



## Community Notice

On October 26<sup>th</sup>, 2022, Chief and Council had made an amendment to the Community Protection Law. This process is going through the Land Code phase whereas it is out for community input for 28 days.

Whereas Mississauga First Nation deems it advisable and in the best interests of Mississauga First Nation to enact a Law to provide for the protection of the community, children and the vulnerable on Mississauga Lands from violent crime, exposure to illegal drugs and sexual exploitation and abuse;

Whereas the Mississauga First Nation have the inherent right given by the Creator to enact any law necessary in order to protect and preserve our Anishinaabe culture, to protect our lands, our language, customs, traditions and practices;

Whereas we the citizens of Mississauga First Nation exercise our inherent aboriginal and treaty rights to govern ourselves through enacting our own laws through our own Misswezahging Constitution, duly ratified March 15, 2015;

Whereas the Mississauga First Nation has entered into the Framework Agreement on First Nation Land Management with Canada (February 12, 1996, as amended: the "Framework Agreement"), which was ratified on behalf of the Government of Canada by the First Nations Land Management Act (1999);

Whereas the Mississauga First Nation ratified the Framework Agreement and brought its Land Code into effect on August 1, 2009; and,

Whereas, pursuant to the Mississauga Land Code, laws may be enacted to protect Mississauga Land, the use and benefit of Mississauga Land, the occupation of Mississauga Land, residence on Mississauga Land, and the creation of offences, penalties and remedies for violations of Mississauga laws; and,

Whereas the First Nation enacted the Community Protection Law on July 1, 2019; and,

Whereas it is in the best interests of the First Nation to communicate to the membership, and the police who protect our First Nation, the names of any persons whose right to be on the reserve is removed or limited in any way, under the Community Protection Law;

**NOW THEREFORE, THIS AMENDMENT TO THE COMMUNITY PROTECTION LAW IS HEREBY ENACTED AS LAW OF THE MISSISSAUGA FIRST NATION.**

1. The Community Protection Law is hereby amended to include, immediately after s.16.12, the following:  
16.13 Where a person's right to attend on MFN Land has been revoked under section 16 of this law, Council may post their name and likeness in such public places, web pages, or police stations to ensure the decision of Council are known to the Community, and to ensure all members of the Community can protect themselves. Council shall make best efforts to remove the person's name or image from these lists, should the revocation of the right to attend lapse, end, or be rescinded.
2. The above amendment shall take effect as soon as the law is passed in accordance with the Land Code.

**JURAT**

If you have any questions, comments, or concerns, please contact

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

Amanda Sayers @ [amandasayers@mississaugi.com](mailto:amandasayers@mississaugi.com) or 705-356-1621 ext. 2213

# NIIGAANIIN

Client and Community Newsletter

NOVEMBER 10, 2022



## REGULAR HOURS

Mon-Thurs 9:00-4:30

Fridays 9:00-4:00

BY APPOINTMENT / WALK INS WELCOME

\*\*\*\*\*

## OW CLIENTS

**STATEMENT DUE  
NOVEMBER 16TH**

## IMPORTANT

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

STACEY- [niigaanireception@mississauga.com](mailto:niigaanireception@mississauga.com)

DARRELL- [darryl@mississauga.com](mailto:darryl@mississauga.com)

HELEN- [helen@mississauga.com](mailto:helen@mississauga.com)

ROBERT- [robertmorningstar@mississauga.com](mailto:robertmorningstar@mississauga.com)

CHEYENNE- [lmicoordinator@mississauga.com](mailto:lmicoordinator@mississauga.com)- EXT  
2355

**Anishnawbek Ehnkijik**

**Coordinator**

Chastity Morningstar

1 705 806 4807

Email - [chastity@Niigaaniin.com](mailto:chastity@Niigaaniin.com)

## OW CLIENTS

Check out the Mississauga website!

All Important Dates and Info on

Calendar on the Website!

\*\*\*\*\*

## IMPORTANT

HAVE YOU DONE YOUR LABOUR MARKET  
SURVEY?

CAN BE DONE BY

EMAIL, PHONE OR IN PERSON

LMI COORDINATOR—CHEYENNE CORBIERE

705 356-1621 EXT 2355

EMAIL- [LMICOORDINATOR@MISSISSAUGI.COM](mailto:LMICOORDINATOR@MISSISSAUGI.COM)

\*\*\*\*\*

DO ALL THINGS WITH KINDNESS

\*\*\*\*\*

## Announcements

Statements Due November 16th

## ODSP FN WORKER

ROBERT GILBRAITH

1-800-825-7593 EXT 216

FAX 705-253-2090

# **Mississauga First Nations**

## LOCAL AREA - JOB OPPORTUNITIES

Position	Employer/Location	Closing date
Various positions available	Mississauga FN	until filled
Various Positions Available	Garden River FN	until filled
Various Positions Available	Serpant River FN	until filled
Various Positions Available	Sagamok FN	until filled
Seasonal Equip. Operator	Ferrovial/Thessalon	until filled
Receptionist/Accts Clerk	Town of Spanish	11/11/22
Dental Assistant	Blind River Dental Ctr	11/11/22
Youth in Transition Worker	Nog/Sudbury/Sagamok	11/21/22
Behavioural Therapist	Nog/Sault ste Marie	11/21/22
Child and Youth Counsellor	Nog/Sudbury	11/21/22
Systems Trainer	Nog/location to be determined	11/21/22
Receptionist	Algoma Chrysler	11/25/22
Team members	A&W/Blind River	12/31/22
Customer Service Rep.	Tim Hortons/Blind River	11/30/22
Various positions	City of Sudbury	11/10/22
Outreach/Education Officer	SWEAC/Sudbury	until filled

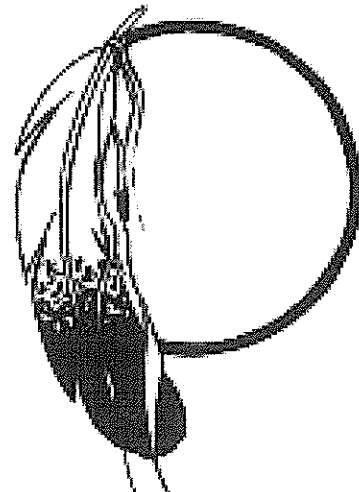
Other Websites for job postings: Indeed; LinkedIn; Google jobs; Job-Bank.gc.ca; employment solutions

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

- If you are on OW or EI or not working or need training ISETP's can offer you the following: Apprenticeships; Employment Supports/Startup; wage subsidies; Mobility/relocation assistance; Skills enhancement/Direct Course Purchase; Youth Work Experience; Student Employment; Career and Educational development: Self Employment Assistance \*

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

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





**Position:** Anishinaabemowin Teacher

**Salary:** \$50,700 - \$56,300

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Education Director

**Employment Status:** Fulltime (2 year)

**Preferences:** MFN Band Members

**The Anishinaabemowin Teacher will:**

- Use Anishinaabemowin throughout the teaching of lessons.
- Teach explicit Anishinaabemowin lessons for a portion of the day (approximately 30 minutes) daily.
- Co-plan assessments and gather pedagogical documentation to measure progress of students in their learning.
- Model and mentor Anishinaabemowin with the assigned classroom teacher to indirectly improve teacher acquisition and fluency of Anishinaabemowin.
- Incorporate the Seven Grandfather Teachings throughout lessons and age-appropriate Treaty Education lessons.
- Delivery of indoor cultural activities and outdoor land-based learning activities.
- Advise on the ordering of necessary resources for lessons (i.e., Anishinaabe medicines, cultural activity resources, etc.)
- Invite community Elders and Knowledge Keepers to be a part of the learning.
- Gather student and parent/guardian voice at the beginning of the school year regarding the cultural activities they would like to learn, plan for the delivery of this learning.
- Help coordinate and facilitate monthly Parent Nights to update and inform parents/guardians on the learning and progress of their children in this programming.
- Assist in the design of the teaching environment.
- Design courses appropriate to the learner group and prepare lesson plans.
- Teach Multi-Cultural setting with several modes of delivery.
- Prepare Classroom material for group instruction, help learners become more confident and self-aware.
- Researching and develop course material to fit with the programmers or curriculum requirements.
- Evaluating the outcomes of individuals' learning through formal assessment or informal methods and constructive feedback
- Provide opportunities for students, community members to develop an understanding of Anishinaabe language.
- Develop teaching materials and other resources for program delivery
- Develop programs designed to promote and provide lessons for learning First Nation culture and history.
- Identify and utilize methods to ensure community involvement.
- Research community archives to build community standards around First Nation culture and history.
- Excellent communication and group leadership skills
- Participates in appropriate workshops, seminars, meetings, and courses.

**The Anishinaabemowin Teacher will possess the following education, experience, and skill qualifications:**

- Fluency in Anishinaabemowin is necessary.
- A bachelor's degree in education or possession of related Post-Secondary Diploma
- Land-based learning skills are an asset.
- Anishinaabe Teaching Certificate or willing to obtain certificate
- Must possess specialized skills with demonstrated high level of fluency in the language
- Ability to work flexible hours
- Excellent oral and written communication skills, good interpersonal skills, and computer application Microsoft Office
- Minimum 3-year experience teaching language
- Must have experience & knowledge regarding traditional Anishinaabe teachings, aboriginal history, traditional ceremonies
- Access to Vehicle and valid driver's license as some travel will be required
- Able to provide both a clear Criminal Records Check and Vulnerable Sector Check
- Knowledge of age-appropriate teaching techniques
- Knowledge and sensitive to cultural practices and traditions in the workplace, i.e., smudging.

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job posting. If you are a member of MFN or of Indigenous descent, please include this information in your cover letter. We rely on the information you provide to us in your application during screening. **Successful candidates** who receive interviews **must** provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be **in person**. If you would like a copy of the full job description and/or are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation  
P.O. Box 1299 Blind River, Ontario P0R1B0  
Attention: Human Resources Department  
Marked: **CONFIDENTIAL**  
**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com) **FAX:** 705-356-1740  
**Deadline: November 10, 2022**

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



**Position:** Janitorial Custodian

**Salary:** \$30,600 - \$35,700

**Hours of Work:** 32 hrs (includes evening work)

**Circulation Level:** Level I

**Accountability:** Finance Director

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

**Preferences:** MFN Band Members

**The Janitorial Custodian will:**

- Ensure that all doors are locked at noon and closing. Monitors building security and safety Ensure that all exit doors work properly and open easily.
- Ensure exterior lighting is in proper working order, ensure that all exit lights and signs are operational and clearly visible, change and/or notify the proper department when assistance is needed.
- Clean and disinfect washrooms and fixtures (mirrors, sinks, soap dispensers, urinals, toilets, and towel dispensers, all door handles) daily. Ensure that all toilet paper, paper towel and soap dispensers are filled.
- Empty trashcans and other waste containers, place trash in garbage bags and clean garbage bins daily.
- Perform other related duties such as washing cups, shutting off coffee pots at noon and closing, etc. if necessary.
- Dust office furniture, tabletops, and counters, when required.
- Washes windows, screens, sills, woodwork, doors, desks
- Dusts all furniture, fixtures and surfaces as required, including door handles, phone handsets and taps.
- Cleans and sanitizes kitchens and Canteen area: clean and disinfect sinks, counters, dishes, refrigerators, freezers, dishwashers, and stoves. Mopping of floors within the area.
- Checking electrical appliances to ensure that hazards are not created and are properly turned off.
- Orders and stocks needed materials and supplies, with focus on alternative or green products
- Collects and disposes of waste and recyclables.
- Shovels snow, maintains outside walkways, applies sand/salt as necessary and assists in keeping outside premises in an orderly condition.
- Trim and clear debris from ground.
- Provide some repairs and maintenance of buildings by patching walls and doors, painting walls and trim, replaces fixtures and partitions, replaced damaged ceiling and floor tiles, repairs carpet.
- Wash windows biannually (April and October)
- Major floor cleaning. Tile floor: Strip wax and re-wax. Concrete: Dust and wash. Terrazzo: Dust and wash.
- Collect any trash that may interfere with grass cutting
- Sweep parking lot (Spring)

**The Janitorial Custodian will possess the following education, experience, and skill qualifications:**

- Minimum Grade 12 Secondary Diploma or equivalent OR three (3) years related experience.
- One (1) year experience in custodial, building maintenance or as a general laborer
- WHMIS Training, First Aid and CPR
- Knowledge of standard cleaning procedures, chemicals, products, and equipment/hand tools.
- Knowledge of the Occupational Health and Safety Act as it applies to the worker.
- Ability to read and understand labels/instructions, particularly on the use/application of cleaning chemicals and products.
- Knowledge of personal protective equipment i.e., safety glasses, gloves, work boots, and earmuffs etc.

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job posting. If you are a member of MFN or of Indigenous descent, please include this information in your cover letter. We rely on the information you provide to us in your application during screening. **Successful candidates** who receive interviews **must** provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be **in person**. If you would like a copy of the full job description and/or are interested in applying you may submit your covering letter, resume and three (3) work related references to:

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

Marked: **CONFIDENTIAL**

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

**Deadline: November 18, 2022**

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



**Position:** Wiindamaagewin Enaagadoot

**Salary:** \$33,800 - \$44,600

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Chi-Naakinagewin Director

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

**Preferences:** MFN Band Members

**The Wiindamaagewin Enaagadoot will perform the following job functions:**

- Develop and create a standard approach for communication, that ensures timely sharing of information and a process for providing feedback or input from the citizenship, leadership, and employees.
- Manage a unified social media presence for Mississauga First Nation, including but not limited to, Facebook, Twitter, Instagram, YouTube, LinkedIn, TikTok, etc.
- Assist with the management of communications for the OneFeather voting service in partnership with the Membership Clerk.
- Assist with the creation of an ad-hoc Wiindamaagewin Committee, with representatives from each department, to advise on the content and method of communications for the organization.
- Be responsible for the distribution of the monthly newsletter in partnership with MFN Reception.
- Develop a step-by-step process to better the Mississauga First Nation citizenship, including those living away from home, to participate in discussion via social media, email, briefings, newsletter-regarding the future of the community.
- Promote the program by providing community outreach – presentations, workshop and facilitate knowledge sessions with the citizens, leadership, and employees.
- Assist and engage with the citizenship on issues related to information sharing and feedback/input opportunities on the future of the community.
- Compile contact log of citizenship's emails, addresses with the appropriate permissions from those willing to provide such information; Explore the possibility of local text-based alerts.
- Investigate communication policy options/templates from other sources, i.e., Other First Nations and organizations.
- Create pro-forma pieces, set specific communication, and release dates
- Develop MFN Branding Guidelines so that material being circulated i.e., Newsletter, briefing notes, interoffice memos, evaluations etc. have similar looks and feels.

**The Wiindamaagewin Enaagadoot will have the following qualifications, experience, knowledge, and skills:**

- Diploma/Degree in Public Relations, Communication or Journalism; and or two (2) years' experience with working in related field of project development and administration.
- Knowledge of WHMIS, Occupational Health and Safety Act, and Canada Labour Code as it applies to the worker.
- Good organizational and file management skills
- Facilitation skills
- High level of written and verbal communication skills
- Ability to work with little or no supervision

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job ad. Using concrete examples, you must show how you demonstrated the requirements for this job. We rely on the information you provide to us in your application during screening. **Successful candidates who receive interviews must provide copies of their education qualifications and certifications at the time of interview.** Please note that all interviews will be **in person**. If you 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: November 18, 2022**

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





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

**Accountability:** Finance Director

**Salary:** \$17.50 hourly

**Employment Status:** Casual

**Hours of Work:** As needed

**Preferences:** MFN Band Members

**Circulation Level:** Level I

**The Back-Up Receptionist will:**

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

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

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

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

Mississauga First Nation  
P.O. Box 1299 Blind River, Ontario POR1B0  
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.*

## TREATIES RECOGNITION WEEK ACTIVITY!

Help Mississauga First Nation Celebrate Treaties Week with this drawing and writing contest for a chance to win Mississauga First Nation swag bags valued at \$50.00.

### How To Enter:

- Please draw and write about Treaties in relation to our traditions, culture, teachings or Seven Grandfather Teachings. The Sky is the limit and we look forward to seeing and reading about your ideas on Treaties and our ways of life.
- We will have two draws- one for children/youth and an adult category.

### Deadline to submit is:

- Monday November 14, 2022 at 4:30 p.m.
- Please email your submissions or drop off a hard copy to Shawna Boyer at the Mississauga First Nation administration building.
- *May use a separate blank piece of paper if needing more space.*
- Email: [shawna@mississauganation.com](mailto:shawna@mississauganation.com)



Draw a picture and write about it.

---

---

---

---

---

## ATTENTION COMMUNITY MEMBERS!

The Lands Department is currently looking to fill **9 vacancies** on the Lands and Resources committee for the **2023 -2027 term**. Interested community members must submit a letter of interest to the Lands & Resources Department for Council appointment.

The Lands Committee meets the first Monday of each month. to address the following.

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

**DEADLINE FOR LETTERS OF INTREST IS**  
**November 24, 2022 @ NOON**

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





## **Sky Canoe – Community Information Session** **in partnership with Mississauga First Nation**

Sky Canoe produces a new and innovative Remotely Piloted Aircraft System (RPAS) and is owned by the Mississaugas of Scugog Island.

Their model aims to reduce costs and environmental impact of shipping goods to rural and remote northern communities. Mississauga First Nation is exploring partnership opportunities to house expansion operations in the community, train and hire community members as well as engage the community however else possible.

Sky Canoe President, Jason Dudek will provide an interactive information session, outlining the company's values, purpose, technology and opportunities to get involved.

These will include reviewing training opportunities in administration, mechanical work, operations, logistics, sales as well as potential spin-off business opportunities.

The company's long-term plan is, if the community supports it, make Mississauga First Nation its exclusive Northern Ontario logistics hub with spinoff business development opportunities in solar energy, communications, logistics and construction.

The presentation will cover all these topics and include an interactive Q&A. More information is available at [skycanoe.ca](http://skycanoe.ca). For additional inquires, contact Jon Cada – [joncada@mississaugi.com](mailto:joncada@mississaugi.com)

**WHEN:** November 24, 2022

**1:30PM-3:30PM & 5:30PM-7:30PM**

**WHERE:** MFN Chief & Council Chambers

**DRINKS AND REFRESHMENTS WILL BE PROVIDED**



# COMMUNITY GITIGAN - DESIGN CHALLENGE

WE NEED IDEAS & LOGO DESIGNS!

SEEKING INPUT TO REPRESENT  
OUR COMMUNITY GARDEN

DEADLINE: DECEMBER 2

SELECTED ENTRIES WILL RECEIVE  
A GIFT CARD OF THEIR CHOICE!

PLEASE SHARE YOUR  
SUBMISSIONS TO MFN RECEPTION  
OR  
SHARE BY EMAIL TO:  
[TAMMYKING@MISSISSAUGI.COM](mailto:TAMMYKING@MISSISSAUGI.COM)



**ALSO, LET US KNOW IF YOU WOULD LIKE TO  
LEARN MORE ABOUT THIS OPPORTUNITY  
AND HOW YOUR DESIGNS MAY BE UTILIZED  
TO PROMOTE ACTIVITY AT THE GITIGAN SITE**





Green Iglu, who partnered with Mississauga First Nation to build our growing dome, will be hosting a fundraiser beginning Nov. 28<sup>th</sup>.

Green Iglu would like to purchase gifts made by local artisans as thank you gifts to those that donate.

If you are a local artisans with items for sale, please contact:

Tammy King

705-356-1621 ext 2260

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





## BEADED EARRINGS

Come create your own beaded earrings. All materials provided!! Instruction and assistance available for the new beaders.

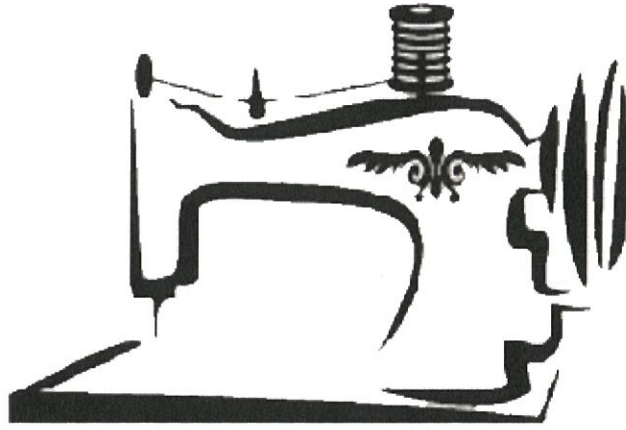
When?? Thursday, November 17th, 2022

Time: 6:00 pm to 9:00 pm

Where? Education Building

Please contact Lucy Ann Trudeau, Grandmas and Aunties Program Coordinator @ 705-356-1621, ext. 2247 to confirm your participation and to ensure we have adequate resources.

See you there!!



## **UFO's & Sewing Drop In**

Time to finish up your sewing, craft or beading projects? Come finish up your already started projects!! We are set up at the Education Building.. .

**WHEN?? Friday, November 18th , 2022**

Time: 10:00 am to 3:00 pm

Light Lunch & Snacks provided.

For more information contact:

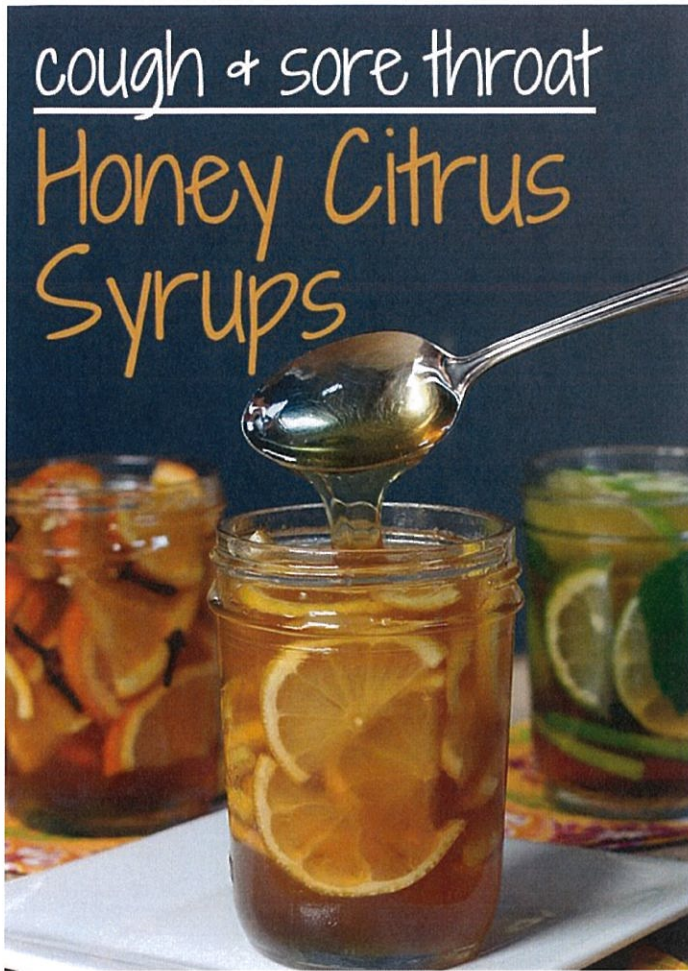
Lucy Ann Trudeau

Grandmas and Aunties Coordinator

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

**See You There!!!**





T'is the season!!

It is cold and flu season!!  
Come join us to make your household a jar of an all natural sore throat remedy or a cough syrup....Use these syrups to soothe a cough or sore throat; or stir them into hot tea or water to add yummy

Lunch and Snacks provided..

For more information please contact:

Lucy Ann Trudeau

Grandmas and Aunties Coordinator

(705)356-1621, ext 2247

lucyantrudeau@mississaugi.com

Hope to See you there!!

**When: Tuesday,**

**November 22, 2022**

**Time: 10 am to 3 pm**

**Where: MFN Education  
Building**



## WOMAN'S SUPPORT GROUP

**MEETING TIME:** 6-8pm

**LOCATION:** Education Building.

**DATES:** Nov. 21<sup>st</sup>, and Dec. 5<sup>th</sup>.

Meditation, self care, knowledge sharing, etc.



## Ladies Hand Drumming

**MEETING TIME:** 6-7:30pm

**LOCATION:** Education Building

**DATES:** Nov. 18, 28<sup>th</sup>, and Dec. 12<sup>th</sup>.

For all those wishing to learn some songs

Contact Dana Boyer for info at [danaboyer@mississauga.com](mailto:danaboyer@mississauga.com)

# MFN – HSSU Activities/Events – November 2022 (7<sup>th</sup> – 18<sup>th</sup>)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>7</b></p> <p><b>DAAW</b> – Al-Anon (5:45-7:15) Cultural.</p> <p><b>YC</b> – Oils &amp; Scrub w/ Linda Vincent (6-8) Sports Complex</p> <p><b>CWW</b> – Full Moon Ceremony (8-10pm) Cultural Bldg.</p> <p><b>ASP</b> – Medicines w/ Dana (3:30-5:30) Sports Complex</p>	<p><b>8</b></p> <p><b>DAAW</b> – NA Meeting (6:45-8:15) Cultural Bldg.</p> <p><b>YC</b> – Oils &amp; Scrub w/ Linda Vincent (6-8) Sports Complex</p> <p><b>CWW</b> – Full Moon Ceremony (8-10pm) Cultural Bldg.</p> <p><b>ASP</b> – Medicines w/ Dana (3:30-5:30) Sports Complex</p>	<p><b>9</b></p> <p><b>DAAW</b> – Drumming (6:00-8:00) Cultural Bldg.</p> <p><b>CWW</b> – Trad. Healing w/ Jay Bird (8:30-4:30) Cultural Bldg.</p> <p><b>CSW</b> – Fruit/Veg. Day (9-1) C&amp;Y Bldg</p> <p><b>FRC</b> – Moccasin Making (5-9) C&amp;Y</p> <p><b>ASP</b> – Medicines w/ Dana (3:30-5:30) Sports Complex</p>	<p><b>10</b></p> <p><b>CSW</b>-Food Security Program (9:30-1:00) Child Yth. Bldg.</p> <p><b>DAAW</b> -Lighting Sacred Fire (8:30-3:00) Cultural Building</p> <p><b>CWW</b> – Trad. Healing w/ Jay Bird (8:30-4:30) Cultural Bldg.</p> <p><b>ASP</b> – Culture w/ NOG (3:30-5:30)</p> <p><b>CHA</b> – Dance w/ Kate (5-7) Sports Complex</p>	<p><b>11</b></p> <p><b>CSW</b> – Jay Bird Ceremony (8:30-4:30) Cultural Bldg</p> <p><b>CHR</b> – Footcare (9:30-3:30) RPL</p> <p><b>YC</b> – Public Skating (6:30-8) BR Arena</p> <p><b>ASP</b> – Outdoor Activity (3:30-5:30) Sports Complex</p>	<p><b>12</b></p>	<p><b>13</b></p>
<p><b>14</b></p> <p><b>DAAW</b> – Al-Anon (5:45-7:15) Cultural Bldg.</p> <p><b>CHA</b> – Pole Trail Walking (1-2) SC/RPL</p> <p><b>ASP</b> – Gym (3:30-5:30) SC</p> <p><b>YC</b> – Hygiene (5:30-7) Youth Centre</p>	<p><b>15</b></p> <p><b>DAAW</b> – NA Meeting (6:45-8:15) Cultural Bldg.</p> <p><b>CSW</b> – Freshen up (10-4) C&amp;Y Bldg.</p> <p><b>FRC</b> – Learn to Quilt (9-4) RPL</p> <p><b>CHA</b> – Yoga (10-11) SC</p> <p><b>FRC</b> – Learn to Quilt (9-1) RPL</p> <p><b>ASP</b> – Medicines w/ Dana (3:30-5:30) Sports Cmlx</p> <p><b>CHA</b> – Roller Release (7-8)</p> <p><b>CHA</b> – Cycling (6-7) Gym</p>	<p><b>16</b></p> <p><b>DAAW</b> – Drumming (6:00-8:00) Cultural Bldg.</p> <p><b>FRC</b> – Clothing exchange (10-4) C&amp;Y Bldg.</p> <p><b>ASP</b> – Medicines w/ Dana (3:30-5:30) Sports Complex</p>	<p><b>17</b></p> <p><b>CSW</b>-Food Security Program (9:30-1:00) Child Yth. Bldg.</p> <p><b>DAAW</b> -Lighting Sacred Fire (8:30-3:00) Cultural Building</p> <p><b>FRC</b> – Cricut Craft (11-1) C&amp;Y Bldg.</p> <p><b>ASP</b> – Culture with NOG (3:30-5:30) Sports Complex</p> <p><b>CHA</b> – Yoga (10-11) SC</p> <p><b>CHA</b> – Dance w/ Kate (5-7) Sports Complex</p>	<p><b>18</b></p> <p><b>YC</b> – Hiking &amp; Bowling (9-4) Elliot Lake</p>	<p><b>19</b></p>	<p><b>20</b></p>
<p><b>COVID REMINDER</b></p> <p>PLEASE PRACTICE PHYSICAL DISTANCING OF 6 FEET/2 METERS</p> <p>HAND WASHING/HAND SANITIZATION</p> <p>WEAR A MASK IF YOU MUST GO OUT</p> <p>AVOID GATHERINGS</p> <p>IF YOU HAVE SYMPTOMS, GET TESTED AND STAY HOME</p>						
<p><b>Mississauga First Nation</b></p> <p>Stephanie Collins – Mental Health Counsellor – Ext. 2234</p> <p><b>Medical Transportation</b></p> <p>Mary-Ellen Morningstar – Med. Trans. Coord. – Ext. 2201</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>YEW</b> - Early Years Worker- Sheri Macdonald - Ext.2253</p> <p><b>ASP</b> – After School Program - Racheal Glover - Ext.2308</p> <p><b>CHA</b> – Com. Health Activator - Janey Morningstar – Ext.2216</p> <p><b>G&amp;A</b> – Grandma and Auntie Program – Lucy Ann Trudeau - Ext. 2247</p> <p><b>Band Rep.</b> - Brent Niganobe – Ext.2245</p> <p><b>Band Rep.</b> - Laurie Jacques – Ext.2243</p> <p><b>HSSD</b> – Health Services Director – Nikki MacDonald Ext. 2227</p> <p><b>SSM</b> – Social Service Manager – Ext. 2240</p>						
<p><b>CHN</b> – Com. Health Nurse -Krysta Sawyer – Ext.2231</p> <p><b>CHR</b> – Com. Health Rep. - Chelsea Grimard – Ext.2203</p> <p><b>DAAW</b> - Drug &amp; Alcohol Addictions- Sky Cada - Ext.2228</p> <p><b>CWW</b> – Com. Wellness Coord. –Erin Chiblow – Ext.2226</p> <p><b>FRC</b> – Family Resource Coord. Christine Owl – Ext.2254</p> <p><b>CSW</b> – Com. Support Worker - Kelly Daybutch – Ext.2242</p> <p><b>HSM</b> – Health Services Manager – Rhonda Peltier – Ext. 2230</p> <p><b>FPW</b> – Family preservation Worker – Samantha Robinson – Ext. 2240</p>						



WORLD DIABETES DAY 2022

# **DIABETES AWARENESS DAY**

WEDNESDAY NOVEMBER 16TH

12:00- 1:30

COUNCIL CHAMBERS ROOM

LUNCH AND LEARN WITH JESSICA  
HUBBARD, AND LINDA VINCENT

BLOOD SUGAR AND BLOOD PRESSURE  
CHECKS

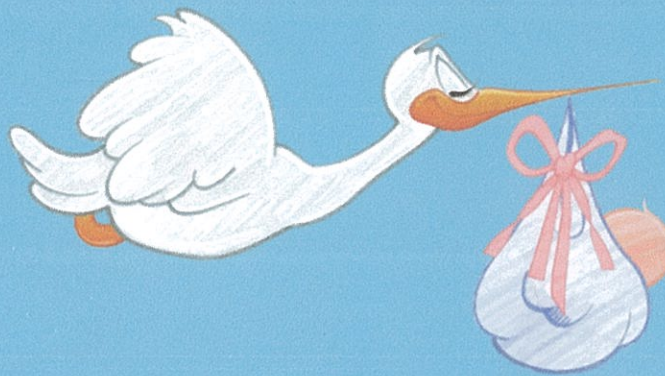
BINGO AND GIVEAWAYS

30 MIN REFLEXOLOGY APPOINTMENTS

TO REGISTER CONTACT CHELSEA AT  
356-1621 EXT. 2203

MISSISSAUGA FIRST NATION  
FAMILY RESOURCE COORDINATOR  
EARLY YEARS PROGRAM  
RED PINE LODGE

LEARNING TO QUILT WITH OUR ELDERS

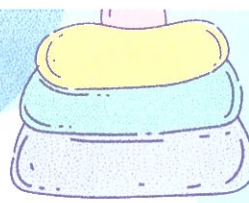


Families with children 0-6 & elders join us for  
a fun filled day. Lunch and refreshments  
provided

TUESDAY NOVEMBER 15TH  
9 AM - 1:00 PM  
RED PINE LODGE

PLEASE CALL CHRISTINE OWL @705-356-1621 EXT.  
2254 OR EMAIL CHRISTINE@MISSISSAUGI.COM

**Winter clothing  
exchange**



**Date:  
Nov. 16**

**Time: 10-1**  
at Child & Youth  
Building



**Kids**

**Best Fashion**



No appointment needed

If you require more information  
please call Christine Owl-Family  
Resource Coordinator at  
705-356-1621 ext. 2254 or email  
[christine@mississauga.com](mailto:christine@mississauga.com)

**Children  
0-6yrs**



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

**Pick up is November  
23/22**

**Time: 8 am - 1 pm**

**At: Child & Youth Building**

**Please call to confirm by November 17 /22 by 10:00 am to  
receive this months card as I need to make the appropriate  
arrangements**



Please call 705-356-1621 ext. 2254 or email  
[christine@mississauga.com](mailto:christine@mississauga.com) ASAP Thank you



MISSISSAUGA FIRST NATION  
EARLY YEARS PROGRAM  
FAMILY RESOURCE COORDINATOR

# CRICUT CHRISTMAS COOKIE BOARD



**WHEN : TUESDAY NOVEMBER 29TH, 2022**

**6:00PM-8:00PM**

**WHERE : CHILD AND YOUTH BUILDING**

**5 spots available**

**Email - [sherimacleod@mississauga.com](mailto:sherimacleod@mississauga.com)**

**by November 22nd, 2022**

**to register**







# November

## *Sports Complex* Monthly C.H.A Programs

**MONDAYS** 1 PM -TRAIL WALKS WITH NORDIC POLE  
**TUESDAYS** 10 AM- YOGA / 6 PM CYCLING / 7 PM ROLLER RELEASE.  
**WEDNESDAYS** 7 PM BUTI YOGA  
**THURSDAYS** 10 AM- YOGA / **5PM DANCE**

E:COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM  
T: 1.705.356.1621 EXT.2216

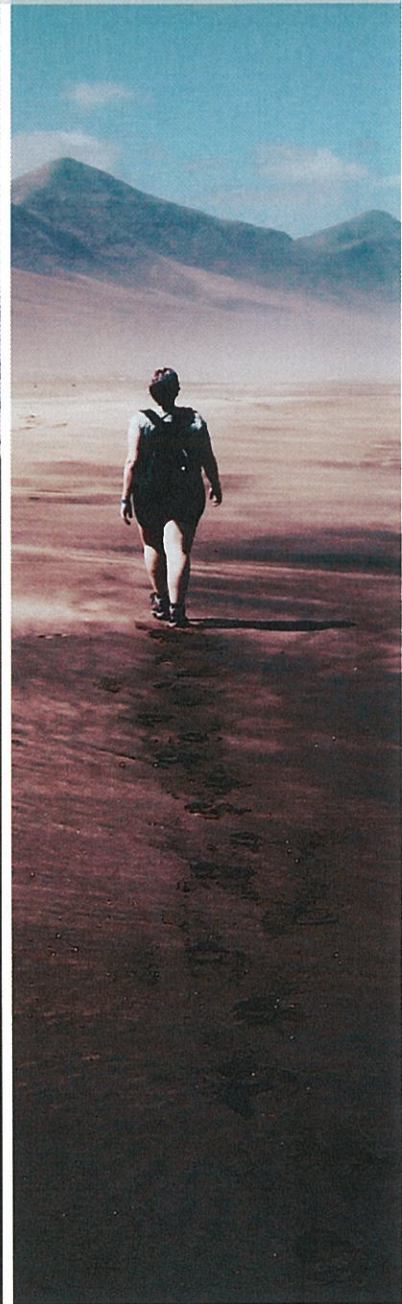
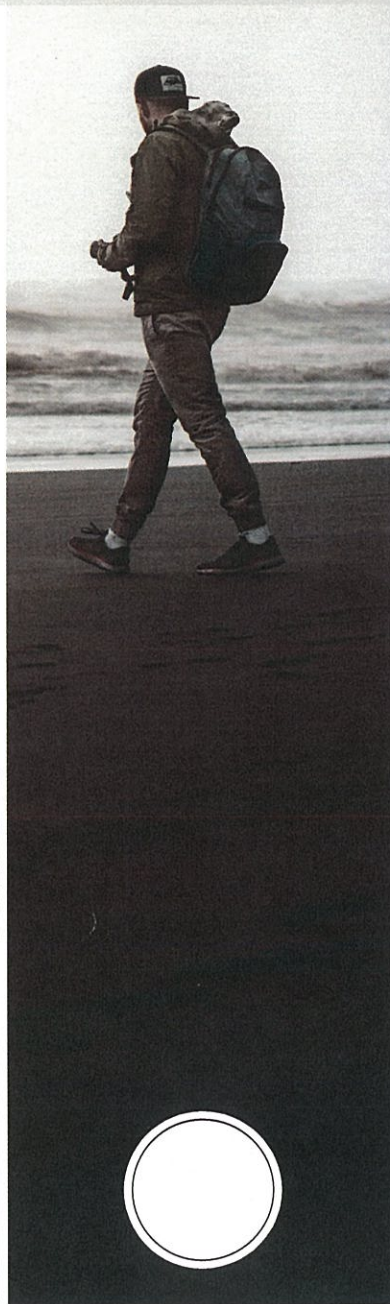
S	M	T	W	TH	F	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# NORDIC POLE TRAIL WALKS!

November 14th & 29th @ 1 pm

Meet at Huron Pines

msg in for poles @ [communityhealthactivator@mississauga.com](mailto:communityhealthactivator@mississauga.com)



MFN SPORTS COMPLEX

Ages  
6-10

# FIT KIDS

6 WEEK PROGRAM  
COMING IN DECEMBER



REGISTRATION  
NEEDED!

- \*MOVEMENT GAMES.
- \*BUILD CONFIDENCE & MOTOR SKILLS.
- \*LEARN SELF REGULATION & CALMING TECH.
- \*MAKE NEW FRIENDS & HAVE FUN!



E:communityhealthactivator@mississauga.com  
T:1.705.356.1621 ext.2216

MFN SPORTS COMPLEX

Ages 6-10

# FIT KIDS

6 WEEK PROGRAM  
COMING IN DECEMBER

REGISTRATION NEEDED!

- \*MOVEMENT GAMES.
- \*BUILD CONFIDENCE & MOTOR SKILLS.
- \*LEARN SELF REGULATION & CALMING TECH.
- \*MAKE NEW FRIENDS & HAVE FUN!

E:communityhealthactivator@mississauga.com  
T:1.705.356.1621 ext.2216

## Roller Release

Benefits are myofascial release, increasing circulation, providing pain relief for sore muscles, & improving range of motion.

MFN Sports Complex

Tuesday's  
7:00 pm

communityhealthactivator@mississauga.com

## BUTI Yoga

WEDNESDAYS @ 7 PM

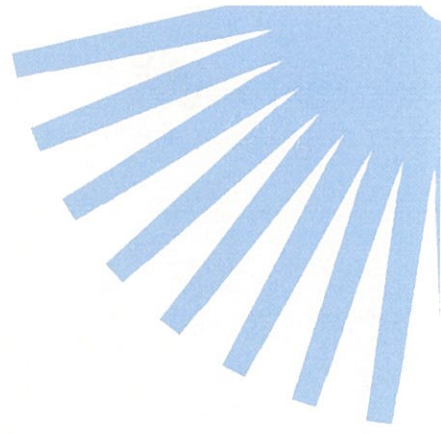
# NORDIC POLE TRAIL WALKS!

November 14th & 29th @ 1 pm  
 Meet at Huron Pines  
 Message in for poles @ communityhealthactivator@missisquoi.com

## CYCLING TUESDAYS @ 6 PM

## GENTLE FLOW YOGA

Tuesdays & Thursdays @ 10 am



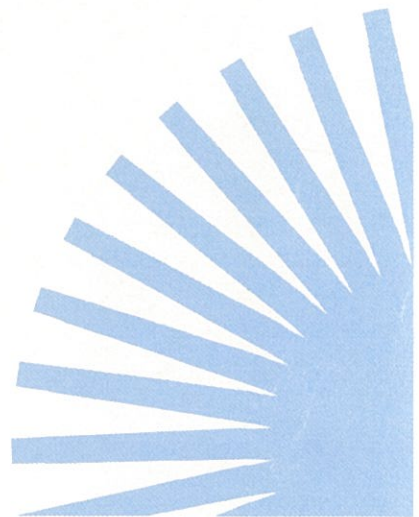
MFN FOOD SECURITY NOTICE

Please be advised that we have no  
delivery service.

Please pick up food boxes by 12noon.

Miigwetch

MFN Food  
Security Program



**MFN Food Security Program**

Date: \_\_\_\_\_

Pick up only

Name: \_\_\_\_\_

# of children \_\_\_\_\_ #of adults \_\_\_\_\_

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

Phone number: \_\_\_\_\_

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

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

**Cereals (1 only):**

Cold Cereal    Porridge    Pancake Mix  
Cream of Wheat

**Breads (1 only):**

White Bread    Brown Bread    Flour

**Meats (2 choices):**

Hamburger    Chicken    Bacon

**Canned Meats: (1 only):**

Tuna    Salmon    Chicken

**Pasta or Rice (1 only):**

Macaroni  
Rotini  
Spaghetti  
Lasagna  
Rice  
Fettucine

**Dairy Products (2 only):**

Canned milk  
Powder Milk  
Cheese slices  
Margarine

**Canned Soups (3 only):**

Mushroom  
Chicken Noodle  
Tomato  
Vegetable

**School aged children only: ( 2 choices)**

Pudding  
Fruit Cups  
Cookies

**Other Canned Products:**

Kidney Beans    or    Tomato paste  
Spaghetti Sauce    or    Diced tomatoes  
Canned Chickpeas    or    Canned Navy Beans  
Tomato Paste    2.84 L Vegetarian Beans  
Green Beans 2.84 L or    Canned vegetables

**Other Products (3 items only):**

White sugar    Brown sugar  
Peanut butter    Pancake syrup  
Coffee/Instant Coffee    Tea  
Crackers    Ketchup  
Mustard    Crisco Lard

**Vegetable Oil (1 per month)**

**Jam (1/once a month)**

**Hygiene Products:**

Toilet Paper  
Hand Sanitizer

**One every 3<sup>rd</sup> months :**

Javex  
All Purpose Cleaner  
Floor Cleaner




# NAAW 2022

Nov. 21-25, 2022

*"Our greatest glory is not in never failing, but in rising every time we fail."*

Come out and join us for a Prize Addictions Awareness Walk: 1st prize is a two night stay at Chiblow Lake Lodge, 2nd prize is 18 holes at Huron Pines, 3rd prize is dinner for 2 at The Pier.

There will also be a Celebratory Night with guest speakers, OPP Night and various information sessions. We will be ending with our guest speaker Greame Bonar and a fish fry.





**From goals to saves: Graeme Bonar inspires hope for those suffering from addiction after his own painful hockey journey**



Graeme Bonar's shot at an NHL career with the Montreal Canadiens was sidetracked by injury before it started: "It's hard to go from being the top-rated right-winger in Canada to two years later basically skating around on one foot." Then came alcoholism and drug addiction. Today, he's a social worker and addictions counsellor in Milton, drawing on his experience to help save lives.

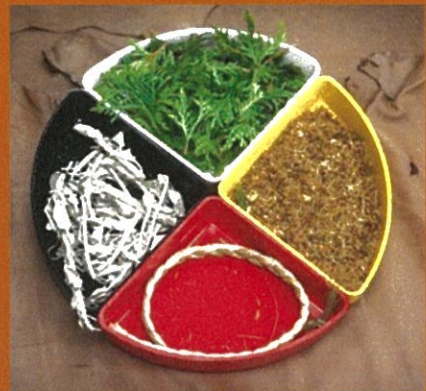
Monday, Nov. 21	Tuesday, Nov. 22	Wednesday, Nov. 23	Thursday, Nov. 24	Friday Nov. 25
10AM-1PM <b>Culture Building</b> Addiction Awareness <b>Walk</b> Lunch of soup and sandwiches.	10AM-12PM <b>Culture Building</b> Stigmatism and The effects of Drugs on the Body and Mind Lunch will be soup and sandwiches	10AM-12PM <b>Culture Building</b> Guest Speaker: Teri Greco- "A story of Healing: Losing A Loved One" Lunch will Subway	9AM-3PM <b>Culture Building</b> Sacred Fire Coffee and Refreshments available	10AM-12PM <b>Sports Complex</b> Q&A with Trisha Boyer "Come ask the questions about addiction that you need answered" Snacks and refreshments will be provided

5PM-7PM <b>Culture Building</b> Celebration: "Journeys and Aspirations" 4 Guest Speakers: ❖ Kevin Chiblow ❖ Tyler Armstrong ❖ Marsha McCallum ❖ TBA Spaghetti for dinner	5PM-7PM <b>Culture Building</b> OPP Night- "Roles and Duties" Pizza and Wings for Dinner	5PM-7PM <b>Child and Youth Building</b> Endaayaan Endazhi- Takookiyaan- Niigaaniin- Land Based Detox Program Macaroni Soup for Dinner	5PM-7PM <b>Culture Building</b> Recovery Support Services- "What they've done for us" Chili and scone for dinner	1PM-3PM <b>Sports Complex</b> Greame Bonar- "From Heartbreak to Triumph" Fish Fry for dinner
---	---	--	---	---

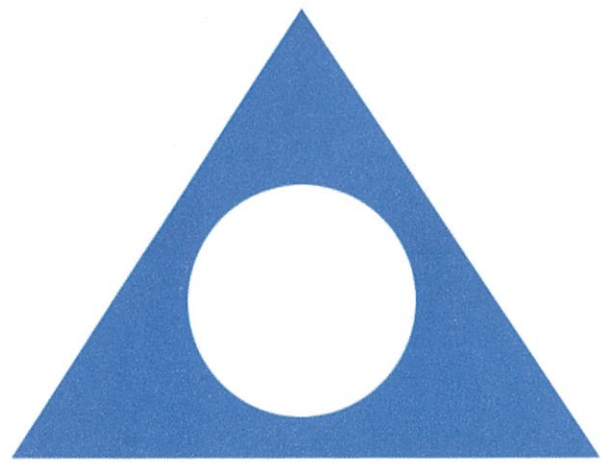
# Lighting the Sacred Fire

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*

## **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!!



Come out to a meeting and find out what it's about.  
Meetings happen every Tuesday in the Culture  
Building from 7 to 8 PM.

### What to Know About Attending Narcotics Anonymous

- Meetings are available daily all over the world
- Meetings are either open or closed to members only
- There is no religious affiliation, but spirituality is welcomed
- There is no cost
- NA doesn't focus on one specific drug addiction
- What is discussed in meetings will always remain anonymous

verywell