

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

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

Cheque day February 1, 2024

#### **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

(705) 356 1621 - EXT 2352 FAX 705-356 0728 \*\*\*\*\*\*\*\*

LMI COORDINATOR

KRISTEN JACKPINE

LABOUR MARKET INITIATIVE SURVEY

LMI COORDINATOR @MISSISSAUGI.COM

705 356 1621 EXT 2351

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

#### "QUOTE OF THE WEEK"

"Work like there is someone working 24 hours a day to take it away from you"

~Marc Cuban~

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

### ??Riddle me this, Riddle me that??

What thrives when you feed it but dies when you water it?

Answer to Jan 11th Riddle

~Tomorrow~

#### Mississauga First Nations

LOCAL AREA - JOB OPPORTUNITIES				
Position	Employer/Location	Closing date		
Various positions available	Mississauga FN - check community flyer	until filled		
Various Positions Available	Garden River FN	until filled		
Various Positions Available	Serpant River FN	unitl filled		
Various Positions Available	Sagamok FN	until filled		
Development Officer	NSHN/Blind River	1/31/24		
Band Rep.	MFN/Blind River	1/24/24		
Front Line Worker	MFN/Womens Shelter/Blind River	1/24/24		
Maintenance Custodian	Day Care/MFN	1/29/24		
Miigwed Binooliinh Gego Ment	or – MFN	1/29/24		
Afterschool Program Resource	MFN	4/4/24		
Baker	Tim Hortons/ Blind River	2/8/24		
Night Shift team members	Tim Hortons/Blind River	2/8/24		
Financial Coordinator	Thessalon First Nation	1/26/24		
Casual Operator	Ledcor/Blind River	1/31/24		
PSW Worker	NSHN/Blind River	1/31/24		
Summer Student	Canadian Food Inspection/Gov.of Canada/St. C	Catharines – May to Sept		
Various positions	NOG/various communities	until filled		
Various positions	Cameco – check their website out	until filled		
Various positions	Northshore Health Network	until filled		
	Northshore Health Network	unui illea		

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 EI 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 \*

Summer Students – If you like working with Kids and want to share your skills then check with Muskokawoods.com.

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. <u>Call and make an appointment</u>.

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



<u>Position</u>: Miigwed Binoojiinh Gego

**Salary:** \$40,235.00 - 44,735.00

<u>Hours of Work</u>: 32 hrs <u>Circulation Level</u>: Level I Accountability: Education Director
Employment Status: Full-time (2 year)
Preferences: MFN Band Members

#### The Miigwed Binoojiinh Gego Mentor will:

- Teach either individuals or small groups of pupils within, or outside the class.
- Develop and adapt conventional teaching methods to meet the individual needs of pupils.
- Use special equipment and facilities, such as audiovisual materials and computers to stimulate interest in learning.
- Collaborate with the classroom teacher to define appropriate activities for the pupils in relation to the curriculum.
- Assess children who have long or short-term learning difficulties and working with colleagues to identify individual pupils' special needs.
- Assist other professionals, such as social workers, speech and language therapists, physiotherapists, and educational
  psychologists.
- Organize learning outside the classroom in activities such as community visits, school outings or sporting events.
- Assist in severely disabled pupils' personal care/medical needs.
- Behaviour management.
- Advocate on behalf of students in the education system.
- Assist students with improving communication skills, interpersonal skills, social skills, life skills, conflict resolution skills and leadership skills.
- Promote the importance of education to students and parents.
- Promote awareness of academic and behavioral expectations required to succeed.
- Develop and deliver Seven Grandfather teachings to the school community.
- Use traditional resources to motivate students to attend school and excel academically.
- Coordinate traditional seasonal activities with school activities.
- Provide culturally relevant activities in the school for student participation and to promote cultural awareness to the whole school community.
- Prepare reports and correspondence as required; Prepare an annual work plan and monthly reports to supervisor.
- Other duties as required and assigned.

#### The Miigwed Binoojiinh Gego Mentor will possess the following education, experience, and skill qualifications:

- Post-Secondary Diploma in the Social Work Field.
- One (1) year experience in a counselling role with a First Nation or Aboriginal organization.
- Experience coordinating and facilitating workshops.
- Must have experience and knowledge regarding traditional Anishinaabe teachings, aboriginal history, and understanding of traditional ceremonies.
- Anishinaabemowin fluency or willing to learn is considered an asset.
- Access to Vehicle and valid driver's license as some travel will be required.
- Able to provide a Criminal Reference Check and Vulnerable Sector Check

**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: January 29, 2024



Position: Maintenance Custodian (Daycare)

Salary: \$22.55 hourly

Hours of Work: Up to 30 hours/week

Circulation Level: Level I

**Accountability**: Daycare Manager

Employment Status: Part time (2 year contract)

**Preferences**: MFN Band Members

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

- Clean sinks, toilets, step-ups stools, corridors, office, staff room, classrooms, tables, and laundry room daily.
- Clean top of cupboards, ledges, and shelves weekly if areas are cleared.
- Mop all floors which include the lunch areas in each room. This includes corners, edges, and baseboards, behind, beside and under the fridge, stove, washer and dryer and all other furniture on a regular basis.
- Vacuum carpets daily.
- Wash table surfaces in the classrooms and playrooms daily.
- Check the playgrounds daily for debris and remove.
- Place garbage in the bins daily.
- Sweep, vacuum and mop each night and buff as needed to keep the floors in good condition.
- Remove the snow from all fire exits daily or when necessary.
- Snow removal from the three (3) main doors before 8:00 a.m. when necessary.
- Lawn cutting and tree trimming when necessary/ play sand tilled weekly.
- Assist the Program Manager in the maintenance of equipment, minor repairs and renovations, painting, etc.
- · Assist the Program Manager with any problems in cleaning and ordering supplies when needed.
- Assist in minor emergencies such as blocked drains, sinks, toilets, etc.
- Use purchase order for supplies needed for any maintenance job oil, gas, screws, lumber, etc. Issued buy Program Manager.
- On call in case of emergency.
- Carry out any other duties the Program Manager deems necessary. Check in with the Program Manager on a regular basis.

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

- Grade 12 or equivalent and/or experience in maintenance and as a custodian.
- Able to work independently with little to no supervision.
- When necessary, the applicant must be willing to work as a team member in an environment with children from 6 months to 5 years of age.
- Must be able to perform physical activities such as, but not limited to, lifting heavy items (up to 50 lbs. unassisted), bending, standing, climbing, or walking.
- Must provide Criminal Record Check and Vulnerable Sector Check from the Canadian Police Information Center (CPIC) if custodian is working during business hours.
- Must have Class 'G' Driver's License and use of a vehicle.
- Safety related training (First Aid/CPR, WHMIS etc.)
- Knowledge of standard cleaning procedures, chemicals, products, and equipment/hand tools.
- Dependable, responsible, trustworthy, and approachable.

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 POR1B0

Marked: CONFIDENTIAL

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

Deadline: January 29, 2024

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

#### WALKING IN BALANCE

#### **REQUEST FOR CATERING BIDS**

DEADLINE Friday, February 2, 2024

Date Required February 9 & 10, 2024

Time 12:00 PM

Location Council Chambers, Dreamcatcher Complex

Mtg/Event Title Strategic Planning

Please send or drop off your "SEALED" quote/bid to:

Department Chief & Council

Name Executive Assistant

Email/Phone cncEA@mississaugi.com

MENU Description	Amount
Lunch:	40 Servings
Indigenous Inspired Luncheon Buffet	
Traditional Three Sisters Salad (corn, beans, and squash)	
Wild rice and guinoa pilaf	
Grilled salmon (or in season fish)	
Stew with root vegetables	
Bannock and butter	
Mixed green salad	
Fresh fruit salad	THE STATE OF THE S

Afternoon Snack:

**Energy-Boosting Break** 

Assorted nuts and dried fruits

Vegetable crudites with hummus

Cheese and cracker platter

Refreshments Throughout the Day:

Beverage Station

Coffee, tea, and herbal infusions

Soft drinks and sparkling water

Fruit-infused water

Please submit Menu (include desserts, refreshments, must supply utensils, napkins, plates, cups, etc. and proof of "Safe Food Handling" certificate)



THE WIINDAMAAGEWIN
ENAAGADOOT IS LOOKING FOR A
FLYER DELIVERY PERSON.

DELIVERY WILL BE EVERY 2 WEEKS
ON A THURSDAY

IF INTERESTED OR FOR MORE INFORMATION PLEASE CONTACT CHEYENNE CORBIERE

WIINDAMAAGEWIN@MISSISSAUGI.COM
OR BY PHONE

705-261-1104



#### **COMMUNITY ENGAGEMENT**

**CHI-NAAKINAGEWIN PRESENTS** 

We are holding a come and go engagement session regarding the Comprehensive Community Plan for Mississauga First Nation.

Featuring information booths from departments and programs.



Date: Tuesday, January 30th, 2024

**Location:** Sports Complex

**Time:** 1st session: 1:00 - 4:00 PM Light refreshments: 4:00 - 5:00 PM

2nd session: 5:00 - 8:00 PM

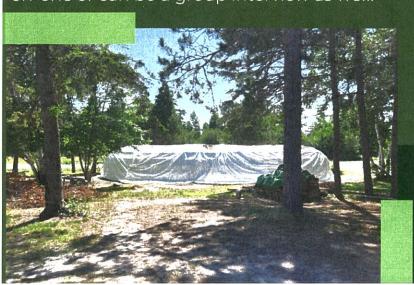
Childcare from 5:00 - 8:00 PM will be provided.

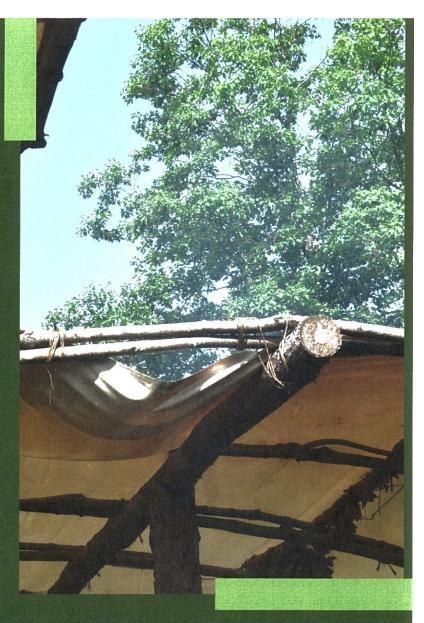
If transportation or childcare is required, please register.

For childcare or transportation please contact: Cheyenne Corbiere at 705-261-1104 or wiindamaagewin@mississaugi.com

#### Michi Saagiig Nishnaabeg Research Interviews & Research Presentation (We Are Still Here: The Michi Saagiig Nishnabeg)

On January 27th and 28th, 2024 Chad Cowie, the Researcher for the Mississauga Nation and the six communities that it represents, will be in community and at the Cultural Building in order to meet with community members who would like to share and contribute to the ongoing research project. Chad is from the community of Pamitaashkodeyong, also known as Hiawatha First Nation, and is assisting the six Michi Saagiig Nishnaabeg communities with compiling and reviewing what has been written, recorded, and passed down through oral tradition. This is in order for future generations to have such information available to them and to include the perspectives of all Michi Saagiig Nishnaabeg from each direction of the territory that the Michi Saagiig Nishnaabeg are stewards of. For those who would like to meet with Chad, please email chadwick@mississauganation.com to set up an interview time (if you have not already been interviewed by him or others who had assisted. Interviews can be oneon-one or can be a group interview as well.





## Chad will be available at the Cultural Building between 10am-5pm on January 27th and 28th

Additionally, between 6pm-7:30pm Chad will be sharing an Introductory presentation on the work that has been done to date: We Are Still Here: The Michi Saagiig Nishnaabeg.

Miigwetch

## Auria, della



My name is Paula (Veaudry) Kendall, I am a former resident of Blind River and spent a better part of my childhood here. Today, I am currently enrolled in the Community **Economic and Social Development Honors** program at Algoma University. I have spent most of my 20s working in Calgary, Vancouver, and Toronto, pursuing a career in the arts. As I entered my 30s, I relocated to Elliot Lake, where I previously lived, and started a second career in adult and child development. Later, I moved into community programming and food security-related work. I am thrilled to be working in the Economic Development Department at Mississaugi First Nation as a part of my third-year placement. I feel honoured for this opportunity and can't wait to learn from experienced professionals who have worked and studied in this sector for so many years. I would like to express my gratitude to the community for welcoming me and allowing me to be a part of it. Miigwetch, thank you.



#### **ECONOMIC DEVELOPMENT COMMITTEE**



Mississauga First Nation is seeking <u>interested community members</u> to sit on the community's economic development committee.

The goal of the committee is to support and promote Mississauga First Nation's Vision and Mission Statements and Seven Guiding Principles. The committee also addresses active and proposed initiatives that support the advancement of the community's economic profile for businesses and community member interests.

Meetings are held once every two months (subject to change). The committee members work with the Community Economic Development Officer on project profiles to review updates and provide input for Chief and Council. This term interested off-reserve band members may submit an expression of interest to join the committee and will be able to attend meetings virtually.

#### Please submit an expression of interest by February 12, 2024 to:

via letter mail	via email
Mississauga First Nation	joncada@mississaugi.com
P.O. Box 1299	
Blind River, ON POR-1B0	

For additional inquiries, please contact Jon Cada at: 705-356-1621 ext. 2223



#### **CALL OUT FOR WORKING GROUP MEMBERS**

Strategic Plan Eco-Tourism Culture & History



Investments Business Review Growth

We are seeking interested community members to sit on a working group to review the business model at Chiblow Lake Lodge.

Members of the working group focus on the community-owned business and will be engaged in the review process to update the business model. The goal of the committee is to address ideas and opportunities to grow the business into a sustainable and attractive destination point in Northern Ontario. Working group members will advise other committees on strategies, concerns and activities related to the campground and its operations.

Meetings are held once every two months with additional meetings pending discussion. The working group reports to the Community Economic Development Officer to make recommendations and suggestions for the Community Economic Development committee.

#### Please submit an expression of interest by February 12, 2024:

via letter mail	via email		
Mississauga First Nation	joncada@mississaugi.com		
P.O. Box 1299			
Blind River, ON POR-1B0			

For additional inquiries or a copy of the terms of reference, please contact: Jon Cada at 705-356-1621 ext. 2223

## The Infrastructure Department is seeking Community Members to volunteer for the Infrastructure Committee.

#### Are you:

- Knowledgeable and have skills that will benefit the Committee and Community?
  - Dedicated to the goals and objectives of the Committee?
    - Available for 1-2 hours a month?



If you answered YES to any of the above questions, please submit your interest in writing:

Attention: Chasity Cruz – Infrastructure Director or email <u>isdirector@mississaugi.com</u>

**DEADLINE DATE:** February 8<sup>th</sup>, 2024

If you have any questions, please feel free to contact the office at 705-356-1621 ext. 2219.

MISSISSAUGA FIRST NATION

## WILLS & ESTATES SESSION

IF YOU ARE INTERESTED IN WRITING A WILL, PLEASE CONTACT STACY BISSIALLON.

THERE ARE 20 SPOTS AVAILABLE. FIRST COME, FIRST SERVE. (ON RESERVE ONLY).



ZOOM INFO SESSION: FEBRUARY 6 FROM 6:30 - 8:00 PM

IN PERSON MEETING TO DRAW UP WILL:
MARCH 21 & 22 THROUGHOUT THE DAY
9:00 AM - 5:00 PM

YOU MUST PARTICIPATE IN THE ZOOM SESSION TO MOVE ON TO THE IN-PERSON MEETING. IF OU DON'T HAVE ZOOM AVAILABLE, PLEASE LET STACY KNOW SO ARRANGEMENTS CAN BE MADE.

PHONE: 705-356-1621 EXT. 2239 EMAIL: STACYB@MISSISSAUGI.COM



### **Membership Committee**

Are you looking for ways to get involved with the community?

Are you interested in the history of MFN? Would you like to know more about registration? Would you like to share your knowledge of MFN?

If you answered YES! to any of these questions then submit your name for the Membership Committee.

Requirements to join the membership committee

- Must be a Registered Band Member
- Must be 18 or over
- NO previous experience on a committee required
- Able to commit to a few hours every other month to attend meetings
- · Have a working email address and ability to check it
- Must be living on Reserve

If you would like to Join the Membership Committee please submit your name and contact info to <a href="mailto:stacybemississaugi.com">stacybemississaugi.com</a> or (705) 356-1621 ext. 2239.

Looking to fill 6 vacancies for the 2023 – 2026 term

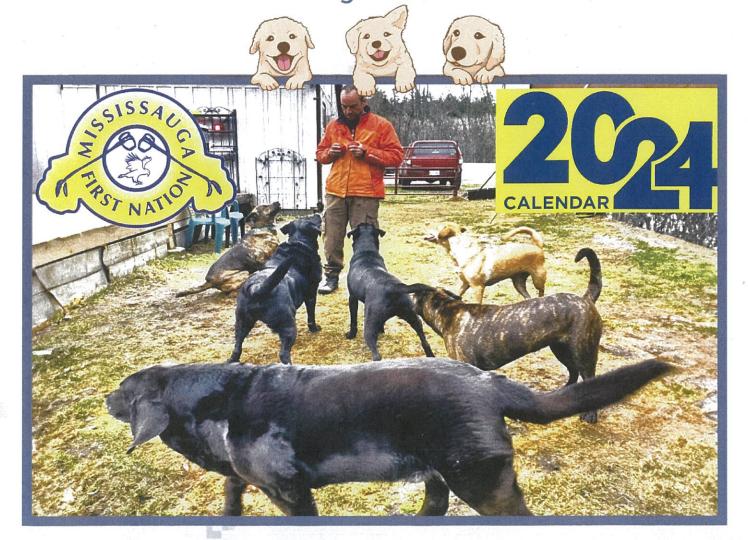
## DOGS OF MFN CALENDERS AVAILABLE

\$20.00 each

Available for purchase at the reception desk at the Band Office.

Limited time only.

All proceeds will be going to veterinarian clinical services for Mississauga First Nation.





LANDS AND RESOURCES

## PAL COURSE

FUTURE COURSES TO BE ANNOUNCED FOR MARCH AND APRIL

FOR BAND MEMBERS INTERESTED IN
TAKING THE PAL COURSE (POSSESSION
AND ACQUISITION LICENCE)

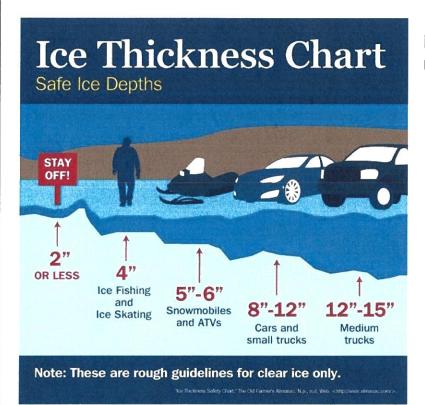
#### **PLEASE CONTACT:**

Scott Richer 705-356-1621 ext. 2259 scottricher@mississaugi.com





#### **ICE SAFETY**



#### Ice safety tips Uneven

- remember—ice doesn't freeze at a uniform thickness
- near-shore ice is often much thicker and safer than ice farther out, especially at the start of the winter season
- check thickness regularly with a spud bar or auger as you move farther out
- ice that formed over flowing water, springs, pressure cracks, old ice holes or around the mouths of rivers and streams can be weaker than surrounding ice

#### Colour

- clear blue ice is the strongest
- white or opaque ice is much weaker
- stay away from ice that looks honeycombed, common during thaws or in the spring

#### **Driving on ice**

- be careful when driving snowmobiles or vehicles over frozen lakes or rivers
- snowmobiles need at least 20 centimetres (8 inches) of clear blue ice
- light vehicles need 30 centimetres (12 inches) or more
- double the thickness if the ice is white or opaque
- heavy snow on a frozen lake or river slows down the freezing process

#### Before you venture out

- check ice conditions with local ice hut operators or other anglers
- let others know where you're planning to fish and when you plan to return
- wear appropriate clothing and equipment for safety and comfort

https://www.ontario.ca/page/ice-fishing



#### Mississauga First Nation Lands Access Policy

As Stated in MFN Land Code.

The Mississauga First Nation Land Code states that residency and Access Rights exist for the following persons as per Section 37 (Rights of Access).

#### Section 37.2

- a) a <u>Lessee</u> and his or her invitees. (<u>Lessee</u> = Status member who is renting property from MFN)
- b) Permittees and those granted a right of access under the permit (Currently not available)
- c) Mississauga First Nation members and their spouses and children
- **d)** A person who is authorized by a government body or any other public body, established by or under an enactment of MFN, Parliament, or the province to establish, operate or administer a public service. To construct or operate a public institution or to conduct a technical survey,
- e) a person authorized in writing by the council or by MFN law.

**Access Rights <u>DO NOT</u>** include, equate or constitute **Harvesting rights**, or access to Natural Resources on Mississauga FN Territory.

**Access Rights** only pertain to the ability to access the land. This is in reference to MFN Trespassing Laws.

#### Harvesting Rights, Natural resource access are solely for:

- 1. Status Indians of the Mississauga First Nation or their Invitees of whom they are hosting.
- 2. Status Indians of the Robinson Huron Treaty, with permission.

Exception = (No Moose Harvesting, No Harvesting of Wood without a permit.)

#### Effective: March 2021

Non-Status Spouses, or children without Status living on MFN Territory, wishing to harvest resources on MFN Territory are obligated to comply with the following requirements.

- have the Status Member with them, (immediately in their vicinity)
- be in possession of a valid provincial license to harvest Game or resources from the land code territory.
- Comply with all provincial and federal rules and regulations

Please forward any questions and concerns to the Mississauga FN Lands Department Manager, Keith Sayers @ 705-356-1621 x. 2236



## CLASS ROOM IS OPEN



Our classroom is open every Monday Night from 5-7pm. Starting In **February** 

- 705-356-1621 Ext 2303
- www.mississaugi.com





## WEDNESDAY SOUP SOCIAL @ THE EDUCATION BUILDING

January 31st February 7, 14 & 21st

Tuesday Feb 27th

11 am - 1 pm

148 Village Road

We hope to see you there!

JOIN US FOR FELLOWSHIP AND CONVERSATION!



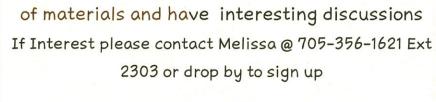


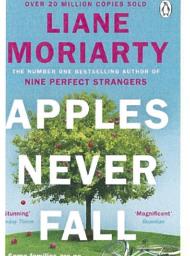
INTEREST IN JOINING THE BOOK CLUB?

We have a monthly book club @ the Education Building. We meet the 4th Tuesday of the month @ 7pm

February's Book Apples Never Fall By Liane Moriarty chosen by Denise Payette

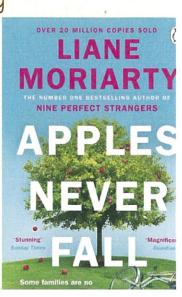
This is a great way to meet people, read a variety

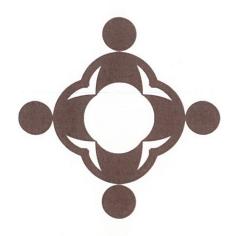




OVER 20 MILLION COPIES SOLD







### **Ladies Hand Drumming**

MEETING TIME: Monday's 6 pm to 8 pm

**LOCATION:** Education Building

DATES: Jan 29,

Feb 5, 12, 19, 26

#### **EVERYONE IS WELCOME**

Contact for more info at <a href="mailto:danaboyer@mississaugi.com">danaboyer@mississaugi.com</a>

705.356.1621 ext. 2257

#### **BACKYARD MEDICINE**



Where: Education Building

When: Wednesday's 6-8pm on

Jan 31; Feb 7, 14, 21, and 28
Learn about the plants
growing on our land!

danaboyer@mississaugi.com



MAKING PINS TO HAND OUT ON MAY 5<sup>TH</sup> TO HELP RAISE AWARENESS OF OUR STOLEN SISTERS AND BROTHERS.

#### EDUCATION BUILDING - 10AM-12PM

DATES: FEBRUARY 1<sup>ST</sup>, MARCH 7<sup>TH</sup>, APRIL 4, 11, 18, AND 25<sup>TH</sup>.



#### CREATIVE NATIVE

Everything from painting, sewing, card making and a variety of other seasonal activities.

#### Education Building 6pm - 9pm

For Friday Evening Fun!

Dates: February 2, 9, 16, 23

danaboyer@mississaugi.com





Brought to you by the Health and Social Services Departments

# DATE DATE LOCATION

# HUMAN TRAFFICKING AWARENESS PRESENTATION

with
Victim Services Algoma

**JANUARY 31, 2024** 

**DINNER: 5:30PM** 

PRESENTATION: 6:00-8:00PM

COMMUNITY HALL DOOR PRIZE - SMART TV

Child Care Available for families

FOR MORE INFORMATION CONTACT
JADE FOX - COMMUNITY SUPPORT SERVICE WORKER
705 356 1621 EXT 2357 | CSSWORKER@MISSISSAUGI.COM



Photography for children can develop their learning and allow them to build an understanding of themselves, others and the world around them.

## Winter

1st, 2nd and 3rd place Winners will be awarded prizes in each

catergory

Photo Contest

January 27, 2024 to February 29, 2024

Age catergories

0 - 6 years

7 - 12 years

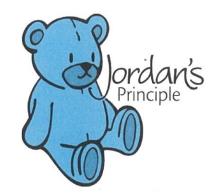
13 -18 years



To pre register, for more information, Photo Contest Guidelines and rules please contact Kim Cada - Early Years Worker eyworker@mississaugi.com

or Jade Fox Community Support Services Worker 705 356-1621 ext. #2357

## JORDAN'S PRINCIPLE



**GROUP APPLICATION** 



January 29, 2024 9AM-4:30PM 6:00PM-8:00PM

#### LITTLE NHL 2024 MARKHAM, ON

For Mississauga First Nation Band Members playing for a Little NHL Team in the upcoming tournament.

#### **INTAKE REQUIRMENTS:**

PROOF OF ROSTER
COMPLETED INTAKE FORM
BAND REGISTRY NUMBER
(IF THE CHILD IS NOT A REGISTERED BAND
MEMBER, THEY CAN APPLY UNDER THEIR
PARENTS BAND NUMBER)

#### FOR MORE INFORMATION PLEASE CONTACT:

JADE FOX COMMUNITY SUPPORT SERVICE 705 356 1621 EXT 2357 JPCOORDINATOR@MISSISSAUGI.COM COMMUNITY SUPPORT SERVICE PROGRAM

# BUNGO

JANUARY 30, 2024 6:00PM CHILD AND YOUTH BUILDING

To register contact

Jade Fox - Community Support Service Worker

705 356 1621 ext 2357 | cssworker@mississaugi.com

COMMUNITY SUPPORT SERVICE PROGRAM

## MONTHLY PARENT SUPPORT GROUP

JANUARY 30, 2024 | 12-1PM CHILD & YOUTH BUILDING [LUNCH PROVIDED]

For parents wanting to connect with other parents who may be facing similar challenges, ask questions and share ideas with one another.

PLEASE REGISTER WITH

JADE FOX - COMMUNITY SUPPORT SERVICE WORKER
705 356 1621 EXT 2357 | CSSWORKER@MISSISSAUGI.COM

## MISSISSAUGA FIRST NATION COMMUNITY SUPPORT SERVICE PROGRAM PRESENTS

# FAMILY SNOW SCULPTURE CONTEST

Judging to take place on January 31, 2024

Deadline for submissions January 30th at 4:00PM (CSSW will take pictures of each submission for judging) 1st - \$150.00 Grocery Card 2nd - JR's Pizza Dinner 3rd - \$25.00 Touch of Home

Please contact Jade Fox to register 705 356 1621 ext 2357 cssworker@mississaugi.com



## GIVEAWAY

FOR FAMILIES WITH CHILDREN 0 - 6 YEARS OF AGE

WIN THE EASY WAY

BUY NOTHING BUT GET SOMETHING FOR FREE

FIRST 10 FAMILIES THAT RETURN THE EARLY YEARS SURVEY TO RECEIVE A \$20 PC GIFT CARD



FOR MORE INFORMATION OR TO RECEIVE A COPY OF THE SURVEY PLEASE CONTACT

KIM CADA - EARLY YEARS WORKER
EYWORKER@MISSISSAUGI.COM
OR STOP BY MY OFFICE AT THE
CHILD AND YOUTH BUILDING TO

CEE ME



#### Early Years Survey



1.	What would you like to know more about?						
	(Please circle one or more)						
	<ul> <li>Getting more involved at the</li> </ul>	•	Cultural diversity and inclusion				
	center	•	Support for special needs				
	<ul> <li>Access to community support /</li> </ul>		children Family relationships and separation Counselling services				
	health services	•					
	<ul> <li>Parenting information</li> </ul>						
	<ul> <li>Child development and learning</li> </ul>	•					
	<ul> <li>Managing behavior</li> </ul>	•	Other local community services				
	Building resilience	•	Others please list.				
	Cyber safety						
2.	What activities would you like to see included in our program?						
	,						
2	What are your child's interests at the moment? (please list)						
3.	What are your child's interests at the moment: (pie	ase list)					
4.	What could be added / or changed to improve the service?						
5.	What sould we do to improve.						
٥.	What could we do to improve:						
	<ul><li>the sign in process?</li></ul>						

All information provided in this survey will be treated as confidential and only be used to improve the quality of services we offer through the Early Years Worker Programming.

• The pickup / sign out process?

6.

Communication about center events?

Please add any comments or ideas that were not listed on this survey.

COMMUNITY SUPPORT SERVICE PROGRAM



## (DO IT YOURSELF) VALENTINE'S DAY CARDS CRAFT NIGHT

February 6, 2024 | 6:00-8:00 Child and Youth building

ALL SUPPLIES PROVIDED :

Snacks and refreshments available

To register contact

Jade Fox - Community Support Service Worker

705 356 1621 ext 2357 | cssworker@mississaugi.com

YOU'RE INVITED TO JOIN THE

## TODDLER

Child and Youth Building February 7, 2024 10:00 a.m. - 11:00 a.m.

BROUGHT TO YOU BY YOUR EARLY YEARS WORKER! FOR MORE INFORMATION PLEASE CONTACT

KIM CADA -



#### WHY PLAY?

Playing together is one of the most effective tools for building strong relationships with your children. They will have fun, make friends and grow in their social development



#### THINGS TO NOTE:

It's all in the name of friendship Some activities planned for January

- 1. Gelatin aquarium.
  - 2. DIY snow globe
- 3. Alphabet fishing



### SSM 2024 MIWG2S+

Missing and Murdered Indigenous Women, Girls and 2 Spirit

### **Live Event**

Wednesday, February 14, 2024

### **AFTERNOON AGENDA**

- 12pm: Gathering in front of SSM Court House
- Guest Speakers & Local Leadership
- Sacred Fire and Smudge
- 1pm: March down Elgin to Delta Hotel
- 1:15 pm: Hot lunch and Debriefing Circle



Mississauga First Nation community members interested in attending, please contact Bev Griffin(TSOW) 705-356-7800 OR Jade Fox(CSSW) 705-356-1621 ext.

#### Limited Seats Available

Departure/Pick-up: 9:45-10:00 a.m.

Arrive: 12pm @ SSM Courthouse

1pm: March

1:15 Lunch

2:15 Walmart Shopping

3:15 Depart from Walmart

5:00 Arrive in MFN

### SNACKS . MUSIC . DANCE . LOVE



WORKING IN PARTNERSHIP
WITH EARLY YEARS WORKER,
COMMUNITY SUPPORT
SERVICES WORKER AND
THE COMMUNITY HEALTH
ACTIVATOR



7:00 -9:00 P.M.

TRANSPORTATION CAN BE PROVIDED WITH

1 TO 2 DAYS NOTICE PRIOR TO THE DAY OF

EVENT

FOR MORE INFORMATION OR TO BOOK YOUR RIDE, PLEASE CONTACT KIM CADA AT EYWORKER@MISSISSAUGI.COM

MISSISSAUGA FIRST NATION

## 

February 23-25, 2024

### Please watch for a more detailed schedule of events!

PANCAKE BREAKFAST | CARNIVAL ACTIVITIES CARDBOARD BOX SLED RACES | SLIDING PARTY

For more information please contact

Jade Fox - Community Support Service Worker

705 356 1621 ext 2357 | cssworker@mississaugi.com

## SOCIAL SERVICES DEPARTMENT MONTHLY PROGRAMMING

# February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				2	m	4
			FS – Food Security Day YAW – Money Management Wksp	<b>YAW</b> – Money Management Wksp		
	9	7	0	6	10	-
CSS – DIY Valentine's	YAW – Impritance of Self Care (AM/PM)	EYW – Toddler Time	FS – Food Security Day YAW – Who Am I? Self Exploration Wksp EYW – Toddler Time			
12	13	14	15	. 16	17	18
OFFICE CLOSED		CSS - MMIWG2S+ SSM	FS – Food Security Day FRC – Moccasin Making	EYW – Valentine's Family Dance		CSS – Women's Hockey Skills Development
19	20	21	22	23	24	25
OFFICE CLOSED	CSS – Freshen Up Tuesday EYW – Toddler Time	Card Day	FS – Food Security Day FRC – Mommy & Me EYW – Toddler Time	WINTER Schedule of	CARNIVAL Schedule of events to follow – stay tuned for the flyer.	WEEKEND for the flyer.
26 CSS – Men's Monday	27 CSS – Nutrition Bingo	28 CSS/FPW – Parenting Support Group (lunch)	29 FS – Food Security Day FRC – Baby Food Making	EYW – Photo Contest finishes February 29th		A CSS – Women's Hockey Skills Development (Feb 25)

### NOTE

MORE DETAILED INFORMATION FLYER OR SOCIAL MEDIA FOR PLEASE SEE THE COMMUNITY ON UPCOMING PROGRAMS. MIIGWETCH

## STAFF DIRECTORY/CONTACT:

FRC - Family Resource Coordinator CSS - Community Support Service <u>cssworker@mississaugi.com</u> eyworker@mississaugi.com christine@mississaugi.com EYW - Early Years Worker

youthadvocateworker@mississaugi.com aspcoordinator@mississaugi.com daniellecada@mississaugi.com YAW - Youth Advocate Worker CSH - Cultural Support Helper FS - Food Security Worker YC - Youth Coordinator vacant

ASP – After School Program

familypreservationworker@mississaugi.com childadvocateworker@mississaugi.com IHFS – In Home Family Support Worker FPW – Family Preservation Worker CAW - Child Advocate Worker lauriejacques@mississaugi.com ihfsworker@mississaugi.com BR - Band Representative

socialservicesreception@mississaugi.com Intake and Reception

cedar.chiblow@mississaugi.com

pcoordinator@mississaugi.com

IP - Jordan's Principle

### WELLNESS THURSDAY'S

Starting Thursday, January 25th, we will be starting a 7-week Luncheon session on The Seven Grandfather Teachings. Roger Daybutch will facilitate the sessions. Happening in the Culture building @ 12 PM

### EVERYONE IS WELCOME

If you have any questions contact Sky Cada at 705-356-1621 ext 2228 or email skycada@mississaugi.com





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

### ATTENTION



## IF YOU HAVE A NALOXONE KIT PLEASE CHECK THE EXPIRY DATE



See Krysta Sawyer or Sky Cada to get a new kit. If you have any questions feel free to contact 705-356-1621 ext. 2231 or 2228



### NA MEETINGS



"AT ANY GIVEN MOMENT YOU HAVE THE POWER TO SAY THIS IS NOT HOW MY STORY ENDS"

NA meetings happen Tuesday's at 7:00 PM in the Culture Centre.

Light refreshments will be provided.

\$20.00 Tim Hortons gift card drawn monthly.

FOR MORE INFORMATION:

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

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### **DRUMMING** 5:30 - 6:30 PM

08, 22

7, 21

Ч, 18

2, 16, 30

13, 27

For more information email: skucada@mississavai.com

## Full Moon Ceremony Spirit Moon MNIDO GIIZIS With Evelyn Niganobe

Friday, January 26, 2023
@ the Cultural Building
(Teaching Lodge)
Time: 7:00 PM - 10:00 PM
TO REGISTER, please call (705)356-1621
ext.2226
and/or email rdaybutch@mississaugi.com

Protocols: Ribbon Skirt







FRIDAY JANUARY 26 9:00-4:30 P.M. RED PINE LODGE

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





If you are diabetic, and would like to book an appointment with the team;

We are offering 1 on 1 appointments with the Health Staff

Nurse Practitioner
Community Health Nurse
Diabetic Nurse Educator
Registered Dietitian

NEXT CLINIC DATE - JANUARY 31, 2024 FROM: 10AM-3PM MISSISSAUGA HEALTH CENTRE

Please email Chelsea Grimard - chelseagrimard@mississaugi.com or call 705-356-1621 EXT 2203 to book your appointment



Childrens Oral Health Initiative
Community Health Representative

### COHI LURICHINI LIEARI

THUSDAY FEBRUARY 1ST 12:00 - 1:00 P.M. ACTIVITY ROOM - BAND OFFICE WITH CARLA BLANCHARD

FOR CHILDREN 0-7 YEARS OLD



FOR MORE INFORMATION CONTACT CHELSEA AT 356-1621 EXT. 2203
OR EMAIL CHELSEAGRIMARD@MISSISSAUGI.COM



# adventures in Cooleing

Wednesday Febraury 7th 11:00-1:00 p.m. Red Pine Lodge

Please Register please contact Chelsea at 705-356-1621 ext. 2203 or email chelseagrimard@mississaugi.com





SESSIONS

# HOCKEY SKILLS SKILLS OPHENT FOR WOMEN

February 18 • 3-4PM | February 25 • 12-1PM | March 3 • 3-4PM

For women 18+ looking to improve their hockey skills in partnership with JML Hockey &

Mississauga First Nation Health and Social Services Departments

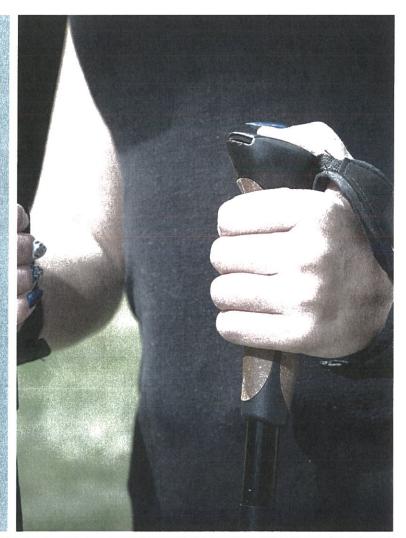
#### Limited spots available!

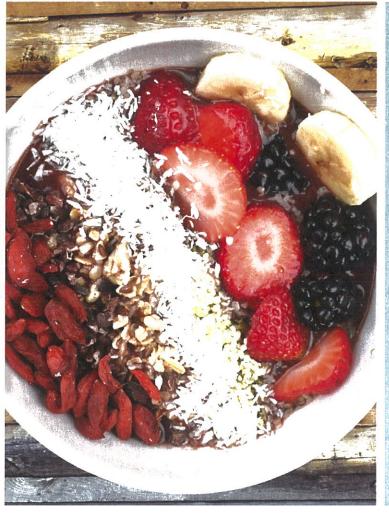
Priority will be given to Mississauga First Nation community members, then spots will be first come first serve basis to surrounding communities with a \$50.00 fee

To register contact Chelsea Grimard at 705 356 1621 ext 2203 or chelseagrimard@mississaugi.com

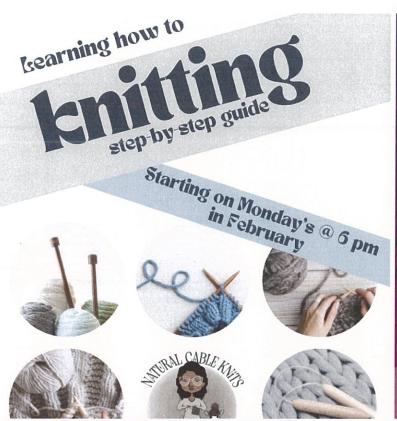
ELANES CLASS

"CLEAN EATING"
LUNCH





MONDAY'S
NOON OFFICE GYNL
PERSON S NEEDEDL





# CIRCUIT FIT NIGHTS THURSDAY FEB.8TH @ 7PM. ALL LEVELS WELCOMED!

**REGISTRATION IS NEEDED!** 

T:356.1621.EXT.2216

E:COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM





MONDAY - NORDIC POLE FITNESS - 1200 / KNITTING 6PM

TUESDAY- YOGA - 10 AM / SM GROUP FITNESS - 6 PM

WEDNESDAY - CYCLING 6 PM / ROLLER RELEASE -6:45 PM / VOLLEYBALL 7 PM

THURSDAY-YOGA 10 AM / CIRCUIT NIGHT 7 PM

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SOULFUL SUNDAY FEB. 11 TH - 1 PM

REGISTRATION IS NEED!
T. 705.356.1621. EXT. 2216
E COMMUNITYHEALTHACTIVATOR@MISISSAUGI.COM
OR MSG US ON OUR FACEBOOK PAGE!

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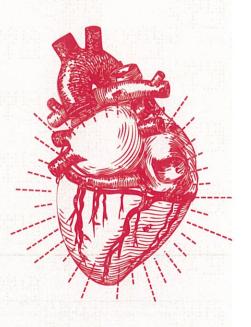
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#### **HEART HEALTH LUNCH & LEARN**

# JOIN US FOR LUNCH & LEARN HOW SMOKING IMPACTS HEART HEALTH



FEBRUARY 14/24

12 - 1 PM

ACTIVITY ROOM - 64 PARK ROAD

### PRIZES TO BE WON

CONTACT KRYSTA @ 705-356-1621 X 2231 OR BY E-MAIL:

krystasawyer@mississaugi.com TO REGISTER



### \*\*\* FOOD RECALL \*\*\*

On December 31, Health Canada released an advisory and a recall was made by the company for **Enfamil brand Nutramigen A+ LGG Hypoallergenic infant formula**, due to possible contamination with *Cronobacter sakazakii*.

Issue: The affected products are being recalled from the marketplace due to possible *Cronobacter sakazakii* contamination.

### What you should do:

- •If you think you, or someone you know, became sick from consuming a recalled product, contact your healthcare provider
- Check to see if you have recalled products
- Do not consume, serve, use, sell, or distribute recalled products
- •Recalled products should be thrown out or returned to the location where they were purchased

Food contaminated with *Cronobacter sakazakii* may not look or smell spoiled but can still make you sick.

Cronobacter sakazakii is not commonly linked to human illness but in rare cases, it can cause fatal bloodstream and central nervous system infections. It has also been associated with severe intestinal infection and blood poisoning, especially in newborns.

Health Canada indicates there have been no reported illnesses associated with the formula but batches with an expiry date of January 1, 2025, involving the 561-gram containers should not be consumed or sold.

#### Batches affected include:

The Canadian Food Inspection Agency (CFIA) is conducting a food safety investigation, which may lead to the recall of other products. The CFIA is verifying that the industry is removing recalled products from the marketplace.

For any questions or concerns please call 705-356-1621 x 2231.

### \*\*\* FOOD RECALL \*\*\*

On January 11/2024, Health Canada released an advisory to recall Quaker brand granola bars and cereals and Cap'n Crunch brand Treat Bars (Berry Bar), due to possible Salmonella contamination.

Please see below for the affected products:

Cap'n Crunch	Treat Bars - Berry Bar	110 g (5 bars)	0 55577 11041 6	All best before dates from January 11, 2024 up to and including July 09, 2024
Quaker	Harvest Crunch Original Granola Cereal	475 g	0 55577 10540 5	All best before dates from January 11, 2024 up to and including July 09, 2024
Quaker	Harvest Crunch Dark Chocolate Cranberry Almond Granola Cereal	470 g	0 55577 10541 2	All best before dates from January 11, 2024 up to and including July 09, 2024
Quaker	Harvest Crunch Raisin Almond Granola Cereal	510 g	0 55577 10542 9	All best before dates from January 11, 2024 up to and including July 09, 2024
Quaker	Harvest Crunch Light and Crisp Honey Nut Granola Cereal	400 g	0 55577 10543 6	Ail best before dates from January 11, 2024 up to and including July 09, 2024
Quaker	Harvest Crunch Light & Crisp Raisin	425 9	0 55577	All best before dates from January 11, 2024
Quaker	Almond Granola Cereal  Harvest Crunch Apple Crumble	470 g	10544 3 0 55577	up to and including July 09, 2024  All best before dates from January 11, 2024
Quaker	Granola Cereal  Harvest Crunch Original Granola	1.8 kg	10549 8 0 55577	up to and including July 09, 2024  All best before dates from January 11, 2024
Quaker	Cereal  Harvest Crunch Original Granola	1.4 kg	31255 1 0 55577	up to and including July 09, 2024  All best before dates from January 11, 2024
	Cereal	**	105504	up to and including july 09, 2024
Quaker	Harvest Crunch Canadian Maple Cereal	475 g	0 55577 10551 1	All best before dates from January 11, 2024 up to and including July 09, 2024

Check to see if you have any of the recalled products and if you do, discard them or return them to the location where they were purchased; do not consume them.

For any questions or concerns, please call 705-356-1621 x 2231.

# February 2024



# SERVICE SCHEDULE

Mississauga First Nation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Cheri/Laurie-CCC MD clinic AM Carla BCOHI	2	m	4
NP clinic Cheri -CCC Pat. T – Trad. Practitioner	6 NP clinic ORT Cheyenne-MHC Cheri-CCC	7 NP clinic Cheri- CCC Jessica- DNE Joby-RD Jeanne- MHC	8 Cheri/Laurie-CCC MD clinic AM	6	10	11
CLOSED	13 NP clinic ORT Cheyenne-MHC Laurie- CCC	14 NP clinic Cheri- CCC Jessica- DNE Joby-RD Jeanne- MHC	15 Cheri/Laurie-CCC	16	17	18
CLOSED	20 NP clinic ORT Cheyenne-MHC Cheri- CCC	NP clinic Cheri- CCC Jessica- DNE Joby-RD Jeanne- MHC	22 Cheri/Laurie-CCC	23	24	25
26 NP clinic Cheri -CCC	NP clinic ORT Cheyenne-MHC Cheri- CCC	28 NP clinic Laurie- CCC Jessica- DNE Joby-RD Jeanne- MHC	29 Cheri/Laurie-CCC MD clinic AM			
Dr. Mark Deverell – Physician Nurse Practitioner			<b>4</b> 0 <b>1</b> 0 \$ \$	Appointments with Physicians, NPs, 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.	y, NPs, Dietitian, ealth Centre: 70 ad Office: 1-705-8 how to book an ad here.	and DNE 5-356- 44-2021 if ppointment

202	24 MFN – Health	Service Activit	2024 MFN - Health Service Activities/Events - (January 29 <sup>th</sup> - February 9th)	1ry 29 <sup>th</sup> – Feb	ruary 9th)	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
. e	ting tiness itness	l <b>w</b> :∃	cred cult.	p	m	64
DAAW (5:45-7:45) Al- Anon Cult. Build. CHA (6-8) Knitting SC – Upstairs (12-2) Nordic Pole SC (6-8) Bucket Basketball SC CWC (9:30-10:30) Smudge C&C	DAAW  (6:45-8:15) NA Meeting Cult. Build. CHA (10-11) Yoga SC (6-7) Small Group Fitness SC CHR (11-1) Senior Walking Group SC	CHA (6-7) Cycling SC (7-9) Volleyball Gym (7-7:30) Roller Release Gym	BAAW (8:30-3:00) Lighting Sacred Fire - Cultural Bldg. (10-2) Mens Wellness Cult. Bldg. CHA (10-11) Yoga SC (7-8) Circuit Fitness Gym	cwc (9:30-12) Staff Sacred Fire – Band Office Teepee	A	CHA (12-3) Soulful Sunday SC
	COVIII WEAR FACE MASK AT YOU	COVID REMINDER WEAR FACE MASK AT YOUR DISCRETION WHEN YOU ARE SICK.	E SICK.	Appointments with Physicians, NPs, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224	ysicians, NPs, Dieti MFN's Health Centr	itian, and DNE e: 705-356-
CHN – Com. Health Nurse -Kryst CHR – Com. Health Rep Chels DAAW - Drug & Alcohol Addictio CWC – Com. Wellness Coord. – I CHA – Com. Health Activator – 3: HE – Health Educator – Ext 2231 MFHC – Mental Family Health C	CHN – Com. Health Nurse -Krysta Sawyer – Ext.2231 CHR – Com. Health Rep Chelsea Grimard – Ext.2203 DAAW - Drug & Alcohol Addictions- Sky Cada - Ext.2228 CWC – Com. Wellness Coord. – Roger Daybutch – Ext.2226 CHA – Com. Health Activator - Janey Morningstar – Ext.2216 HE — Health Educator – Ext. 2231 MFHC – Mental Family Health Counsellor – Jennah Ferrigan – Ext. 2234		HSSD – Health Services Director – Yvonne Lafreniere Ext. 2227 HSM – Health Services Manager – Rhonda Peltier – Ext 2230 MHC - Mental Health Counsellor – Stephanie Collins - Ext. 2234 Medical Transportation Mary-Ellen Morningstar – Med. Trans. Coord. – Ext. 2201 TRPC – Treatment Resource Project Coord. Conrad Bobiwash – Ext 2262	nne Lafreniere Ext. 2227 nda Peltier – Ext 2230 hanie Collins - Ext. 2234 oord. – Ext. 2201 oord. Conrad Bobiwash – E	xt 2262	

#### **MFN Food Security Program**

Date:	Pick up only	# of children	# of adults
Names of all household Men	nbers:		
Address:			
Phone Number:			
Please	e submit your forms befor	e 4:30 Wednesday	
Pic	ck up is Thursday from 10:	:00am - 3:00pm	

\*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 to fill out your correct information, so that we may properly serve you and your family.

Cereals (1 only):	Meats (2 only):
Cold Cereal Cooking Oats Cream of Wheat	
Pancake Mix Porridge	
Breads (1 only):	Canned Meats (1 only):
White Bread Brown Bread Flour	Tuna Salmon
Pasta & Rice (1 only):	Dairy Products (2 only):
Penne Rice Rotini Macaroni	Powdered Milk Margarine Cheese Slices
Tri-Color Rotini Lasagna	Canned Milk
Soups (3 only):	School Aged Children & Elders Only (3 Choices):
Chicken Noodle Tomato Vegetable	Pudding Cookies Wagon Wheels
Mushroom	Nutri Grain Bars Veggie Straws
	Mr. Noodles Chicken Mr. Noodles Beef
Hygiene Products:	Cleaning Products (Once A Month):
Toilet Paper Hand Sanitizer	Pot & Pan Cleaner Dish Soap
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	Canned Tomatoes (Garden)
Pepper Instant Coffee	Red Lentils Frozen Vegetables
Salt Hot Chocolate	Frozen Berries
Other (Once A Month):	
Icing Sugar Jam Vinegar	

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

Thank you Servised for January 2024