DRUM TEACHINGS WITH MIKE BISSON AND





June 19, 2024, Wednesday • 5:00 PM • Cultural Building



HAVE A QUESTION? CALL 705-356-1621 EXT. 2243







### FREE GROCERY SHUTTLE

Where?... Pick-up: MFN Band Office Drop-off: Nofrills - Elliot Lake

When?... Departing 10:00 am



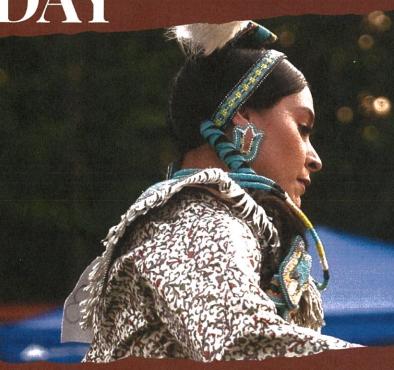
All members of the First Nation welcome
All those who attend will have 1 hour to shop and return
to the bus to be shuttled back to the community\*

We kindly ask that you refrain from utilizing this service if you are under the influence of drugs or alcohol

\*The agency is not responsible for transporation of individuals who do not return to the bus within the I hour timeframe

### NATIONAL INDIGENOUS PEOPLE'S DAY





FREE BBQ LUNCH 12-1 @ Sports Complex

MISSISSAUGA FIRST NATION SPORTS COMPLEX 11:00AM TO 2:00PM

Bounce Houses | Aanishnaabemowin Bingo Drumming & Dance Demonstrations 12–1PM Poker Walk | Cotton Candy & Snow Cones

FIREWORKS TO FOLLOW AT 10:00PM

For more information contact

Jade Fox – cssworkeremississaugi.com or 705 356 1621 x 2357

Meagan Wilson - 705 356 1621 x. 2360 socialservicesadminassistantemississaugi.com

**CULTURAL SUPPORT SERVICES** 

## JUNE FULL MOON CEREMONY

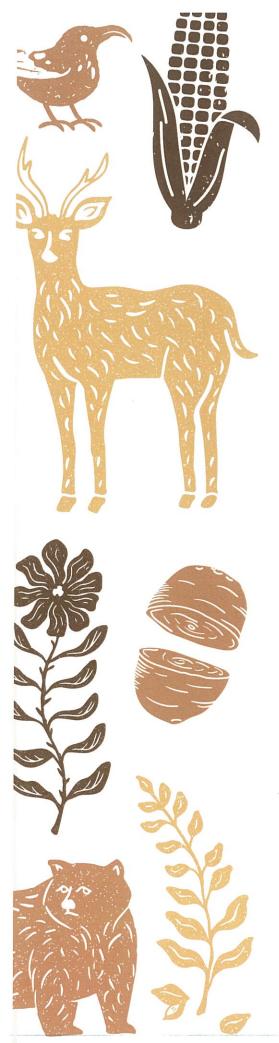
this month we will be honouring Ode'imini-giizis (Strawberry Moon)



### JUNE 21, 2024 | 8:00 PM CULTURAL BUILDING LODGE

Have any questions? Call 705-356-1621

ext. 2243



**Cultural Support Services** 

# CELEBRATING ANISHINAABE DAY

### PIPE CEREMONY

a Gathering of
Pipes to
Celebrate
Summer Solstice

# JUNE 21 | 8AM TO 1PM CULTURAL BUILDING

Have a question? Call 705-356-1621 ext. 2243



# **NUTRITION BINGO**



Open to all Mississauga First Nation community members.

Prizes will include a healthy meal/snack recipe with ingredients.

JUNE 26, 2024 | 6:00PM TO 7:30PM | COMMUNITY HALL

To register contact Jade Fox - Community Support Service P. 705 356 1621 ext 2357 | E. cssworker@mississaugi.com

### **BOATING LICENSE** & SAFETY COURSE





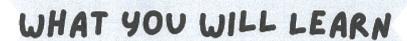


# MFN SOCIAL SERVICES YOUTH PROGRAMMING



- (S) 4:30 PM 6:30 PM
- Council Chambers



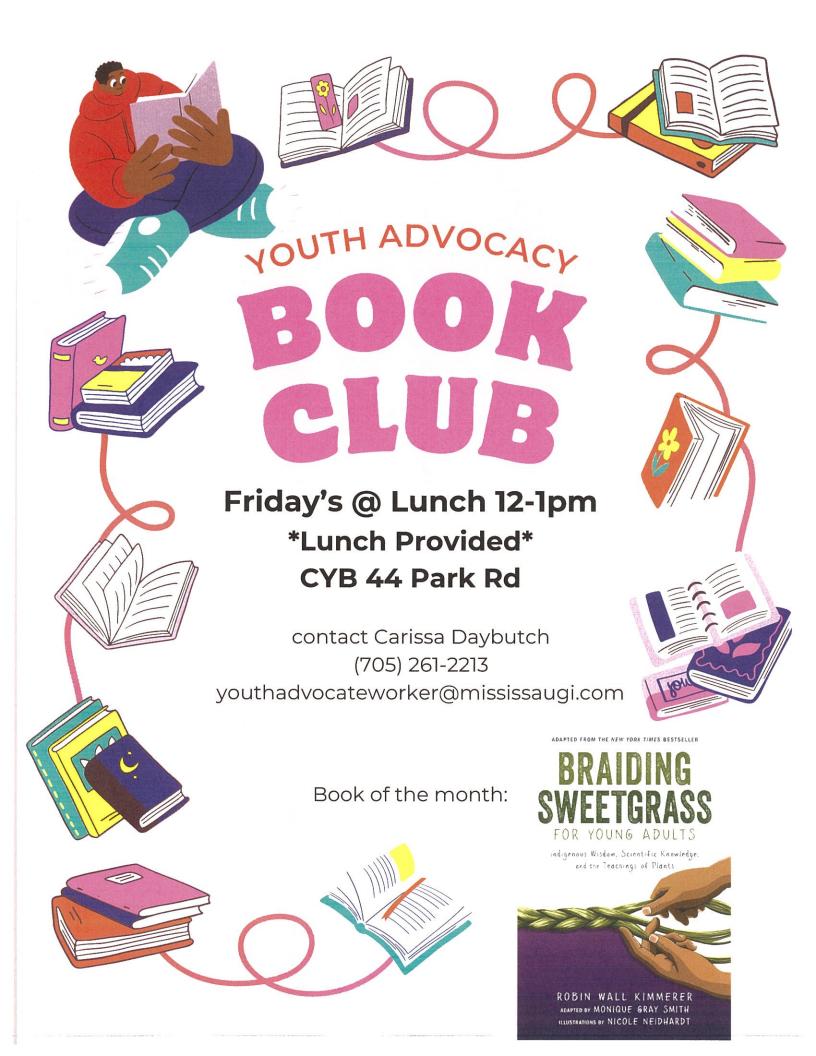


FREE TO MFN YOUTH
PRIORITY REGISTRATION FOR
YOUTH AGES 13-18

Navigation		Boating	Regulation
		0	0

- Personal Safety Safe Boating Use
- Tips for Safe Use of Life Jacket DINNER PROVIDED

FOR REGISTRATION, PLEASE CALL OR EMAIL
DILLON OMINIKA YOUTHCOORDINATOR@MISSISSAUGI.COM
705-356-1621 FXT 2245



### JOIN OUR 21-WEEK RUNNING PROGRAM!

Are you ready to get active, have fun, and learn some valuable life skills? Join our 21-week running program designed just for youth in our community!

### program Details

Duration: 21 weeks

Schedule: Tuesdays 3:30pm location: Child youth building

Age group: 13-18

cost: free

### whats Included

weekly group runs workshops

Coaching and support Healthy snacks

Don't miss out on this fantastic opportunity to improve your fitness, learn new skills, and have a blast with friends! Sign up today and let's get running!

All participants will be challenged to represent MFN at the 53th Annual 10 KM Wiky Road Race on October 13, 2024

For more Information & register contact: Dillon Ominika Youthcoordinator@mississaugi.com



## CHILD AND YOUTH 7 TO 12YRS

### Monday June 10th

### PD Day Road Trip

Where: Sudbury
Time: 9:30am Bus at Sports
Complex

First stop lunch at Boston Pizza then to Kupps indoor obstacle park, laser tag and mini put.

Leave at 3pm back at Sports complex for 5pm

RSVP Jennifer cyworKer@mississaugi.com Call or text 705-356-3455

### Tuesday June 11th

Powwow Practice
weekly in June with
Sarah McGregor
Dates are June Tuesday
11th, Tuesday 18th and Monday
24th
Time 5:30 to 7pm

Transportation from CYB

### Tuesday June 11th

Special Programming
Week 3 Drum program
Songs, drumming, dance
styles, regalia teachings
meet at CYB, supper, head
to Powwow grounds
4:30-7:30



# GHILD AND YOUTH 7 TO 12YRS

### Tuesday June 18th

Powwow Grounds
Dancing with Sarah
Transportation from CYB
5:30-7pm
snacKs and refreshments

### Contact Jennifer

cyworKer@mississaugi.com cell: 705-356-3455

### Wednesday June 19th

Wrap-up Ribbon Shirts and skirts. Parents or family members welcomed to come and help the youth get ready for Powwow!

Downstairs at CYB 6-8pm Supper and refreshments



CULTURAL SUPPORT SERVICES



## WATER CEREMONY

JULY 5TH, 2024 JOIN US AT CULTURAL BUILDING

### **AGENDA**

9:00-12:00 ~ Water walker

Tasha Beads

12:00-1:00 ~ Lunch

1:00-3:00 ~ Travel to Lake

Huron for Water Ceremony

limited seating,
please call to sign up.
Call 705-356-1621
ext. 2243

### YOUTH FORUM

### 2024

August 23,24,25





NEW

MFN YOUTH AGE 15-18

WHAT TO EXPECT: UPDATE RESUME/COVER LETTER

**SKILLS FOR SUCCESS** 

POST SECONDARY WORKSHOP SELF-IMAGING POSTPONED FROM ORIGINAL

DATE TO AUGUST. WILL HONOUR

ALL CURRENT REGISTREES.

FOR REGISTRATION, PLEASE CALL OR EMAIL-705-918-7261

MUST HAVE THEIR SIN NUMBER

15 SPOTS AVAILABLE

YOUTHCOORDINATOR@MISSISSAUGLCOM

PERMISSION FORM MUST BE SIGNED

Provided by:
ISETP's program
Image North Consulting
Mississaugi youth
Coordinator





### YOUTH DRUM SCHEDULE

- PRACTICES ARE OPEN TO ALL, EVERYTHING THURSDAY UNTIL POW-WOW INTERESTED -NO REGISTRATION NEEDED
- FIND SONGS PLAYLIST ON YOUTUBE
   SEARCH: @MRBELL1513 OR SCAN >>>



JUN 06 20 13 27

PRACTICES

5:30 - 6:30 @ CB

04 PRACTICES
11 5:30 - 6:30 @ CB

19 FEAST & PREP

5:30 - 6:30 @ PW GROUNDS

20 MFN POW-WOW
INVITED YOUTH DRUM



<<< SCAN TO ADD TO YOUR CALENDAR

FOR MORE INFORMATION EMAIL SKYCADA@MISSISSAUGI.COM





MFN LIL JAYS BASEBALL 2024

### REGISTRATION OPEN



JUNIOR TEAM AGES 8-11 SENIOR TEAM AGES 12-15

**REGISTERATION ENDS JUNE 15** 

TO REGISTER PLEASE CONTACT CHELSEA AT 705-356-1621 EXT. 2203 CHELSEAGRIMARD@MISSISSAUGI.COM







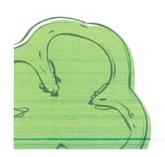
# ADVENTURES IN COCKING



Red Pine Lodge

Wednesday June 26th 11:00- 1:00 p.n.





Contact Chelsea for more information at 356-1621 ext. 2203





FRIDAY JUNE 28TH 9:00-4:00 P.M. RED PINE LODGE

PLEASE BOOK APPOINTMENT WITH CHELSEA AT 356-1621 EXT. 2203 OR CHELSEAGRIMARD@MISSISSAUGI.COM

### TRADITIONAL HEALING SERVICES

1on 1
With
GODFREY SHAWANDA
7 SPOTS AVAILABLE
JUNE 20<sup>TH</sup>, 2024
COMMUNITY/BINGO HALL

### **TIME SLOTS**

9:00 AM - 10:00 AM

10:00 AM - 11:00 PM

11:00 AM - 12:00 PM

1:00 PM - 2:00 PM

2:00 PM - 3:00 PM

3:00 PM - 4:00 PM

4:00 PM - 5:00 PM

For an appointment, please email rhondapeltier@mississaugi.com
Or telephone (705)356-1621, Ext. 2230

MEEGWETCH on BEHALF

of

COMMUNITY WELLNESS PROGRAM





TRADITIONAL FOOT SOAKS WITH GODREY SHAWANDA

7 SPOTS available per day.

June 18<sup>th</sup> & 19<sup>th</sup>, 2024 9:00AM - 5:00 PM

Community / Bingo Hall

TIME SLOTS

9:00AM-10:00AM

10:00AM-11:00PM

11:00 AM - 12:00 PM

1:00 PM - 2:00 PM

2:00 PM - 3:00 PM

3:00 PM - 4:00 PM

4:00 PM - 5:00 PM

For an appointment time, please email rhondapeltier@mississaugi.com
T: (705)356-1621, Ext. 2230

MEEGWETCH on BEHALF

OF

COMMUNITY WELLNESS PROGRAM





### REIKI THERAPY WITH LINDA VINCENT

6 SPOTS available per day at the Cultural Building.
for
Tuesday, June 25<sup>th</sup>, 2024
&
Wednesday, June 26<sup>th</sup>, 2024

### TIME SLOTS:

12:30 PM-1:30 PM

1:30 PM-2:30 PM

2:30 PM-3:30 PM

3:30 PM-4:30 PM

4:30 PM-5:30PM

5:30 PM-6:30 PM

For an appointment, please email rhondapeltier@mississaugi.com
Or telephone (705)356-1621 Ext: 2230

MEEGWETCH on BEHALF
Of
COMMUNITY WELLNESS PROGRAM







# Stress Management

Lunch n Learn with Stephanie Collins June 25/24 @ 12-1pm Activity Room Come out to learn and discuss effective coping methods to deal with stress

Registration needed

to ensure dietary needs are met for lunch
To register or for more information please contact
Cheri Boyer Health Educator @ 705-356-1621ext.2253
or by email healtheducator@mississaugi.com

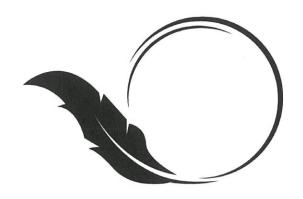
Free lunch and door prize

# DIABETES

# LUNCH NIEARN

Learn about the benefits of managing well with diabetes with Jessica Hubbard DNE

June 19/24 @ 12-1 pm Activity Room For more information or to register please contact
Cheri Boyer Health Educator
healtheducator@mississaugi.com
705-356-1621 Ext. 2253



We now have a talking circle addictions support group.
Come sit, talk and give your support Let's help raise each other up.

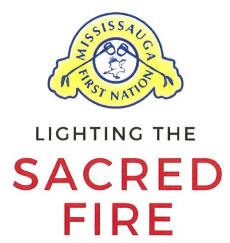
Tuesdays from 7-8PM

Inside the Culture building
Snack and refeshments will be
available.

Contact skycada@mississaugi.com for more info.







WE WILL BE LIGHTING THE SACRED FIRE FOR MFN COMMUNITY.

COME PRAY, STAY, TALK OR JUST ENJOY THE FIRE.

THURSDAYS
OUTSIDE THE
CULTURE BUILDING
- 96 PARK ROAD

9:00 AM TO 3:00 PM

### MORE INFORMATION

SKY CADA - 705-261-1370 SKYCADA@MISSISSAUGI.COM



### AL- ANON meeting

Have you or a family member been affected by another's drinking or drug addiction?

Please come out and join us at the Cultural Building - 96 Park Road - to find out what AL-ANON can do to help you.

Meeting Day/Time: Monday - 6:00 - 7:00 PM

There you will find a fellowship of others who share your same challenges

## Summer Safety TIPS

### **Beat The Heat**

- Wear a hat
- · Wear loose-fitting clothing
- Seek shade
- Drink plenty of water (avoid alcohol)
- Wear sunscreen
- · Limit outdoor activity on hot days

### **Water Safety**

- Wear a life jacket while on the water
- · Avoid swimming or boating near dams or strong currents
- Do not jump or dive into shallow water
- Bring a friend (buddy system) or tell someone where you are going and when you will be back
- If someone is drowning DO NOT swim to them, toss a rope or life-saving device

### **Bugs/ Poison Ivy**

- · Wash the area with soap and water
- Treat bug bites or swimmer's itch with calamine lotion and/or hydrocortisone cream
- Monitor the rash/bites for infections, increased redness, swelling, pain, pus or fever

If you have any questions or concerns, please contact the Community
Health Nurse at 705-356-1621 x 2231 or by e-mail:
krystasawyer@mississaugi.com

# MFN - Health Services Department Activities/Events - June 17<sup>th</sup> - 28<sup>th</sup>, 2024

SUNDAY	CHR – June Walking Firness Challenge Community	30	CHR - June Walking Fitness Challenge Community	or – Ext. 2234 d. – Ext. 2201 Sietitian, and Ith Centre:
SATURDAY	CHR – June Walking Fitness Challenge Community	29	CHR – June Walking Fitness Challenge Community	tion ntal Health Counsell ion - Med. Trans. Coor Physicians, NPs, Crough MFN's Heal
FRIDAY	CHN – First Aid Tent for Aboriginal Day (10:00-5:00) Ball Field – Sports Complex CHR – June Walking Fitness Challenge Community	28	CHN – Sunscreen Safety at SS Carnival (2:00-5:00) Ball Field – Sports Complex CHR – June Walking Fitness Challenge Community	Mississauga First Nation Stephanie Collins – Mental Health Counsellor – Ext. 2234 Medical Transportation Mary-Ellen Morningstar – Med. Trans. Coord. – Ext. 2201 Appointments with Physicians, NPs, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224
THURSDAY	DAAW – Light the Sacred Fire (8:30-3:00) Teaching Lodge DAAW – Wellness Thursday (10-2:00) Cultural Bldg. DAAW – Boys Drum Group (5:30-7:00) Cultural Bldg. CWW – Traditional Healing Services (9:00-5:00) Community Hall CHA – Yoga (10-11) \Sports Complex CHA – Circuit Training (12-1) Sports Complex CHR – June Walking Fitness Challenge - Community	27	DAAW – Boys Drum Group (5:30-7:00) Cultural Bldg. CHR – June Walking Fitness Challenge - Community	xt: 2253 h Activator, Ext. 2216
WEDNESDAY	CHR-Diabetes Clinic (10-3) Health Educator Presentations CWW - Traditional Foot Soak (9:00-6:00) - Community Hall CHN - Diabetes Clinic (9:30- 3:30) - Health Activity Room H.E Diabetes Clinic Lunch & Learn (12:00-1:00) Health Activity Room CHR - June Walking Fitness Challenge - Community	26	CWW – Reiki Therapy with Linda Vincent (9:00-5:00) Cultural Building CHR – June Walking Fitness Challenge - Community	H.EHealth Educator, Ext. 2253 3 CHA-Community Health Activator, Ext. 2216 228 t. 2262 (VACANT)
TUESDAY	DAAW — Talking Circle Addictions Group (6:45-8:15) Cultural Bldg. CHR — Senior Walking Group (11:00-1:00) Sports Complex CHA — Yoga (10-11) Sports Complex CWW — Traditional Foot Soak (9:00-6:00) Community Hall H.E. — Running Program Presentation (4:15-5:30) Child Youth Building CHR — June Walking Fitness Challenge -Community	25	DAAW – Talking Circle Addictions Group (6:45-8:15) Cultural Bldg. CHR – Senior Walking Group (11:00-1:00) Sports Complex H.E. – Mental Health Wellness Lunch & Learn (11- 1:30) Health Activity Room CWW – Reiki Therapy with Linda Vincent (12:30-6:30) Cultural Building CHR – June Walking Fitness Challenge - Community	CHN-Community Health Nurse, Ext. 2231  CHR — Community Health Representative, Ext. 2203  CHA-Community Health Representative, Ext. 2203  CHA-Community Health Representative, Ext. 2228  TRPC-Treatment Resource Project Coordinator, Ext. 2262 (VACANT)  HSD-Health Services Director, Ext. 2227  Health Services Manager, Ext. 2230  HAA-Health Administrative Assistant, Ext. 2262  CWW-Community Wellness Worker, Ext. 2226
MONDAY	DAAW – Al-Anon (5:45-7:15) Cultural. CHA – Elders Chair Yoga (12-1)Sports Complex CHR – June Walking Fitness Challenge Community	24	DAAW – Al-Anon (5:45-7:15) Cultural Bldg. CHR – June Walking Fitness Challenge - Community	CHN-Community Health Nurse, Ext. 2231 CHR — Community Health Representative, Ext DAAW — Drug & Alcohol Addictions Worker, E) TRPC-Treatment Resource Project Coordinato HSD-Health Services Director, Ext. 2227 Health Services Manager, Ext. 2230 HAA-Health Administrative Assistant, Ext. 226 CWW-Community Wellness Worker, Ext. 2226

## **June 2024**



# MAAMWESYING SERVICE SCHEDULE Mississauga First Nation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
Trad. Prac	ort MHC GCC	5 DNE RD (Virtual) CCC	6 MD dinic AM. CCC COHI	MHC CCC	60	o.
10 NP clinic CCC	11 NP clinic ORT MHC CCC	NP clinic DNE CCC	13 CCC AM MD clinic AM	14 MHC	21	16
17 NP clinic CCC	18 NP clinic ORT MHC CCC	19 NP clinic DM Clinic CCC	20 CCC	21 Indigenous Day Stat	22	23
24 NP clinic CCC	25 NP clinic ORT MHC CCC	26 NP dinic DNE RD CCC	27 NP clinic CCC MD clinic AM	28 MHC CCC	29	30
Physician- MD  Nurse Practitioner- NP  Diabetes Nurse Educator- DNE  Registered Dietician- RD  Children's Oral Health Initiative- COHI  Mental Health Counsellor- MHC  Traditional Practitioner- Trad Prac  Opiate Replacement Therapy (Mino)- ORT  Client Care Coordinator- CCC	II ORT		<b>₹</b> □ ♥ a	Appointments with Physicians, NPs, Trad. Practitioner, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224 Please contact Maamwesying's Head Office: 1-705-844-2021 if you are looking for information on how to book an appointment with another service provider listed here.	, NPs, Trad. Pra- e through MFN' 24 ad Office: 1-705-8 how to book an a i here.	ctitioner, s Health 44-2021 if ppointment



June 12/24

### To All Community Members

Please be advised that Client Care Coordinator position under Maamwesying has not been filled as of yet, during this transition.

To book any appointments to see any of the Visiting Services Health Professionals, please call the **Health Centre**, @ **705 356 1621** # **2224** and a staff member will return your call when coverage is available.

We apologize for any inconvenience this may cause, and ask that your patience in this matter continue during this transition.

Thank you

Maamwesying

Northshore Community Health Services Inc.

705 356 1621 Ext # 2224

### MISSISSAUGA FIRST NATION

### **MFN Food Security Program**

Date:	Pick up only	# children	# adults	_ # elders
Names of all household Members: _				
Address:				
Phone Number:				
Please submit	your forms be	efore 4:30 Wedne	esday	
Pick up is <sup>-</sup>	Thursday from	10:00am - 3:00p	<u>m</u>	
*Please note that if items are not in your box, it is because we are out of stock, on back order or not able to				
purchase from distributor. Also, make sure you and your family.	to fill out your co	orrect information, s	so that we may	properly serve

Cereals (1 only):	Meats (2 only-one of each)		
Cold Cereal Cooking Oats Cream of Wheat	Hamburger Chicken		
Breads (1 only):	Canned Meats (1 only):		
White Bread Brown Bread Flour	Tuna Salmon		
Pasta & Rice (1 only):	Dairy Products (2 only):		
Penne Rice Macaroni	Powdered Milk Canned Milk Eggs		
	Margarine		
Soups (3 only):	School Aged Children Only (2 Choices):		
Chicken Noodle Tomato	Pudding Wagon Wheels		
	Cookies		
Hygiene Products:	Children & Elders Only (2 Choices):		
Toilet Paper Hand Sanitizer	Mr. Noodles Chicken Mr. Noodles Beef		
	Mr. Noodles Vegetable		
Other Products (3 only):	Other Products (3 only):		
White Sugar Brown Sugar	Kidney Beans Tomato Paste		
Peanut Butter Ketchup	Diced Tomatoes Spaghetti Sauce		
Crackers Tea	Canned Navy Beans Canned Chick Peas		
Mustard Decaf Coffee	Red Lentils Frozen Vegetables		
Instant Coffee Salt	Green Lentils Canned Black Beans		
Pepper			

Please bring in, or call (705)261-0673 for pick-up of any containers with lids, or boxes you may have.

Thank you Se Revised for May 2024