

# NIIGAANIIN

Client and Community Newsletter

NOVEMBER 3, 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- [niigaaniinreception@mississauga.com](mailto:niigaaniinreception@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!

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## IMPORTANT

*CLOCKS GO BACK*

***TIME CHANGE ON NOVEMBER 6TH***

\*\*\*\*\*

***DO ALL THINGS WITH KINDNESS***

\*\*\*\*\*

## Announcements

WINNERS

### POKER WALK

BEST POKER HAND- MARIILYN CAMERON

SECOND BEST- DEBBIE MAYER

SKUNK HAND- DANA BOYER

### DOOR PRIZES

GIFT BASKET#1- ANDY ARNOTT

GIFT BASKET#2- KRISTEN MORNINGSTAR

## ODSP FN WORKER

**ROBERT GILBRAITH**

**1-800-825-7593 EXT 216**

**FAX 705-253-2090**

# **Mississauga First Nations**

LOCAL AREA - JOB OPPORTUNITIES		
Position	Employer/Location	Closing date
Various positions available	Mississauga FN	until filled
Various Positions Available	Garden River FN	until filled
Various Positions Available	Serpant River FN	until filled
Various Positions Available	Sagamok FN	until filled
Various positions Available	NOG/various locations	until filled
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
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

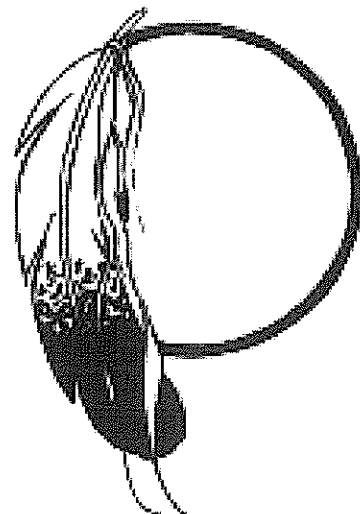
**Other Websites for job postings: Indeed; LinkedIn; Google jobs; Job-Bank.gc.ca; employment solutions**

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:

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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.*

# NISOONAG PARTNERSHIP

# Newsletter

SEPTEMBER 2022

ISSUE 4

## More Inside This Issue

**01** Initiative Overview  
Research Update

**02** Survivors Gathering  
Initiative Feature -  
Community Coordinator  
Upcoming Activities

### Initiative Overview

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

### Initiative Updates

#### Research Update

The Nisoonag Partnership research team has begun collecting archival materials for the Spanish Boy's and Girl's Indian Residential Schools. Archival material is being pulled from the National Center for Truth and Reconciliation and from the Jesuit archival collections. The research team is also in conversation with the Archives of Ontario to establish a process for pulling Indian Residential School records.

A key objective of the Nisoonag Partnership is to uncover the truth about the Spanish Indian Residential Schools. In partial fulfillment of this goal, the Initiative will be building a narrative report which will document a comprehensive history of the Spanish Indian Residential Schools. Preliminary work is underway to build a framework to tell this story the right way.





## Initiative Updates

### Survivors Gathering

The first Nisoonag Survivors Gathering took place on July 25th & 26th in Sault Ste. Marie. An overview of the initiative was presented, so that everyone could get a sense on what the processes around research, records collection, communications, journey documentation, and ceremony and healing will look like. Many Survivors who attended the gathering emphasized the necessity of promoting intergenerational healing, as well as the importance of establishing various protocols, before beginning this important work. Survivors were also invited to review archival materials and photographs, which will also be available at future gatherings. The Partnership & Narratives Inc. are continuing to obtain more records as they become available.

With the nature of the initiative being Survivor-led, Survivors had identified various activities they would like to participate in the future, which will include: a Powwow, a sacred fire, sweat lodge, a ceremony at the school grounds, and meeting with additional mental health supports. This was the first gathering of many on the journey towards healing.



## Initiative Feature

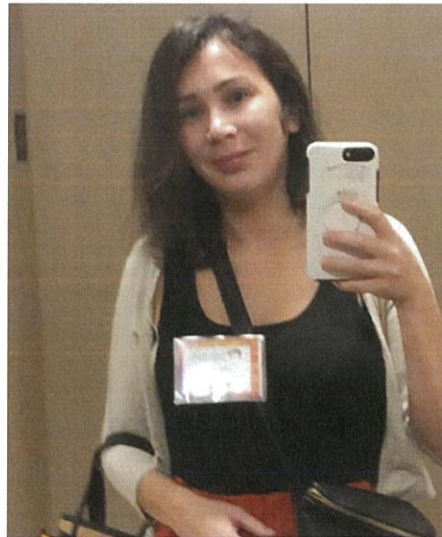
### Community Coordinator Feature

Hello, my name is Lezah Flynn, I am Ojibwa and Irish from Serpent River First Nation. I currently live and work in Serpent River.

I spent my early career as the cultural support worker for Native Child and Family Services before transitioning to the community support coordinator for residential school survivors at Serpent River First Nation.

In 2022, I joined the Nisoonag Initiative to bring home our children. My role is to support the residential school survivors, and to relay updates, invitations, and to plan small gatherings as we go on the journey with the residential school initiative.

The best part of my job is to be able to give back and support our elders as they and our community go through this healing journey together. It means a lot to me as my grandmother was a survivor.



I am 31 years old, I just moved from Toronto back to Serpent River First Nation with myself, my partner and our three children. I enjoy helping others and spending time with my family in my spare time.

You can contact Lezah at [nisoonag@serpentriverfn.com](mailto:nisoonag@serpentriverfn.com)

## Upcoming Activities



OCT  
25-26

### Legacy Survivors Gathering

The Legacy Survivors Gathering is being held in Sault Ste. Marie October 25-26th.

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



MFN LNHL FUNDRAISING GROUP '23

# LUNCHEON PRIZE BINGO

SATURDAY | NOVEMBER 12, 2022  
MFN COMMUNITY HALL  
12:00-2:00PM

## BINGO \$5.00/PACK

8 Regular Games  
2 Share the Wealth  
1 Winner Take All

## LUNCH \$5.00/PERSON

Soup  
Sandwich +  
Drink

MIIGWETCH FOR YOUR SUPPORT

## ATTENTION COMMUNITY MEMBERS!

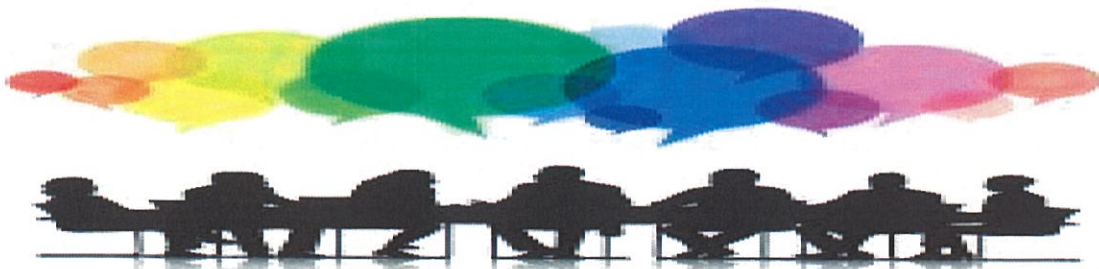
The Lands Department is currently looking to fill **9 vacancies** on the Lands and Resources committee for the **2023 -2027 term**. Interested community members must submit a letter of interest to the Lands & Resources Department for Council appointment.

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)



# Leepfrog Telecom Sales Order

*When it comes to Broadband, we are  
out standing in our field"*

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

Cust: Name: \_\_\_\_\_ Customer email: \_\_\_\_\_

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

City/Town: Blind River, ON

Work Phone: \_\_\_\_\_

Postal Code: P0R 1B0

Home Ph#: \_\_\_\_\_

Cell Ph#: \_\_\_\_\_

## SERVICES OF INTEREST Mississauga First Nation:

Internet     BUSINESS-Additional \$15     15/1- \$54     100/10- \$100  
 TVWS     RESIDENTIAL     25/5- \$59     150/15- \$ 120  
 SEASONAL -Nov1-Apr 30 \$20/mo hibernation     50/10-\$75     200/20- \$140  
Equipment Rent- X TVWS/LTU/WIFI CPE-\$20/mo    X Activat-\$300    Island Activ-\$600.

## VOIP PHONE-

RESIDENTIAL     CANADA \$19     CANADA/US \$22  
 SMALLBUSINESS     CANADA \$23     CANADA/US \$36

VoLTE/VoWiFi -  RESIDENTIAL -Voice -xCAN-includ  CAN/US-extra \$20/mo  
DATA  300MB-\$25     500MB-\$30     1GB-\$35     5 GB-\$65     10GB-\$110

TELEVISION-  SKINNY-\$30     ONTARIO PLUS-\$4     ONTARIO PLUS TSN     All  
In-\$95     LOBBY TV-\$37     Add. Picks-5 for \$18

Credit Card NO. \_\_\_\_\_ CARD Name \_\_\_\_\_ Exp  
Date \_\_\_\_\_ ¾ digit ver. \_\_\_\_\_

Porting Phone Number:  YES     NO

If yes, please provide carrier and or provider and copy of last bill:  YES

CHANNELS ADDED: \_\_\_\_\_ One Time Activation fee \$300/\$600

Seasonal Package-Ma 1-Oc 31 on plan plus \$20/mo hibernation charge off season

For Office use Only:  TVWS     ALTAI Wifi     LTU     Res.     Bus.

OPTIONS:  VOIP     INTERNET     IPTV     VoLTE/VoWiFi     Bundle

## BUNDLING DISCOUNTS

INT plus voip tel-%    INT plus vo/wifi %    INT plus voip tel & vo/wifi-%

COMMENCEMENT DATE: \_\_\_\_\_

E-mail: [info@leepfrogtelecom.com](mailto:info@leepfrogtelecom.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**





As our people exercise their traditional rights on our land base, we would like to remind everyone at this time of year about our shared role and responsibility to be mindful of our wildlife populations.

Based on metrics from various conversation groups as well as information from our annual harvesters, our moose populations are still tracking lower than usual from a year-over-year basis.

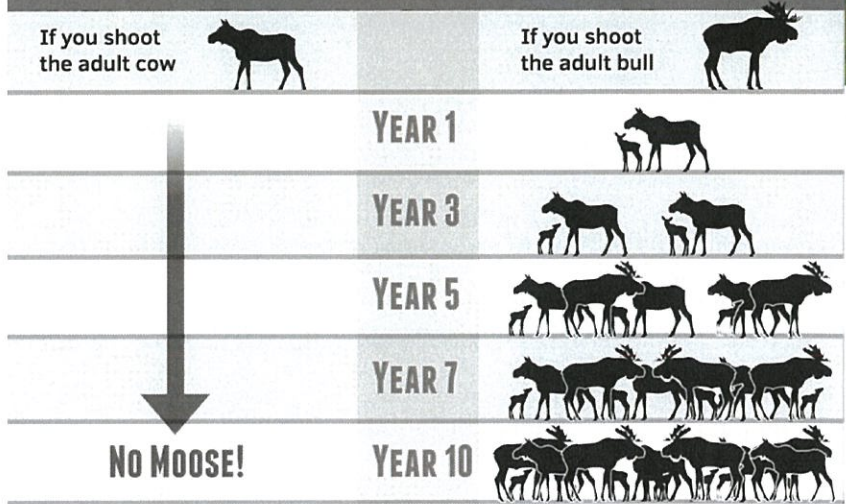
Mississauga First Nation does not issue permits to any non-band members for reserve lands, nor do we issue Shipman Letters for Traditional territory. When you are out on the land, be sure to practice responsible harvesting protocols and report any suspicious activity that you may notice.

For additional inquiries, please contact By-Law Officer, Scott Richer, at the MFN Lands and Resources Dept.

Email: [scottricher@mississaugi.com](mailto:scottricher@mississaugi.com)  
 Phone: 705-356-1621 x 2259  
 Cell: 705-261-0259



### Know this before you pull the trigger...



Manitoba Department of Sustainable Development



## WOMAN'S SUPPORT GROUP

**MEETING TIME:** 6-8pm

**LOCATION:** Education Building.

**DATES:** Nov. 7, 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)



Enjikendaasang & Adult Ed  
presents:

# BASIC BUDGETING

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Join us every Wednesday for the Month of November for our Basic Budgeting Workshop. The workshop consists of small modules followed by 1 or 2 activity sheets.

Lunch will be provided for all participants following workshop.

To register please contact Stacey or Melissa @ 705-356-1621 Ext 2303 or via email

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

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

**NOVEMBER**  
**16,23 &30**



# November 2022

Please Contact:

Lucy Ann Trudeau  
Grandma and Aunties  
Program Coordinator

Phone: 705-356-1621, ext 22477

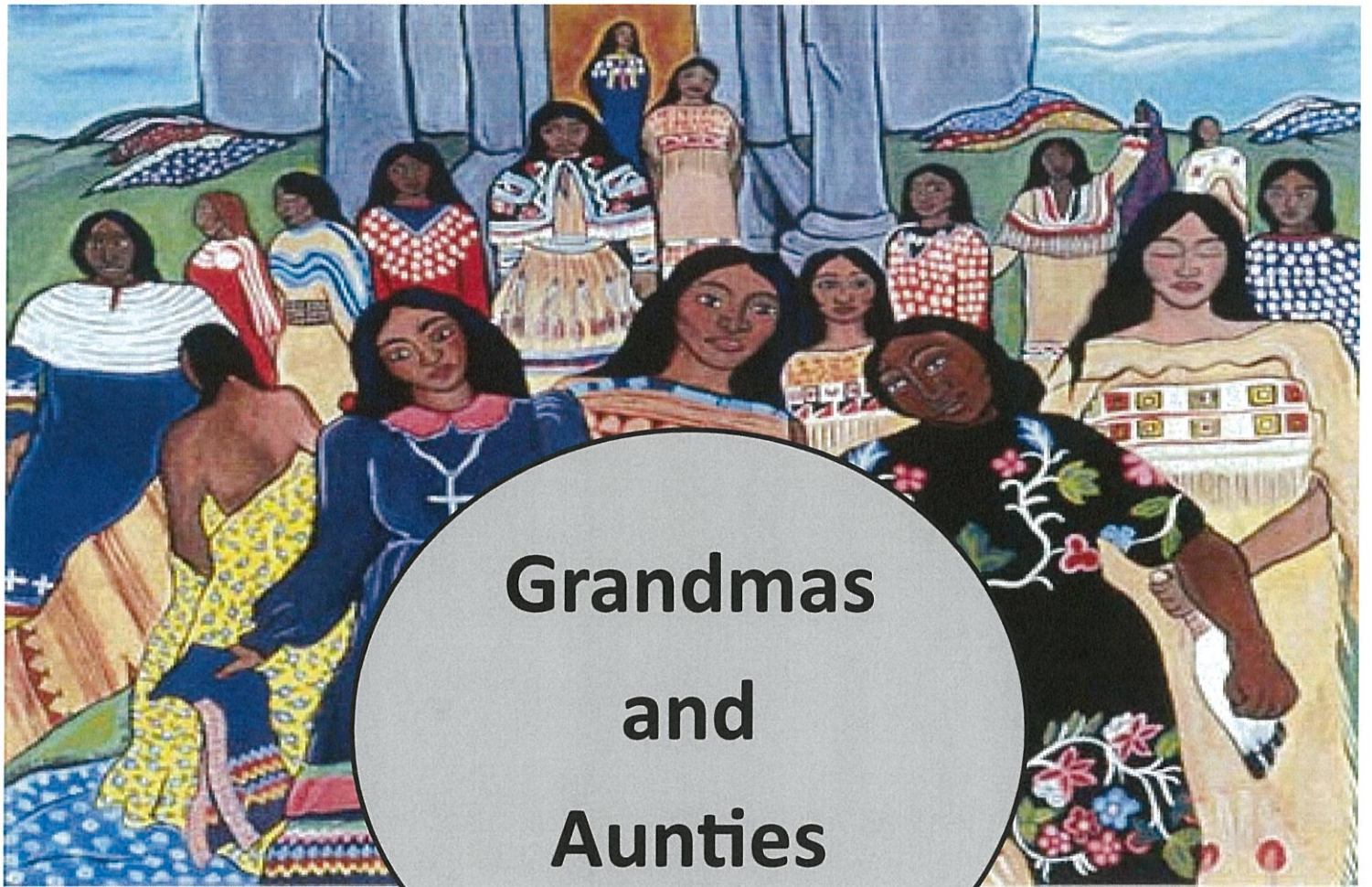
Email:

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

Or stop in at the  
Education Building...  
coffee is always on!!

Please contact me to ensure that I have enough resources on hand for all participants. We can accommodate up to 10 participants.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1		2	3 <b>6 pm-9</b> Beaded Poppies	4 <b>10-3</b> Sewing Drop in & UFO's	5
6	7	8	9	10 <b>6pm-9</b> Grandmas & Aunties Mtg	11 <b>10-3</b> Rice Bags	12
13	14	15	16	17 <b>6pm-9</b> Beaded Earrings	18 <b>10-3</b> Drop in & UFO's	19
20	21	22 <b>10-3</b> Sore Throat Remedy	23	24	25	26
27	28	29 <b>10-3</b> Wrapped Wrist Lanyard	30			



## Grandmas and Aunties

Come out for a quick update and let me know where you want the Grandmas and Aunties program to go..,

When: November 9th @ 6:00 p.m.

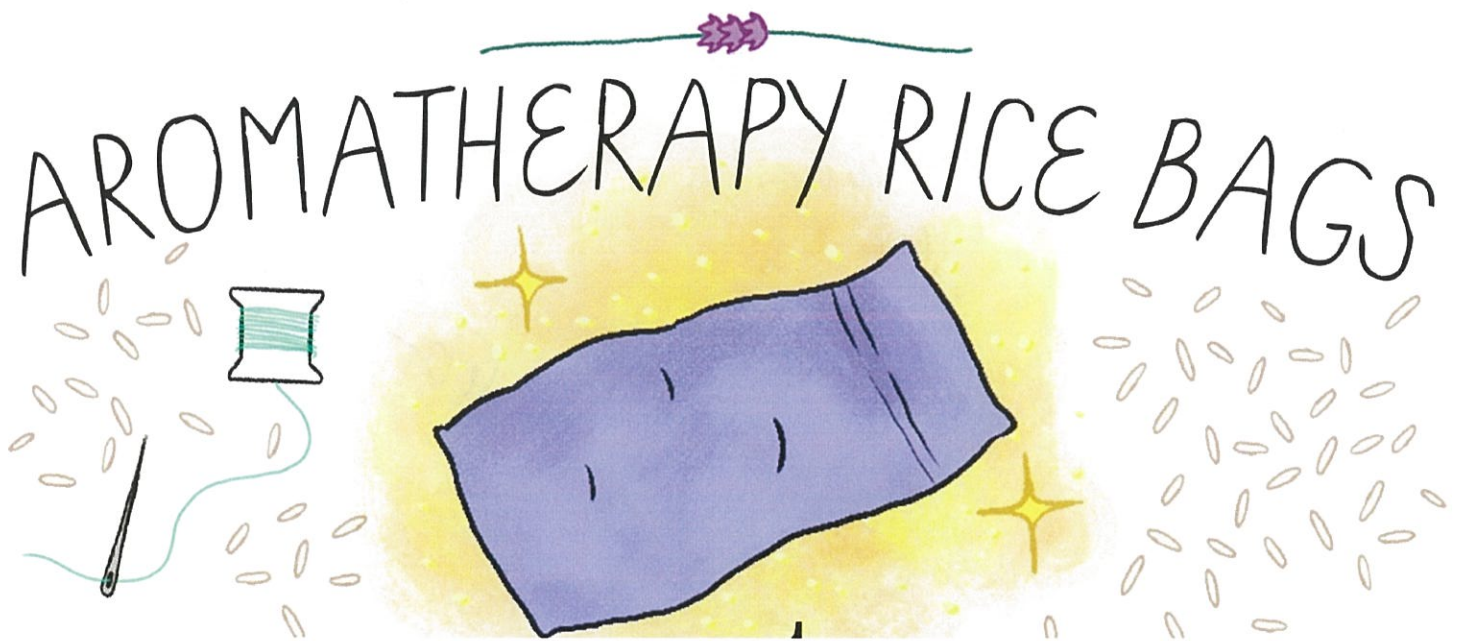
Where: MFN Education Building

Snacks & Refreshments available

For more information please contact

Lucy Ann at 705-356-1621, extension 2247

Or by email: [lucyantrudeau@mississauga.com](mailto:lucyantrudeau@mississauga.com)



Come join us, and make yourself or a loved one an aromatherapy rice bag... Tired and achey muscles? Need help falling asleep?? Rice bags might be the answer... plus Christmas is just around the corner!!

When: Friday, November 11th, 2022

Time: 10:00 am to 3:00 pm

Where: Education Building

Lunch and Snacks provided..

For more information please contact:

Lucy Ann Trudeau

Grandmas and Aunties Coordinator

(705)356-1621, ext 2247

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

Hope to See you there!!



## MFN Covid-19 Guidelines

November 3rd, 2022

The Mississauga First Nation Health Team would like to remind our community that Covid-19 is **still prevalent** and cases in the Algoma District are **rising**. Please continue protecting yourself, your family, and your community against Covid19 by following APH guidelines.

### MFN Community Vaccine Clinics will resume in late November

If you require a vaccine before then please contact Algoma Public Health at (705) 541-7370

---

#### What to do if you have tested positive for Covid-19 or have symptoms of Covid-19

##### Stay home and self-isolate until all of the following apply:

- your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea)
- you do not have a fever
- you have not developed new/additional symptoms

##### Once symptoms have improved and you are no longer isolating at home, it is recommended that for 10 days after your symptoms started you:

- wear a well-fitted mask in all public settings
- avoid non-essential activities where you need to take off your mask (for example, dining out)
- avoid non-essential visits to anyone who is immunocompromised or may be at higher risk of illness (for example, seniors)
- avoid non-essential visits to highest risk settings in the community such as hospitals and long-term care homes

#### If you develop severe symptoms do not hesitate and call 911

---

#### What do if you have been exposed to Covid-19 or have tested positive and do not have symptoms

For 10 days after your last day of exposure, or positive test result you should follow the below precautions to prevention against the spread of COVID-19 and other respiratory viruses circulating in the community.

- self-monitor for new or worsening symptoms
- seek testing (if eligible) if you develop any new or different symptoms
- wear a well-fitted mask as much as possible in all public settings, unless:
- you are temporarily removing it for essential activities (such as when eating in shared space at school/work) while still maintaining as much distancing from others as possible
- you are unable to mask (such as children under two years of age)
- avoid non-essential activities where you need to take off your mask (for example, playing a wind instrument, sports that require removing your mask, dining out)
- avoid visiting anyone who is immunocompromised or may be at higher risk of illness (for example, seniors)
- avoid non-essential visits to highest risk settings, such as hospitals and long-term care homes

For full details on Ontario's COVID-19 Guidance please go to <https://www.ontario.ca/page/covid-19-coronavirus>

**WERE BACK!**

**SENIORS  
WALKING  
GROUP**

**WEDNESDAY NOVEMBER 9**

**11:00-12:00**

**SPORTS COMPLEX**

**LIGHT SNACKS PROVIDED**

**BRING YOUR WATER**

**TO REGISTER CONTACT CHELSEA**

**AT 356-1621 EXT. 2203**

# Children's Oral Health Initiative

Mississauga First Nation



## Children's Oral Health Day

Appointments will be 30mins with the Dental Hygienist for children 0-7 years old at the MFN Health Clinic

Thursday November 10rd  
10:00-2:00 p.m.

- **Check ups**
- **Varnishing**
- **Limited spots available**

To stop the spread of COVID 19, Mississauga First Nation reminds everyone to practice the following public health measures:

- Wear your face mask
- Wash your hands often
- Practice physical distancing of 6 feet



Migwech

Contact CHELSEA TO BOOK appointment at 705-356-1621  
ext. 2203



# FOOTCARE



NOVEMBER 11, 2022

RED PINE LODGE

9:00 - 4:00 P.M.

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

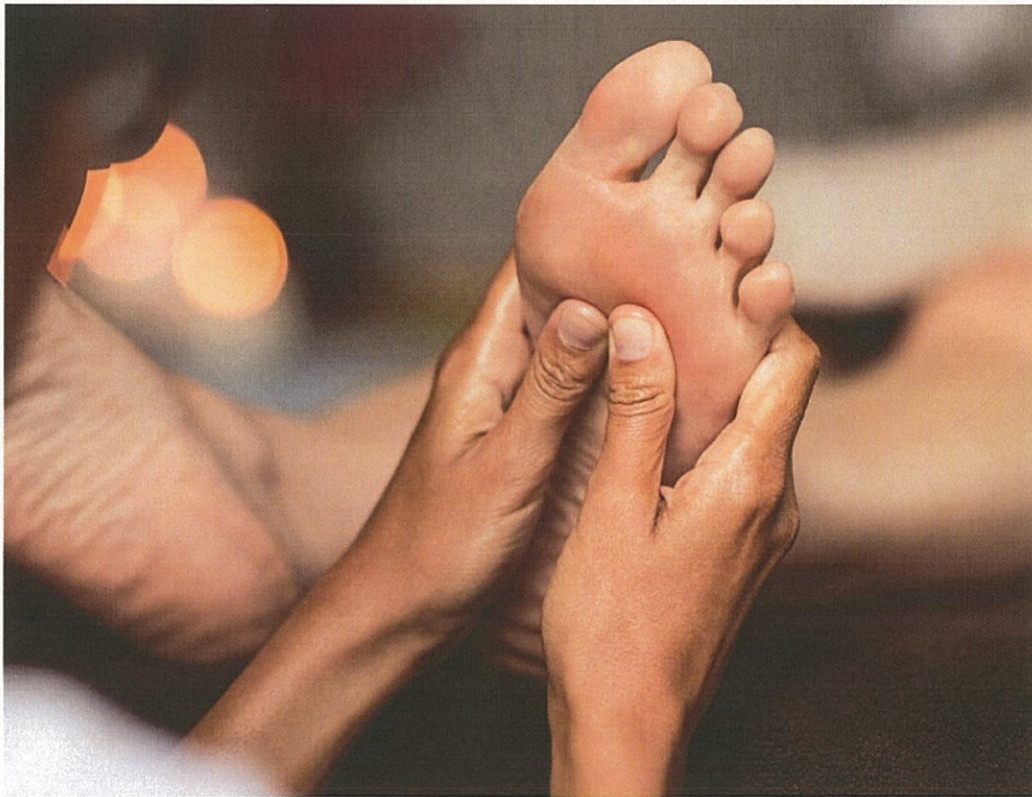


MISSISSAUGA FIRST NATION  
EARLY YEARS PROGRAM  
FAMILY RESOURCE COORDINATOR



# REFLEXOLOGY

with  
LINDA VINCENT



MONDAY NOVEMBER 21ST, 2022

&

TUESDAY NOVEMBER 22ND, 2022

*5 spots available for each day!*

FOOT AND HAND REFLEXOLOGY WITH FACIAL  
MASSAGE  
(45 Minutes)

Email Sheri - [sherimacleod@mississaugi.com](mailto:sherimacleod@mississaugi.com)  
to register/for more information  
by November 10th 2022

For Parents/Caregivers of Children 0 -6 years







# PUBLIC SKATING!

**ALL MFN  
YOUTH AGES  
11-21  
WELCOME!!**

**NOVEMBER 11TH & 25TH 2022  
5:30PM-7:00PM  
BUS LEAVES SPORTS  
COMPLEX AT 5:20PM SHARP,  
RETURNING AT 7:15PM**



1-705-356-1621  
ext 2229

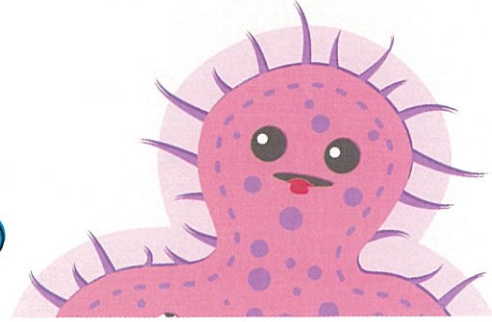


PatriciaNiganobe@mississauga.com

# AFTER SCHOOL PROGRAM PRESENTATION IMPORTANCE OF HYGIENE

8+

On **November 14th**, Youth Coordinator &



ASP Coordinator will be having a discussion with our children about the importance of puberty, body changes and hygiene.

5:30pm-7:00pm

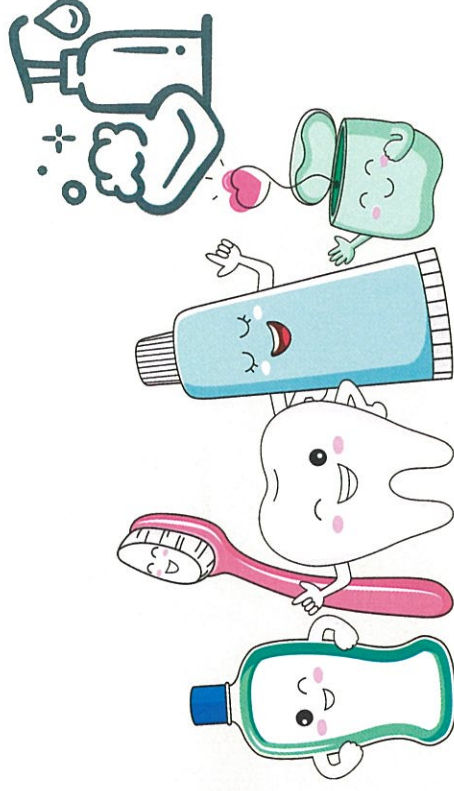
Dinner will be provided

We will also be giving out small take home hygiene products to our children, please message Patricia or Racheal to let us know if your children will be in attendance for program this day to help us prepare for supplies.

Chi-Miigwetch-Thank you

Please email [RachealGlover@mississaugi.com](mailto:RachealGlover@mississaugi.com)

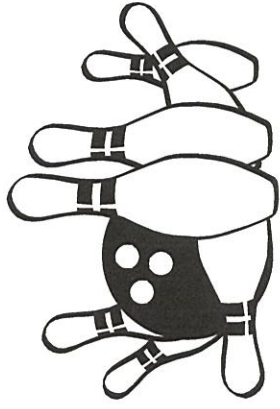
for hygiene products





# PD DAY PROGRAMMING AGES 5-12

## NOVEMBER 18TH 2022



Fire Tower Lookout, Sherrifs Creek

Mcdonalds Lunch

Bowling!

Join us for a fun day exploring the land (Elliot Lake)! Bus will leave Sports Complex @ 9:30am. Please dress accordingly for weather. Program resumes Rain or Shine!

Drop off- 9:00am

Pick up- 4:00pm

Participants must complete Out of Town form- this is a must for all out of town programming. Contact PatriciaNiganobe@mississauga or RachealGlover@mississauga for a out-of-town permission form. If you have not registered for PD Day Programming yet this year, you will also need to register for your child for PD Day Programming 2022.

**Registration will close on November 14th, 2022 at 5pm. We will NOT be accepting registrants after this date.**





Youth Coordinator

# Reiki Massage with Linda Vincent

*Reiki sessions will take place on November  
23 & 24th from 5:30pm-8:30pm*

*Each session is 30 minutes  
Total of 12 spots available*

**CONTACT PATRICIA NIGANOBE (YOUTH COORDINATOR) TO  
REGISTER FOR THIS PROGRAM. PLEASE SEND EMAIL AND I WILL  
SEND YOU BACK WITH AN AVAILABLE TIME SLOT. CHI  
MIIGWETCH**

**PLEASE REGISTER BY NOVEMBER 15TH, 2022**



**MFN YOUTH  
COORDINATOR  
YOUTH AGES 12-21**

# **AAA 500 GREYHOUNDS GAME**



**DECEMBER 2ND 2022**

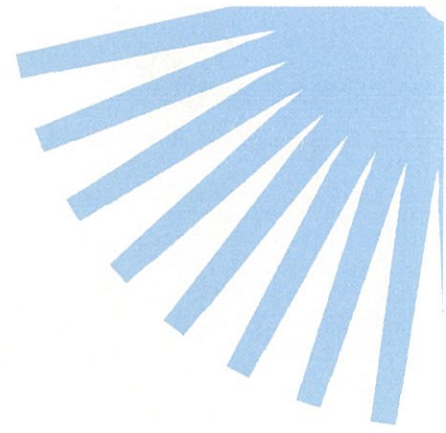
**BUS LEAVES SPORTS COMPLEX 4PM  
RETURNING APPROXIMATELY 11PM**

**OUT OF TOWN PERMISSION FORMS ARE A MUST  
REGISTRATION FOR THIS PROGRAM IS ALSO A MUST TO ENSURE  
TICKET FOR GAME IS PURCHASED. THERE WILL BE A 20.00 REFUNDABLE  
(DAY OF TRIP) DEPOSIT TO HOLD YOUR SPOT.**

**PLEASE REGISTER BY NOVEMBER 21ST ALONG WITH SUBMITTING  
SECURITY DEPOSIT.**



Send email to [PatriciaNiganobe@mississaugi.com](mailto:PatriciaNiganobe@mississaugi.com) or  
call 705-356-1621 ext. 2229



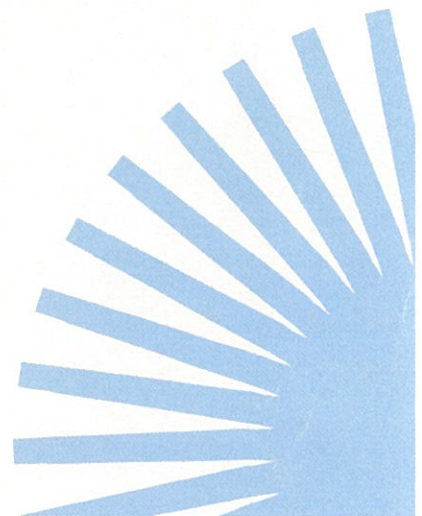
MFN FOOD SECURITY NOTICE

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

**Meats (2 choices):**

Hamburger    Chicken    Bacon

**Breads (1 only):**

White Bread    Brown Bread    Flour

**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

**Hygiene Products:**

Toilet Paper  
Hand Sanitizer

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

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

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

Javex  
All Purpose Cleaner  
Floor Cleaner

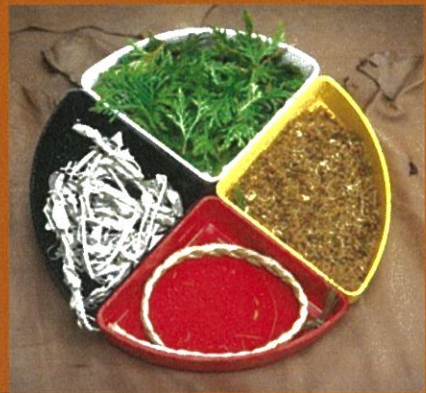
**Vegetable Oil (1 per month)**

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

# Lighting the Sacred Fire

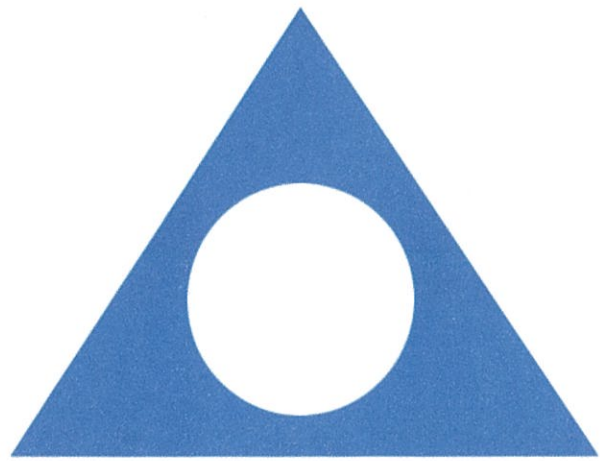
We will be lighting the Sacred Fire for the MFN community.

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: 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!!



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



# PRESCRIPTION DRUG ABUSE INFORMATION PACKET

## Prescription Drug Abuse Signs and Symptoms

Signs of abuse can vary, depending on the drug.

Opioids	CNS	Stimulants
<ul style="list-style-type: none"><li>• Dizziness</li><li>• Slow or shallow breathing</li><li>• Upset stomach, vomiting, or constipation</li><li>• Slurred speech</li><li>• Poor coordination</li><li>• Mood swings</li><li>• Depression or anxiety</li></ul>	<ul style="list-style-type: none"><li>• Mood changes</li><li>• Trouble walking</li><li>• Trouble concentrating</li><li>• Poor judgment</li><li>• Slow reflexes</li><li>• Slurred speech</li><li>• Memory problems</li><li>• Slow breathing</li></ul>	<ul style="list-style-type: none"><li>• Weight loss and lack of appetite</li><li>• Dizziness</li><li>• Headache</li><li>• Insomnia</li><li>• Nervousness</li><li>• High blood pressure</li><li>• Uneven heart rate</li><li>• Paranoia</li></ul>



### Prescription Drug Abuse Risk Factors

Research shows that some things about you might make you more likely to abuse prescription drugs.

- Influence of a friend or colleague
- Age
- Biology
- Mental Health
- Uneven heart rate
- Paranoia



# PRESCRIPTION DRUG ABUSE

## INFORMATION PACKET

### What is prescription drug abuse?

Prescription drug abuse is when you take a medication for a reason other than why the doctor prescribed it. Experts estimate that more than 18 million people ages 12 and older have used prescription drugs for nonmedical reasons in the previous year. Abusing drugs even prescription drugs can change how your brain works. Most people start by choosing to take these medications. But over time, the changes in your brain affect your self-control and your ability to make good decisions. At the same time, you have intense urges to take more drugs.

### Which Prescription Drugs Are Commonly Abused?

The *National Institute on Drug Abuse* says three classes of prescription drugs are often abused:

**Opioids.** Since the early 1990s, doctors have been prescribing many more opioid painkillers such as Codeine, Hydrocodone, Morphine and Oxycodone (Oxycontin, Percocet, Vicodin). This is partly because of the rising age of the population and because more people are living with long-term pain. These medicines manage pain well and can help boost your quality of life when you follow your doctor's directions on taking them. It's possible but not common to become addicted to or dependent on opioids when you use them for a short time or under a doctor's close watch. But when you take them for a long time, they can lead to drug abuse, dependence, and addiction. Opioid overdose can also be life-threatening. If you take them with medications that work on your central nervous system -- including alcohol, barbiturates, or benzodiazepines such as alprazolam (Xanax), clonazepam (Klonopin), or diazepam (Valium) - you have a higher chance of breathing problems or death. Injecting drugs raises your chances of getting diseases like HIV and hepatitis C.

**Central nervous system (CNS) depressants.** Millions of people use benzodiazepines (Ativan, Valium, Xanax) to treat anxiety and sleep disorders, including insomnia. They affect a chemical in your brain called GABA (gamma-aminobutyric acid). GABA lowers brain activity, making you drowsy or calm. Barbiturates -- including amobarbital (Amytal), pentobarbital (Nembutal), phenobarbital (Luminal), and secobarbital (Seconal) -- are also CNS depressants. Doctors use them for anesthesia and prescribe them to treat seizures.

Taking CNS depressants for a few days or weeks may help you feel calm and sleepy. But after a while, you may need larger doses to get the same feeling. Using them with alcohol can cause slow heartbeat, slow breathing, and death. If you take CNS depressants for a long time and stop suddenly, you might have life-threatening problems such as withdrawal seizures.

**Stimulants.** These drugs give your body a jump-start, with a huge boost in alertness, energy, and attention. They raise your heart rate, blood sugar, and blood pressure. They also narrow your blood vessels and open your airways. Doctors started using stimulants to treat asthma and obesity. Today, they prescribe them for conditions such as ADHD, ADD, depression, and narcolepsy. Examples of stimulants are dextroamphetamine (Dexedrine, Dextrostat, ProCentra), Lisdexamfetamine (Vyvanse), Methylphenidate (Concerta, Daytrana, Methylin, Ritalin), and a mix of amphetamine and Dextroamphetamine (Adderall).

Stimulant abuse -- for instance, by taking them in higher doses or by crushing pills and snorting them -- can lead to addiction. High doses can raise your body temperature. Misusing stimulants or using them along with decongestants may cause uneven heartbeat.