

NIIGAANIIN

Client and Community Newsletter

January 26, 2023



REGULAR HOURS

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

OW CLIENTS

CHEQUE DAY

February 1, 2023

IMPORTANT

ONGOING ISSUES WITH PHONES
IF YOU CALL AND CAN'T GET THROUGH
EMAIL US!

STACEY- niigaaniinreception@mississaugi.com

DARRELL- darryl@mississaugi.com

HELEN- helen@mississaugi.com

ROBERT- robertmorningstar@mississaugi.com

CHEYENNE- lmicoordinator@mississaugi.com - EXT

2355

FAX# 705 356 0728

Anishnawbek Ehnkijik

Coordinator

Chastity Morningstar

1 705 806 4807

Email - chastity@Niiqaaniin.com

OW CLIENTS

If you had income over \$500 you have a T5 ready

for pick up or will be mailed out

Call Stacey 705 356 1621 Ext 2351

IMPORTANT

HAVE YOU DONE YOUR LABOUR MARKET SURVEY?

CAN BE DONE BY

EMAIL: PHONE OR IN PERSON

LMI COORDINATOR—CHEYENNE CORBIERE

705 356-1621 EXT 2355

EMAIL- LMICOORDINATOR@MISSISSAUGI.COM

NEVER STOP LEARNING BEACUASE

LIFE NEVER STOPS TEACHING

Announcements

T5'S ARE READY PICK UP

ODSP FN WORKER

ROBERT GILBRAITH

1-800-825-7593 EXT 216 - FAX 705-253-2090

Mississauga First Nations

LOCAL AREA - JOB OPPORTUNITIES		
Position	Employer/Location	Closing date
Various positions available	Mississauga FN	until filled
Various Positions Available	Garden River FN	until filled
Various Positions Available	Serpant River FN	until filled
Various Positions Available	Sagamok FN	until filled
Various Positions Available	NOG/Various locations	until filled
Medical Transportation Driver	Northshore Health Network/Blind River	until filled
Meat Cutter/Deli	Value Mart/Blind River	Jan.31, 2023
Team Member	Tim Hortons/Blind River	Jan.31, 2023
Fundraiser	NSHN/Blind River	Jan.31, 2023
RN and RPN	NSHN/Blind River	Jan.31, 2023
Family Support Worker	Algoma Public Health/Blind River	Jan.31, 2023
Public Health Nurse	Algoma Public Health/Blind River	Jan.31, 2023
Clerical Full time	Algoma Public Health/Blind River	Jan.31, 2023
Meatcutter	Value Mart/Blind River	Jan.31, 2023
Child and Youth Counselor	NOG/Sudbury	Feb.3, 2023
Clinical Intake Case mgmt Worker – NOG/Sudbury		Feb.3, 2023
Case Worker(ODSP)	Niigaaniin/Robinson Huron Treaty Area	Feb.3, 2023

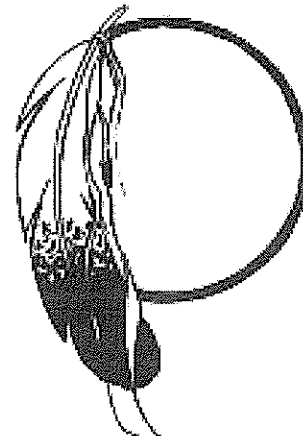
Other Websites for job postings: Indeed; LinkedIn; Google jobs; Job-Bank.gc.ca; employment solutions

Also: Gas Attendants / 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 ***

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

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





I.L.M.I

Indigenous Labour Market Initiative

Complete the survey for a chance to win a 55"
Smart TV!

MFN Band members who have already completed
the survey will also be
entered.

Draw Date: February 14, 2023

Win Me!

55" Smart TV!

Contact Cheyenne Corbiere:

Email: lmicoordinator@mississaugi.com

Facebook: [facebook.com/ILMIMFN](https://www.facebook.com/ILMIMFN)

Telephone: (705) 356-1621 ext. 2355





Position: Front Line Worker

Salary: \$19.70 hourly

Hours of Work: As needed

Circulation Level: Level I

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 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 P0R1B0
Attention: Human Resources Department
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
Deadline: January 27, 2023

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



Position: Maintenance Custodian

Salary: \$23,900–\$27,800

Hours of Work: 25 hrs (Part-time)

Circulation Level: Level I

Accountability: Women's Shelter Manager

Employment Status: 2 years contract

Preferences: MFN Band Members

The Maintenance Custodian will perform the following duties:

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

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

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

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

P.O. Box 1299 Blind River, Ontario P0R1B0

Attention: Human Resources Department Marked: **CONFIDENTIAL**

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

Deadline: January 27, 2023

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



Position: After School Program Coordinator

Salary: \$40,718 – \$44,245

Hours of Work: 32 hrs

Circulation Level: Level I

Accountability: Social Services Manager

Employment Status: Maternity Coverage (19 months)

Preferences: MFN Band Members

The After School Program Coordinator will:

- Develop and coordinate the Programs according to funding guidelines and proposal submission
- Coordinate internal and external resources to assist in the delivery of programs and activities
- Purchase program supplies including healthy snacks
- Participate in team meetings and activities to develop working relationships and joint programming
- Develop programs to increase physical activity, to assist students with homework completion, deliver nutritional seminars and promote personal health and wellness with identification of personal goals
- Develop, coordinate, and manage the program registration process
- Prepare, plan, coordinate and lead workshops and training sessions
- Monitor the After School and Right to Play Program budgets to ensure fiscal responsibility
- Prepare cheque requisitions and purchase orders for approval in accordance with the finance policy
- Prepare and submit all financial reports to any agency providing funding support as required
- Responsible to ensure satisfactory completion of administrative tasks as required.
- Responsible for attending to correspondence, preparing briefing notes and reports as required.
- Prepare an annual work plan and monthly report based on the work plan.
- Establish work priorities, delegate work to staff and ensure deadlines are met and procedures are followed.
- Develop and maintain record keeping system for the program.
- Develop and implement evaluation tools to evaluate the program on a regular basis
- Ensure the Program site buildings are neat, organized, and safe for program delivery
- Secure the cooperation of program staff in the development & maintenance of a cooperative team approach
- Act as a liaison with staff, staff/parents, and students/staff
- Supervise, monitor, coach and direct all program staff
- Ensure time sheets and other appropriate forms are submitted as required
- Evaluate staff upon completion of program and/or on an annual basis

The After School Program Coordinator will possess the following education, experience, and skill qualifications:

- Completion of Post-Secondary Education in the Social Services Field (i.e., Social Work, Community or Social Service Worker, Child and Youth Worker etc.). 3-year relevant experience
- Minimum of three (3) years of experience in working with children and youth
- Previous experience supervising staff, experience writing reports and preparing work plans
- Must provide a clear Vulnerable Sector Check from the Canadian Police Information Center (CPIC)
- Must have First Aid and CPR Certification
- Must be able to work flexible hours including evening and weekend hours
- Must have Class 'G' Ontario Driver's License, access to a vehicle and be able to travel
- Knowledge of Canada's Food Guide
- Knowledge and understanding of Indigenous culture and traditions

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 P0R1B0
Attention: Human Resources Department
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississauga.com **FAX:** 705-356-1740
Deadline: February 2, 2023

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



Position: Treatment Resources Project Coordinator

Salary: \$43,696 - \$47,324

Hours of Work: 32 hrs

Circulation Level: Level I

Accountability: Health Services Manager

Employment Status: 1-year Full Time Contract

Preferences: MFN Band Members

The **Treatment Resources Project Coordinator** will:

- Explore existing Indigenous and non-Indigenous public and privately funded Substance Dependency Detox/Withdrawal Management, treatment and after care programs/models within the local area and produce a detailed description report on the findings. Specify the current land-based programs and identify what Treatment facilities/programs are being planned and/or developed within the local North Shore Tribal Council Member First Nations
- Explore existing Treatment programs and facilities within the province to produce a required report.
- Work with partnered organizations and committees to access resources for community members as well as the exploration of co-development and co-management opportunities in the creation of a treatment program.
- Coordinate with the MFN Drug and Alcohol Addictions Worker to provide Community education sessions.
- Conduct a community needs assessment to the current community need and identify the gaps in treatment service
- Conduct a feasibility study to develop estimate budgets and staffing requirements along with the estimated need of the community.
- Establish the selected Treatment Program option that MFN has agreed upon and develop capital, start up and maintenance and operational budgets to implement the treatment program; include staffing requirements and job descriptions. Include a description of client and family services provided at the facility, the service delivery model and the facility's evaluation plan and tools.
- Seek out specific Indigenous federal and provincial capital and operational funding opportunities to implement the program including any proposals previously submitted by MFN
- Ensure confidentiality and safekeeping of all MFN's documents and records.
- Develop and maintain accurate, up-to-date, and concise work files.
- Ensure detailed records and statistics of all meetings related to the project are maintained.
- Prepare and submit monthly reports, attendance records and travel expense claims.
- Follow the Agency's human resources, finance and other policies and procedures in the performance of duties
- Other duties as required and assigned

The **Treatment Resources Project Coordinator** will possess the following education, experience, and skill qualifications:

- Mississauga First Nation Band Member or a person of Aboriginal decent is preferred
- Formal education and/or experience in Social Services
- Knowledge of Microsoft Office Suite software programs
- Experience working with Aboriginal people, public organizations, and communities
- Proven ability to establish and maintain respectful relationships with co-workers and the public
- Knowledge of First Nation programs and services and operating regulations
- Knowledge and understanding of Mississauga First Nation, traditional territories, and aboriginal traditions & culture
- Excellent communication, motivation, leadership, and interpersonal skills.
- Must provide or ability to obtain a valid Class "G" Ontario Driver's License
- Must be able to work flexible hours

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 P0R1B0
Attention: Human Resources Department
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
Deadline: February 6, 2023

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



Position: Back-Up Receptionist
(Admin & Health Dept)

Accountability: Finance Director

Salary: \$17.50 hourly

Employment Status: Casual

Hours of Work: As needed

Preferences: MFN Band Members

Circulation Level: Level I

The Back-Up Receptionist will:

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

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

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


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 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 P0R1B0
Attention: Human Resources Clerk
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
Deadline: Until position is filled

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


A Special

THANK

 YOU ALL

To our family, friends
and especially to our
Community

for your prayers, support
and the many plate
donations made for our
mother's final feast.

Mary, Jerry & Bev



**LITTLE NHL -
PLAYER
CALL OUT**

**FOR MISSISSAUGA FIRST
NATION COMMUNITY MEMBERS**



IF YOUR CHILD IS ATTENDING LITTLE NHL FOR A MFN
TEAM OR REPRESENTING ANOTHER COMMUNITY PLEASE
CONTACT JADE FOX FOR GROUP APPLICATION
INFORMATION

Jade Fox
jordansprinciplecoordinator@mississaugi.com
705 356 1621 ext 2357

NISOONAG PARTNERSHIP

Newsletter

JANUARY 2023

ISSUE 6

More Inside This Issue

01 Initiative Overview
Research Update

02 Student Working Sessions
Upcoming Activities
Nisoonag Logo Contest

For more information, please contact your community coordinator!

Serpent River:

Lezah Flynn at 705.227.7565 -
nisoona@serpentrivern.com

Mississauga:

Crystal Chiblow at 705.261.4500 -
crystalchiblow@mississaugi.com

Sagamok:

Rhea Assinewe at 705.261.1308 -
nisoona@sagamok.ca

Initiative Overview

The Bringing Home Our Children initiative is being undertaken by the Nisoonag Partnership, representing Serpent River First Nation, Sagamok Anishnawbek, and Mississauga First Nation. This initiative is being led independently by the three nations and is unrelated to other Survivors projects. The key purposes of Nisoonag's Bringing Home Our Children are to identify unmarked remains and to uncover the truth of the Boys' and Girls' Spanish Residential Schools.

Research Updates

The Nisoonag research team is continuing to collect archival material for the Spanish Residential Schools. They have begun processing, reviewing, and organizing archives from various repositories. The team is grateful to learn from and collaborate with the former students at the Student Working Session.

At the previous Student Working Session, a descendant of a former student shared photographs and textual documents from their relatives' time at the school. The research team was able to scan and photograph these items and add them to the Nisoonag archival database. One item shared was the "Club Star" newsletter which circulated around Garnier College in the 1950's. This document was in excellent condition and provided information on the Garnier hockey team!

The research team invites former students and their family members to continue sharing photographs and documents.

We are happy to scan these items and will return them to you on the same day! These archival materials help us to learn more about student's experiences at the school and add to the archival database the initiative is building. If you're interested in getting involved with the research, please connect with your community coordinator!



Newsletter made in partnership between:



SAGAMOK
ANISHNAWBEK



Initiative Updates

Student Working Sessions

Healing Pathway Working Session - Sagamok

The Students held their first working session in November to begin developing their pathway to healing. This pathway will serve as a guide for how the work on the Initiative and beyond will be undertaken to foster and create space for healing for the Students and their families. Student working sessions will occur every month to bring together the Students from each community to support connection and sharing between the communities.



Ceremonial Pathway Working Session - Serpent River

The second Student Working Session took place in Serpent River in December. The students began developing their pathway for ceremonies. The Ceremonial Pathway will inform what the ceremonial needs of the initiative are, what ceremonies need to take place and when these ceremonies need to occur. There were some excellent conversations and thoughts put forth at the session and discussions are ongoing. Student working sessions occur every month to bring together the students from each community to support connection and sharing between the partnership communities.



Upcoming Activities



- 01 Student Working Session #3
in Mississauga - January
- 02 Student Working Session #4
in Sagamok - February
- 03 Student Working Session #5
in Serpent River - March
- 04 Ongoing Healing Activities
and a Retreat

Please call the **National Residential School Crisis Line** at **1-866-925-4419** if you or someone you know is feeling distressed.



MFN Restorative Justice Program

MORE ABOUT OUR JUSTICE CIRCLE

Our Justice Circle is for **lesser potential criminal charges** called “**Summary Offences**”. We **cannot** handle more **serious cases** called “**Indictable Offenses**” that may result in harsher penalties.

Also, our program is **voluntary**, and the applicant (offender) must be willing to **acknowledge the hurt** that they have caused. It is not a trial. If someone believes they are innocent then this is not for them.

The Restorative Justice Program **promotes empathy** and working together to find meaningful ways to healing and wellness for all.

WHAT IS SPECIAL ABOUT OUR PROGRAM?

Last week we talked about how our program incorporates the **Seven Grandfather Teachings** right into the delivery of the program. Another culturally appropriate component is the Final Agreement called the **Healing & Wellness Plan**. We use the Medicine Wheel’s **4 pillars of good health**: 1) mental health, 2) emotional health, 3) physical health, and 4) spiritual health.

For the remaining 6 Weeks, we will provide a **short version** of one of the Seven Grandfather Teachings. Keep watching for them! They are great guides for all of us.

THE SEVEN GRANDFATHER TEACHINGS

Humility (Dbaadendiziwin) **Bravery** (Aakwa’ode’ewin) **Honesty** (Gwekwaadziwin)

Wisdom (Nbwaakaawin) **Truth** (Debwewin) **Respect** (Mnaadendimowin)

Love (Zaagidwin)

Last week’s was Humility.

2. BRAVERY- Bravery is represented by the bear. The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival and play. To face life with courage is to know bravery. Find your inner strength to face the difficulties of life and the courage to be yourself. Defend what you believe in and what is right for your community, family, and self. Make positive choices and have conviction in your decisions. Face your fears to allow yourself to live your life.

WATCH FOR NEXT WEEK’S SHORT TEACHING ON HONESTY!



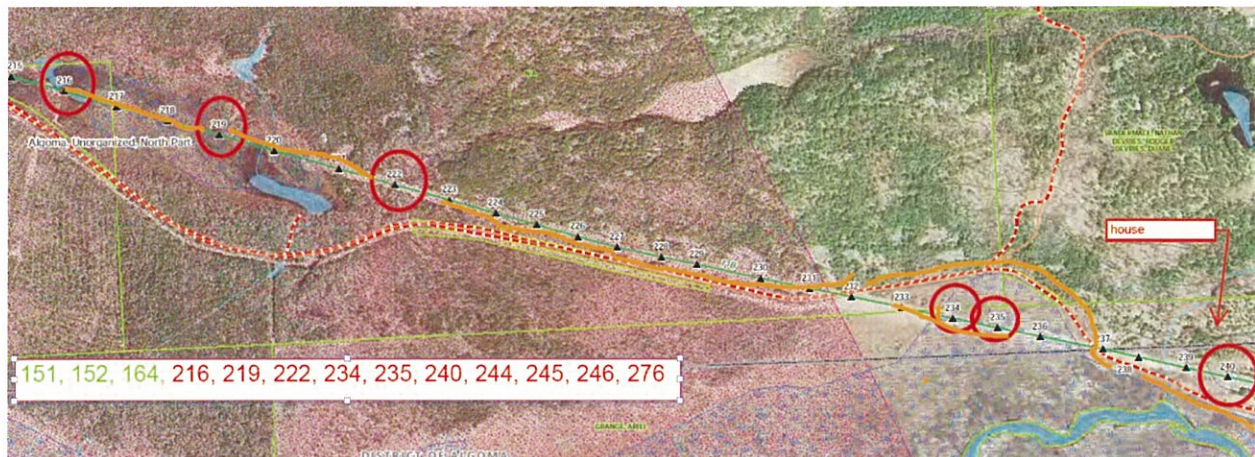
Attention Mississauga First Nation Community Members

Please be advised that there will be transport trucks traveling through Mississauga First Nation to deliver hydro poles. Hydro One Networks Inc. will be performing wood pole replacement work on the existing T1B 115 kV transmission line poles (structures 216, 219, 222, 234, 235, 240, 244, 245, 246, 276) during the winter located within the Mississauga First Nation Lands under their Land Code Permit.

Hydro One staff will block the areas required prior to the start of work to ensure community members safety

All areas will be remediated and left in a clean and respectful state. Any damage to fencing or any other piece of personal property that was a direct result of the work will be repaired and or replaced if required. All gates that are closed prior to entry will be always closed behind staff during their work and upon leaving the site.

Please refer to the map below for work site location.



If you have any questions or concerns, please contact the Lands and Resources Department at 705-356-1621 or email keith@mississaugi.com



Several current eye witness accounts have made it abundantly clear that we have predatory wildlife entering into our MFN community at night.

There are several family units of Coyotes in and around our community and are ranging into our community looking for quick easy meals. (Cats and small wandering dogs) as well as the natural food sources in squirrels and rabbits and birds.

In an effort to hinder the coyote's ability to associate our community with sources of food, MFN Bylaw officer Scott Richer is requesting the following measures to protect your family and beloved pets from the Coyote's insatiable appetite.

Keep small pets

- Indoors or in their enclosures
- Under your direct supervision outdoors

If a coyote is near:

- Pick up small children and pets
- Never run from or turn your back on a coyote/domestic dog
- Wave your arms above your head
- Be BIG and LOUD! Yell "Go away!"
- Slowly back away
- Use hazing techniques such as shaking car keys, popping an umbrella, throwing an object in the direction of the coyote.
- Always be prepared and aware of your surroundings when enjoying the outdoors. Be a good visitor "leave no trace". Carry out leftover food, garbage and dog feces.



WINTERTIME FOR DOGS, MEANS IF IT'S TOO COLD FOR YOU.

IT'S TOO COLD FOR THEM!!!

PLEASE BRING IN YOUR FURRY FRIENDS FOR THE WINTER.

JUST A FRIENDLY REMINDER TO PROTECT THEM, LIKE THEY PROTECT YOU.

IF YOU NEED ASSISTANCE OF ANY KIND WITH YOUR PETS THIS WINTER?

PLEASE CALL

SCOTT RICHER

YOUR FRIENDLY NEIGHBORHOOD BYLAW OFFICER

@- 705 356 1621 EXT #2259

Suspect Stroke? Minutes Matter!

Do not delay access to stroke care. Recognize FAST.

These simple letters can help you recognize the SUDDEN signs of a stroke and get help right away.



F

FACE

Is it drooping to one side?

Ask the person to smile.

Is the person's smile uneven?



A

ARM

Is one arm weak?

Ask the person to raise both arms.

Does one arm drift downward?



S

SPEECH

Is speech slurred?

Ask the person to repeat a simple sentence, like "The sky is blue."

Is the sentence repeated correctly?



T

TIME

If someone shows any of these symptoms, even if the symptoms go away, call **9-1-1** or your local emergency number.

WERE BACK!

**SENIORS
WALKING
GROUP**

TUESDAY JAN. 31ST

11:00-12:00

SPORTS COMPLEX

LIGHT SNACKS PROVIDED

BRING YOUR WATER

TO REGISTER CONTACT CHELSEA

AT 356-1621 EXT. 2203

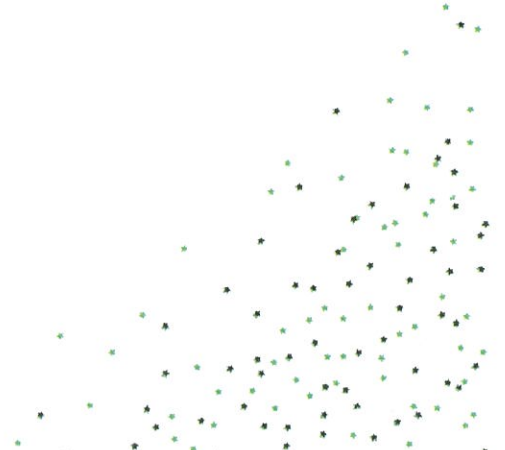


FOOTCARE



February 3 , 2023
RED PINE LODGE
9:00 - 4:00 P.M.

PLEASE CONTACT CHELSEA TO
BOOK AT 705-356-1621 EXT. 2203





ESSENTIAL
OIL YOGA
WORKSHOP

MONDAY FEB. 6TH

7:00-8:30

UPSTAIRS OF SPORTS COMPLEX

CLASS IS 90 MINUTES

DIFFERENT ESSENTIAL OILS USED WITH YOGA

INCORPORATED LEAD BY NADIA CARRIÈRE

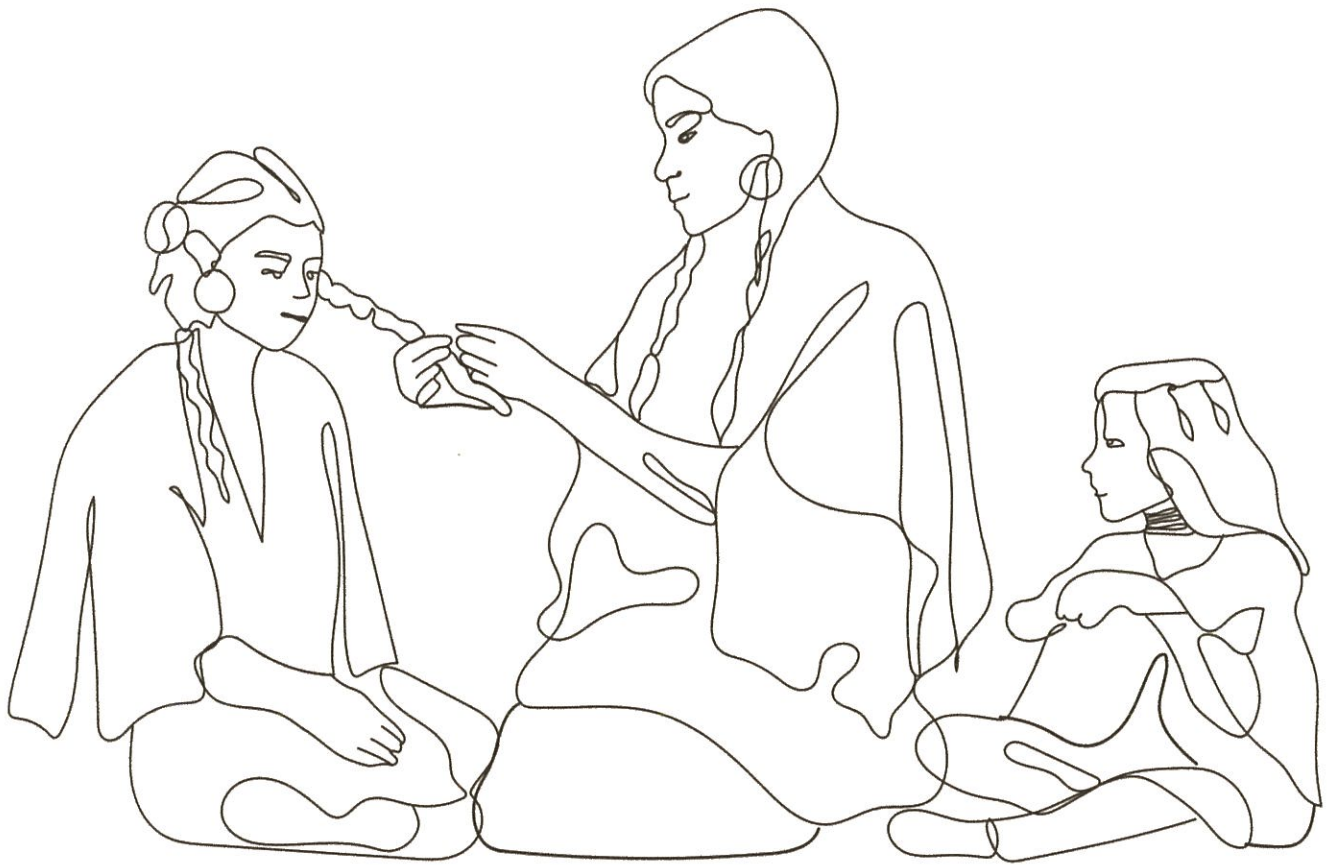
ALL LEVELS WELCOMED

CONTACT CHELSEA FOR MORE INFORMATION

356-1621 EXT. 2203

Mississauga First Nation
Family Resource Coordinator

*Womens traditional well
being*

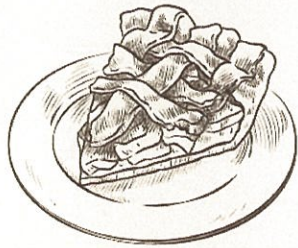


Women's traditional roles and
responsibilities

Feb. 6th 2023
11:00-1:00
Child & Youth
Building

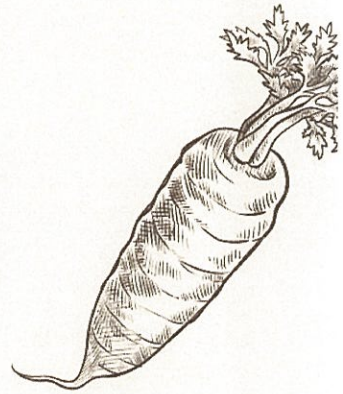
ALL WOMEN WELCOME - LUNCH PROVIDED
to participate email - christine@mississaugi.com

MISSISSAUGA FIRST NATION
FAMILY RESOURCE COORDINATOR
HEALTH EDUCATOR



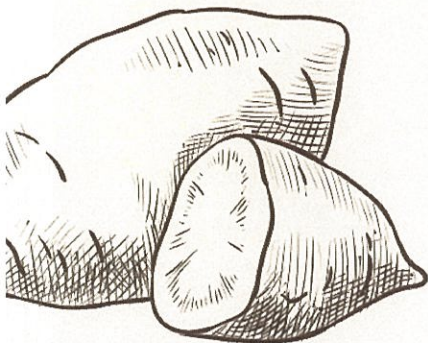
Traditional Cooking with an Elder

MOOSE STEW AND SCONE
WHEN : FEBRUARY 14TH, 2023
11AM - 1PM
WHERE : CHILD
AND YOUTH BUILDING



Register by Email - christine@mississaugi.com

For families with children 0 - 6 years



Mississauga First Nation
Family Resource Coordinator



MONTHLY WELL BABY

Lunch and Learn

Topic : Breastfeeding & Breast Care

Date : February 16th, 2023

Time : 12PM-1PM

Location : Child and Youth Building

**Facilitated by : CHN, Krysta Sawyer and
Health Educator, Sheri MacLeod**



Join us for Lunch, Learning and a Draw!



Family Resource Coordinator



Winter sewing

RIBBON SKIRTS & VESTS

0-6 years

Winter is a great time to start regalias for the upcoming powwows. We have some material at the centre but you may bring your own as well. We will keep the groups small so that your projects are completed.

Starting February 27
6-9 PM

To participate email:
christine@mississauga.com



YOUTH 12+

**BLIND RIVER BEAVERS VS.
ESPANOLA PAPER KINGS
HOME GAME**

**JANUARY 28TH 2023- BLIND RIVER
COMMUNITY CENTER
7:00PM**

YOUTH WILL REQUIRE THEIR OWN TRANSPORTATION TO &
FROM GAME

CONTACT PATRICIANIGANOBE@MISSISSAUGI.COM OR
PHONE: 705-356-1621 EXT 2229 TO REGISTER.

YOUTH MUST REGISTER FOR THIS PARTICULAR PROGRAM
THANK YOU-MIIGWETCH

YOUTH COORDINATOR

BUTI YOGA



JANUARY 31ST 2023

6PM-7PM

FACILITATED BY CHELSEA GRIMARD

TO REGISTER CONTACT PATRICIA NIGANOBE
@ PATRICIANIGANOBE@MISSISSAUGI.COM
PHONE: 705-356-1621 EXT 2229

**Youth
Coordinator**

Youth ages 12+



**Face Scrubs
and Bath
Bombs with
Linda Vincent**

February 1st 2023

6:00pm-7:30pm

**Sports Complex
(Upstairs)**

Limit of 10 spots only

**Participants must register for this
program by January 30th**

**To register, email PatriciaNiganobe@mississauga.com
or phone: 705-356-1621 ext 2229**



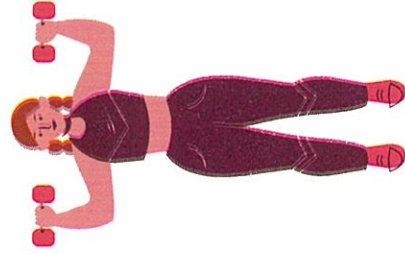


YOUTH COORDINATOR
YOUTH 12+

WORK-OUT WENDESDEAYS

4:30PM-5:30PM

FEBRUARY 8TH, 15TH, 22ND
IN-MOTION FITNESS CENTER



PLEASE NOTE PERMISSION FORMS AND WAIVERS NEED TO BE SIGNED BY YOUTH/CAREGIVERS BEFORE ENTERING IN MOTION FITNESS CENTER- MIIGWETCH!



YOUTH PROGRAM PRESENTS:

Elders Prize

Bingo!

February 11th 2023

MFN COMMUNITY HALL

11am-1pm

MFN YOUTH WOULD LIKE TO INVITE OUR ELDERS 50+ OUT FOR A LUNCHEON PRIZE BINGO.

Youth who volunteer will receive volunteer hours. Lets connect with our elders!

Please contact PatriciaNiganobe@mississauga.com or MeaganWilson@mississauga.com to let us know if you will be attending.

OR call- 705-356-1621 ext 2229

MFN Food Security Program

Date: _____

Pick up only

Name: _____

of children _____ #of adults _____

Address: _____

Phone number: _____

Please submit your Forms by Wednesday no late submissions will be accepted

Please note that if items are not in your box, it's because we are out of stock or unable to provide it.

<p>Cereals (1 only): Cold Cereal Porridge Pancake Mix Cream of Wheat</p> <p>Breads (1 only): White Bread Brown Bread Flour</p>	<p>Meats (2 choices): Hamburger Chicken Bacon</p> <p>Canned Meats: (1 only): Tuna Salmon Chicken</p>
<p>Pasta or Rice (1 only): Macaroni Rotini Spaghetti Lasagna Rice Fettucine</p>	<p>Dairy Products (2 only): Canned milk Powder Milk Cheese slices Margarine</p>
<p>Canned Soups (3 only): Mushroom Chicken Noodle Tomato Vegetable</p>	<p>School aged children only: (2 choices) Pudding Fruit Cups Cookies</p>
<p>Other Canned Products: Kidney Beans or Tomato paste Spaghetti Sauce or Diced tomatoes Canned Chickpeas or Canned Navy Beans Tomato Paste 2.84 L Vegetarian Beans Green Beans 2.84 L or Canned vegetables</p> <p>Other Products (3 items only): White sugar Brown sugar Peanut butter Pancake syrup Coffee/Instant Coffee Tea Crackers Ketchup Mustard Crisco Lard</p> <p>Vegetable Oil (1 per month) Jam (1/once a month)</p>	<p>Hygiene Products: Toilet Paper Hand Sanitizer</p> <p>One every 3rd months: Javex All Purpose Cleaner Floor Cleaner</p>

Revised September 8, 2022



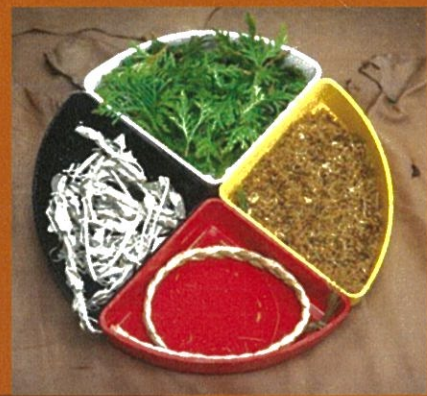
Boy's Drum Group
Thursday, Feb. 2, 2023
In the Culture building
At 5:30PM

Please contact Sky Cada
at 705-261-1370 or email
skycada@mississaugi.com

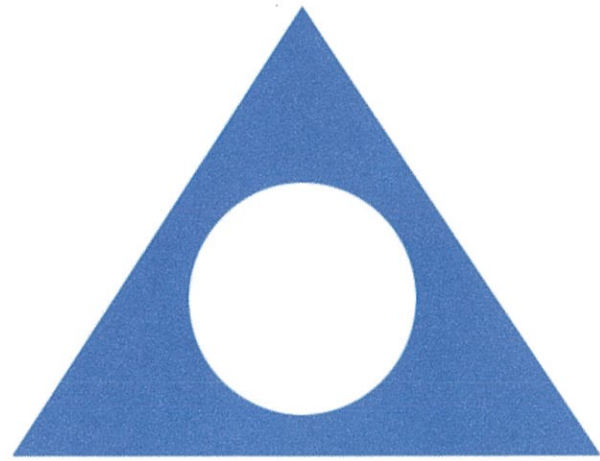
Lighting the Sacred Fire

We will be lighting the Sacred Fire for the MFN community.

Come pray, stay, talk, or just enjoy the fire. Thursday's outside the Culture building. From 9 AM to 3 PM.



For more information call Sky Cada at 705-261-1370 or email skycada@mississauga.com



AL-ANON

for families & friends of alcoholics

****Starting Again****
AL-ANON MEETING

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

Please come out and join us and find
out for yourself what Al Anon can do to
help you.

We meet on: Mondays 6:00 p.m.
At: Mississaugi First Nation's
Cultural Center
Park Road

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

We look forward to meeting you!!
Snacks and Refreshments provided



NA Meetings are happening Tuesday
at 7:00 pm in the Culture Centre.
Snacks and refreshments will be provided.
\$20 Tim Hortons Card drawn monthly.

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

For information please send email to:
skycada@mississaugi.com