

# NIIGAANIIN

Client and Community Newsletter

June 22, 2023



## REGULAR HOURS

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

\*\*\*\*\*

## FOR OUR CLIENTS

**Cheque Day JUNE 30TH**

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## AANISH NAA GENAADMOWIT

AMBER NIGANOBE

(705)923-7123

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

### Services

- Mental Health and Addictions Counselling
- Endaayaan 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

JULY 3, 2023

## CANADA DAY

\*\*\*\*\*

NIIGAANIIN WOULD LIKE TO WELCOME

NEW LMI COORDINATOR

KRISTEN JACKPINE

LABOUR MARKET INITIATIVE 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.

\*\*\*\*\*

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	until 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)

**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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**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.

**WILLS / POWER OF ATTORNEY FOR PROPERTY / POWER OF ATTORNEY FOR PERSONAL CARE**

**ATTENTION:**

**ONTARIO WORKS, ONTARIO DISABILITY SUPPORT PROGRAM CLIENTS AND LOW-INCOME EARNERS**

CALL BY  
JULY 13,  
2023

**NEED A WILL COMPLETED? NEED A POWER OF ATTORNEY FOR PROPERTY OR PERSONAL CARE?**

NIIGANIIN IS RUNNING A FREE WORKSHOP TO HELP WITH GETTING DOCUMENTS PREPARED BY LEGAL REPRESENTATIVE

**APPOINTMENT IS NEEDED! HELP YOUR LOVED ONE TO KNOW YOUR LAST WISHES**

CALL FOR AN APPOINTMENT (705) 356-1621 X2235 DARRELL OR X2215 HELEN

**WORKSHOP TO HAPPEN VIA ZOOM WITH PRIVATE APPOINTMENT ON AUGUST 17, 2023 FIRST COME \* FIRST SERVED WITH LIMITED SPOTS**

THERE IS BASIC INFORMATION NEEDED AFTER ZOOM WORKSHOP



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 characteristic holes or splits, resembling Monstera or similar tropical foliage. The leaves are arranged in a dense, overlapping manner, 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)



LANDS & RESOURCES  
PRESENTS:

# MISSISSAUGA FIRST NATION COMMUNITY SHOWCASE

*Brought to you by IESO & Your Community  
Energy Champion with photographers from  
The Canadian Press*

**June 29th and June 30th**

Do you want to contribute to the project? We are  
looking for community members to photograph!



# Every moment is special.

*Mississauga First Nation has a lot to offer!*

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IESO wants to capture our beautiful First Nation for their stock photography library! The Canadian Press will be photographing our lands, facilities and most importantly, you (if you'd like)!

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Please watch for more information!

Do you have a place you would like to showcase? Somewhere you think we need to capture? Let me know!!

Christina Jackpine - Community Energy Champion  
705-356-1621 ext: 2232

*\*IESO is the Independent Electricity System Operator responsible for operating the electricity market and directing the operation of the bulk electrical system in the province of Ontario\**





# Interested in contributing?

*Looking for volunteers to get their picture taken!*

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We are looking for 25 community members who would be interested in having their photo taken! IESO will be using these photos for future promotional material for their First Nation's programming. A consent form will be signed.

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Community Member Photography will take place on June 30, 2023 with an appreciation feast to follow at 4:30.

Please let me know if you're interested and I will provide a consent form to be signed prior to photography session and answer any questions you may have! No experience is necessary.

Christina Jackpine - Community Energy Champion  
705-356-1621 ext: 2232 / Facebook Messages accepted  
through MFN Energy Awareness Page

*\*IESO is the Independent Electricity System Operator responsible for operating the electricity market and directing the operation of the bulk electrical system in the province of Ontario\**

*Photography provided by The Canadian Press*





# 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

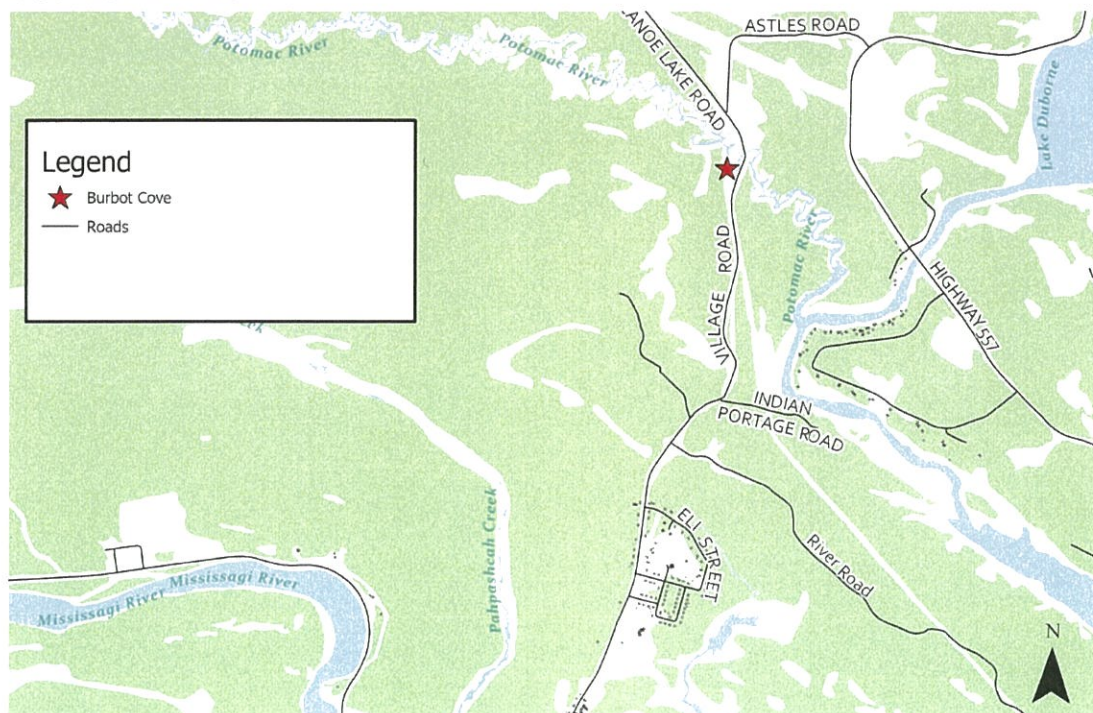
## Unacceptable waste products:

- Plastic bags
- wood
- furniture
- metal
- diaper
- cat litter

Please dispose at Landfill site

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

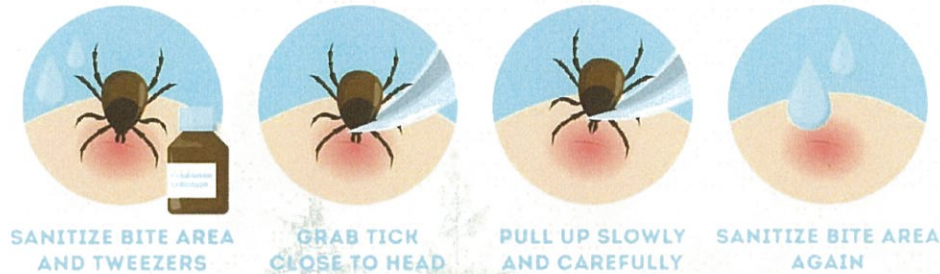
## BURBOT COVE





# 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

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

*For more information please contact:*

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



# CATERER NEEDED

*Chi-Naakinagewin Coordinator is requesting for a Caterer for  
an evening meeting*



MEETING DATE: JULY  
11TH, 2023  
TIME: 5PM COUNCIL  
CHAMBERS  
NUMBER OF PEOPLE: 13

*Send submission to Wilma Bissiallon by June 30th, 2023 @ 4pm  
Please submit an email to [wilmabissiallon@mississaugi.com](mailto:wilmabissiallon@mississaugi.com)  
Please include Menu, Dessert and Drinks. Please ensure there  
is a vegetarian option.*

*Please include your Safe Handling Food Certification for  
verification.*

*\*Please note, to be more environmentally friendly, the  
Chi-Naakinagewin Coordinator encourages minimal use of  
plastic cutlery or Styrofoam products.*

MIIGWETCH!!

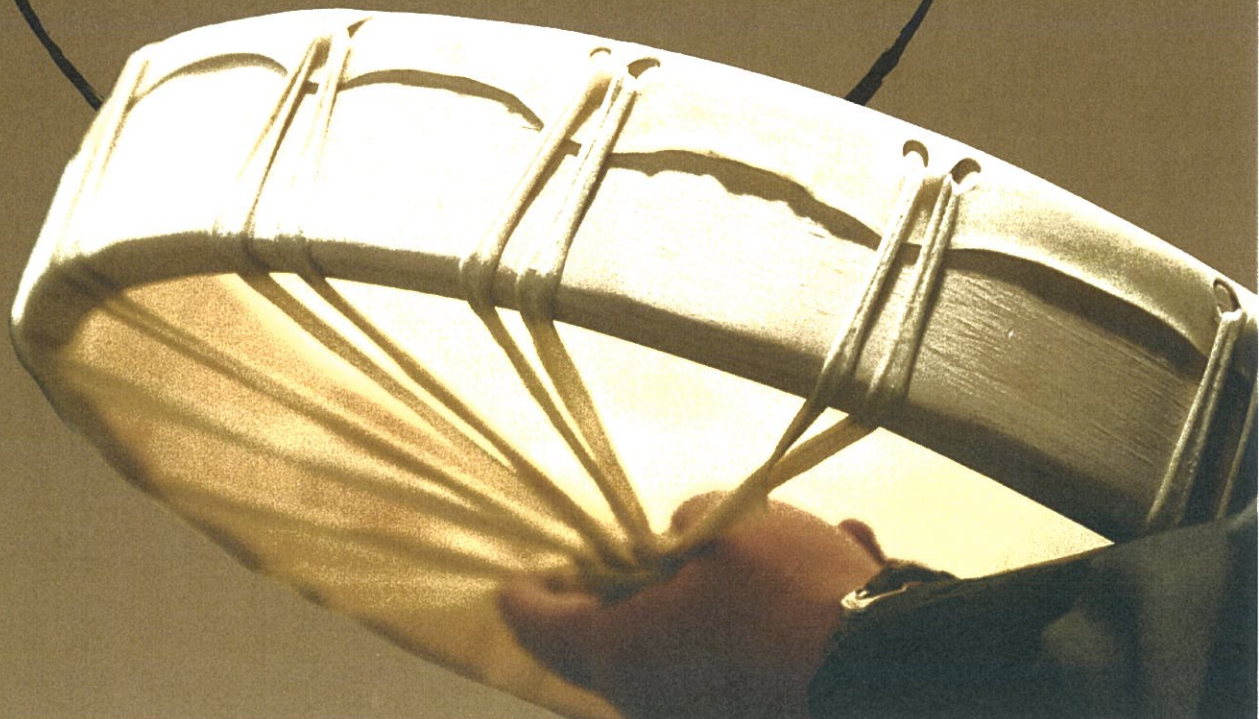


# DRUMMING

with Dana Boyer

Pow Wow Grounds  
June 27, 2023  
@ 1:30 PM

Bring your drum or rattles





**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

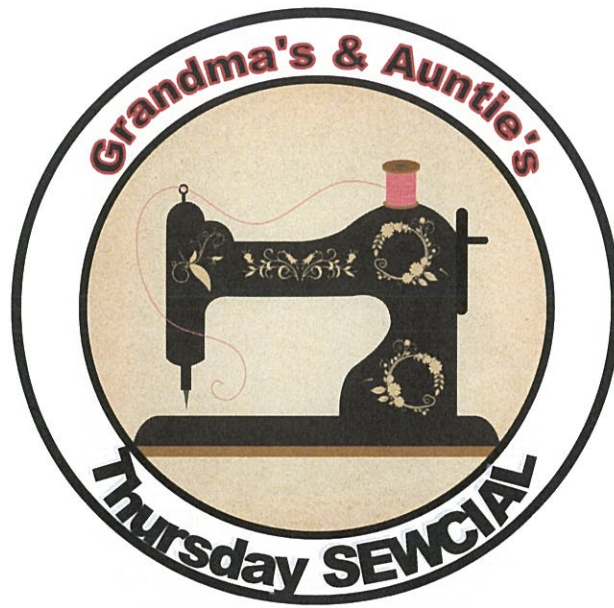
At the Education Building.. If you have a project you are working on and needing some help, come on out! I do have a limited number of ear-ring making , lanyard and dream catcher kits available if you want to learn!! AND....Pow wow is just around the corner, so time to get your gear ready!!

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!!



Thursday evening Sewcials resume

Thursday, JUNE 15th, 22nd & 29th 2023

From 6:00 pm to 9:00 pm.

Bring a project, a UFO (unfinished object), or your beads. Pow wow season is around the

corner. For more information, please

contact: Lucy Ann

705-356-1621, ext 2247 or drop by the

Education Building.

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 Nishnabe Giizhagat	6	7	8	9	10
11 Trapper Hats 11:00 am to 5:00 pm	12 Trapper Hats 4:30 pm - 9:00 pm	13	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 National Indigenous Peoples Day	21	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!!



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## Water Treatment Plant



## Conserve Water

**June 28<sup>th</sup> – 29<sup>th</sup>** Public Works will be flushing the water lines in the community; we are asking the community to conserve water.

We appreciate your co-operation,

Mississauga First Nation Public Works



# 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 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**

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



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

# FAMILY

## Summer Fun

### Challenge



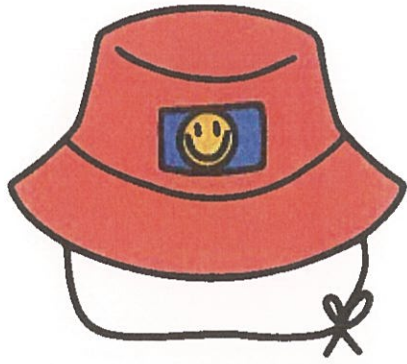
**TUESDAY JULY 4TH 2023**

**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)



# FIT FUN

## CLASS

**JULY 12 & 26TH @ 6PM**

- **CARDIO TRAINING**
- **WIGHT TRAINING**
- **AEROBIC FITNESS**

**REGISTRATION IS NEEDED**



**MFN SPORTS COMPLEX**



# SMALL ENGINE/MACHINE REPAIR

- hobbyist with 4 years' experience.
- Has own tools
- Offers fair rates

## Offered:

- ✓ Lawn Mowers/Riding Lawn Mowers
- ✓ Dirt Bikes
- ✓ ATVs
- ✓ Any small engines

## CHASE WILSON

TEXT OR CALL

📞 705-208-8540

📍 21 Village Road



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

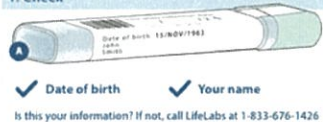
FIT is a safe and painless test that can be done at home and only takes a few minutes.



### FIT Instructions



#### 1. Check



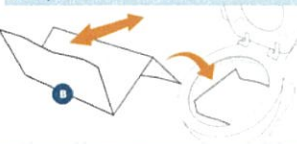
#### 2. Write



#### 3. Pee and Flush



#### 4. Prepare



#### 5. Poop



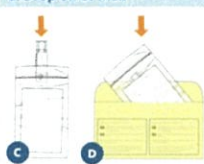
#### 6. Collect



#### 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



**JAYS CARE FOUNDATION INDIGENOUS  
ROOKIE LEAGUE**

# **First Home Game**

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**Thursday June 22nd  
6:00-7:00 p.m Junior Team  
7:10 p.m. - 8:10 p.m Senior Team**

**MFN Sports Complex**

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

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



# BEAT the HEAT

Wear a hat



Wear loose & breathable clothing



Drink plenty of water, avoid alcohol



Seek out shade, limit outside activities



Wear sunscreen



For health concerns call the  
Community health nurse @  
705-356-1621 x 2231





EAT

*well*

FEEL

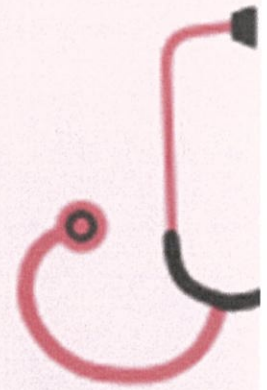
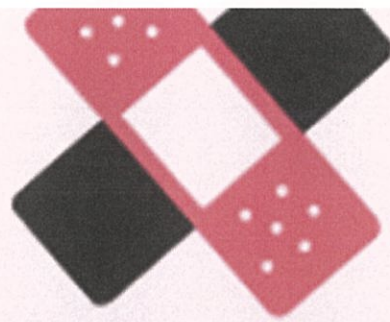
*well*

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



# **IMMUNIZATIONS IN THE ELDERLY**

Join us for dinner and to learn  
about the importance of  
immunization in the elderly

**DOOR PRIZE TO BE WON!**

**JULY 5/2023**

**530 - 7 PM**

**RED PINE LODGE**

**TO REGISTER CALL 705-356-1621 X 2231**

**OR BY E-MAIL**

**[krystasawyer@mississaugi.com](mailto:krystasawyer@mississaugi.com) OR**

**[sherimacleod@mississaugi.com](mailto:sherimacleod@mississaugi.com)**

HOME & COMMUNITY CARE

# JULY

SUN MON TUE WED THU FRI SAT

1

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

A MIN of 5 people are required for out of town trips  
 RPL 705-356-5578

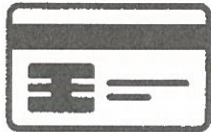
2	3 CANADA DAY OFFICE CLOSED	4	5 Espo Swim/Shop 10am Supper & Learn 5pm-7pm RPL	6	7	8
9	10	11	12 RPL BINGO 1:30pm	13 Manitoulin Island Sight seeing 10am	14	15 MFN POW WOW
16 MFN POW WOW	17	18	19	20 Bowling SSM 10am	21	22
23	24	25	26 RPL BINGO 1:30pm	27	28 Garden River Bingo 10am	29



# **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

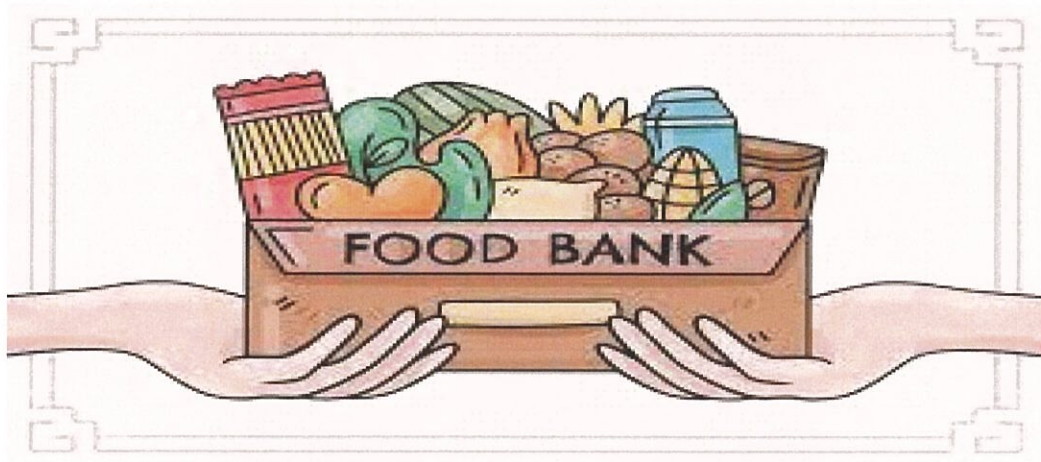
email: [christine@mississauga.com](mailto:christine@mississauga.com)

## Food Bank & Security Program

The Food Bank is kindly asking for donations of cardboard boxes, packaging containers with lids such as; Peanut Butter, butter, margarine, mayo, sour cream etc. There will be a labelled bin outside the food bank to put your donations in or, contact me at [daniellecada@mississaugi.com](mailto:daniellecada@mississaugi.com) for pick-up.

Also, a reminder that food bank boxes will remain inside on Thursdays, due to animals and uncontrollable weather conditions. Please knock at the front window and your food box will be handed out to you.

**Box pick-up time is Thursday from 10am- 3pm 😊**



Thank you in advance for your kind donations to the Food Bank.

Danielle Cada – Food Bank & Security Coordinator

## 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 @ 4:30**

\*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
<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	<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 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 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

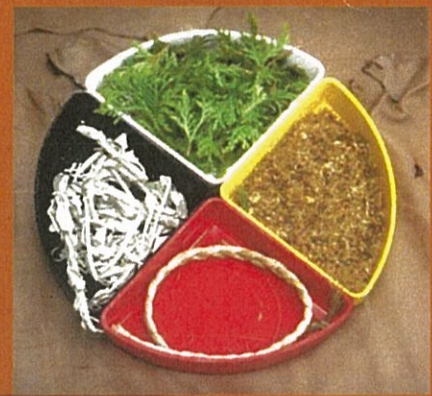


If you have any questions contact  
Sky Cada at 705-356-1621 ext 2228

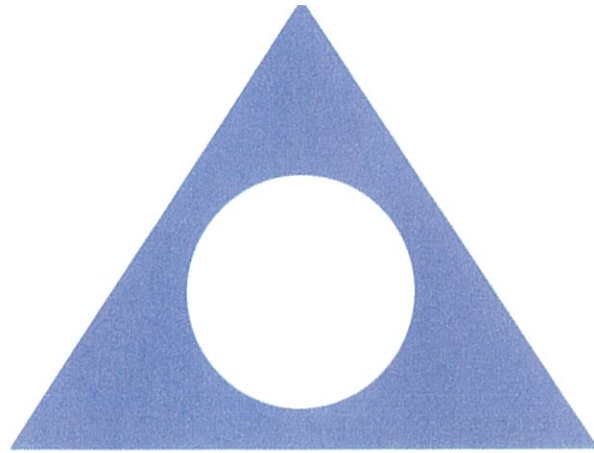
# Lighting the Sacred Fire

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: Mississauga 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@mississauga.com](mailto:skycada@mississauga.com)