

# NIIGAANIIN

Client and Community Newsletter

July 20, 2023



## SUMMER HOURS

Mon-Thurs 8:30-4:30 - Fridays 9:00-12:30

\*\*\*\*\*

## CHEQUE DAY AUGUST 1

### AANISH NAA GENAADMOWIT

AMBER NIGANOBE

(705)923-7123

[amber@niigaaniin.com](mailto:amber@niigaaniin.com)

### Services

- *Mental Health and Addictions Counselling*
- *Endayaan Endazi-takookiiyaan*
  - *Advocacy Services*
  - *Specialized Group Programs*
- *Treatment preparation & Readiness*

## OESP PROGRAM

CHECK YOUR HYDRO BILL FOR OESP EXPIRE

RENEWAL YEARLY

CALL CHRISTINA JACKPINE

705 356 1621 Ext 2236

## INFORMATION

\*\*\*\*\*

### NIIGAANIIN

SERVICE ONTARIO TRAILER HERE ON

JULY 31ST 10:30-3:30

\*\*\*\*\*

LMI COORDINATOR

KRISTEN JACKPINE

LABOUR MARKET INITIATIVE SURVEY

LMI COORDINATOR @MISSISSAUGI.COM

705 356 1621 EXT 2355

\*\*\*\*\*

### "QUOTE OF THE WEEK"

" DO OR DO NOT, THERE IS NO TRY"

\*\*\*\*\*

ODSP FN WORKER

STACEY ARMSTRONG

[Sarmstrong@niigaaniin.com](mailto:Sarmstrong@niigaaniin.com)

(705) 356 1621 - EXT 2352

FAX 705-356 0728

# Mississauga First Nations

## LOCAL AREA - JOB OPPORTUNITIES

Position	Employer/Location	Closing date
Various positions available	Mississauga FN - check community flyer	until filled
Various Positions Available	Garden River FN	until filled
Various Positions Available	Serpant River FN	until filled
Various Positions Available	Sagamok FN	until filled
Social Worker	Huron Shores Health Team	8/1/23
<del>Cashier</del>	<del>Mitchells Pharmacy</del>	<del>7/17/23</del>
Receptionist	Algoma Chrysler/Spragge	7/21/23
Cook	The Pier/Blind River	7/31/23
Child and Youth Worker Assist-	The Well	7/31/23
Crossing Guards(3)	The Town of Blind River	8/31/23
Bus Driver	AJ Bus Lines/Blind River	9/30/23
<del>Admin Support Clerk</del>	<del>MCCS/Sudbury</del>	<del>7/18/23</del>
<del>Behavioural Therapist</del>	<del>NOG/GREN/Sagamok</del>	<del>7/18/23</del>
<del>Family Well-Being Worker</del>	<del>NOG/SSM</del>	<del>7/18/23</del>
<del>Children's Support Worker</del>	<del>NOG/Sudbury</del>	<del>7/18/23</del>
<del>Case Support Coordinator</del>	<del>Mimigawbi La Place/ Sudbury</del>	<del>7/18/23</del>
Mill Operator	Equinoxgold Greenstone Mine/Geraldton	until filled

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

Also: Gas Attendants/Cashiers / Casual Parttime - Broken Canoe /ask for Jacquie

- If you are on OW or 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.





**Position:** Infrastructure Director

**Salary:** \$75,479 - \$85,779

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

**Circulation Level:** Level I

**Accountability:** Director of Operations

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

**Preferences:** MFN Band Members

**The Infrastructure Director will:**

Plan, direct, administer, organize and evaluate all operating divisions of the Public Works Department to ensure quality delivery of public services in a safe, reliable and efficient manner; Provide technical direction and assistance in construction and maintenance of roads, bridges, culverts, drainage, garbage collection, streetlights, water works, housing projects, fire department and building maintenance and equipment; Ensure maintenance of roads and water systems on Mississauga First Nation and conduct other maintenance duties as required; Manage the capital assets of the First Nation.

**Program Management**

- Order materials and supplies for operations
- Prepare tenders and contracts for various public works and housing projects
- Provide on-site supervision of significant projects to ensure safety and adherence to applicable standards
- Plan, schedule and direct work activities of public works crews and maintenance employees
- Develop and maintain maintenance management schedule
- Follow and implement health & safety guidelines and ensure crews work safely
- Conduct inspections and prepare reports as required
- Develop and maintain an inventory of assets
- Review construction sites and development plans for compliance with applicable standards
- Recommend requirements for infrastructure needs and continuously evaluate and analyze service delivery
- Implement feasible, practical, and effective cost-saving service improvement programs
- Manage the overall development and implementation of Mississauga First Nation's capital plan
- Administer projects with work plans, flowcharts, and budgets
- Coordinate projects with contractors and staff

**Human Resources**

- Supervise, coach and direct department staff
- Coordinate staff team meetings and development of staff work plans
- Monitor employee performance and attendance and conduct performance reviews
- Coordinate staff development and address staff training needs including Health & Safety requirements
- Participate on Hiring Committees when applicable and ensure orientation of new staff
- Follow Personnel Policies in administration of staff issues

**Financial Management**

- Develop annual public works and housing budgets with input from department staff
- Monitor budgets and develop system to track expenses
- Follow finance policy in administration of department finances
- In collaboration with the Director of Operations, negotiate with government agencies for funding

**Policy Development and Proposal Writing**

- Develop departmental policies and procedures for approval and implementation
- Monitor policies and procedures to ensure compliance and revise them when required
- Prepare and submit proposals for funding and/or enhanced services

**Interagency Participation**

- Actively participate in local, regional or committees/groups in support of infrastructure services to MFN
- Actively participate on the Program Management Team, Finance Committee, and other internal committees
- Maintain liaison with the community to promote policies & procedures and to secure feedback on programs & services
- Responds to inquiries and investigates complaints from the public

**Administration/Reporting**

- Prepare reports, briefing notes and correspondence as required
- Prepare an annual work plan and monthly report to supervisor

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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.

- Establish work priorities, delegate work when applicable and ensure deadlines are met and procedures are followed

**Water Plant System Maintenance & Operation**

- Ensure operation of water plant on a rotating basis with other certified operators
- Ensure the collection, logging and reporting of water samples following standard operating procedures for the plant
- Ensure water system is safely treated through application of chlorination, de-chlorination and other chemicals to water system as required
- Ensure equipment is maintained and ensure scheduled maintenance checks are conducted of the water operations
- Ensure water plant is operating within required guidelines and standards
- Ensure cleanliness and safety of facilities and operations
- Respond to alarms and emergencies in the plant and troubleshoot system
- Document and log all aspects of plant operations as required
- Install and maintain water mains and fire hydrants when required
- Repair water lines and hydrants
- Conduct flushing of water lines when required

**Other Duties**

- Follow safe practices and uses appropriate Personal Protective Equipment
- Other duties as required and assigned

The **Infrastructure Director** will possess the following qualifications and knowledge:

**Minimum Education**

- Diploma or Degree in Civil Engineering or related engineering field
- Diploma or Degree in Public Administration would be an asset
- Class II Water Plant Operator Certification would be an asset

**Minimum Experience**

- Three (3) years experience managing programs, finances, and human resources
- Management experience in project development, public works, maintenance, construction, water plant operations and housing

**Knowledge Requirements**

- Knowledge of government departments/agencies dealing with First Nation infrastructure services and the applicable regulations and legislation
- Knowledge of Occupational Health & Safety legislation, standards, and best practices
- Knowledge of professional business and organizational practices and general maintenance techniques
- Knowledge of Mississauga First Nation programs and services
- Extensive knowledge of First Nation water systems, housing, roads, equipment, and infrastructure

**Other Requirements**

- Must have a Class 'G' Ontario Driver's License and be able to travel
- Must have WHMIS, First Aid and CPR Certification
- Ability to work flexible hours and be available to be on call

**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 Department  
 Marked: **CONFIDENTIAL**  
**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com) **FAX:** 705-356-1740  
**Deadline: July 25, 2023**

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

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**Position:** Mental Health Family Counsellor

**Salary:** \$58,439 – 66,410

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

**Circulation Level:** Level I

**Accountability:** Mental Health Counsellor

**Employment Status:** 2 years contract

**Preferences:** MFN Band Members

**The Mental Health Family Counsellor will perform the following duties:**

- Provide clinical assessment and counselling to clients which includes one-on-one & group counselling services of a supportive, educational and skills building nature to individuals, children, youth and families.
- Assist clients in locating and accessing services in the community that will assist in addressing their wellness related needs (physical, emotional, spiritual, mental).
- Assist in system navigation, support, and complete referrals based on individual/family needs.
- Aid in the development of treatment and safety plans as determined and signed off by the Mental Health Counsellor.
- Provide education to clients, families, significant others, and community.
- Conduct on-site risk assessment and mental status examinations.
- Review client information files on a regular basis to keep up to date with any changes.
- Support members in addressing a variety of presenting life circumstances which may include but is not limited to trauma, grief and loss, depression, anxiety, self-harm, suicidal ideation, substance use, individual & community crisis, domestic violence, stress, etc.
- Actively participate in intake and case review meetings; Attend team supervision meetings as required.
- Collect client and program information and provide reports to the Mental Health Counsellor as requested.
- Provide information and consultation to other agencies and community about mental health related issues.
- Participate in other inter-agency meetings or projects that will improve client services as directed by the Mental Health Counsellor.
- Identify gaps in resources/services, and where appropriate, assist in efforts to meet the needs.
- Facilitate community mental health promotion and education.
- Maintain up to date, accurate and confidential electronic case records and statistical data as required.
- Complete and submit all relevant reports (monthly, training, newsletter, etc.) as directed by supervisor.
- Network with external agencies that have an impact or could enhance client care or general mental health programming.

**The Mental Health Family Counsellor will possess the following qualifications, skills, experiences, and attributes:**

- Degree or Diploma related to the area of Social Work, Indigenous Services, Native Child & Family Services, Social Services Worker **and** minimum 3 years' experience in the clinical counselling setting of social work with Indigenous Children, adolescents, youth and/or families in a social services field; Previous experience working with First Nations communities.
- Valid Ontario Driver's License; First Aid and CPR Certification.
- Must provide a clear criminal reference check/vulnerable sector check (annually).
- Excellent assessment, interviewing and counselling skills.
- Experience in mental health and substance abuse areas preferred; Demonstrated experience working with concurrent disorders; Demonstrated experience working with clients who identify as LGBTQ+.

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

Mississauga First Nation Attention: Human Resources Department  
P.O. Box 1299 Blind River, Ontario P0R1B0

Marked: **CONFIDENTIAL**

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

**Deadline: July 27, 2023**

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

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

**Accountability:** Finance Director

**Salary:** \$22.55 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 direct all inquiries and persons appropriately and with courtesy.
- To receive and record all incoming and outgoing mail, open and distribute it to the appropriate staff, affix appropriate postage and ensure proper handling, photocopying of mail as needed.
- Be aware of and as required and requested to provide information about all staff employees' whereabouts.
- As needed and requested, order appropriate storage, distribution, and use of office supplies (i.e., pens, writing pads, staplers/staples, 3-hole punch) stationery and standard agency forms.
- Maintain booking schedule for Council Chambers using Outlook monitoring, community hall rental, van and bus rental, cultural center.
- Perform secretarial and clerical duties of photocopying, faxing, typing, and telephoning.
- Make travel arrangements and maintain travel itineraries for all staff, when required.
- Responsible for drafting letters and any other correspondence related to office administration.
- Ensure confidentiality and safekeeping of all the organization's records, forms, and documents.
- Assist Housing and Property Manager with receipt of rent monies when required.
- Update employee telephone and email listing for all staff and Chief and Council.
- Receive money, prepare invoices, and log payments for photocopying/ facsimile transmissions for public and forward to Finance Clerk and place in safe.
- Responsible for and maintaining Visitor Logbook; Employee Sign In / Out Daily logbook.
- Conduct themselves in a professionally appropriate manner; and any other duties are required.

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

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

**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.***

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ILMI PRESENTS

# Summer Survey Incentives

**DELUXE PARTY ISLAND - 3 PIECE COOLER BAG -  
2 TOWELS - YETI**

**LIVE DRAW WILL BE ON JULY 31, 2023. THOSE  
WHO HAVE COMPLETED AN ILMI SURVEY  
SINCE MAY 15, 2023 WILL BE ENTERED**

**CONTACT KRISTEN JACKPINE**



**ILMI COORDINATOR  
705-356-1621 EXT 2355  
Imicoordinator@mississaugi.com**

**STAY TUNED FOR NEXT MONTHS PRIZES**



## MFN GITIGAN

Our MFN gitigan team was disheartened to see on the morning of July 19th that several garden beds were damaged. Evidence would suggest mischief and vandalism rather than damage from wildlife or other factors.

We wish to remind the community that food crops produced here are donated directly to the food bank program. Our team does a lot of work to share information and engage with groups inside and outside the community. As a result of this hard work our gitigan receives a lot of positive recognition. We aim to see everyone collectively benefit from these agriculture projects.

We hope see others share the same pride in this space as our team does. If you notice activity that is potentially harmful to the space, please forward all questions, concerns or inquiries to members of the gitigan team, Matt, Danielle and Randi.

Jon Cada of the Community Economic Development Dept. is also available to answer questions.

Miigwetch,

JON CADA  
COMMUNITY E.D.O.  
MISSISSAUGA FIRST NATION  
PHONE: 705-356-1621 EXT.2223

EMAIL: [JONCADA@MISSISSAUGI.COM](mailto:JONCADA@MISSISSAUGI.COM)





Canadian Council for Aviation & Aerospace  
Employment and Career  
Opportunities



## INFO SESSION

Please Register by August 31, 2023

**Join us To  
Make Your  
Future  
BRIGHT**



12 Weeks Program of Aviation

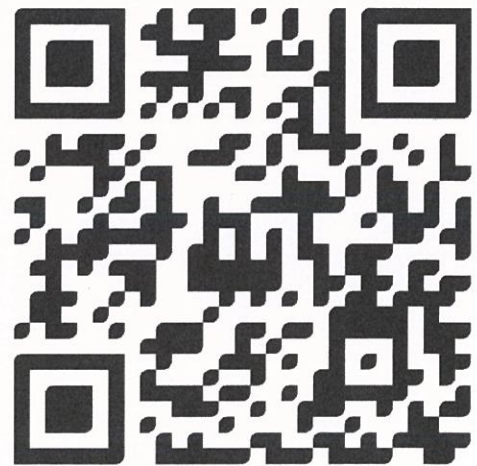
No financial burden to Trainee

Additional financial supports for Trainee



**MFN Community Hall**

September 19, 2023 1 PM -  
3PM



**Scan this  
code for  
Registration**

Just as we each have our own unique appearance, skills, and talents This module examines four different personality types and strategies for increasing you're your effectiveness and reducing your frustrations when working with others

For more information, contact [Brianneves@skycanoe.ca](mailto:Brianneves@skycanoe.ca)



IMPORTANT NOTICE FROM THE  
MEMBERSHIP OFFICE

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The Membership office is currently out of status Cards. A notice will be sent out when the office is able to issue status cards again. Sorry for any inconvenience.

The Membership office will be closed  
July 13 to August 9, 2023

As always, please phone ahead to make  
an appointment for membership  
services.

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ANYONE WISHING TO UPDATE THEIR  
CONTACT INFORMATION DURING THIS  
TIME CAN DO SO WITH CLAUDETTE BOYER

Email:  
claudetteb@mississaugi.com  
Phone:  
705-356-1621 Ext. 2206



REGISTER NOW >



# Community Alert

[HTTPS://MEMBER.EVERBRIDGE.NET/INDEX/1848833097072644](https://member.everbridge.net/index/1848833097072644)



**MAMAWESWEN**  
Emergency Management

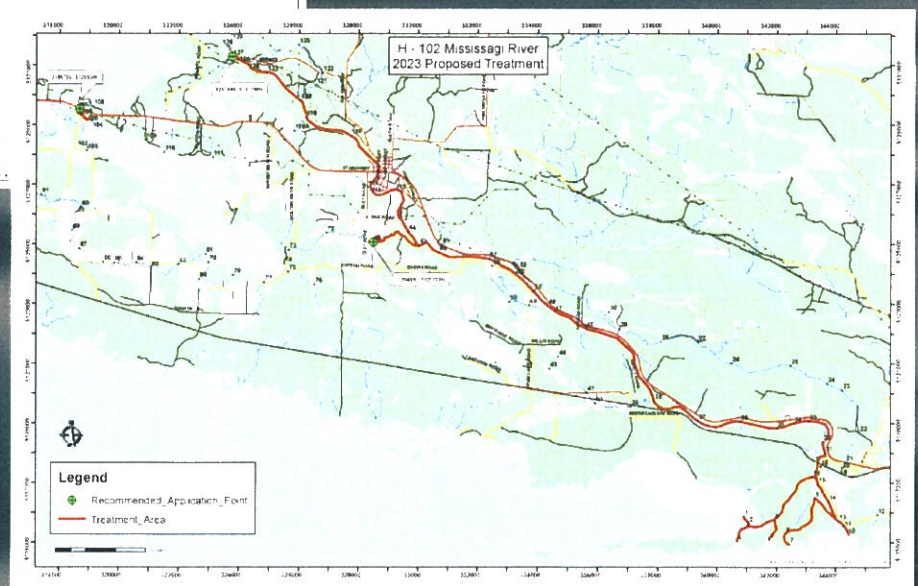
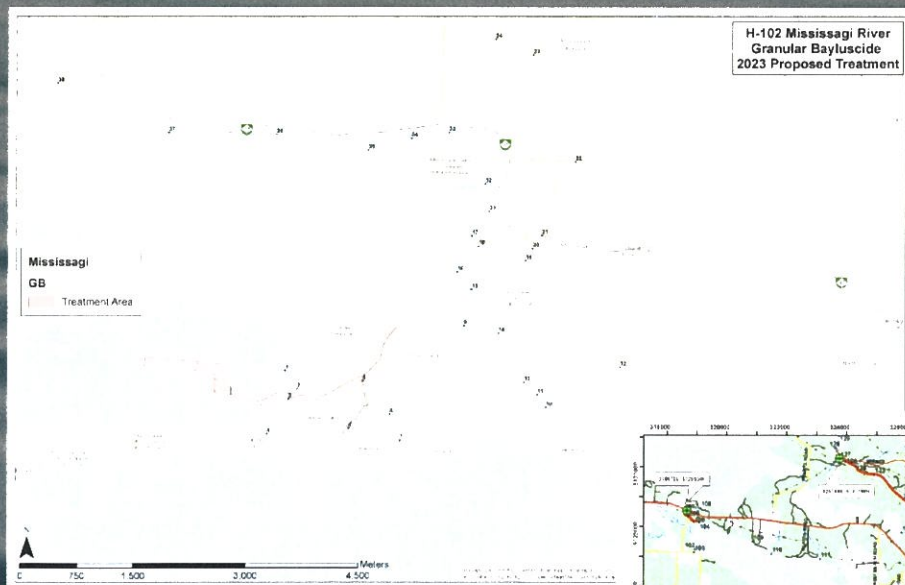
# Community Notice

Attention Mississauga Band Members

Please be advised that the Department of Fisheries and Oceans (DFO) along with Sea Lamprey Control Center (SLCC) will be partnering with Mississauga First Nation once again for Sea Lamprey Treatment within the Mississauga First Nation.

Treatment is expected to start on August 11th 2023, and should be completed on August 13th, 2023. As a precaution please avoid treated areas for 24 hours.

If there are any questions please contact the Lands and Resources Department at 705 356 1621





# Lands and Resources

## Community Notice

Lands and Resources will be reestablishing lot boundaries of recreational land use permits on Mississauga First Nation

This project will be ongoing during the spring and summer months



For more information,  
please contact Lands and  
Resources

# Grandma & Aunties

For more info call Lucy Ann Trudeau @ 705-356-1621, ext 2247, or stop by Education!

# July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						 1
2	3 BAND OFFICE CLOSED	4	5 RIBBON SKIRTS 6:00 – 9:00 pm	6 Thursday Sewcial 6:00 – 9:00	7	8
9	10 Regalia 6:00 – 9:00 pm	11 LAST CHANCE REGALIA!! 6:00 – 9:00 pm	12 Ribbon Skirts 2.0 6:00 – 9:00 pm	13 Thursday Sewcial 6:00 – 9:00	14	15 MFN POW WOW
16 MFN POW WOW	17	18 CRAFTERNOONS 2:00 PM TO 7:00 PM	19	20 Day Camp Luncheon Thursday Sewcial 6:00 – 9:00	21	22
23 Orange Shirt Pins 6:00 – 9:00	24	25	26 CRAFTERNOONS 2:00 PM TO 7:00 PM	27 Thursday Sewcial 6:00 – 9:00	28	29
30	31					

# EVENTS

## Pow Wow Ready? Regalia..

Bring your regalia in for updates, and help in design and completion. We have sewing machines and limited supplies. I encourage you to bring in your supplies and fabric.

## Thursday Sewcial

Bring your UFO's in for completion, or your projects in for help

All events in the Education Building

## Crafternoons

No time in the evening?? Join me for an afternoon of crafting... I have some supplies for beaded earrings, lanyards and dream catchers. Stop on by!!

MISSISSAUGA FIRST NATION  
FAMILY RESOURCE COORDINATOR  
HEALTH EDUCATOR

# WHAT TO EXPECT WHEN YOU'RE EXPECTING

Diaper Bag Edition

Come on out, ask questions, plan ahead  
and  
prepare your diaper bag!




WHEN : JULY 25TH, 2023

11:30AM - 1:30PM

WHERE : CHILD AND YOUTH BUILDING

To register email [christine@mississauga.com](mailto:christine@mississauga.com)  
or phone 705-356-1621 EXT 2254





Mississauga First Nation  
Family Resource Coordinator  
Early Years Worker  
Community Support Service Worker

# Children's Fishing Derby & Beach Bash

Saturday July 29 2023

10:00 AM 3:00 PM

Chiblow Lake Beach

**Scone dog lunch**







**PRIZES**

**fun**

**dance**

**eat**

All children must be accompanied by an adult







# PICKLEBALL

Intro on how to play  
& rules of game.

Wednesday July 26th  
5:30-7:30  
@ The Sports Complex

REGISTRATION IS NEEDED!

E: [COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM](mailto:COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM)

T: 705.356.1621. EXT. 2216

OR MSG OUR FACEBOOK!

# MFN Sports Complex

## Fitness classes & programs

### July 2023

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Monday's HIIT 6pm

Tuesday's yoga 10am

Thursday's Yoga 10 am /

Cycling 6 pm / Roller 7 pm

Tiny Tots! July 9th @ 12 to 2  
pm

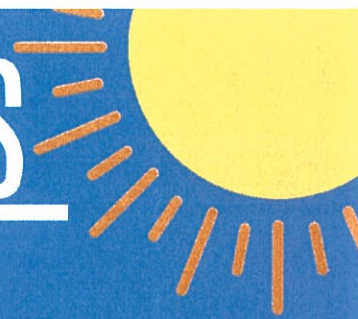
Fit Fun! July 12th & 19th @  
noon & 6 pm

Registration is need!

E: [communityhealthactivator@mississauga.ca](mailto:communityhealthactivator@mississauga.ca)

T: 705.356.1621 ext. 2216

# RPL JULY ACTIVITIES



## WEDNESDAY JULY 12TH

YOUTH & ELDERS TEA SOCIAL 1 PM  
FOLLOWED BY RPL BINGO AT 1:30PM

## THURSDAY JULY 13th

MANITOULIN ISLAND SIGHT SEEING  
10AM PICK UP- CALL TO BOOK A SEAT

## THURSDAY JULY 20th

BOWLING SAULT STE MARIE  
10am Pick up- CALL TO BOOK A SEAT

## FRIDAY JULY 28th

GARDEN RIVER BINGO  
10am Pick up- CALL TO BOOK A SEAT

## **RPL BINGOS**

Wednesday July 12th 1:30 pm

Wednesday July 26th 1:30pm

HOME & COMMUNITY CARE

# JULY

SUN MON TUE WED THU FRI SAT

**\*\*REMINDER\*\***

A MIN of 5 people are required for out of town trips

RPL 705-356-5578

1

2	3	4	5	6	7	8
	CANADA DAY OFFICE CLOSED		Espo Swim/Shop 10am Supper & Learn 5pm-7pm RPL			
9	10	11	12	13	14	15
			RPL BINGO 1:30pm	Manitoulin Island Sight seeing 10am		MFN POW WOW
16	17	18	19	20	21	22
MFN POW WOW				Bowling SSM 10am		
23	24	25	26	27	28	29
			RPL BINGO 1:30pm		Garden River Bingo 10am	

**JAYS CARE FOUNDATION INDIGENOUS  
ROOKIE LEAGUE**

# **Home Game**

# **MFN vs. Attik**

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**Thursday July 27th**

**6:00 start**

**JRs- Old Field**

**SRs- New field**

**Come Cheer on our kids of MFN. The more fans cheering, the more points they receive.**

Any questions please contact Chelsea at  
705-356-1621 ext. 2203 or email  
[chelseagrimard@mississauga.com](mailto:chelseagrimard@mississauga.com)



# HEALTH SERVICES DIRECTOR

Annie Community, I would like to take this time to introduce myself. My name is Yvonne Lafreniere, but most of you know me as Bonnie (nee Jackpine). I am hired as the new Health Services Director for our First Nation, and my first day was July 10, 2023.



## ABOUT ME

My most recent employment was with Naadmaadwiiuk, the North Shore Tribal Council as the Employment Development Officer for Atikameksheng Anishnawbek. My past employment positions with MFN were the Women's Shelter Manager, the Home & Community Care Coordinator, and the Parent Resource Coordinator. I have also worked in the Serpent River First Nation as their Long-Term Care Administrator and lastly, worked for the Algoma Sexual Assault Services as the Native Services Worker. I bring with me 17 years of experience as a manager and supervisor and 22 years working directly with First Nation communities.

I am married to Michel Lafreniere, and we have 3 sons, Jessie, Bailey, and MJ. We have one little grandson; Jessie, who is loved tremendously. We moved back home more than 30 years ago to be closer to my family and be home. We spend our time with our boys and in the summer at Chiblow Lake Lodge where we camp. In the winter, we enjoy hockey and our favorite players in the past and to this day is our sons. We both come from large families and have large extended families. Our family means the world to us, and we put our family first and try to be a great supporter for our children, and lead by example for them.

I look forward to working with our great team of Health Services staff that deliver services to the community and continue the collaboration of services with the Social Services staff and program Management.

I am excited to be working back in the community and with the various departments within the Mississauga First Nation.

Miigwech,  
Yvonne (Bonnie), Health Services Director,

Telephone: (705)356-1621 Ext 2227      Email: [hsdirector@mississaugi.com](mailto:hsdirector@mississaugi.com)





## **Message from the Community Health Nurse**

I will be on holiday starting July 25th  
and returning to the office August  
8th/2023

My office hours are Tuesday to  
Thursday from 9:00 am to 4:30 pm

Call to book your appointments at  
705-356-1621 x 2231



MISSISSAUGA FIRST NATION  
HEALTH SERVICES

# BACK TO SCHOOL IMMUNIZATIONS

Algoma Public Health (APH) would like to remind parents that children attending school in the 2023/2024 academic year need to meet the immunization requirements listed in the Immunization of School Pupil's Act (ISPA). Ontario's ISPA requires that all children and adolescents under the age of 18, attending elementary or secondary school be immunized with Ontario's required vaccines or have a valid immunization exemption on file with Algoma Public Health. Maintaining a high level of immunization in schools is critical to protect children from serious infectious diseases.

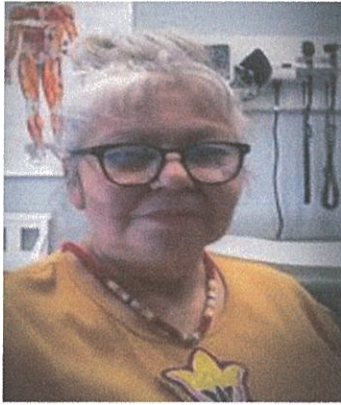
Algoma Public Health will be sending a letter to parents and guardians of children who may be missing immunizations or who have not updated Algoma Public Health with current vaccine records.

MFN Health Clinic will be hosting two Back-to-School Immunization dates  
August 17th, 2023 and August 24th, 2023

*Contact Sheri MacLeod, 705-356-1621 ext 2253 or Krysta Sawyer, 705-356-1621 ext 2231  
to book your child's immunization appointment*







Patricia Toulouse is an Ojibwe Mother and Grandmother of Sagamok Anishnawbek. A graduate in Human Services, practices Earth Medicines, and treats ailments by individual symptoms. A Traditional Medicine Practitioner for Maamwesying works with the communities of the North Shore, which include Thessalon, Sault Indian Friendship Center, Garden River, Batchewana, Mississauga, Serpent River, Sagamok and Atikameksheng First Nations to provide a Traditional Approach to medicine for Community Members. This focuses on your overall Health & Wellness or your health issues. Please stop by the health centres if you are in the area to meet with her or if you would like more information.

## East End

## SCHEDULE: 2023 FIRST NATIONS VISITS/CLINIC DATES

Month	Monday Mississauga (705)356-1621	Tuesday Serpent River (705)844-2152	Wednesday Attikmeksheng (705)692-3674	Thursday Sagamok (705)865-2171	Mino Clinic Sagamok	Bembowapka
January	9	10	11	12	13	19
February	6	7	8	9	10	23
March	6	7	8	9	10	16
April	3	4	5	6	7	13
May	1	2	3	4	5	
June	5	6	7	8	9	15
July	10	4	5	6	7	
August	14	15	16	17	18	3
September	11	12	33	14	15	
October	2	3	4	5	6	12
November	6	7	8	9	10	30
December	4	5	6	7	8	

## West End

Month	Monday Thessalon (705)842-2670	Tuesday IFC/Indian Friendship CTR (705)256-8925	Wednesday Garden River (705)946-5710	Thursday Batchewana (705)254-7827
January	23	24	25	26
February	13	14	15	16
March	27	28	29	30
April	24	25	26	27
May	15	16	17	18
June	26	27	28	29
July	24	25	26	27
August	21	22	23	24
September	25	26	27	28
October	23	24	25	26
November	20	21	22	23
December	11	12	13	14



# DRUG ALERT

Currently there is an increase in overdoses in Algoma.

Street Drugs are  
**Unregulated**  
**Unpredictable**  
**Unsafe**



Street drugs can be toxic, causing **drug poisoning** and **death**.



**Don't use alone.** Have someone close by when using drugs.



**Carry naloxone** and know the signs and symptoms of drug poisoning.



**Get help** from 911.



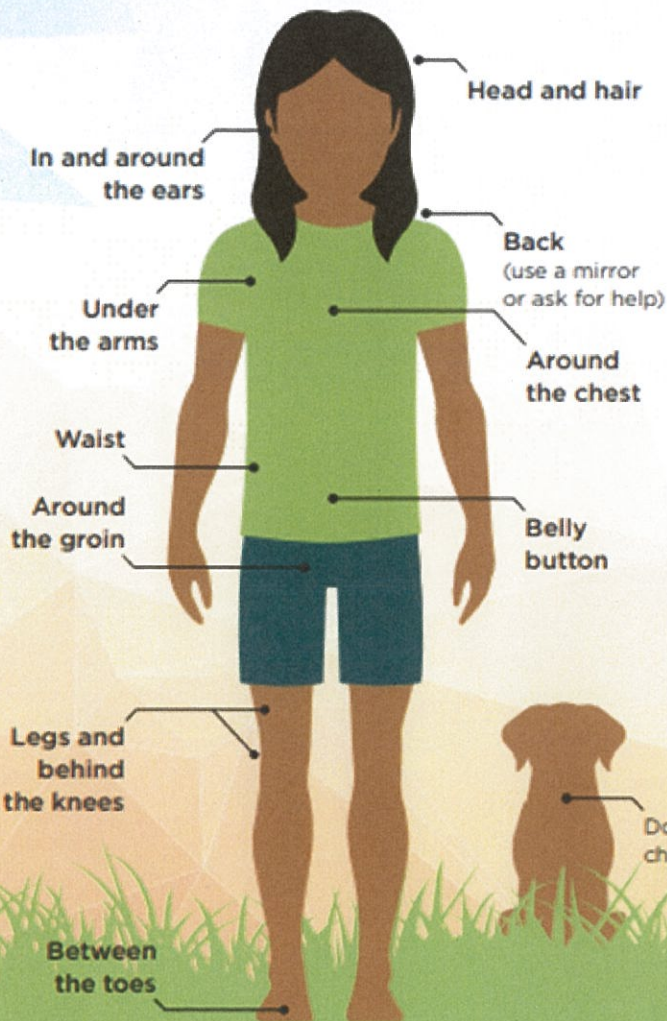
Addiction **support services** are here to help.

SCAN HERE



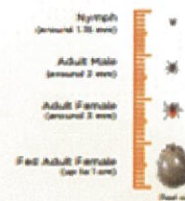
# TOP 10 TICK HIDING SPOTS ON YOUR BODY

Tick checks are one of the ways you can prevent Lyme disease and other infections spread by ticks. **Check your entire body, especially:**



## WHAT TO LOOK FOR?

Feel for **bumps** and look for tiny **dark spots**. Look carefully, most ticks are very small!



Don't forget to also check your pets

Found a tick?  
Remove it immediately to reduce the risk of infection.

[Canada.ca/LymeDisease](http://Canada.ca/LymeDisease)

# 2023 MFN – Health Service Activities/Events – (July 17<sup>th</sup> – July 28<sup>th</sup>)

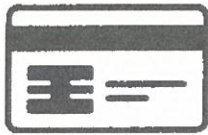
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17	18	19	20	21	22	23
<p><b>CHA</b> (6-7) Hitt Fitness Sports Complex</p> <p><b>DAAW</b> (5:45-7:15) AI-Anon Cultural Bldg</p> <p><b>CHR</b> (6-8:30) Little Jays</p>	<p><b>CHA</b> (10-11) Yoga SC</p> <p><b>CHR</b> (6-8:30) Little Jays</p> <p><b>DAAW</b> (6:45-8:15) NA Meeting Cultural Bldg.</p> <p><b>CHN/HE</b> (11:30-1:30) What to Expect when Expecting CYB</p>	<p><b>DAAW</b> (8:30-3:00) Lighting Sacred Fire - Cultural Bldg. (10-4) Mens Wellness Cult. Bldg. (5:30-7) Boys drum group Cultural Bldg.</p> <p><b>CHA</b> (10-11) Yoga SC (6-7) Cycling (7-8) Roller Release</p> <p><b>CHR</b> (6-7:30) Little Jays</p>	<p><b>DAAW</b> (8:30-3:00) Lighting Sacred Fire - Cultural Bldg. (10-4) Mens Wellness Cultural Bldg. (5:30-7) Boys drum group Cultural Bldg.</p> <p><b>CHA</b> (10-11) Yoga- SC</p> <p><b>CHR</b> (6-8:30) Little Jays</p> <p><b>CHN/CHR</b> (2-3) Nutrition Bingo Daycamp</p>	<p><b>CHR</b> (6-8:30) Little Jays</p>	<p><b>CHR</b> (6-8:30) Little Jays</p>	<p><b>CHR</b> (6-8:30) Little Jays</p>
24	25	26	27	28	29	30
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<p><b>COVID REMINDER</b> WEAR FACE MASK AT YOUR DISCRETION WHEN YOU ARE SICK.</p>						
<p><b>Appointments with Physicians, NPs, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224</b></p>						
<p><b>CHN</b> – Com. Health Nurse -Krysta Sawyer – Ext.2231  <b>CHR</b> – Com. Health Rep. - Chelsea Grimard – Ext.2203  <b>DAAW</b> - Drug &amp; Alcohol Addictions- Sky Cada - Ext.2228  <b>CWC</b> – Com. Wellness Coord. – Roger Daybutch – Ext.2226  <b>CHA</b> – Com. Health Activator – Janey Morningstar – Ext.2216  <b>HE</b> – Health Educator – Sheri MacLeod Ext 2231</p>						
<p><b>HSSD</b> – Health Services Director – Vacant Ext. 2227  <b>HSM</b> – Health Services Manager – Rhonda Peltier – Ext 2230  <b>MHC</b> - Mental Health Counsellor – Stephanie Collins - Ext. 2234  <b>Medical Transportation</b>  Mary-Ellen Morningstar -- Med. Trans. Coord. – Ext. 2201</p>						



# **NUTRITIONAL SUPPLEMENT CARD FOR FAMILIES WITH CHILDREN 0-6 YRS AND PRENATAL**

Starting April 2023 changes will be implemented to this program.

\*listed is the pick up date, **please email the Family Resource Coordinator by the 15th of each month to ensure a card is purchased for that month**



**Pick up dates:**

\*July 26th 2023

from 8:00 AM to 2:00 PM including lunch hour

**\* As a requirement of the program, receipts will need to be submitted before the next card pick up.**

**Please remember it is your responsibility to pick up on date unless other arrangements have been made.**

**Please note, you can not accumulate cards**

**Thank you**

If you have any questions or concerns please email Christine Owl -  
Family Resource Coordinator

email: [christine@mississauga.com](mailto:christine@mississauga.com)

## MFN Food Security Program

Date: \_\_\_\_\_ Pick up only # of children \_\_\_\_\_ # of adults \_\_\_\_\_

Names of all household Members: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Please submit your forms before 4:30 Wednesday**

\*Please note that if items are not in your box, it is because we are out of stock, on back order or not able to purchase from distributor. Also, make sure to fill out your correct information, so that we may properly serve you and your family.

<b>Cereals (1 only):</b> Cold Cereal    Cooking Oats    Cream of Wheat Porridge	<b>Meats: (2 choices):</b> Hamburger    Chicken
<b>Breads (1 only):</b> White Bread    Brown Bread    Flour    Bagels	<b>Canned Meats (1 only):</b> Tuna    Salmon    Chicken    Ham
<b>Pasta &amp; Rice (1 only):</b> Rotini    Tri-Color Rotini    Lasagna    Fettucine Penne    Rice	<b>Dairy Products (2 only):</b> Powdered Milk    Margarine    Cheese Slices
<b>Soups (3 only):</b> Chicken Noodle    Tomato    Vegetable	<b>School Aged Children Only:</b> Pudding    Fruit Cups    Cookies Wagon Wheels
<b>Hygiene Products:</b> Toilet Paper    Hand Sanitizer	<b>Cleaning Products (Once A Month):</b> Pot & Pan Cleaner
<b>Other Products (3 only):</b> White Sugar    Brown Sugar Peanut Butter    Decaf Coffee Crackers    Tea Mustard    Ketchup Pepper    Instant Coffee	<b>Other Products (3 only):</b> Kidney Beans    Tomato Paste Spaghetti Sauce    Canned Navy Beans Canned Chick Peas    Diced Tomatoes Vegetables (frozen only)
<b>Other (Once A Month):</b> Jam    Icing Sugar	

Revised July 2023



# Calling All Men

Come join the Kizhaay program. We will be engaging in:

- Teachings
- Ceremonies
- Setting net, filleting and smoking fish.
- The different traditional medicines in our backyards.
- Mocassin making
- Upon graduation we will be having a Sweat.

**Meals and refreshments will be provided**

**Daily prize draws**

**Certificate will be available after completion of the program**

The program dates are: July 3, 5, 10, 12, 17, 19, 24, 26, 31 and  
August 2, 2023

Register with Sky Cada 705-356-1621 ext. 2228 or  
email [skycada@mississaugi.com](mailto:skycada@mississaugi.com)



# MEN'S DROP IN

**Come out and join us**  
**Soup and Sandwich lunch will be**  
**provided**

AT THE CULTURE  
BUILDING FROM 10 TO 2  
EVERY THURSDAY, 2023



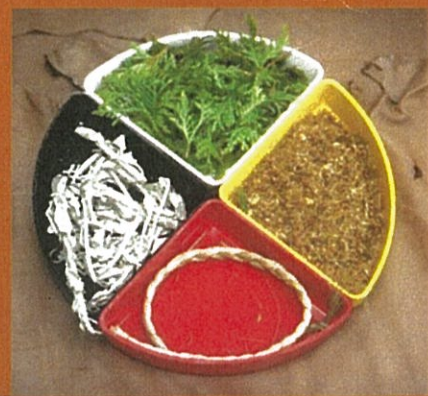
If you have any questions contact  
Sky Cada at 705-356-1621 ext 2228



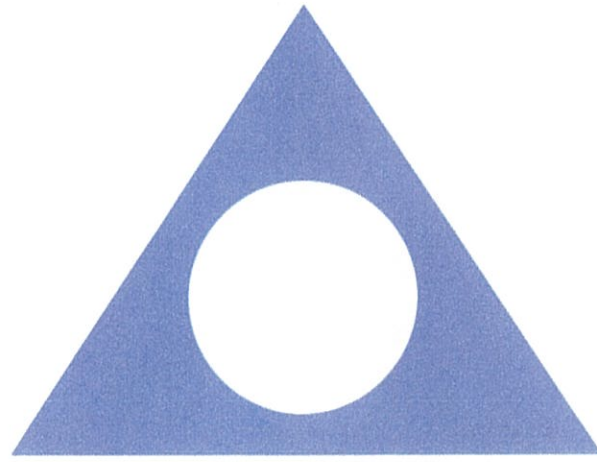
# Lighting the Sacred Fire

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](mailto: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](mailto:skycada@mississaugi.com)