

# NIIGAANIIN

Client and Community Newsletter

June 15, 2023



## REGULAR HOURS

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

\*\*\*\*\*

## OW CLIENTS

**Cheque Day JUNE 30TH**

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**AANISH NAA GENAADMOWIT**

**AMBER NIGANOBE**

**(705)923-7123**

**amber@niigaaniin.com**

### Services

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

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## **OESP PROGRAM**

**CHECK YOUR HYDRO BILL FOR OESP EXPIRE**

**RENEWAL YEARLY**

**CALL CHRISTINE JACKPINE**

**705 356 1621 Ext 2236**

## INFORMATION

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**Office Closed Wed. June 21**

**Aboriginal Day**

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**NIIGAANIIN WOULD LIKE TO WELCOME**

**NEW LMI COORDINATOR**

**KRISTEN JACKPINE**

**LABOUR MARKET INICIATIVE SURVEY**

**LMI COORDINATOR @MISSISSAUGI.COM**

**705 356 1621 EXT 2355**

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**"QUOTE OF THE WEEK"**

**" BELIEVE YOU CAN AND YOU"RE HALF-WAY THERE."- THEODORE ROOSEVELT.**

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**ODSP FN WORKER**

**ROBYN RECOLLETT**

**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 - check community flyer	until filled
Various Positions Available	Garden River FN	until filled
Various Positions Available	Serpant River FN	unitl filled
Various Positions Available	Sagamok FN	until filled
Various Positions Available	NOG/check website	until filled
Admin Support Clerk	Probation and Parole/Sudbury	open
Social Worker	Huron Shores Health Team	8/1/23
Bus Drivers	AJ Bus Lines/Blind River	6/30/23
Cashier	Broken Canoe/MFN	6/16/23
Auto Glass Technican	RJ Auto Glass/Blind River	6/9/23
Crossing Guards	Town of Blind River	6/20/23
Cook	Camp Bil-O-Wood/Blind River	6/26/23
Shipper Receiver	NAPA/Blind River	6/29/23
Small Engine Mechanic	NAPA/Blind River	6/26/23
Foundation Admin.	Northshore Health network/Blind River	6/23/23
Cook	The Pier	6/30/23
Citizen Service Specialist	Mamaweswen /Cutler	6/30/23

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

**Salary:** \$22.55 hourly

**Hours of Work:** As needed

**Circulation Level:** Level I

**Accountability:** Finance Director

**Employment Status:** Casual

**Preferences:** MFN Band Members

**The Back-Up Receptionist will:**

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

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

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

**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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**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.

# Notice

## Summer Student Positions

Will be extended  
to Monday June 19, 2023  
At 4:30 pm

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Please remember to apply  
You will need:

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Cover Letter  
Resume  
References ( 3 )



<b>Position:</b> Day Camp Worker 5 Positions	<b>Accountability:</b> Youth Coordinator and Employment Counsellor
<b>Hours of Work:</b> 32 hrs/week	<b>Employment Status:</b> Summer Student – 8 weeks Pending July 3 to Aug.25, 2023
<b>Circulation Level:</b> Level I	<b>Preferences:</b> MFN Band Member must be a student

The Day Camp Worker:

### KEY JOB FUNCTIONS

- Administer a variety of recreational programs under the supervision of the Day Camp Supervisor for children between the ages of 5-12.
- Ensure the safety of children at all times during water and ground activities.
- Set up equipment and supplies for scheduled activities.
- Provide direct supervision to the group of children enrolled in the Summer Day Camp Program.
- To maintain appropriate contact with parents when needed and obtaining permission for special field trips.
- Be familiar with and follow Day Camp Orientation Package.
- Prepare healthy nutritional snacks for children enrolled in the Summer Day Camp Program.

### QUALIFICATIONS

- Be between 15 and 30 years of age at the start of the employment.
- Have been registered as full-time students in the previous academic year and intend to return to school on a full-time basis in the next academic year.
- Be a Canadian citizen, permanent resident, or person to whom refugee protection has been conferred under the *Immigration and Refugee Protection Act*<sup>5</sup>.
- Be legally entitled to work in Canada in accordance with relevant provincial/territorial legislation and regulations.

### Minimum Experience

- Ability to work flexible hours
- Must have good organizational and interpersonal skills
- Must enjoy working outdoors and physical activities
- Must be able to take initiative, be creative and innovative
- Must provide a Vulnerable Sector Check
- Must submit copy of current year school report card/ transcripts and attendance records

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: Robert Morningstar – Employment Counsellor  
Marked: **CONFIDENTIAL**  
**EMAIL:** robertmorningstar@mississaugi.com **FAX:** 705-356-1740  
**Deadline:** Friday, June 16<sup>th</sup>, 2023 at 4:00 pm

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



<b>Position:</b> Public Works Assistant - 3	<b>Accountability:</b> Infrastructure Manager and Employment Counsellor
<b>Hours of Work:</b> 32 hrs/week	<b>Employment Status:</b> Summer Student – 8 weeks Pending July 3 to Aug.25, 2023
<b>Circulation Level:</b> Level I	<b>Preferences:</b> MFN Band Member must be a student

The Public Works Assistant:

### Duties and responsibilities

- Must have ability to operate Infrastructure Department's equipment (hand tools or motorized).
- Assist in routine maintenance such as brushing roads, cutting grass and yard work.
- Work with asphalt for road repairs and patching.
- Assist in the collection of garbage from residential and community buildings.
- Assist and maintain the cleanliness of the waste disposal site.
- Must be able to perform other duties as required.

### Qualifications

- Be between 15 and 30 years of age at the start of the employment.
- Have been registered as full-time students in the previous academic year and intend to return to school on a full-time basis in the next academic year.
- Be a Canadian citizen, permanent resident, or person to whom refugee protection has been conferred under the *Immigration and Refugee Protection Act*<sup>5</sup>.
- Be legally entitled to work in Canada in accordance with relevant provincial/territorial legislation and regulations.
- Have ability to work flexible hours.
- Must have own steel toed safety boots CSA approved.
- Must be willing to work outdoors.
- Must have the ability to follow instructions, work as part of a team and have the ability to communicate effectively with public works personnel.
- Be familiar with all Health and Safety Rules and Regulations.

### Eligible Students:

- All students must be currently enrolled in a secondary, or post-secondary institution and returning to full time studies in the fall.

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: Robert Morningstar – Employment Counsellor  
Marked: **CONFIDENTIAL**  
**EMAIL:** robertmorningstar@mississaugi.com **FAX:** 705-356-1740  
**Deadline:** Friday, June 16<sup>th</sup>, 2023 at 4:00 pm

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



The Water Technician:

<b>Position:</b>	Lands and Resource 1 position	<b>Accountability:</b>	Lands and Resource Manager Employment Counsellor
<b>Hours of Work:</b>	32 hrs/week	<b>Employment Status:</b>	Summer Student – 8 weeks Pending July 3 to Aug.25, 2023
<b>Circulation Level:</b>	Level I	<b>Preferences:</b>	MFN Band Member must be a student

#### DUTIES AND RESPONSIBILITIES:

- Maintains cooperative and productive working relationships with all Lands and Resources staff
- Conduct research on water contamination and waterborne illnesses and diseases
- Collect, process and analyze water samples from recreational sites and designated private water sites using Colilert IDEXX lab
- Produce educational materials on water contamination and waterborne diseases
- Review 2009 MFN Emergency Plan (EP), Cameco and the Town of Blind River's EP
- Research the importance of safe drinking water
- Develop educational materials on the importance of safe drinking water
- Research databases
- Understand water sample information and input water sample information into a database
- Complete a summer work plan in conjunction with the Lands & Resources staff
- Assist MFN Lands & Resources staff in other duties such as fish sampling, forest operations, air monitoring, soil sampling, monitoring and inspections of lands
- Assist with the delivery of all educational materials to MFN citizens
- Prepare and submit a final report and complete other duties as required

#### SKILLS

- Excellent research skills
- Knowledge of computer programs such as excel
- Ability to organize and work independently or as a team player
- Understand and take clear direction on instructions both verbally and written
- Knowledge of filing systems
- Knowledge of MFN environmental health issues
- Knowledge of MFN Lands & Resources Department and MFN

#### QUALIFICATIONS

- Be between 15 and 30 years of age at the start of the employment.
- Have been registered as full-time students in the previous academic year and intend to return to school on a full-time basis in the next academic year.
- Be a Canadian citizen, permanent resident, or person to whom refugee protection has been conferred under the *Immigration and Refugee Protection Act*<sup>5</sup>.
- Be legally entitled to work in Canada in accordance with relevant provincial/territorial legislation and regulations.

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: Robert Morningstar – Employment Counsellor  
Marked: **CONFIDENTIAL**  
EMAIL: robertmorningstar@mississaugi.com FAX: 705-356-1740  
Deadline: Friday, June 16<sup>th</sup>, 2023 at 4:00 pm

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



<b>Position:</b> Chiblow Lake Lodge Assistant 1 position	<b>Accountability:</b> Chiblow Lake Lodge Manager and Employment Counsellor
<b>Hours of Work:</b> 32 hrs/week	<b>Employment Status:</b> Summer Student – 8 weeks Pending July 3 to Aug.25, 2023
<b>Circulation Level:</b> Level I	<b>Preferences:</b> MFN Band Member must be a student

The Chiblow Lake Lodge Assistant:

**KEY JOB FUNCTIONS**

- Assist the Manager with daily administrative/ day to day operations of the Lodge.
- Prepare the cabins for occupancy and to ensure customers are serviced in an appropriate manner.
- Assist in the maintenance and upkeep of the grounds.
- Assist staff and ensure the grounds and cabins meet health and safety regulations.
- Assist in the development and promotion of the lodge with proper assistance.
- Will be required to stay at the lodge from Monday to Friday and home for the weekend.
- Perform other related duties as directed by the manager.

**QUALIFICATIONS**

- Be between 15 and 30 years of age at the start of the employment.
- Have been registered as full-time students in the previous academic year and intend to return to school on a full-time basis in the next academic year.
- Be a Canadian citizen, permanent resident, or person to whom refugee protection has been conferred under the *Immigration and Refugee Protection Act*<sup>5</sup>.
- Be legally entitled to work in Canada in accordance with relevant provincial/territorial legislation and regulations.

**ELIGIBILITY REQUIREMENTS**

Students hired by recipient organizations must meet the eligibility criteria of the program:

- All students must be currently enrolled in a secondary, or post-secondary institution or within six months of graduation and have reached the age of 15 and not yet reached the age of 25 upon commencement of employment or up to 29 years for person with a disability, if disabled, within the meaning of s. 10 of the Ontario *Human Rights Code*, R.S.O. 1990, c. H. 19, as amended from time to time.
- Proof of enrolment must be provided to the employer.

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: Robert Morningstar – Employment Counsellor  
Marked: **CONFIDENTIAL**  
**EMAIL:** robertmorningstar@mississaugi.com **FAX:** 705-356-1740  
**Deadline:** Friday, June 16<sup>th</sup>, 2023 at 4:00 pm

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





<b>Position:</b> Cultural Assistant	<b>Accountability:</b> Education Manager and Employment Counsellor
<b>Hours of Work:</b> 32 hrs/week	<b>Employment Status:</b> Summer Student – 8 weeks Pending July 3 to Aug.25, 2023
<b>Circulation Level:</b> Level I	<b>Preferences:</b> MFN Band Member must be a student

The Cultural Assistant

### **KEY JOB FUNCTIONS**

- Perform general clerical duties to include but not limited to, bookkeeping, copying, faxing, mailing and filing.
- Greet and assist visitors, answer phones, direct calls and respond to inquiries.
- Maintain confidentiality concerning all students and information associated with students and their files.
- Create and modify documents such as invoices, reports, memos, and letters using word processing/spreadsheets or other programs.
- To assist in operations at the Library
- Perform other related duties as directed by the program supervisor.

### **QUALIFICATIONS**

- Be between 15 and 30 years of age at the start of the employment.
- Have been registered as full-time students in the previous academic year and intend to return to school on a full-time basis in the next academic year.
- Be a Canadian citizen, permanent resident, or person to whom refugee protection has been conferred under the *Immigration and Refugee Protection Act*<sup>5</sup>.
- Be legally entitled to work in Canada in accordance with relevant provincial/territorial legislation and regulations.

### **Minimum Experience**

- Good interpersonal and communication skills
- Must have good organizational skills
- Must have the ability to follow instruction, work as part of a team and have the ability to communicate effectively with the Education personnel
- Ability to operate standard office equipment, including but not limited to, computers, telephone systems, calculators, copiers and facsimile machines
- Must sign a 'Confidentiality Agreement'
- Must submit copy of current year school report card/ transcripts and attendance records

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:

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**Deadline:** Friday, June 16<sup>th</sup>, 2023 at 4:00 pm

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

The background of the entire page is a vibrant, repeating pattern of tropical leaves. The leaves are in various shades of green, yellow, and blue, with some having distinct white vein patterns. The leaves are scattered across the page, creating a lush, summery feel.

# Summer Survey Incentives

Complete a quick survey for a chance to win a  
monthly draw.

Prizes include Fishing gear, Yeti, outdoor/lawn games, 6-  
person party island, and much more!

Contact **Kristen Jackpine** for an appointment!

705-356-1621 EXT 2235

[lmicoordinator@mississauga.com](mailto:lmicoordinator@mississauga.com)

Come take advantage of our one-stop trailer for driver's license and health card renewals, as well as access to MTO services!

**ServiceOntario**

**Trailer Schedule:**

**June 19th - 23rd, 2023**

Monday, June 19th - Mississauga FN  
Time: 10:30 am - 3:30 pm  
Location: 15 Sawmill Rd

Tuesday, June 20th - Batchewana FN in Rankin  
Time: 11:00 am to 4:00 pm  
Location: Stationed Beside the Arena

Wednesday, June 21st - Garden River FN  
Time: 10:30 am - 4:00 pm  
Location: Community Centre

Thursday, June 22nd - Goulais  
Time: 10:00 am - 2:00 pm  
Location: The Annex

Friday, June 23rd - Sagamok FN  
Time: 10:00 am - 4:00 pm  
Location: 575 Sagamok Rd

**ATTENTION COMMUNITY MEMBERS!**

**NIIGAANIIN**

**Mobile Service**


Please bring the following required documents with you:

- One piece of government ID.
- Your expired red and white health card.

Renew your Health Card, Driver's License, and benefit from our new MTO services at the Niigaaniin Services Mobile ServiceOntario trailer!

Questions? [info@niigaaniin.com](mailto:info@niigaaniin.com)

Contact: [info@niigaaniin.com](mailto:info@niigaaniin.com)

 Aanii Community Members! Here is our ServiceOntario Schedule for next week - Monday, June 19th to Friday, June 23rd. Don't miss out on the convenient services available at our ServiceOntario Trailer!

Trailer Schedule:

June 19th - 23rd, 2023

FINAL Posting



## MFN Housing NOW ACCEPTING APPLICATIONS

(See attached APPROVED HOUSING APPLICATION FORM)

**8 units** (Locations: Emmetts Lane & Richards Lane)

**2 - bedroom units (\$380/month) 5 units available**

**3 - bedroom units (\$435/month) 2 units available**

- **Tentative** move in date: June 30, 2023.
- **Applicant must be an MFN Band member.**
- Applicant(s) must in good standing with MFN.
- Incomplete applications **will not** be accepted.
- 1<sup>st</sup> and last months rent (security deposit) required.

Applications are available at the Band Office or on the MFN website.

[www.mississaugi.com](http://www.mississaugi.com)

**Deadline to apply: Friday June 16, 2023 @ 4:00 pm**

**Applicants can mail, email, fax or drop off in person at the Band Office.**

Monica McGregor, Housing Manager  
PO Box 1299  
Blind River, ON  
P0R 1B0

Mississauga First Nation

Fax: 1-705-356-1740

Email: [monica@mississaugi.com](mailto:monica@mississaugi.com)

**MISSISSAUGA FIRST NATION**



# MISSISSAUGA FIRST NATION APPLICATION FOR HOUSING (Appendix 2)

**LOCATION: Emmetts Lane & Richards Lane (7 units available)**

**DEADLINE DATE: Friday June 16, 2023 @ 4:00 pm**

Please print and fill out all sections of this form. **Incomplete applications will not be accepted.**

## SECTION 1: APPLICANT INFORMATION

Name (First):		Name (Last):	
Band Number:		Birthdate (mm/dd/yy):	
Mailing Address:		Unit Number:	
City/Town:	Province:	Postal Code:	
Home #: ( )	Cell #: ( )	Work #: ( )	
Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Common Law <input type="checkbox"/> Single <input type="checkbox"/> Single w/ children			
E-mail Address: .			

## SECTION 2: CO-APPLICANT INFORMATION

Name (First):		Name (Last):	
Band Number:		Birth date (mm/dd/yy):	
City/Town:	Province:	Postal Code:	
Home #: ( )	Cell #: ( )	Work #: ( )	

## SECTION 3: OTHER HOUSEHOLD MEMBERS (that will also be living in unit)

First Name	Last Name	DOB (m/d/y)	Gender	Relationship to Applicant

## SECTION 4: ANNUAL INCOME INFORMATION

Household Member	Type of Income	Amount
Applicant # 1: Employer: _____ <input type="checkbox"/> Full Time <input type="checkbox"/> Part Time <input type="checkbox"/> Seasonal	<input type="checkbox"/> Employed	
	<input type="checkbox"/> Weekly	
	<input type="checkbox"/> Bi-Weekly	
	<input type="checkbox"/> Monthly	
	<input type="checkbox"/> OW (Niigaaniin)	
	<input type="checkbox"/> ODSP (Ontario Disability Support Program)	
	<input type="checkbox"/> EI (Employment Insurance)	
	<input type="checkbox"/> CPP (Canada Pension Plan)	
Co-Applicant # 2: Employer: _____ <input type="checkbox"/> Full Time <input type="checkbox"/> Part Time	<input type="checkbox"/> OAS (Old Age Security)	
	<input type="checkbox"/> OSAP	
	<input type="checkbox"/> Other	
	<input type="checkbox"/> Employed	
	<input type="checkbox"/> OW	
	<input type="checkbox"/> ODSP	
	<input type="checkbox"/> EI	
	<input type="checkbox"/> CPP	

<input type="checkbox"/> Seasonal	<input type="checkbox"/> OAS	
	<input type="checkbox"/> OSAP	
	<input type="checkbox"/> Other	
<b>Total Annual Household Income</b>		<b>\$</b>

**SECTION 5: WHAT ARE YOUR CURRENT ACCOMMODATIONS? (PLEASE CHECK)**

House      Number of Bedrooms: \_\_\_\_\_ Monthly rent payment \$ \_\_\_\_\_  
 Apartment      Number of Bedrooms: \_\_\_\_\_ Monthly rent payment \$ \_\_\_\_\_  
 Room & Board      Monthly rent payment \$ \_\_\_\_\_  
 Shelter  
 Extended Family      Monthly rent payment \$ \_\_\_\_\_  
 Other (Please specify) \_\_\_\_\_

Are there any immediate health & safety problems with current accommodation?  Yes     No  
 If "yes", written details must be provided by a physician/inspection with the application.

**Current Landlord:**

Name: \_\_\_\_\_ Telephone: (    ) \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_ Move in: \_\_\_ / \_\_\_ / \_\_\_\_\_

**Previous Landlord:**

Name: \_\_\_\_\_ Telephone: (    ) \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_ Move in: \_\_\_ / \_\_\_ / \_\_\_\_\_

**Personal Reference:**

Name: \_\_\_\_\_ Telephone: (    ) \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_ Relationship: \_\_\_\_\_

*Note: References from Chief and Council will not be accepted for conflict of interest reasons and to keep the application process unbiased and transparent.*

**SECTION 6: PREVIOUS MFN HOUSING ALLOCATION**

Have you received previous housing on MFN?     Yes     No

If yes: Address: \_\_\_\_\_

Reason for relocating: \_\_\_\_\_

Do you currently have a "Certificate of Ownership" and/or had one issued? Please explain:  
 \_\_\_\_\_

**SECTION 7: DECLARATION**

- The foregoing statements in this application are true to the best of my knowledge and belief.
- If information on this application is incorrect or not true, Mississauga First Nation may cancel my application.
- I authorize Mississauga First Nation to make any inquiries that it deems necessary to verify information given on this form. I authorize any persons, corporation or any social agency having knowledge of any required information to release such information to Mississauga First Nation. x \_\_\_\_\_ (please initial)
- MFN Housing will no longer allow the non payment of rent and all tenants under community housing are advised that eviction will commence if any tenant(s) are in housing payment default or rent arrears.
- If the applicant(s) have an outstanding account (eg. rental arrears) with MFN Housing, the applicant will be ineligible for a unit until the account has been addressed and/or paid in full.
- Signatures of all household members that are 18 years of age and over are included below.
- When both applicants are band members, both must agree to sign a "Domestic/Cohabitation Contract"
- Are you willing to obtain content insurance within 15 days of accepting the First Nations Housing Allocation offer, if selected. Yes  No  please explain: \_\_\_\_\_
- Do you have pets? If so what type & how many: \_\_\_\_\_  
 Is your pet a service animal? Yes  Registration #: \_\_\_\_\_ No

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Co-applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Other Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Received BY:** \_\_\_\_\_ **DATE Received:** \_\_\_\_\_

# REQUEST FOR CATERING BIDS

## FOR MFN POW WOW FEAST

DEADLINE	4 pm on June 23, 2023
Date Required	July 15, 2023
Time	5 pm
Location	Pow-wow grounds
Mtg/Event Title	Mississauga First Nation Pow Wow 2023

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

Department: Education Department

Name: Dana Boyer

Email/Phone: danaboyer@mississaugi.com

**For Saturday July 15, 2023. 5 pm service for 250 people**

MENU Description	Amount
<p>To Provide BBQ (Two meats, 2 side salads, desserts, refreshments and environmental feast plate.) Also to provide set-up and clean up.</p>	
<p><b>Please submit Menu (include desserts, refreshments, must supply utensils, napkins, plates, cups, etc. and proof of "Safe Food Handling" certificate)</b></p>	



# 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





# ORGANIC WASTE MANAGEMENT

Please use the Community **Organic Dump** at Burbot Cove. (*Village Road before Astles Bridge*).

## Acceptable waste products include:

- hides
- bones
- fish waste
- gut piles
- leaf litter
- food waste

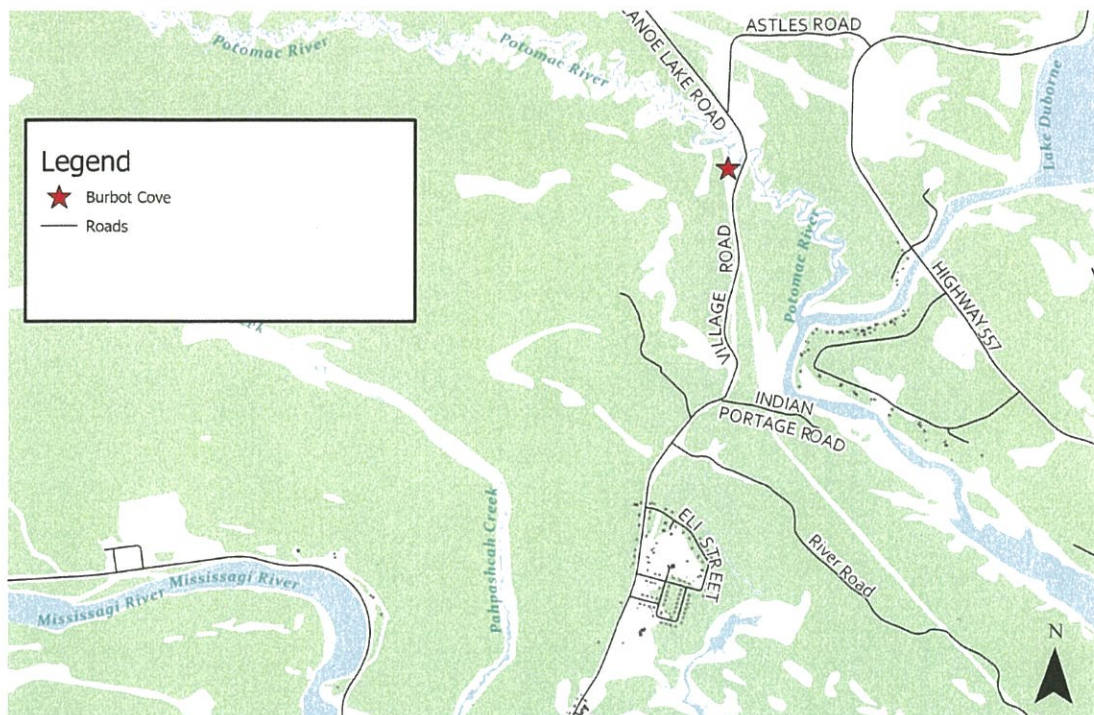
## Unacceptable waste products:

- Plastic bags
- wood
- furniture
- metal
- diapers

Please dispose at Landfill site

Do not put any items in **non-compostable receptacles** as they are meant to decompose naturally.

## BURBOT COVE





# TIPS FOR TICK SAFETY

## HOW TO REMOVE TICK



### How to remove a tick

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

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

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

Do not try to remove the tick by:

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

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

### Watch for symptoms for 30 Days

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

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

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



# BEAR SAFETY INFORMATION



## Awake and Hungry

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

### Non-Natural Sources

- BBQ grease and drippings
- Bird feeders
- Garbage - Keep garbage indoors until garbage pick up day
- Pet food



### Natural Sources

- Berries
- Fruit trees
- Flowers/clovers/weeds



Managing Bears Issues takes the efforts of the community to succeed.  
Let us have a successful spring and summer 2023



*MFN Bylaw Officer - (705) 356-1621  
ext. 2259*

*Animal Control Reporting and Services  
(705) 261-0259*



# HELMET SAFETY



## Helmets

Wearing a helmet can greatly reduce the risk of injury or death if you fall or collide with a car, pedestrian or other cyclists. A bicycle helmet is strongly recommended but not legally required if you are 18 or over.

*The best helmet is one that:*

- fits properly
- is worn correctly
- has been manufactured to meet strict safety standards

## Off Road Vehicles

You must wear a motorcycle helmet, as required by the Highway Traffic Act, whenever you drive or ride on an off-road vehicle or on any vehicle towed by an off-road vehicle. The only exception is when you operate the vehicle on the property of the vehicle owner. The helmet must meet the standards approved for motorcycle helmets, or motor-assisted vehicle helmets, and must be fastened properly under the chin.

Provided by [ontario.ca](http://ontario.ca)

Additional information: <https://www.ontario.ca/page/bicycle-safety>  
<https://www.ontario.ca/page/driving-road-vehicle-orv>

*For more information please contact:*

Scott Richer - By-Law Officer  
[scottricher@mississauga.com](mailto:scottricher@mississauga.com)  
(705) 356-1621 ext. 2259





# IMPORTANT FIRE BAN

In effect due to extreme  
risk rating at this time

ALL Fires are prohibited

ANY QUESTIONS CONTACT DEAN BARRY AT  
[PWTECHNICIAN@MISSISSAUGI.COM](mailto:PWTECHNICIAN@MISSISSAUGI.COM)



MISSISSAUGA FIRST NATION FIRE DEPARTMENT

# LOOKING FOR VOLUNTEERS TO JOIN THE FIRE DEPARTMENT



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**CONTACT: DEAN BARRY**

If you are interested in joining for the Mississauga First Nation Fire Department please contact by email at [pwtechnician@mississaugi.com](mailto:pwtechnician@mississaugi.com)



# Indigenous Peoples Celebration



3 DAY EVENT HOSTED BY VARIOUS MFN STAFF

Drop in Event

No Registration Required

Lunch will be provided

**June 19 – Gitigan (Garden) – 9:30 AM**

**June 20 – Pow Wow Grounds – 9:30 AM**

**June 21 – Pow Wow Grounds – 5:30 AM**

**Sunrise Ceremony**

**– 9:30 AM**

**Event Start**

Transportation for June 20, 21  
provided by MFN to and from Band  
Office to Pow Wow grounds.

Pick up area Band Office  
parking lot @ 9:30 AM  
drop off @ 3:00PM





# Indigenous Peoples Celebration

**19**  
June  
community

9:30 – 10:45	Presentation and walkthrough at Gitigan (garden)
10:45 – 11:30	Nature/History walk to Education Building from Gitigan
11:30 – 12:30	Lunch at Education Gazebo
12:30 – 1:00	Transition and Group Breakout
1:00 – 2:30	Group Activities: <ul style="list-style-type: none"><li>·Teachings in the Teepee</li><li>·Cultural Centre Teachings</li><li>·Games in the Mike and Molly Park</li></ul>

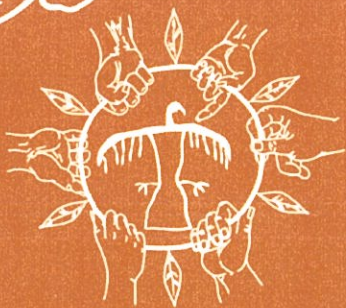
**20**  
June  
pow wow  
grounds

9:30 – 10:00	Arrival Time
10:00 – 10:45	Nature/Medicine Walk at Pow Wow Grounds
10:45 – 11:30	Water Teachings
11:30 – 1:00	Lunch
1:00 – 3:00	Activities <ul style="list-style-type: none"><li>·Archery with Lands and Resources</li><li>·Crafts and Tobacco ties</li><li>·Games</li></ul>

**21**  
June  
pow wow  
grounds

5:30	Sunrise Ceremony/Pipe Ceremony ( <i>Sunrise at 5:40 AM</i> )
9:30 - 10:00	Arrival Time
10:00 - 10:45	Talking Circle and Women's Hand drum teachings ( <i>Light Refreshments Included</i> )
10:45 - 11:30	Language Teachings
11:30 - 1:00	Lunch
1:00 - 3:00	Cultural Teachings and MFN History with Roger Daybutch
3:00	Giveaway





# CATERER NEEDED

Debaakinagewin Coordinator is requesting a caterer for a lunch menu

Event Dates: June 24  
& 25, 2023

Time: Noon

Location: Cultural  
Building

Number of People: 12

Send submission to Michael Chiblow by  
June 19th, 2023 @ 4pm

Submit an email to

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

Include Menu, Dessert and Drinks.

Please include your Safe Handling Food  
Certification for verification.

\*Please note, to be more environmentally  
friendly, the minimal use of plastic cutlery or  
styrofoam products is encouraged.

Miigwetch!





**ECOMONIC DEVELOPMENT  
PRESENTS  
TWO PART EVENT**

**MONDAY JUNE 19TH  
10:00 AM - 11:15 AM**

**GITIGAN (GARDEN) PRESENTATION AND WALKTHROUGH  
FOLLOWED BY EVENTS AT CULTURAL BUILDING**



**TUESDAY JUNE 20TH**

**COMMUNITY INFORMATION SESSION: FOOD SECURITY**

**SPECIAL GUEST: KYLE BOBIWASH**

**4:00 PM - 7:00 PM**

**@ COMMUNITY HALL**

**COMMUNITY INVOLVMENT IS ENCOURAGED**

**DINNER WILL BE PROVIDED**

For more information contact: [joncada@mississaugi.com](mailto:joncada@mississaugi.com)  
705-356-1621 ext. 2223



## FINANCIAL PREPAREDNESS

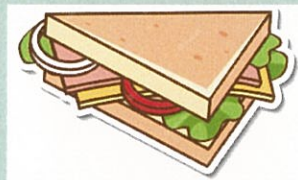
# LUNCH AND LEARN

THURSDAY ~~JUNE 15TH, 2023~~ @ NOON  
POSTPONED TO JUNE 22

RECEIVING A  
LARGE SUM OF  
MONEY



SOUP AND  
SANDWICHES



TO REGISTER AS WE HAVE LIMITED SPOTS AVAILABLE  
PLEASE CONTACT MELISSA & STACEY @ 705-356-1621 EXT



**POW WOW COMMITTEE  
LOOKING FOR**

**DONATIONS**

for this year's

**POW WOW GIVEAWAY**

Handmade or Purchased

Can be dropped off at MFN Band Office or  
Education Department **MIIGWETCH!!!**

Email transfers please use [mfn@mississaugi.com](mailto:mfn@mississaugi.com)

# REGALIA WORKSHOP



## Design, Build, Repair or Improvements

Mississauga Traditional Pow Wow is fast approaching!! Come out and start getting your gear together. Limited supplies available. Fabric Donations gratefully accepted .

WHEN?? **Monday, June 19th and Monday June 26th**

TIME?? **6:00 to 9:00 pm**

WHERE?? **Education Building**

For more information contact:

Lucy Ann Trudeau

Grandmas and Aunties Coordinator

705-356-1621, ext 2247 or [lucyantrudeau@mississauga.com](mailto:lucyantrudeau@mississauga.com)

**See You There!!!**



When?? Friday, June 16th, from 1:00—4:00 pm

Friday, June 23rd, from 12:00—3:00 pm

Friday, June 30th, from 12:00—3:00 pm

At the Education Building.. If you have a project you are working on and needing some help, come on out! I do have a limited number of ear-ring making , lanyard and dream catcher kits available if you want to learn!! AND....Pow wow is just around the corner, so time to get your gear ready!!

For more information, come see me at Education, or call me at 705-356-1621, ext 2247

Lucy Ann Trudeau

Grandma's and Auntie's Program Coordinator

See you there!!

# Grandma & Aunties

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

# June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Nishnabe Gijzhagat	7	8	9	10
11 Trapper Hats 11:00 am to 5:00 pm	12	13 Trapper Hats 4:30 pm - 9:00 pm	14	15 Sewcial 6:00 pm - 9:00 pm	16 Friday Crafternoons 1:00 pm - 4:00 pm	17
18	19 Pow Wow Ready Regalia Assistance 6:00 pm - 9:00 pm	20	21 National Indigenous Peoples Day	22 Sewcial 6:00 pm - 9:00 pm	23 Friday Crafternoons 12:00 pm - 3:00 pm	24
25	26 Regalia Making 6:00 pm-9:00 pm	27	28	29 Sewcial 6:00 pm - 9:00 pm	30 Friday Crafternoons 12:00 pm - 3:00 pm	

# EVENTS

## Pow Wow Ready?

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.

## Thursday Sewcial

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

All events in the Education Building

## Friday 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 SOCIAL SERVICES COMMUNITY SAFE HOUSE

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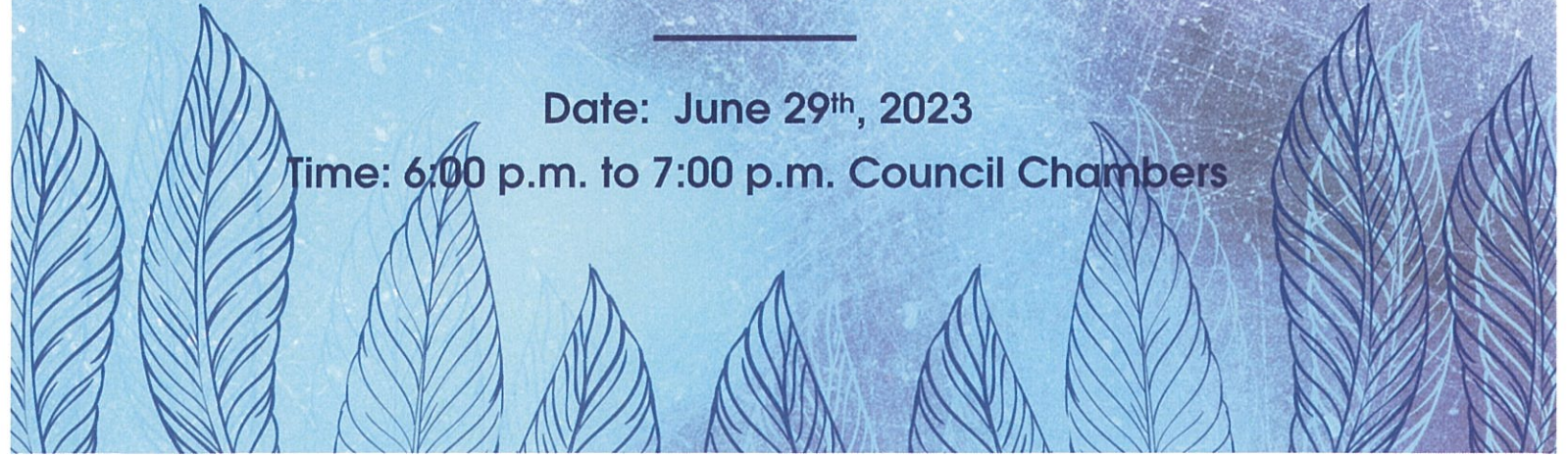
Come Join us for coffee/tea and dessert to learn about the New Safe House COMING SOON to our Community.!

If you're interested in becoming a Community Safe Home Provider, we will be posting for applicants in the near future.

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Date: June 29<sup>th</sup>, 2023

Time: 6:00 p.m. to 7:00 p.m. Council Chambers

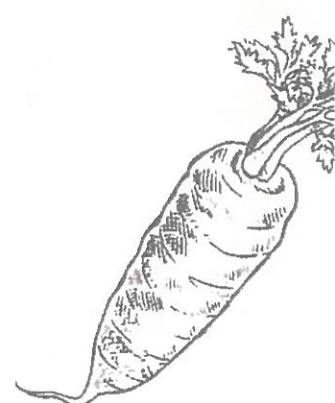




MISSISSAUGA FIRST NATION  
FAMILY RESOURCE COORDINATOR  
HEALTH EDUCATOR

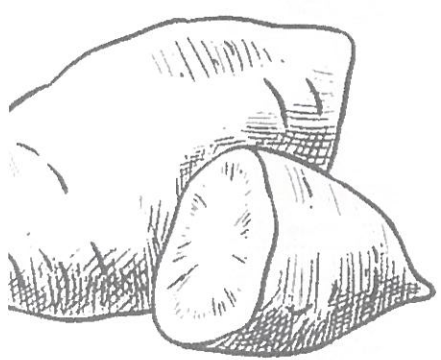



# Traditional Cooking with an Elder



FISH AND WILD RICE  
WHEN : JUNE 20TH, 2023  
11AM - 1PM  
WHERE : RED PINE LODGE

Register by Email - [christine@mississaugi.com](mailto:christine@mississaugi.com)  
by June 16th, 2023





MISSISSAUGA FIRST NATION  
FAMILY RESOURCE COORDINATOR  
EARLY YEARS WORKER  
COMMUNITY SUPPORT SERVICE WORKER

# **FAMILY**

## **Summer Fun**

### **Challenge**



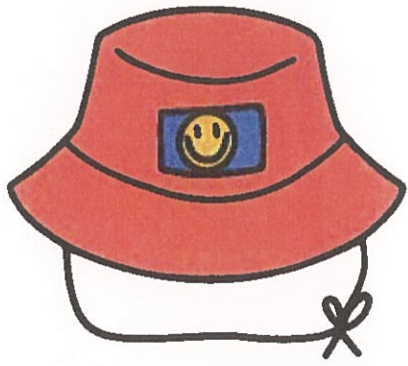
**TUESDAY JULY 4TH 2023**

**6:00-7:00**

**MEET AT CHILD & YOUTH BUILDING**  
**PRIZES TO BE WON!**

Please email [christine@mississaugi.com](mailto:christine@mississaugi.com) for  
more information





SOMETHING FOR YOUR LITTLE ONE 0-6 YRS.



# SUMMER CLOTHING EXCHANGE



JULY 6TH 2023

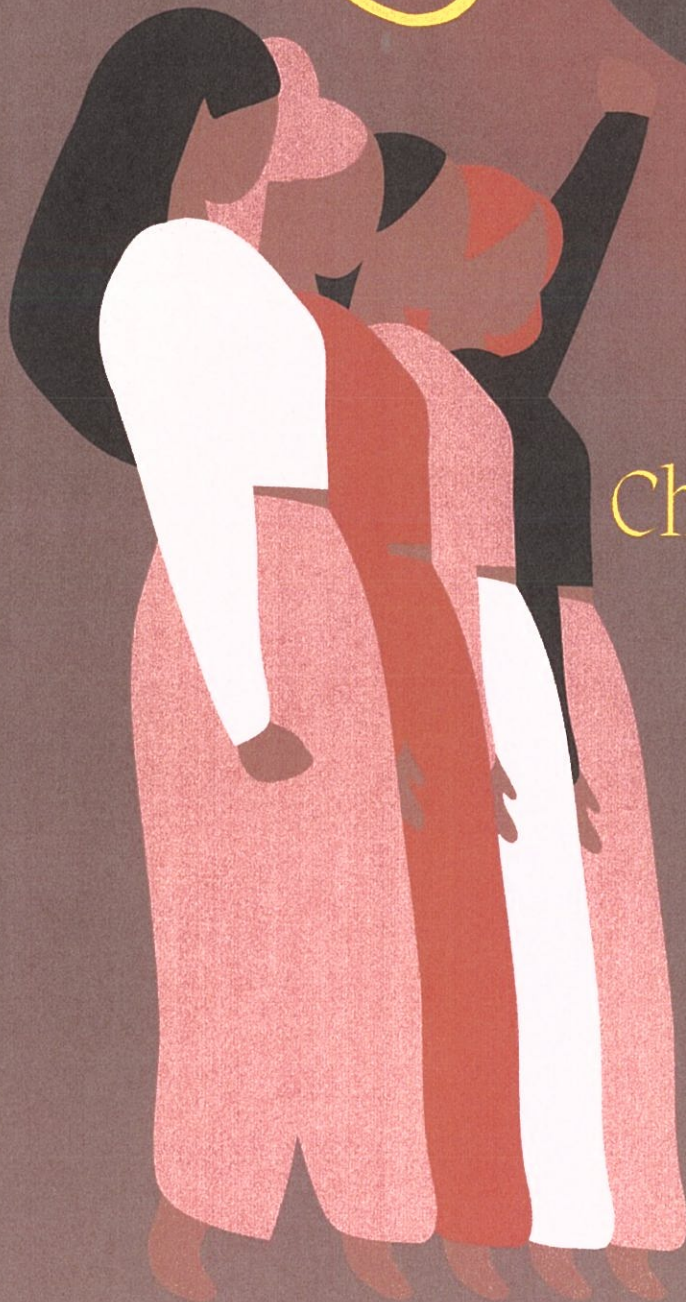
10:00 am - 2:00 PM

## Child & Youth Building

For more information contact  
[christine@mississauga.com](mailto:christine@mississauga.com)



# Freshen Up Tuesday



Tuesday  
June 20, 2023  
Child + Youth Building  
12:00-3:00

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Lights Snacks +  
Refreshments Available

For more information contact  
Community Support Service Worker  
Jade Fox  
[cssworker@mississauga.com](mailto:cssworker@mississauga.com)  
705 356 1621 ext 2357

COMMUNITY SUPPORT SERVICE PROGRAM  
WELLNESS ACTIVITY

# LADIES + MENS LEARN TO GOLF

COME OUT FOR AN EVENING OF FUN AND LEARNING.

GOLF ETIQUETTE | BASIC RULES OF THE GAME  
SOCIALIZE + EXERCISE

LADIES LEARN TO  
GOLF

JUNE 27, 2023  
5:30PM



MENS LEARN TO  
GOLF

JUNE 28, 2023  
5:30PM



LIMITED SPOTS FOR EACH NIGHT

TO REGISTER CONTACT:

COMMUNITY SUPPORT SERVICE WORKER - JADE FOX  
705 356 1621 EXT 23 OR [CSSWORKER@MISSISSAUGI.COM](mailto:CSSWORKER@MISSISSAUGI.COM)

MISSISSAUGI FIRST NATION HEALTH + SOCIAL SERVICES PRESENTS

# SUMMER SAFETY CARNIVAL

FREE  
ADMISSION!

FREE  
BBQ!



DOOR  
PRIZES!

BOUNCY  
CASTLES!

## LET'S START THE SUMMER RIGHT!

SUN SAFETY | BOAT SAFETY  
BEACH SAFETY | FIRE SAFETY | HYDRATION STATION  
+ MORE

**FRIDAY** **JUNE 30**  
**3:00-7:00PM**

**MISSISSAUGI FIRST NATION SPORTS COMPLEX**

**SNOW CONES + COTTON CANDY + ARCHERY + FACE PAINTING**

VISIT ALL THE BOOTHS TO BE ENTERED INTO THE DOOR PRIZES!

FOR MORE INFORMATION CONTACT

JADE FOX - COMMUNITY SUPPORT SERVICE WORKER @ 705 356 1621 X 2357

# **SENIORS WALKING GROUP**

**TUESDAY JUNE 20TH**

**11:00-12:00 P.M.**

**LIGHT LUNCH INCLUDED**

**MFN SPORTS COMPLEX**

**FOR MORE INFORMATION**

**CONTACT CHELSEA AT**

**356-1621 EXT. 2203**

# BASEBALL MATCH



**SERPENT RIVER FIRST  
NATION**

# VS



**MFN LITTLE JAYS**

**WE INVITE YOU TO COME WATCH  
THE FIRST GAME OF THE  
SEASON WITH OUR MFN LITTLE  
JAYS AND SERPENT RIVER FIRST  
NATION**

**THURSDAY JUNE 22ND**

**6:00 JUNIORS**

**7:10 SENIORS**

**SERPENT RIVER BALL FIELD**



Any more Information contact Chelsea Grimard at  
[chelseagrimard@mississauga1.com](mailto:chelseagrimard@mississauga1.com)





# FOOTCARE



JUNE 23, 2023  
RED PINE LODGE  
9:00 - 4:00 P.M.

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





MISSISSAUGA FIRST NATION - HEALTH SERVICES


# MEN'S WELLNESS

## HYPERTENSION

*Facilitated by Richard San Cartier, NP*

Short dinner  
and  
presentation on what  
as known as the  
"silent killer"

 **JUNE 27TH, 2023**

 **5:30PM - 6:30PM**  
**Band Office - Health Centre**

Register by email  
[sherimacleod@mississaugi.com](mailto:sherimacleod@mississaugi.com)  
or by phone 705-356-1621 ext 2231  
by June 23rd, 2023

**Win a \$100.00 gift card**

# MONTHLY DIABETIC CLINIC

*NEW AND IMPROVED!*



If you are diabetic, has had recent blood work and would like to book an appointment with the team;

Nurse Practitioner  
Community Health Nurse  
Diabetic Nurse Educator  
Registered Dietitian  
Community Health Representative  
Health Educator

Please email [chelseagrimard@mississauga.com](mailto:chelseagrimard@mississauga.com)  
or call 705-356-1621 extension 2203

*We will be offering a different appointment approach.*

*1 on 1 with Health Team*

TAKE CONTROL OF YOUR HEALTH

**NEXT CLINIC DATE : JUNE 28TH, 2023 FROM 10:00AM-3:00PM**  
**BAND OFFICE - HEALTH CENTRE**



# MISSISSAUGA FIRST NATION HEALTH SERVICES

# "FIT" TESTING

## GET "FIT" CHECKED!

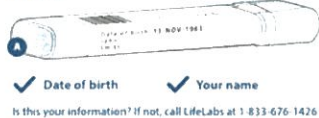
FIT checks your stool for tiny drops of blood which *could* be caused by colon cancer and/or pre-cancerous polyps (growths in the colon or rectum that can turn into cancer over time). FIT is a safe and painless test that can be done at home and only takes a few minutes.



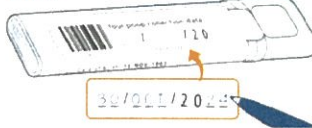
## FIT Instructions



### 1. Check



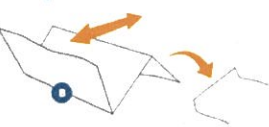
### 2. Write



### 3. Pee and Flush



### 4. Prepare



### 5. Poop



### 6. Collect



### 7. Flush



### 8. Drop off or Mail



## Get screened for Colon Cancer!

If found early and treated, there is a **90% chance it can be cured.**

If you are aged 50-74,  
speak to your  
Health Care Provider  
about  
Colon Cancer Screening

705-356-1621 ext 2224 for  
Judy Gillingham, NP  
Mark Deverell, MD



# COVID VACCINE CLINIC

June 22/2023

Call to book an appointment

705-356-1621 x 2231

or by e-mail:

[krystasawyer@mississauga.com](mailto:krystasawyer@mississauga.com)



*High-risk groups are recommended to receive an additional COVID-19 booster if it has been at least 6 months since their last dose or confirmed COVID-19 infection.*

*Algoma Public Health offers vaccination for COVID for those 6 months and older to book an appointment call 705-541-7370.*





## Wildfire Smoke and Your Health

With active forest fires in North Algoma, [Environment Canada has issued a special air quality statement for parts of North Algoma.](#)

Algoma Public Health (APH) cautions residents that air pollution from wildfire smoke can be harmful to your health and aggravate heart or lung conditions.

Common symptoms of smoke exposure include sore and watery eyes, runny nose, scratchy throat, mild coughing, or headache. People at higher risk may have more serious symptoms, like shortness of breath, severe wheezing or coughing, chest pain, or heart palpitations. Anyone with these severe symptoms should seek prompt medical care.

Those most at risk are:

- Children
- Elderly
- Pregnant women
- Anyone with a heart or lung condition
- Anyone doing strenuous exercise or work

Here are some other ways to reduce your risk during possible wildfire smoke exposure:

- Limit or avoid outdoor activity and strenuous physical activities
- At home and in vehicles, keep your windows closed and set the ventilation system to recirculate
- If you have asthma, COPD, or other breathing problems, use your medication as prescribed by your doctor, and seek medical care if needed

For air quality health visit [www.airhealth.ca](http://www.airhealth.ca) and learn how to reduce your health risk and your personal contribution to pollution levels.



# SUPPORT IS AVAILABLE

## LGBT YouthLine

A queer, trans, Two-Spirit youth-led organization supporting and affirming the experiences of 2SLGBTQ+ youth across Ontario by providing training, referrals, resources, and anonymous peer support.

Call: 1-800-268-9688

Text: 647-694-4275

## 2-Spirited People of the 1st Nations

2-Spirited People of the 1st Nations provides prevention education and support for 2-Spirit, including First Nations, metis and Inuit people living with or at risk for HIV and related co-infections in the Greater Toronto Area. They base their work on indigenous philosophies of wholistic health and wellness.

Call: (416)944-9300

## Trans Lifeline

A peer support line run by and for trans people, focused on providing community, support, and resources.

Call: 877-330-6366 (5PM – 1AM ET)

## Crisis Services Canada

Collaboration of non-profit distress, crisis, and suicide prevention service centers from across Canada.

Call: 1-833-456-4566

Text: 45645 (4PM -12AM ET)

## Mississauga First Nation Health & Social Services

A non-profit indigenous organization providing the community with health services including mental health wellness

Call: 705-356-1621 x 2224 or 2234



EAT

*well*

FEEL

*well*

Join us for a lunch & learn about  
how nutrition can cause  
inflammation in our bodies.

**June 28th/2023**  
**from 12- 1pm**  
**in the Activity Room**

Register by calling 705-356-1621 x 2231  
or by e-mail:

[krystasawyer@mississauga.com](mailto:krystasawyer@mississauga.com)  
[sherimacleod@mississauga.com](mailto:sherimacleod@mississauga.com)

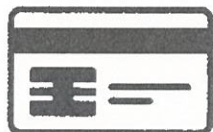




# **NUTRITIONAL SUPPLEMENT CARD FOR FAMILIES WITH CHILDREN 0-6 YRS AND PRENATAL**

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:**

\*June 28th 2023

\*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 Thursday**

\*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    Ham    Chicken
<b>Pasta &amp; Rice (1 only):</b> Rotini    Tri-Color Rotini    Lasagna    Fettucine Rice	<b>Dairy Products (2 only):</b> Powdered Milk    Margarine    Cheese Slices
<b>Soups (3 only):</b> Chicken Noodle    Tomato    Vegetable Mr. Noodles (Beef)    Mr. Noodles (Chicken)	<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> Bleach    Laundry Soap    Pot & Pan Cleaner
<b>Other Products (3 only):</b> White Sugar    Brown Sugar Peanut Butter    Decaf Coffee Crackers    Tea Mustard    Ketchup Lard    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    Salt    Icing Sugar	

Revised June 2023

# Boys Drumming @Cultural Centre



Preparing for our  
annual Mississaugi  
Powwow

May 18  
June 1, 15, 29  
Time: 5:30 – 7:00pm



# 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

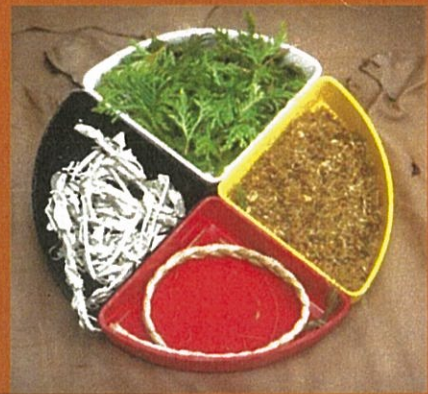


If you have any questions contact  
Sky Cada at 705-356-1621 ext 2228

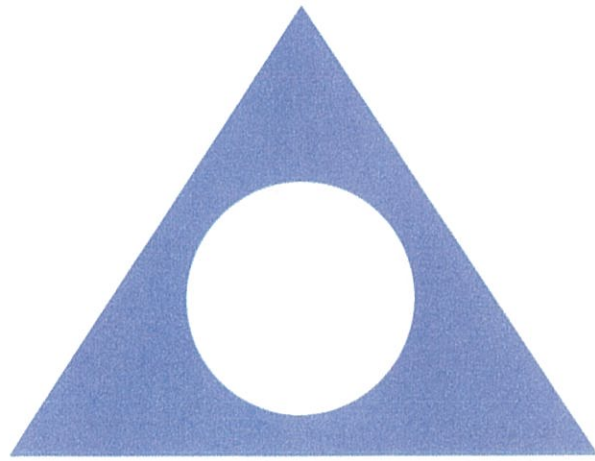
# Lighting the Sacred Fire

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)