

# NIIGAANIIN

Client and Community Newsletter

September 4, 2025



## Niigaaniin Hours

SUMMER HOURS CONTINUING

Mon-Thurs 8:30-4:30

Fridays 8:30-12:30

\*\*\*\*\*

## OESP PROGRAM

CHECK YOUR HYDRO BILL FOR OESP EXPIRE

RENEWAL YEARLY

CALL Darrell Jacques

705 356 1621 Ext 2235

\*\*\*\*\*

Attention OW Clients if you would like your  
income statement/rent receipt emailed,

please email Samantha Boyer

Niigaaniinreception@mississauga.com

## INFORMATION

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### OW CLIENTS

Income Statements Due

September 16

\*\*\*\*\*

Niigaaniin Case Worker

Stacey Pilon

705-356-1621 ext 2215

ncworker@mississauga.com

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## "QUOTE OF THE WEEK"

"There are two things we get everyday  
when we wake up, a chance and a  
choice"

~Unknown~

\*\*\*\*\*

**Niigaaniin computer lab is open,  
come in and apply for employment,  
EI, printing bills, Resumes, and cover  
letters.**



**Position:** Drug & Alcohol Addictions Worker

**Salary:** \$51,051 - \$58,007

**Hours of Work:** 32 hours/week

**Accountability:** Health Services Manager

**Employment Status:** Full Time (2 years Contract)

**Preferences:** MFN Band Members

**The Drug & Alcohol Addictions Worker will perform the following duties:**

- Provide single session addictions counselling services including assessment, treatment and referral for individuals, couples and families in crisis and/or experiencing drug and/or alcohol addiction issues.
- Provide referrals to additional resources and collateral collaboration for clients, as required
- Assist clients in accessing available resources that are needed to reach their health care and addictions recovery related goals
- Participate in other inter-agency meetings or projects that will improve client services
- Identify gaps in resources/services, and where appropriate, assist in efforts to meet the need
- Maintain accurate files, case records and statistical data as required in a confidential manner.
- Complete administration duties as required by for Health Services Department
- Prepare substance abuse information and brochures for the Health Services Department
- Prepare statistical reports for Health Services Department as requested
- Ensure proper functioning of all office equipment and make appropriate arrangements for repairs and/or maintenance
- Implement and maintain MFN Drug Strategy
- Be committed to the development of an effective working relationship with First Nations, government agencies and organizations who are networking with Mississauga First Nation.
- In keeping with the Anishinaabe values, balance outside interests and influences to not jeopardize professional credibility, judgement or competency

**The Drug & Alcohol Addictions Worker will possess the following qualifications, skills, experiences, and attributes:**

- Addiction and Mental Health Diploma, Social Service Worker (SSW) Diploma, Completion of a Degree in Social Work (B.S.W.), Bachelor Mental Health and Addictions (B.M.H.A.), Counselling, Psychology, or an equivalent Human Services diploma/degree.
- Certification in Addictions Counselling (ICADC) or other Addictions Counselling related certification.
- Willingness to successfully complete required training. Willingness to undertake further training in the Mental Health & Addictions field to keep current or upon recommendation.
- Direct addictions counselling experience working with individuals and families that are challenged with Drug and/or Alcohol Addictions
- Demonstrated experience promoting a drug and alcohol and drug-free lifestyles; Promote positive choices and how to identify, understand and overcome personal problems associated with substance abuse
- Demonstrated experience working with clients who identify as LGBTQ+
- Provide a clear Vulnerable Sector Check annually
- Must be a member in good standing with a regulated health college as per current standards for practicing social work and addictions counselling; Membership of, or willingness to register with the Canadian Addictions Counsellors Certification Federation

**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. If you would like to review the full job description reach out to the contact information below. 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 P0R1B0

Marked: **CONFIDENTIAL**

**EMAIL:** [hrclerk@mississauga1.com](mailto:hrclerk@mississauga1.com) **FAX:** 705-356-1740

**Deadline: September 8, 2025**

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

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**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:** Front Line Worker

**Salary:** \$ 25.98 hour

**Hours of Work:** As needed

**Accountability:** Women's Shelter Manager

**Employment Status:** Casual/ Relief

**Preferences:** MFN Band Members

**The 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 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 field 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

**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:

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**Position:** 2 - Registered Early Childhood Educator

**Wage:** \$55,039 - \$62,538

**Hours of Work:** 34.5 hours

**Accountability:** Daycare Manager

**Employment Status:** Full-time (2 year)

**Preferences:** MFN Band Members

**The Daycare Teacher will:**

- To supervise the children in free play, in designated programming areas and to guide them in their physical, social, cultural, mental, and emotional development in accordance with the Program Statement of the Mississauga Day Care.
- To search out materials to eliminate a situation when dealing with a child in your care.
- Work with children in groups while retaining sensitivity to each child's individual needs and allowing them to find solutions and alternate ways to explore.
- Carry out programming for the children using How Does Learning Happen, Think, Feel, Act and ELECT documents as the guide.
- To be responsible for the preparation of play areas and daily playground check and provide open ended play materials for explorations; Maintain appropriate day to day liaison with parents as often and possible.
- To attend staff and general meetings and other meetings such as education meetings, if required.
- Keep Program Manager advised of any pertinent information regarding parents, children, or any other issues of concern.
- To be responsible for general duties such as tidying cupboards, checking washroom supplies, washing, and sterilizing equipment
- To be familiar with and follow the Mississauga Day Care Program Statement and the Childcare and Early Years Act 2014.
- To be able to plan to use the "How Does Learning Happen" and other Ministry of Education literature to enhance play and learning experiences.
- To assist the children with Native Culture such as singing, drumming, dancing, and smudging.
- Must be sensitive and responsive to the needs of children, parents, and staff from all cultural backgrounds.
- Must act in a professional manner when carrying out the described job duties.
- Must take all reasonable measures to uphold the regulations and standards as they are outlined in by the College of E.C.E. and Childcare and Early Years Act, Program Statement, Child Abuse Policy, Playground Policy, and the Personnel Policies and Procedures as well as sign off annual policies.
- Must have the skills, knowledge, and experiences to ensure that the objectives and goals of all programs are being implemented.

**The Daycare Teacher will possess the following qualifications, skills, experiences, and attributes:**

- Post-Secondary Early Childhood Educator Diploma (Registered and in good standing with College of E.C.E)
- Other Education/in equivalency: Child & Youth Care Diploma, Recreation & Leisure Service Diploma, Ontario College of Teachers (OCT) – in good standing.
- Minimum of two (2) years work experience in a Daycare setting would be an asset.
- Must provide Criminal Records Check and Vulnerable Sector Check
- Must have current First Aid and CPR – Infant, Child, Adult Certification
- Must provide a copy of immunization.
- Must be able to lift a minimum of 30 lbs.
- Knowledge of Mississauga First Nation programs and services
- Must have the knowledge of the, "How Does Learning Happen," Think, Feel, Act and ELECT documents.
- Knowledge of Aboriginal culture and traditions
- Knowledge of Occupational Health and Safety Act as it applies to the worker.
- Knowledge of the Workplace Hazardous Materials Information System
- Excellent interpersonal, communication, and organizational skills.
- Ability to work independently and within a team environment.
- Caring, dependable, reliable, and patient.
- Must be in good physical and mental health.

**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:

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**Position:** Language & Cultural Manager

**Salary:** TBD

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Social Services Director

**Employment Status:** 2 years contract

**Preferences:** MFN Band Members

**The Language & Cultural Manager will:**

- Lead the development and implementation of programs aligned with MFN's Four Pillars: Culture, Language, Wellness, and Heritage.
- Support planning and development of capital projects, including the construction of a Round House and a Cultural and Language Department.
- Coordinate and facilitate community engagement initiatives including meetings, workshops, and events.
- Develop and oversee the operational framework for the 4 Pillars Department.
- Work collaboratively with Elders, Knowledge Keepers, youth, and community members to ensure culturally relevant programming.
- Prepare and submit timely reports on project status, budgets, and outcomes to leadership and funders.
- Track & report on funds received through the Four Pillars Society and other funders.
- Assist with grant applications, proposal writing, and long-term planning strategies.
- Promote awareness of 4 Pillars initiatives through newsletters, presentations, and community updates.
- Liaise with internal departments, consultants, and external partners to align efforts with MFN's strategic goals.

**The Language & Cultural Manager will possess the following qualifications, skills, experiences, and attributes:**

- Post-secondary education in Indigenous Studies, Community Development, Project Management, or a related field.
- 2–4 years of experience in community program coordination or capital planning.
- Demonstrated knowledge of Anishinaabe culture, values, and language revitalization.
- Experience working with Indigenous communities and intergenerational groups.
- Experience in reporting, evaluating, and departmental development.
- Valid Class G Driver's License and access to a reliable vehicle.
- Clear Vulnerable Sector Check (CPIC).
- Availability of working evenings and weekends as needed.
- Willingness to sign and adhere to MFN's Oath of Confidentiality.
- Excellent project management, coordination, and facilitation skills.
- Strong written and verbal communication skills, including public speaking and reporting.
- Ability to work independently and as part of a collaborative team.
- Comfortable with Microsoft Office and digital tools for communication and tracking.
- Fluency or familiarity with Anishinaabemowin is a strong asset.

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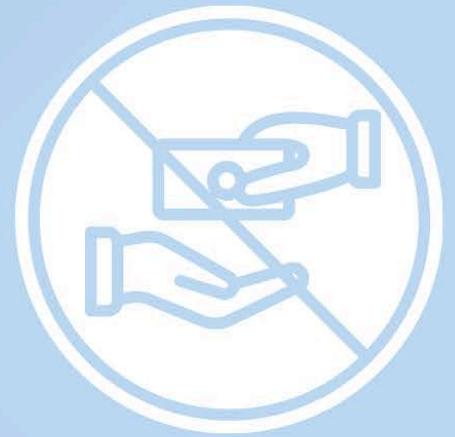
Mississauga First Nation  
P.O. Box 1299 Blind River, Ontario P0R1B0  
Attention: Human Resources  
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# ANTI-FRAUD/SCAM AWARENESS

## Interested in Protecting Yourself and your Family from Scams and Fraud?

We're exploring interest in hosting a presentation focused on identifying, preventing, and responding to fraud and scams that target individuals and communities.

*This session would help participants:*

**Recognize common red flags**

**Safeguard personal information**

**Know how and where to report suspicious activity**

If this sounds valuable to you or your family, let us know! Your feedback will help us plan a session that meets your needs.

This session is open to all community members and is especially valuable for Elders, youth, and anyone who may be vulnerable to online, phone, or in-person scams.

✓ **Please register by Sept. 10, 2025:**

Please contact the Communications Coordinator by emailing:

✉ [wiindamaagewin@mississaugi.com](mailto:wiindamaagewin@mississaugi.com) or call 705-261-1104

*Tentative location: Red Pine Lodge*

*Date: To be determined*

Let's work together to stay informed and safe.





# COMMUNITY ENGAGEMENT

LAND USE PLANNING & COMMUNITY PROJECT UPDATES

**SEPTEMBER 23, 2025**

**10:00 AM - 2:00 PM**

LUNCH PROVIDED

**COMMUNITY HALL**

We believe that meaningful community engagement is the foundation of successful land use planning and community development. By sharing updates on local projects and inviting input from community members, we ensure that planning reflects the values, needs, and aspirations of those who live here. Your voice matters—join us in shaping a future that honors our shared vision and strengthens our connection to the land.

**FOR MORE INFORMATION, CONTACT:**

Jon Cada: [joncada@mississauga.com](mailto:joncada@mississauga.com) or call 705-356-1621 ext. 2223

Wilma Bissiallon: [wilmabissiallon@mississauga.com](mailto:wilmabissiallon@mississauga.com) or call 705-356-1621 ext. 2233





## Chiblow Lake Lodge


# ELDERS STAY

 **Dates: October 19–21, 2025**

 **Location: Chiblow Lake Lodge**

*We're pleased to invite Elders to a peaceful and restorative stay at Chiblow Lake Lodge. This gathering offers a chance to relax, connect, and enjoy the beauty of the land.*

Check-In:

 October 19th, any time after 3:00 PM

Check-Out:

 October 21st by 11:00 AM

Activities:

Planned activities will be available for those who wish to participate

Bookings are first come, first serve. Limited space. Contact the Chiblow Lake Lodge Manager to confirm booking @ 705-843-0402





**Callout - Free Acting Classes**

# Constance

## Acting Academy

### About Us

Discover the fundamentals of Acting, Blocking, and on-camera performance.

Our free classes are designed to help you build confidence, develop your skills, and look your best on screen.

★ No experience needed — just bring your creativity!

**All ages, from 8 to 80**

#### Programs

##### 1 Class Per Week

Take your monologue or script home, practice it, and then come in to perform it.

We'll record your performance and give you feedback to help you grow into a better actor!

##### Camera Knowledge for acting

Learn cool camera tricks, blocking, and movement techniques used in the industry.

We'll help you move with confidence and look great on screen!

#### Education

*Learn acting alongside other aspiring actors with training from top acting schools and real industry experience.*

*Grow together, share tips, and build your skills in a supportive environment!*



All Classes will be held at  
Mississauga First Nation  
Email to sign up!!



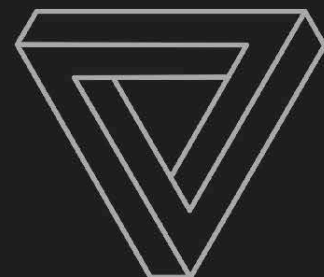
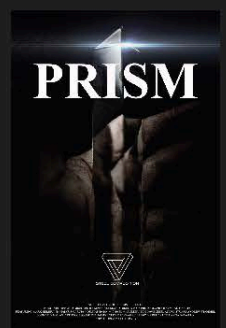
**702.526.5491**



**Steelcompositionproduction@gmail.com**

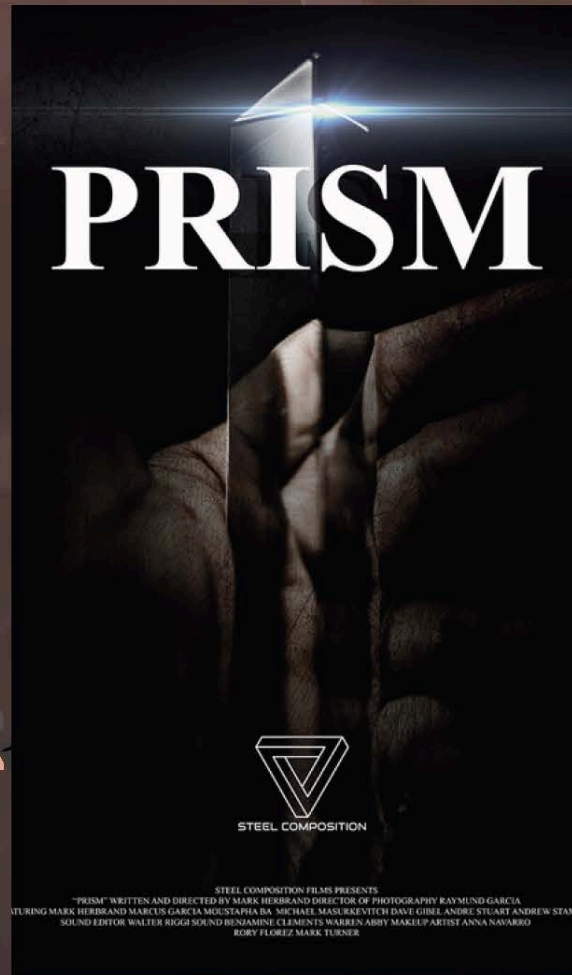
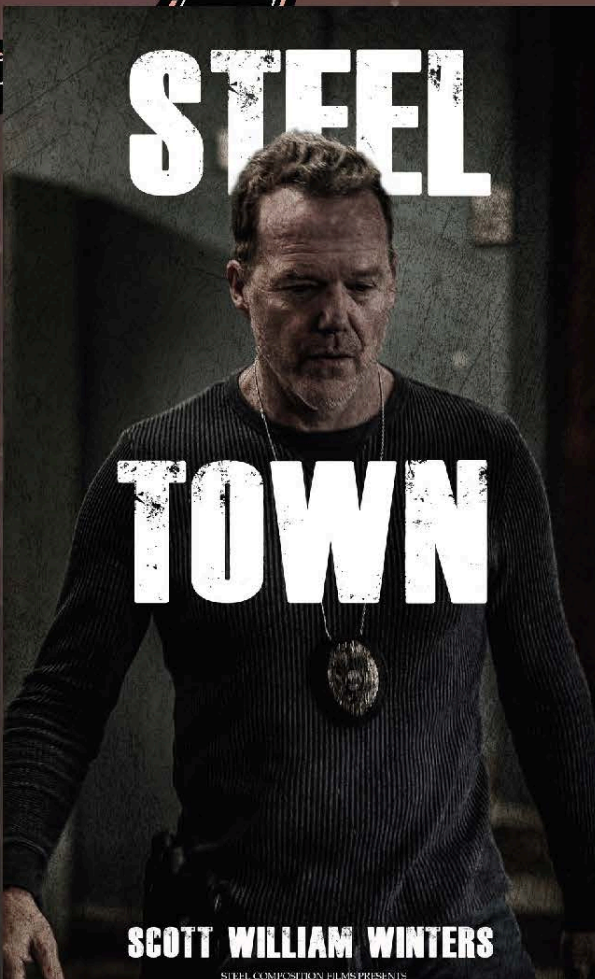


**Mississauga First Nation**



**STEEL COMPOSITION**





CALLING ALL POTENTIAL ACTORS AND MOVIE LOVERS!  
YOU'RE INVITED TO A MOVIE NIGHT! FREE POPCORN AND DRINKS!!!

**2 SHORT FILMS!**

**SIGN UP FOR FREE ACTING CLASSES AND GET AN AUDITION FOR A  
FILM BEING SHOT IN BLIND RIVER!!!**

**SUNDAY  
SEPT 7 @  
7PM**

**FREE  
ADMISSION**

**BE IN OUR  
NEXT  
FILM!!**

[WWW.STEELCOMPOSITION.CA](http://WWW.STEELCOMPOSITION.CA)

**BLIND RIVER MAPLE CINEMA  
117 YOUNG FOX RD, BLIND RIVER**







## AS ANISHINAABE STEWARDS OF TRADITIONAL HARVESTING, IT IS IMPORTANT TO KEEP IN MIND OUR ROLES AND RESPONSIBILITIES IN FOLLOWING BEST PRACTICE.

**Mature Bulls and Dry Cows ONLY!!** - In ideal situations these are the best options for harvest. These animals should be selected for harvest as they provide the largest portions of meat per family, and can be spread around our community without having to harvest the most vulnerable section of their population.

**NO COWS AND CALVES!!!** - Cow and calf hunting can impact the ability to harvest these relatives in the years to come. We want to ensure that the reproductive cycles of the moose population continue to be sustainable for future generations of harvesters.

For further questions regarding harvesting, please contact:

**Scott Richer - Bylaw Officer**

scottricher@mississaugi.com or 705-356-1621 ext. 2259



### Know this before you pull the trigger...

If you shoot the adult cow		If you shoot the adult bull
	YEAR 1	
	YEAR 3	
	YEAR 5	
	YEAR 7	
	YEAR 10	
<b>NO MOOSE!</b>		

H/T: Manitoba Department of Sustainable Development





# DOG REGISTRATION & VET SERVICES

**NOW AVAILABLE WITH THE UNVEILING OF THE NEW MFN DOG BYLAW**

*You must register your dog(s) before September 19. Registration is for the year 2026.*

*\$25 to register your dog*

*Registered dogs will have the opportunity to receive free dog food when available and annual Veterinarian care that is being brought to MFN on an annual basis.*

*Register your dog with Bylaw officer Scott Richer before Sept 19, 2025*

*Scott Richer 705 -261 - 0259*

	<b>Subsidized</b>	<b>Rate*</b>	<b>Full Rate</b>
Feline spay	\$148		\$256
Feline neuter	\$119		\$206
Dog spay <15 kg	\$288		\$440
Dog spay 15 kg – 30 kg	\$321		\$490
Dog neuter <15 kg	\$227		\$347
Dog neuter 15 kg – 30 kg	\$267		\$407

*\*Vaccinations also available at a discounted rate.*

The Domestic Animal population survey will be offered to registered owners to assist this community and others in finding a more reliable set of services to maintain our communities healthy pet population.



# WANTED: A FUREVER HOME DRAGON

18 WEEKS OLD



Dragon is a sweet and gentle soul, the runt of his litter, and full of love to give. Despite his small size, his heart is huge. He thrives on affection and will be a truly special companion for the right person—someone who can offer him the love, patience, and exercise he needs to grow into his best self.

This little guy is currently living in foster care, waiting for the perfect match to come along. If you're looking for a loyal friend who will adore you endlessly, Dragon might just be your new best friend.

**MALE | ADOPTION FEE: \$400 | CURRENTLY IN FOSTER CARE**

## PERSONALITY:

- Gentle and affectionate
- Loves cuddles and attention
- Great potential for bonding and training

## IDEAL HOME:

- Someone with time and love to give
- Active lifestyle or access to regular exercise
- A nurturing environment to help him thrive

If you think you're the right person for Dragon, reach out today. Contact Scott Richer @ 705 -261 - 0259 or email [scottricher@mississauga.com](mailto:scottricher@mississauga.com)  
He's ready to meet his forever human!



**WANTED: A FUREVER HOME**

# TANK

**18 WEEKS OLD**



Tank is a natural-born leader with a heart full of sweetness! At just 18 weeks old, this confident pup is already showing signs of being a social butterfly and a pack leader. He's friendly, outgoing, and loves making new friends—both human and canine.

Currently in foster care, Tank is working on his house training and learning all the good habits that will make him a wonderful lifelong companion. He's looking for someone who can match his energy, nurture his leadership spirit, and give him the love he deserves.

**MALE | ADOPTION FEE: \$400 | CURRENTLY IN FOSTER CARE**

## PERSONALITY:

- Social and confident
- Sweet and affectionate
- Great with other dogs

## IDEAL HOME:

- Active and engaging lifestyle
- Someone who enjoys training and bonding
- A home where he can continue to grow into his leadership role

If you think Tank could be your perfect match, reach out today. Contact Scott Richer @ 705 -261 - 0259 or email [scottricher@mississauga.com](mailto:scottricher@mississauga.com)

He's ready to lead the way into your heart!



# WANTED: A FUREVER HOME ROOSTER

18 WEEKS OLD



Rooster is the wild child of the bunch—full of energy, ambition, and a zest for life! At 18 weeks old, this rowdy little guy is always ready to play and explore. He's well-socialized and loves being around people and other dogs, but he does need a bit of guidance when his excitement gets the best of him.

Currently in foster care, Rooster is learning the ropes of kennel and house training. He's looking for a home that can match his playful spirit and help him channel his energy in positive ways.

**MALE | ADOPTION FEE: \$400 | CURRENTLY IN FOSTER CARE**

## PERSONALITY:

- Energetic and ambitious
- Playful and social
- Needs gentle boundaries when overly excited

## IDEAL HOME:

- Active and patient owner
- Someone experienced or willing to work with high-energy pups
- A home that offers structure, playtime, and love

If you're ready for a fun-loving companion who will keep you on your toes and fill your days with joy, Rooster might be your perfect match! Contact Scott Richer @ 705 -261 - 0259 or email [scottricher@mississauga.com](mailto:scottricher@mississauga.com)



**WANTED: A FUREVER HOME**

**LUCKY**

**4 YEARS OLD**



Lucky is a gentle, loving companion who's ready to be someone's special little buddy. At 4 years old, he's fully house trained, knows many commands, and has a calm, affectionate nature that makes him a perfect fit for a family—especially one with kids!

While Lucky gets along well with other dogs and cats, he'd truly thrive in a home where he can be the center of someone's world. He's happiest curled up in a lap, soaking up cuddles and companionship.

**FIXED MALE | ADOPTION FEE: \$400 | CURRENTLY IN FOSTER CARE**

**PERSONALITY:**

- Calm, cuddly, and affectionate
- Great with kids
- Tolerates other pets but prefers one-on-one attention
- Knows commands and is fully house trained

**IDEAL HOME:**

- Family with children or a loving adult looking for a lap dog
- A peaceful home where he can be someone's best friend
- A place where he can relax, play, and be adored

Lucky is currently in foster care, waiting for the right person to give him the love and attention he deserves. If you're looking for a loyal, low-maintenance companion, Lucky might be the perfect match. Contact Scott Richer @ 705 -261 - 0259 or email [scottricher@mississauga.com](mailto:scottricher@mississauga.com)





# BOATING SAFETY TIPS



## BEFORE YOU GO

- **Pleasure Craft Operator Card**

PCOC: Required for operating

- **Inspect your boat**

Check for mechanical issues, safety gear and fuel levels

- **File a trip plan**

Let someone know where you're going and when you'll return

- **Check weather and water conditions**

Avoid boating in poor weather or rough waters

- **Wear a life jacket or PFD**

Ensure everyone on board has a properly fitted one

## REQUIRED SAFETY EQUIPMENT

- **Lifejackets or PFDs for each person**

- **Buoyant Heavy Line (15m)**

- **Manual propelling device or anchor**

- **Bailer or Manual Pump**

- **Whistle or Horn**

- **Whistle or Horn**

- **Navigation lights (if operating at night or at low visibility)**

- **Fire Extinguisher**

## ON THE WATER

### **Avoid Alcohol and drugs**

Impaired boating is illegal and dangerous

### **Know the "rules of the road"**

Understand right-of-way, speed limits and navigation markers

### **Stay alert**

Watch for swimmers, other boats, and changing conditions

### **Respect wildlife and the environment**

avoid disturbing natural habitats



**CLEAResult® Canada**   
We change the way people use energy.™

## UPDATE

Dear Community Members: **Save on Energy and Energy affordability programs**

### **Not a scam!**

**CLEAResult's** is currently conducting house calls to Mississauga First nation Households to assist with scheduling and delivery of services under the **Save on energy** and Affordability funded programs

In the past year Free Home Energy audits were conducted to reduce costs and improve home comforts on utilities.

As a trusted third-party company **CLEAResult** is a service provider assessing your home and installing energy saving upgrades like

- FREE home Energy Audits
- Energy efficient Appliance installations
- LED lighting
- Smart power bars
- Professional scheduling & follow up

And more these upgrades are fully funded through the save one energy programs offered by the **Independent Electricity Systems Operator (IESO)** Ontario.





# Lands Committee

The Lands Department is looking to fill 2 vacancy in the Lands Committee for the remainder of the term ending in 2027.

Interested community members must submit a letter of interest to the Lands & Resources Department for Council Appointment.

The Lands Committee meets the First Monday of each month. To address the following;

- Assist with the development of the Lands administration
- Advise the Council and its staff on matter respecting Mississauga First Nation land.
- Recommend laws, resolutions policies and practices respecting the management of Mississauga First Nation land to the Council
- Hold Regular and special meetings of members to discuss land issues and make recommendations to Council on the resolution of these issues.
- To assist in the flow of information on land issues between members and the Council; and
- Oversee community approvals under this land code

**DEADLINE FOR LETTERS OF INTREST IS  
SEPTEMBER 22<sup>ND</sup> , 2025 @ NOON**

In your letter, please indicate any Lands & Resources experience and how this will benefit the Committees recommendations. You can submit your letter at the Band Office or e-mail to [mfnmembership@mississauga1.com](mailto:mfnmembership@mississauga1.com)



# Meet The Instructor

Aanii!  
I am Jacquie Gilbert



My name is Jacquie, and I'm happy to introduce myself as the new Literacy and Basic Skills Instructor here at MFN. I am a member of Moose Cree First Nation, and I am looking forward to working with the community to support learning and growth in ways that are meaningful and useful for every day life.

For the past eight years, I've worked here in the community in another role, where I had the privilege of meeting many wonderful people and building friendships. I am excited to continue those connections while also meeting new faces and forming new relationships.

In addition to this new role, I am also a member of the MFN Fire Department and on the Board of Directors for the Northshore Firefighter Challenge. Both of these roles have given me the opportunity to serve the community in different but equally rewarding ways.

I'm grateful for the opportunity to step into this role and look forward to the work we will do together.

Miigwetch,

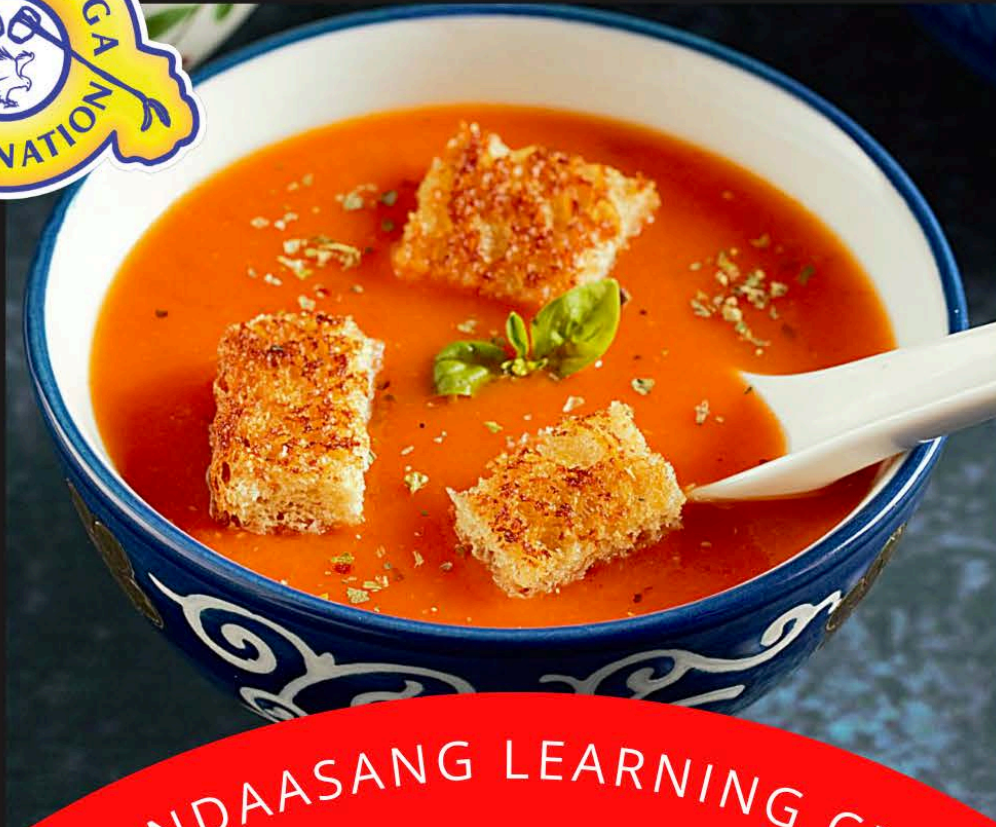
Jacquie Gilbert

## Contact Info:

705-356-1621  
EXT #2247

## Quote:

- Literacy is the key that unlocks every door of possibility.



ENJIKENDAASANG LEARNING CENTRE  
**September 10th, 2025**  
**@ 12:00pm**

# SOUP SOCIAL

You're Invited! Join us for a warm and welcoming hearty home-cooked lunch at the Education Center!

Come meet and greet our new LBS Literacy Instructor! We look forward to seeing you there!

## FEATURED

---

Roasted Tomatoe Soup

Grill Cheese

**Ontario** 

Ministry of Labour,  
Training and Skills  
Development

## FIND US AT

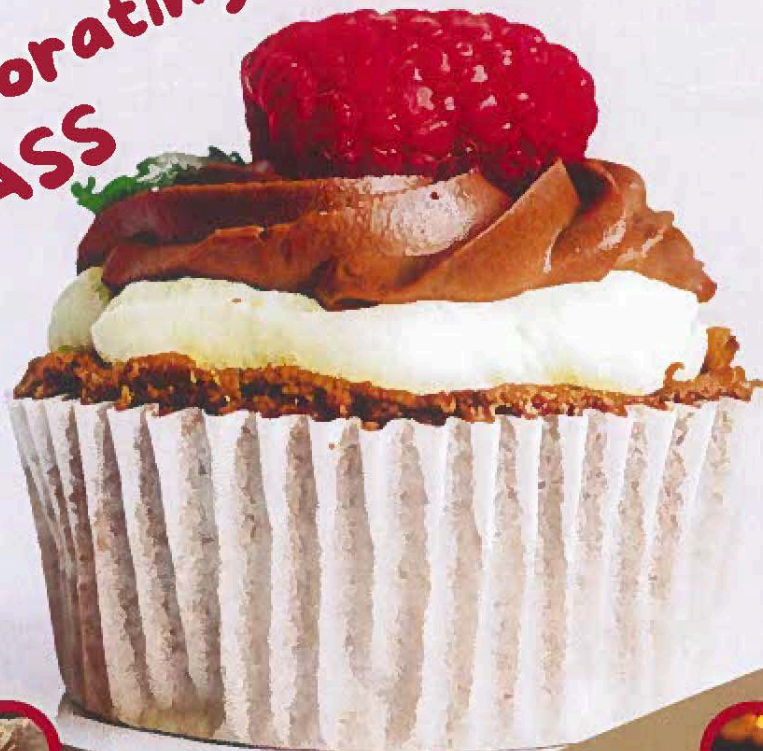
---

148 Village RD

Call Us: 705-356-1621 Ext. 2247



# Cake Decorating CLASS



**Whisk, Frost, Repeat!**

SPRINKLE SOME FUN INTO YOUR WEEK-  
CAKE DECORATING CLASS NOW ENROLLING!

OCTOBER 18, 2025

10:00AM - 4:00PM (lunch provided)

October 19, 2025

10:00AM -12:00pm

**Contact Melissa & Jacquie :**



705-356-1621 ext 2247



# STOP THE CHAOS

## Join Our Stop the Chaos Workbook Group!

Are you tired of feeling  
overwhelmed?

✦ Struggling to cope with everyday stress?

Our workbook group is here to  
support you!

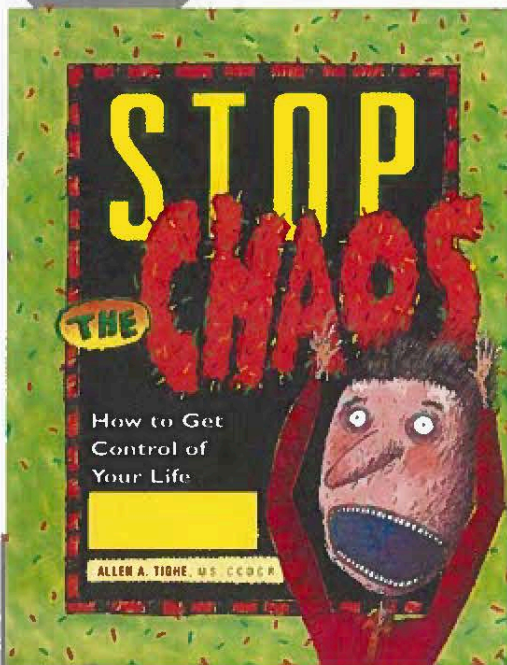
Using the "Stop the Chaos"  
workbook, we'll explore practical  
strategies to:

- ✦ Manage stress and anxiety
- ✦ Improve relationships
- ✦ Increase self-care
- ✦ Enhance overall well-being

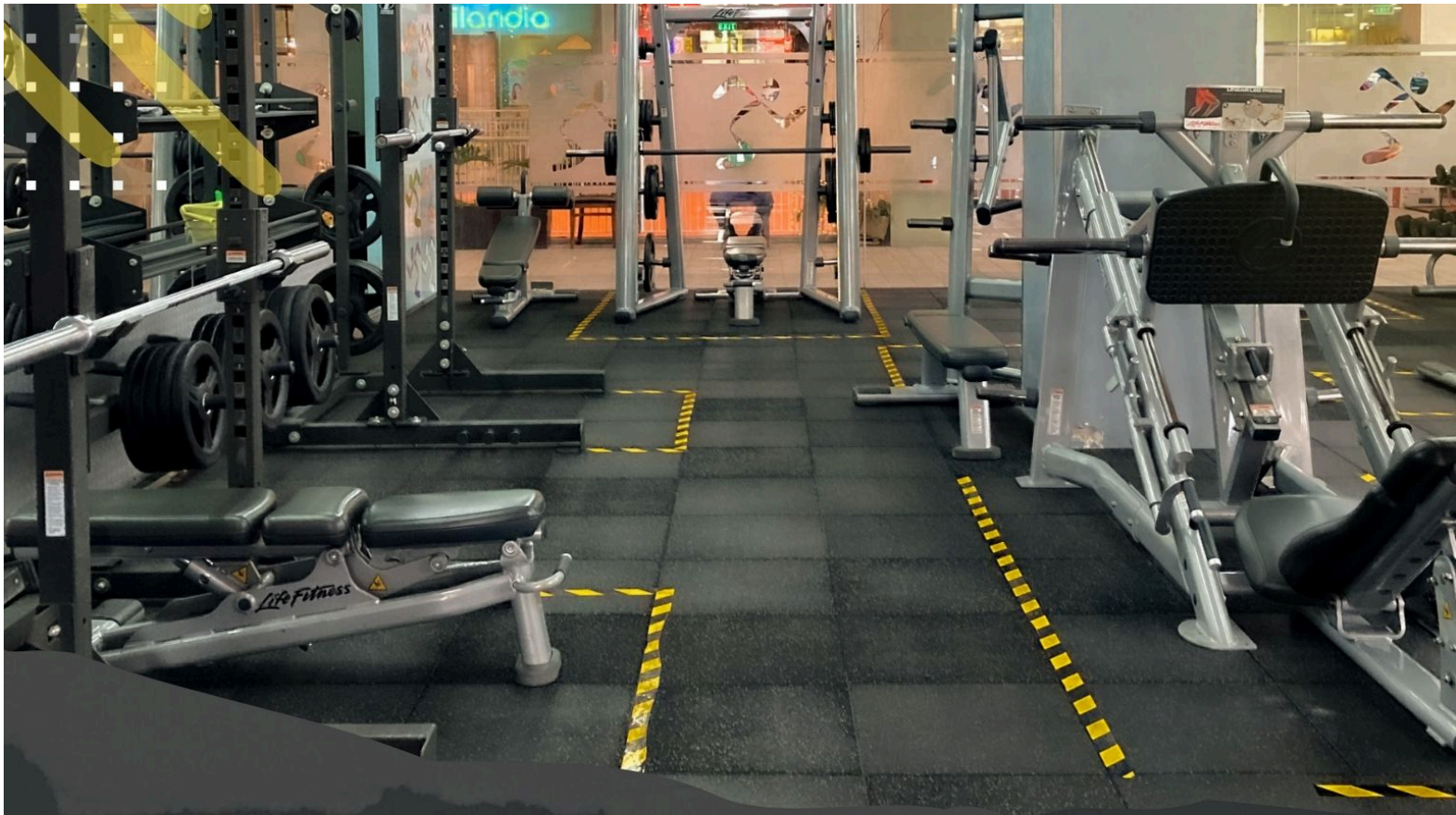
Join us for a safe, supportive, and  
non-judgmental space to share,  
learn, and grow.

## For more Information Contact:

Melissa & Jacquie @ 705-356-1621 Ext 2247







# Youth INTRO TO FITNESS

FEEL STRONGER, HEALTHIER  
AND MORE CONFIDENT!

## 3 WEEK PROGRAM

Join us for a fun and exciting 3-week fitness program designed for youth! Whether your new to the gym, or looking to build healthy habits. This program is for YOU!

*with Fitness Instructor  
Mark Herbrand.*



## DATES:

September 11, 18 and 25  
6:00-7:30 - Sports Complex



### WEEK 1 - Introduction to the Gym

Learn the basics: how to use the equipment, proper form and get comfortable in the gym

### WEEK 2 - Benefits of an Active Lifestyle

Discover why staying active is key to feeling good, both physically and mentally

### WEEK 3 - Healthy Eating Habits

Explore simple, fun ways to fuel your body for energy and strength. Learn the importance of balanced meals and hydration

For more information or to register  
contact Jade Fox:  
P. 705 356 1621 ext 2357  
E. [youthcoordinator@mississauga.com](mailto:youthcoordinator@mississauga.com)





# FIRST ANNUAL ENVIRONMENTAL & CULTURAL *Youth Conference*

OPEN TO ALL YOUTH AGES 12+  
SEPTEMBER 26-28, 2025  
MISSISSAUGA FIRST NATION  
CULTURE CAMP - CHIBLOW LAKE

REGISTER NOW - SCAN TO QR CODE

FULL AGENDA AND  
REGISTRATION PACKAGES  
WILL BE SENT TO  
REGISTERED PARTICIPANTS!



*For more information or to register contact*  
*Jade Fox - Youth Coordinator*  
*[youthcoordinator@mississauga1.com](mailto:youthcoordinator@mississauga1.com) | 705 356 1621 ext 2357*



Mississauga First Nation  
Social Services Team

# Keeping Our Kids Safe Workshop Series

For families with children ages 0-12 years

## WEEKLY TOPICS

### **Week 1** **Duty to Report & Human Trafficking**

Guest Speaker - Sandra  
Desmounlin  
(Nogdawindamin)

Pasta, Garlic Bread + Caesar  
Salad

Tuesday September 9, 2025  
5:00-6:30PM  
Child and Youth Building

### **Week 2** **Boss of My Body & Unhealthy Secrets**

Guest Speaker: Stephanie  
Collins - Mental Healthy  
Counsellor

Shepard's Pie, Buns + Salad

Tuesday, September 16,  
2025  
5:00-6:30PM  
Child and Youth Building

### **Week 3** **"Tricky People" Online Safety**

Guest Speaker: Bev Gauthier  
OPP

Pizza + Wings

Tuesday, September 23,  
2025  
5:00-6:30PM  
Child and Youth Building

***\$50.00 Gift Card Incentive per family***

Childcare provided for children ages 0 to 10 years

For more information or to confirm your participation please contact  
Christine Owl - Family Resource Coordinator

[christine@mississaugi.com](mailto:christine@mississaugi.com)



FAMILY RESOURCE COORDINATOR  
EARLY YEARS WORKER  
COMMUNITY HEALTH NURSE



**WEDNESDAY  
SEPTEMBER 10  
11:30-1:00 PM**



**Best Hand**

**2<sup>nd</sup> best**

**Skunk  
Hand**


# **FASD POKER WALK**

**LUNCH PROVIDED FOR  
PARTICIPANTS**

must walk to get your cards

To Participate Please Contact Christine Owl- Family  
Resource Coordinator at [christine@mississauga.com](mailto:christine@mississauga.com)





# Food Bank

Is open  
Bi-weekly

From 9:00am-12:00pm  
days open: Sept 4<sup>th</sup>, and Sept 18<sup>th</sup>

No applications needed

Child & Youth Building/Foodbank

Jayvin Wilson  
[nsworker@mississauga.com](mailto:nsworker@mississauga.com)



# CHAIR FITNESS

is an excellent way to build strength and improve flexibility without putting too much strain on your body. Chair exercises also improve mobility by increasing blood flow and lubricating your joints.

Monday's  
@ 12 pm  
Sports Complex.

Registration is needed!

T:356.1621 ext.2216

communityhealth activator@mississauga.com



# GENTLE YOGA TUESDAY'S & THURSDAY'S @ 10 AM

## PHYSICAL

Taking care of your body is essential for overall well-being.

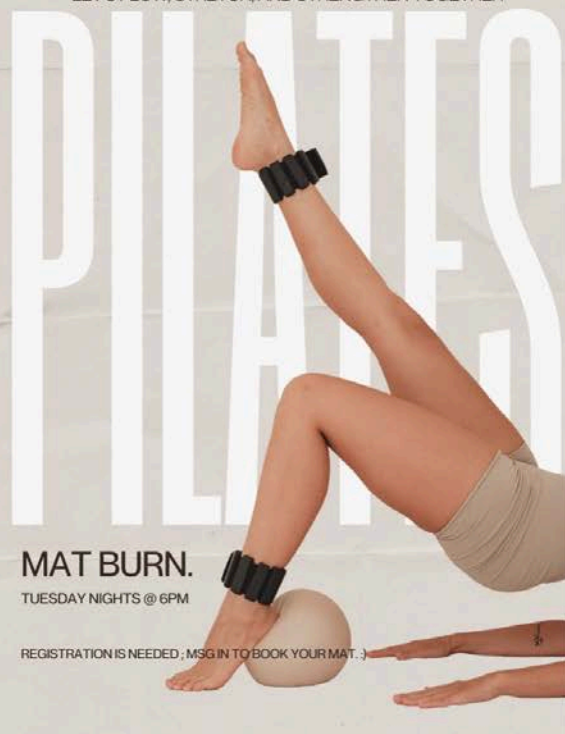
## MENTAL

Set boundaries and prioritize your mental health every day.

## SOCIAL

Building and cultivating meaningful and supportive relationships.

LET'S FLOW, STRETCH, AND STRENGTHEN TOGETHER



**MAT BURN.**

TUESDAY NIGHTS @ 6PM

REGISTRATION IS NEEDED; MSG IN TO BOOK YOUR MAT. :)

M.F.N SPORTS COMPLEX

# Nordic Pole Hike Club

WEDNESDAY'S @ 12 PM  
MEETING AT SPORTS COMPLEX.  
REGISTRATION IS NEEDED!



# Heated Yoga

THURSDAY NIGHTS

@ 6PM

REGISTRATION IS NEEDED!





MFN Sports Complex

# POUR & RESTORE

YOGA EVENT

Thursday, September 18<sup>th</sup> @ 6pm

More info or to register.

E:communityhealthactivator@mississauga.com

T: 1.705.356.1621 ext.2216



# September

## 09/2025

CHA PROGRAMS

MONDAYS-CHAIR FIT 12PM

TUESDAYS-YOGA 10AM/PILATES; MAT  
BURN 6PM

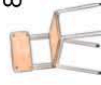
















WEDNESDAY-HIKE CLUB 12PM

THURSDAYS-YOGA 10AM/ HEATED YOGA  
6PM

SEPTEMBER 18<sup>TH</sup>, 6PM  
POUR & RESTORE YOGA EVENT

REGISTRATION IS NEEDED!

E:JMORNINGSTAR@MISSISSAUGI.COM  
T:705.356.1621 EXT. 2216

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8 	9  pilates	10 	11  11 	12	13
14	15 	16  pilates	17 	18  18 	19	20
21	22 	23  pilates	24 	25  25 	26	27
28	29 	30  pilates	1	2	3	4



The background of the entire poster is a warm, light beige color. It is decorated with various autumn-themed illustrations. At the top, there are several large, stylized leaves in shades of orange, red, and yellow. In the bottom section, there are three pumpkins with orange and green skin, and more autumn leaves and berries. The text is arranged in a clear, hierarchical manner, with the title at the top, followed by the challenge details, and the sign-up information on the left.

# "Step Into Fall" Health Challenge

Every Step Counts: Walk Your  
Way to Wellness!

**SIGN UP  
WITH  
BLAYR**

**STARTING SEPTEMBER 8 UNTIL  
NOVEMBER 30:  
FALL QUARTER WALKING  
CHALLENGE**

- BI-WEEKLY DRAWS
- MONTHLY GATHERING
- GRAND PRIZE

**CONTACT:**

**COMMUNITY HEALTH REPRESENTATIVE  
[CHR@MISSISSAUGI.COM](mailto:CHR@MISSISSAUGI.COM)  
705-356-1621X2203**



# **SACRED FIRE**

## **WITH**

## **BRIAN NOOTCHTAI**

**SEPTEMBER 2025**

- **September 11, 2025**
- **September 25, 2025**

**AT THE**  
**Cultural Building**  
**Teaching Lodge**  
**(8:30AM-3:00PM)**

**FOR FURTHER INFORMATION CALL**  
**(705)356-1621, EXT.2230**



# Upcoming Full Moon Ceremony With Dana Boyer

Sunday, September 7, 2025

@

Potamac Arbour

Time: 8:00 PM– 10:00 PM

BIINAAKWE GIIZIS  
“FALLING LEAVES MOON”

## Protocols:

- Ribbon Skirt

## TO REGISTER

please call Community Wellness Coordinator

Joanne @ (705)356-1621 Ext: 2226 or email:

[Joanne.Indian@mississaugi.com](mailto:Joanne.Indian@mississaugi.com)





# FULL MOONS TEACHINGS

## AUGUST: MDAAMIIN GIIZIS CORN MOON

The ninth moon of Creation is the Corn Moon, during which time we learn about the cycle of life. Each cob of corn has thirteen rows of multicolored seeds which represent all the spirits waiting to begin their Earth Walk. These will be the future generations for whom we must prepare.

## SEPTEMBER: BIINAAKWE GIIZIS FALLING LEAVES MOON

The tenth moon of Creation is the Falling Leaves Moon, a time when Mother Earth is honored with the grandest of colors. As all of Creation makes their offerings to her, we become aware of all the miracles of Creation before us and our spiritual energies are once again awakened.

## OCTOBER: MSHKAWJI GIIZIS FREEZING MOON

The eleventh moon of Creation is the Freezing Moon, a time when the Star Nation is closest to us. As every creature being prepares for the coming fasting grounds, we are reminded to prepare ourselves for our spiritual path by learning the sacred teachings and songs that will sustain us.



# DIABETIC RETINOPATHY SCREENING

Diabetic retinopathy screening is free and important in detecting vision loss early to help prevent/treat further damage to the eye.

- ✓ September 17/2025
- ✓ All day screening
- ✓ Health Clinic

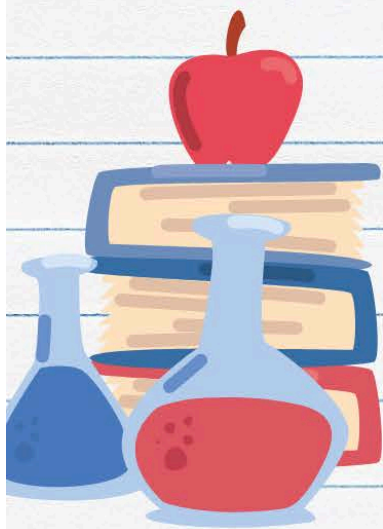
**BOOK YOUR APPOINTMENT  
BY CALLING 705-356-1621 X  
2224, LET US KNOW IF YOU  
NEED A RIDE.**

**DON'T WAIT, PROTECT  
YOUR VISION AND GET  
SCREENING TODAY!**

**YOUR  
VISION OUR  
PRIORITY**

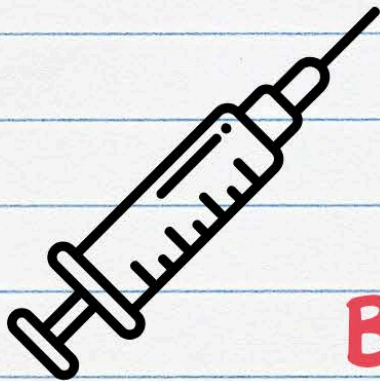






REMINDER FOR

# BACK TO SCHOOL



MISSISSAUGA  
FIRST NATION  
HEALTH OFFERS  
BACK TO SCHOOL  
VACCINES



CALL 705-356-1621  
X 2231 TO BOOK AN  
APPOINTMENT







# Weekly Walking Group

**Starting Sept. 16** for all ages

**Every Tuesday**

**11-1 pm**

**4 - 6 pm**

**at the Sports Complex Gym**

**Light snacks & drinks will be served**

- Strengthens muscles
- Controls cholesterol levels
- Regulates blood pressure
- Reduces stress
- Delays aging
- Boosts immunity
- Improves heart health
- Burns fat

To register call 705-356-1621 x 2253  
or email [healtheducator@mississauga.com](mailto:healtheducator@mississauga.com)

**NO WALKING GROUP**

**SEPT. 30**

**Truth and Reconciliation Day**

**LET US KNOW IF YOU NEED A RIDE  
BLOOD PRESSURE AND BLOOD SUGAR CHECKS AVAILABLE**



# International Overdose Awareness Day Inspirational Messages Created for Community by Community

"Live one day at a  
time"

"Play the tape   
to the end....❤️".

"You got this 

"I Love You"

"Everyday is a another chance to change!"

"I survived! You can too....  
We LOVE You"

"Stay Strong"

"Believe in yourself when no one else does.  
You are important"

"Redemption is one  
choice away 

"Act as if what you do makes a difference. It does!!"

"Just one small positive thought in the  
morning can change your whole day!"

"STRENGTH GROWS  
EVERYTHING YOU  
CHOOSE YOURSELF"

"Set back is not failure...Keep going 

"It does not matter how slow you go ,  
as long as you do Not STOP!"

"The most effective way to do it, is to do it 

"You are not alone"

"We are here to help 

"Clear Mind  
Strong Heart  
Bright Future"

"Small steps lead to  
bigger changes 

"We Believe in You 



Chi Miigwech to all who were able to  
come out and join us!!!  
Health Services Department






# September 2025



## SERVICE SCHEDULE Mississauga First Nation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 <b>LABOUR DAY OFFICE CLOSED</b>	2 NP CCC	3 NP CCC RD (virtual) DNE	4 NP (Virtual) CCC DR DEVERELL Crisis Counsellor	5 Mental Wellness Counselor	6	7
8 NP CCC	9 NP CCC	10 NP CCC RD DNE	11 NP (Virtual) CCC DR DEVERELL COHI Crisis Counsellor	12 CCC	13	14
15 CCC	16 NP CCC	17 NP CCC RD DNE	18 NP CCC Crisis Counsellor	19 CCC Mental Wellness Counselor	20	21
22 <b>FOOT CARE NP (Virtual) CCC</b> 	23 NP (Virtual) CCC	24 NP CCC RD DNE <i>Diabetic clinic today!!</i>	25 NP (Virtual) CCC Crisis Counsellor	26 CCC Mental Wellness Counselor	27	28
29 CCC	30 <b>TRUTH &amp; RECONCILIATION OFFICE CLOSED</b>					

Physician- MD  
Nurse Practitioner- NP  
Diabetes Nurse Educator- DNE  
Registered Dietician- RD  
Children's Oral Health Initiative- COHI  
**Mental Health Counsellor-- 1-844-864-0523**  
Traditional Practitioner- Trad Prac.  
Client Care Coordinator- CCC

**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.





To: All Community Members

RE: MEDICAL TRANSPORTATION

Please note that appointments must be called in as soon as possible,  
**applications are sent to NIHB for processing and approval.**

**All trips to SUDBURY, TORONTO, OTTAWA, LONDON, ESPANOLA, outside our catchment area require Prior Approval, Appointment information can be faxed to 705 356 3608.**

Please keep in mind that Specialist, Doctor's, etc ,**do not communicate with our clinic** to tell us when they make you an appointment or follow up appts.  
**IT is the Clients responsibility.**

**We will not be responsible for any last minute appointment being called in.**

Prescription pick up is not a NIHB benefit.

For those trips to Sault Ste Marie, we have a Medical van which is fully operational, **clients are to access the medical van.**

Under NO circumstances will alcohol or drugs be permitted on the medical van.

If you have any questions, please feel free to contact me @ 705 356 1621 Ext # 2201.

Thank you

Mary Ellen Morningstar

Med Trans Coord.

**MISSISSAUGA FIRST NATION**





Indigenous Services  
Canada

Services aux  
Autochtones Canada

## NIHB Medical Transportation and Specialist Referral Form

### Client Information

Last Name:		Given Name:	
Registration Number: (10 digit status number or Inuit Identification Number)	Date of Birth: (Year/Month/Day)	Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>	
Current address: (Street Number and street name if not available mailing address)			
City:	Province:	Postal Code:	Phone: ( )

### Referral Information (Must be filled out by the referring Medical Professional)

Referring Medical Professional Name:	Date seen by Medical Professional:
Phone: ( )	Fax: ( )

### Referred to (Must be filled out by the referring Medical Professional)

Specialist Name:	Specialty/Department:
Specialist e-mail:	Sub-Specialty (If applicable):
Specialist Phone: ( )	Specialist Fax: ( )
Apt. Clinic Department/Hospital/Location:	Date: Time:

☐ I certify that this is the closest appropriate provider, given the specialty/sub-specialty required.

Initials of referring medical professional:

### Appointment Information

Priority (used to prioritize the review and triage of referral)

☐ Emergent (1-2 Days) ☐ ORNGE ☐ Urgent (3-7 Days) ☐ Semi-Urgent (8-14 Days) ☐ Routine Weeks Months

Appointment Type: ☐ Initial ☐ Follow-up ☐ Ontario Telemedicine (OTN) ☐ Surgery ☐ Procedure/Test

Note: The Consultant/Specialist may need to order additional diagnostic tests prior to the initial consultation and may need to schedule follow-up appointments, tests and procedures and/or may refer the patient to another specialist/consultant in response to this referral.

### Escort Information (Must be filled out by the referring Medical Professional)

Escort Name (if known):

date of birth required

Documentation of appointment information: **Is required**

Dr, s name date of appointment and time.

\*If escort is required- need name and date of birth of that person.

A letter may also be needed stating escort is required.

**ONLY 1 escort**

**Please send information in ASAP as it takes time for NIHB to complete.**



## **Non Insured Health Benefits Program**

Inquires:

**1 877 779 7749                      follow prompts**

Assistance for Medical travel is now available 24 hours a day, 7 days a week for REGISTERED First Nations people.

Help with meals, accommodations and travel is available

**Call 1 866 885 3933 for medical transportation assistance at night and on weekends**

**MISSISSAUGA FIRST NATION**



## **NOTICE**

### **HEALTH SERVICES DEPARTMENT WOULD LIKE TO WELCOME SARAH BARNES – LOCAL PART-TIME MEDICAL TRANSPORTATION DRIVER**

Sarah Barnes-Meek will be available from Monday to Thursday 9:00 AM until 3:00 PM. She provides transportation for local medical appointments to and from health facilities either in Blind River or Mississauga First Nation. Call 705-356-1621 ext. 2201 if you require transportation.

Sarah will also be working with health staff to provide transportation if needed to programming activities that they like to participate in. **Please remember to call Health staff to have your name is put on the list for transportation.**

Sarah can be reached at the following:  
Email: [lmtdriver@mississaugi.com](mailto:lmtdriver@mississaugi.com)