

NIIGAANIIN

Client and Community Newsletter

April 4, 2024



Niigaaniin Hours

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

Income Statements can be filled out in office or emailed before April 16th

See ~Kristen Jackpine~

OESP PROGRAM

CHECK YOUR HYDRO BILL FOR OESP EXPIRE RENEWAL YEARLY

CALL Darrell Jacques

705 356 1621 Ext 2235

ODSP FN WORKER

STACEY ARMSTRONG

Sarmstrong@niigaaniin.com

(705) 356 1621 - EXT 2352

FAX 705-356 0728

LMI COORDINATOR

KRISTEN JACKPINE

LABOUR MARKET INITIATIVE SURVEY

LMI COORDINATOR @MISSISSAUGI.COM

705 356 1621 EXT 2351

“QUOTE OF THE WEEK”

“If something is important enough, even if the odds are stacked against you, you should still do it

~Elon Musk~

Ontario Works Clients!

Direct Deposit on April 30, 2024

Niigaaniin computer lab open come in to apply for jobs, birth certificate, EI, update resume!

Mississauga First Nations

LOCAL AREA - JOB OPPORTUNITIES

Position	Employer/Location	Closing date
Various Positions Available	Garden River FN	until filled
Various Positions Available	Serpant River FN	until filled
Various Positions Available	Sagamok FN	until filled
Housing Assets Mgmt	Mamaweswen	4/5/24
Water Hub Admin Assist	Mamaweswen	4/6/24
Personal Support Worker-pt	March of Dime/Blind River	4/9/24
Apprentice Plumber	Jeremy's Plumbing	4/12/24
Office Worker	Midway Lumber/Thessalon	4/23/24
Resource Worker	MFN Afterschool Program	4/4/24
Bus Cleaner	AJ Bus Lines/Blind River	4/15/24
Concrete Batch Plant Operator	Rainbow Concrete	4/26/24
Truck Driver	Rainbow Concrete	4/26/24
Education Assistant	ADSB/Northshore communities	4/30/24
General Labourer	Midway Lumber/Thessalon	4/30/24
AZ Truck Driver	L.A. Trucking	4/23/24
Labourer	Jacs Masonry	4/30/24
Bricklayer	Jacs Masonry	4/30/24
Dz Driver	Leroy Construction/Blind River	4/30/24
Various positions	Melwel Lodge	4/30/24
Various Positions	Algoma Chrysler/Spragge	4/30/24
Various position	MelWel Lodge/Thessalon	5/30/24
Summer Student	Canadian Food Inspection/Gov.of Canada/St. Catharines – May to Sept	
Various positions	NOG/various communities	until filled
Various positions	Northshore Health Network	until filled

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

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

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

Summer Students – If you like working with Kids and want to share your skills then check with Muskokawoods.com.

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: Housing Administrative Assistant

Salary: \$ 44,628 - \$50,702

Hours of Work: 32 Hours per week

Circulation Level: Level I

Accountability: Housing Manager

Employment Status: 2 years contract

Preferences: MFN Band Members

The Housing Administrative Assistant will perform the following duties:

- Assist Housing and Infrastructure Department with daily administrative and clerical tasks including setting up purchase order system, photocopying, recording and filing incoming and outgoing mail, and file maintenance
- Greet and assist visitors, answer phone calls, direct calls and respond to inquiries
- Scan and archive housing documents for more accurate past record keeping
- Assist in the development of Maintenance files under the housing program
- Assist in a variety of health, safety, maintenance repairs and preventative measures for housing units in a monthly newsletter format
- Assist in the development and organizing the Housing Committee Meeting minutes
- Perform other related duties as directed by program supervisor
- To provide technical support in clerical, administrative, and management tasks for the housing program and services including:
 - Greet visitors at the office, determine the nature of their visit, and respond to or refer to the appropriate staff within or the administration office
 - Respond to incoming telephone calls or refer to the appropriate staff
 - Prepare standard correspondence on housing program's services and operations
 - Track inquiries made to the housing programs and services and to ensure that appropriate and timely follow-up occurs – task oriented results
 - Assist the housing office by arranging meetings with clients, tenants, staff, committees, and other government or agency representatives
 - Assist the housing office in developing community surveys and compiling
 - At times the housing office may be required to participate in training, workshops, and other special assignments

The Housing Administrative Assistant will possess the following qualifications, skills, experiences, and attributes:

- Must have grade 12 or willingness to obtain GED
- Two years' experience in social housing
- Experience working with aboriginal people, organizations and communities
- Must have strong computer skills with Microsoft Office, MS Outlook, and Excel
- Must have good organizational skills
- Must have the ability to follow instructions, work as part of a team and have the ability to communicate effectively with the Housing/Infrastructure/Personnel
- Must have strong spoken and written communication skills
- Possess a calm demeanor in responding to customers
- Excellent organizational skills and time management skills
- Excellent computer skills with MS Office software
- Ability to maintain strict confidentiality
- Will be thoroughly familiar with the relevant Tribal, First Nation, federal and provincial policies and legislation, regulations and/or guidelines that are relevant to the funding and guidelines that are relevant to the funding and delivery of Niigaaniin program services.
- Knowledge of surrounding community agencies, services and workers.

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

Mississauga First Nation Attention: Human Resources Department
P.O. Box 1299 Blind River, Ontario P0R1B0
Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740

Deadline: April 18, 2023

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

WALKING IN BALANCE

A socially and culturally healthy community where individuals have the opportunity to prosper and to achieve their full potential spiritually, emotionally, mentally, and physically through generous and unselfish support for one another, while pursuing balance and harmony within, with each other, and with Mother Earth.



Notice

Ontario Works Clients

Niigaaniin Program Clients

As you know we are now on direct deposit payments, to ensure that this process goes smoothly, and you receive your funds on time, INCOME STATEMENTS need to be in early as possible.

Late INCOME STATEMENTS will be met with late payments, as direct deposit takes two days to process.

Kristen Jackpine Niigaaniin Reception 705-356-1621 EXT
2351 niigaaniinreception@mississaugi.com



MEMBER PORTAL

6 STEP GUIDE TO GET THE APP



STEP 1

OPEN CAMERA ON DEVICE

STEP 2



STEP 3

DOWNLOAD APP
'Hawk Communications'



STEP 4 **IMPORTANT STEP!**

OPEN APP & GRANT
NOTIFICATION PERMISSIONS

STEP 5

REQUEST AN ACCOUNT

STEP 6

WAIT FOR CONFIRMATION EMAIL
ONCE RECEIVED - SIGN INTO APP

FOR ASSISTANCE CONTACT
Cheyenne Corbiere, Communications Coordinator
Wiindamaagewin@Mississaugi.com
705-261-1104

**MISSISSAUGI FIRST NATION
43RD
ANNUAL TRADITIONAL
POWWOW**



**SAVE THE
DATE**

JULY 20-21, 2024



For more info :
monica@mississaugi.com
705.356.1621 ext. 2217



March 1, 2024

NOTICE TO VOTE – TRUSTEE ELECTION (2024-2027 TERM) + PROPOSAL

ADVANCE POLL: Thursday, May 16, 2024

Sports Complex – 43 Park Rd 9:00 a.m. – 2:30 p.m.

Council Chambers – 64 Park Rd 2:30 p.m. – 8:00 p.m.

**MISSISSAUGA FIRST NATION – COUNCIL CHAMBERS
Saturday, May 25, 2024 9:00 A.M. – 8:00 P.M.**

PROPOSAL QUESTION: Do you approve the amendment to Section 13.6, Buying Land of the Trust Agreement, that currently states:

“The Trustees shall buy land, the total purchase price of which is over **\$100,000.00** and which is not Little Chiblow Private Land or Other Private Land, using money from the Capital Account and the total purchase price is more than **\$100,000.00**, only if the purchase of the land has been approved in the same manner as projects or proposals are approved pursuant to Article 5.

YES

TO

“The Trustees shall buy land, the total purchase price of which is over, **\$350,000.00** and which is not Little Chiblow Private Land or Other Private Land, using money from the Capital Account and the total purchase price is more than **\$350,000.00**, only if the purchase of the land has been approved in the same manner as projects or proposals are approved pursuant to Article 5.

NO

Please Note: This is not a ballot. It is for information purposes only.

The Ratification Officer for this proposal vote is Claudette Boyer, who can be reached at the Mississauga Trust Office (64 Park Road, Blind River, ON) at 705-356-1621 ext.2206 or claudetteb@mississauga.com.

For more information on The Mississauga Trust, please visit mississauga.com/mississauga-trust.html



BEAR SAFETY INFORMATION



Awake and Hungry.

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

Non-Natural Sources

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



Natural Sources

- Berries
- Fruit trees
- Flowers/clovers/weeds



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



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

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



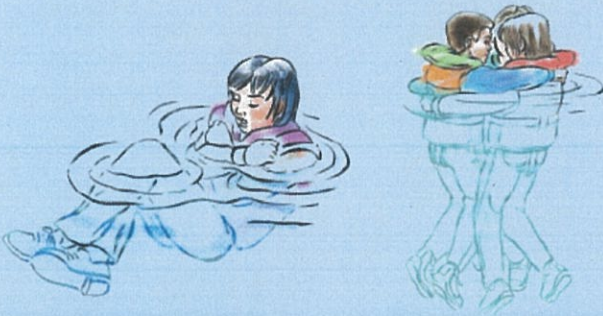
HYPOTHERMIA INFORMATION for SPRING FISHING SEASON

Hypothermia is a drop of body temperature below normal (37°C) that results from a prolonged exposure to frigid water. The signs and symptoms of the 3 different stages of hypothermia are:

- **First stage: shivering, reduced circulation**
- **Second stage: slow, weak pulse, slowed breathing, lack of coordination, irritability, confusion and sleepy behavior**
- **Advanced stage: slow, weak or absent respiration and pulse. The person may lose consciousness.**

Should you find yourself in the water it is essential to do everything possible to conserve your energy and body heat. To lengthen your survival time, the following is important:

- **Wear your personal flotation device or lifejacket. This will help you to stay afloat and keep your head out of the water without wasting your energy**
- **Swim only if you can join others or reach a safe shelter. Do not swim to keep yourself warm, this will only increase your loss of body heat.**
- **if possible climb on top of a floating object (such as your craft) to keep as much of your body as possible out of the water. Frigid water will lower your body temperature faster than air (25x faster)**



- **Assume the fetal position, or if you are not alone, huddle together**
- **Remove the wet clothing of anyone who has fallen into the water and warm them with dry clothes.**

Please direct questions or concerns to MFN Lands and Resources department @ (705) 356-1621 ext. 2236
or MFN Bylaw Officer @ ext. 2259



SAFETY REMINDERS for SPRING FISHING SEASON

Safety gear required for each vessel



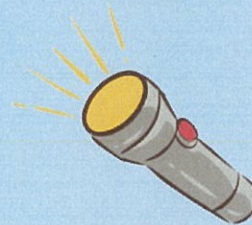
Life Jackets
(Must fit the person wearing it)



Sound Signaling Device



Manual propelling device and anchor



A waterproof flashlight



Bailor or Hand Pump



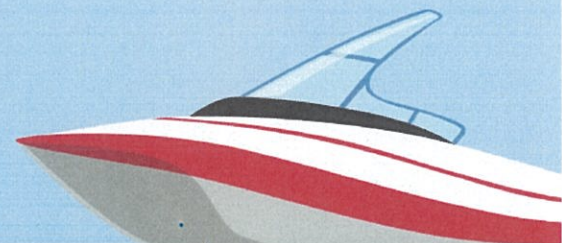
15m of rope



A fire extinguisher for any craft



Navigation lights mandatory for vessels operating between sunset and sunrise.





Waste Management

Waste and Recycling Transfer Station

Monday: 8am-6pm

Wednesday: 8am-6pm

Saturday: 9am-3pm



REDUCE



REUSE



RECYCLE

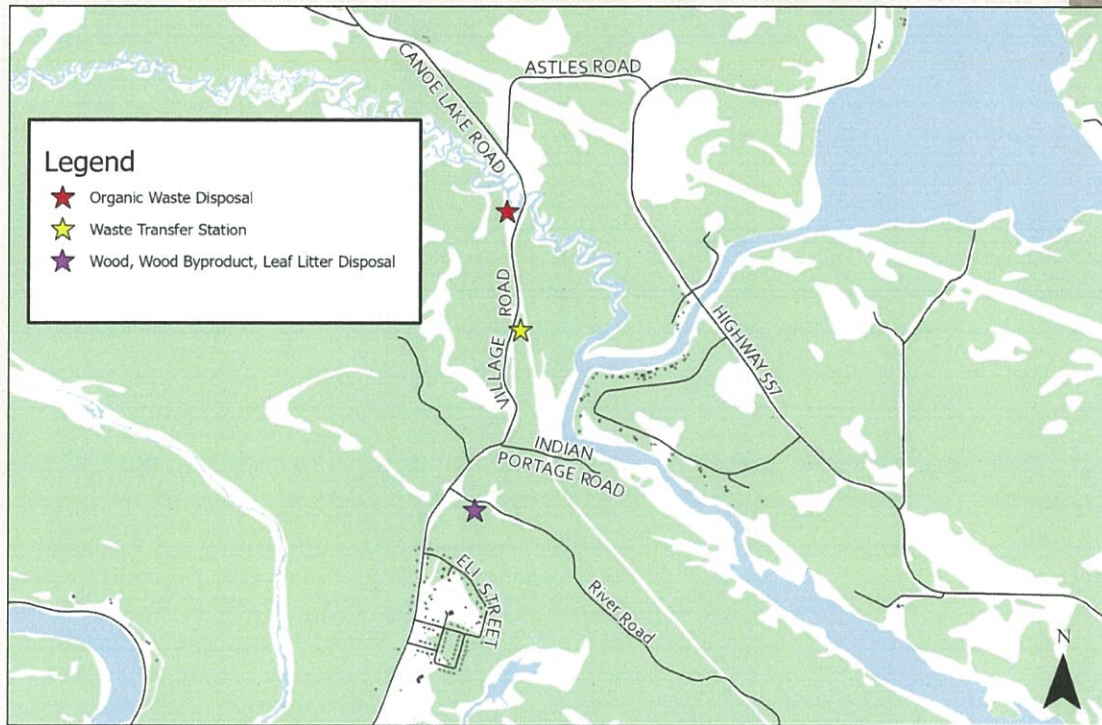
Community Garbage & Recycling Pick-Up

Every Monday: 8am-11am

Please have garbage and recyclables out to the roadside in proper containers.

We Recycle: Cans; Plastic containers; Cardboard; and Paper

Landfill sites for Mississauga



Legend
★ Organic Waste Disposal
★ Waste Transfer Station
★ Wood, Wood Byproduct, Leaf Litter Disposal

Organic Dump:

- Animal waste
- Compost

Leaf and Wood Waste:

- Leaves
- Wood without nails or screws

Transfer station:

- Hazard Waste
- Household Trash
- Appliances
- Recyclables

Reminder to clean your Blue boxes regularly
Please include glass with Regular refuse
Transfer station no longer accepts glass as recyclable articles



Cardboard



Paper & Magazines



Plastics (1-7)



Metal Cans Rinsed

PASS



Styrofoam



Plastic Bags*



Utensils



Aluminum Foil

TRASH



REQUEST FOR QUOTE

Task:

- Identify and replace leak in copper piping, remove and replace water damaged drywall and flooring in bathroom and two bedrooms, remove all signs of mold.
- For an opportunity to inspect the unit, please send a request to the contact information below.

Closing:

- Hand Deliver, mail or email your submissions to the Mississauga First Nation Economic Development department by April 16, 2024, at 4:30 PM.

Notification:

- The awarded bid will be notified before end of day on April 17, 2024.

Contact/Submit:

Jon Cada, Community Economic Development Officer
PHONE: 705-356-1621 ext. 2223 EMAIL: joncada@mississaugi.com

OR

ATT: Jon Cada – 106 Chiblow Lake Road
64 Park Road P.O. Box 1299
Blind River, ON P0R-1B0

QUOTE FORM





LOCATION: Chiblow Lake Lodge

<ol style="list-style-type: none">1. Identify leak in copper piping and replace piping.2. Remove and replace water damaged drywall in two bedrooms.3. Remove and replace water damaged flooring.4. Clean and remove all traces of mold.	Amount:
--	----------------

Deadline date for tenders: April 16, 2024 @ 4:30 PM

Jon Cada, Community Economic Development Officer
PHONE: 705-356-1621 ext. 2223 EMAIL: joncada@mississaugi.com

OR

Tammy King, Community Economic Development Clerk
PHONE: 705-356-1621 ext. 2260 EMAIL: tammyking@mississaugu.com

OR

ATT: Jon Cada – 106 Chiblow Lake Road
64 Park Road P.O. Box 1299
Blind River, ON P0R-1B0



NORTH SHORE FIREFIGHTER CHALLENGE 2024

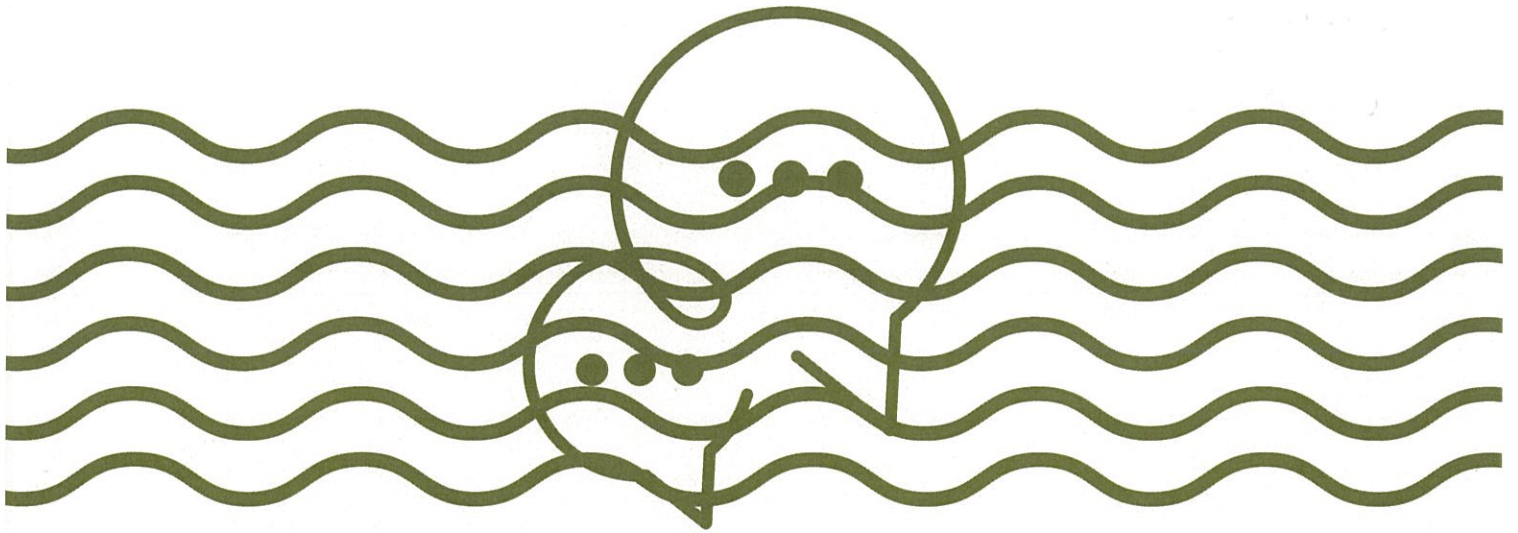


**SATURDAY,
APRIL 27TH
IRON BRIDGE
ARENA**

8 AM- 5PM

COME ON OUT AND SUPPORT MFN'S FIRE DEPARTMENT!

ENTRY IS A CANNED DONATION TO SUPPORT THEIR LOCAL
FOOD BANK. NOT PICTURED: ADAM BISSIALLION, JOSH
BOYER, RICKI FERRIGAN, KRISTEN JACKPINE.



Anishinaabemowin Language Table

COMMUNITY ENGAGEMENT PLANNING MEETING

04.11.24 • 7-9PM

EDUCATION BUILDING / ADULT ED



Are you interested in more Anishinaabemowin learning opportunities in the community? Join us Thursday evening for an informal, come-and-go information session to talk about what kind of programs you want to see!

Can't make it out Thursday? Shoot me an email to let me know what times work better for you, and how you can engage!

d.trudeau@mississauga.com

Light Refreshments Provided

Bineshiinh Kidwinan

Naanooshkeshiinh	Hummingbird
Gakaashkinejiinh	Sparrow
Pichi	Robin
Ashawenaniisi	Grackle
Ajjaak	Sandhill Crane
Asiginaak	Red-Winged Blackbird

Feather	Miigwaan
Nest	Saswin

Okoozh Odayaan	She/He has a beak
Oningiigana' odayaawaa'	She/He has wings

Bineshiinh	Bird
Bineshiinhag	Birds
Bineshiinhs	Little Bird
Bineshiinhsag	Little Birds

Bineshiinh Nagamo
The bird is singing

Bineshiinhsag Ngamwag
The little birds are singing

Bineshiinhag Bibskaabiiwag
The birds are coming back



Bird Words

WEDNESDAY SOUP SOCIAL LUNCH "N" LEARN WITH KOOGNAASEWIN

next week!

Community

Soup
For the soul

April 10th , 2024 starting at noon @
the Education Building



3 Ways To Avoid online scams

No one wants to be scammed, but it can happen to anyone. As online scams continue to grow more sophisticated, here are three ways to help you avoid them.

1. Look carefully



While it's not always obvious, there can be signs that give away many scammers. Look at a website address or email address and make sure the spelling is correct. If it looks unprofessional, say riddled with typos or has a blurry corporate logo, it's best not to engage. On websites, look for store and company policies, contact information, and an https or padlock symbol in the address bar. Remember, the government will never ask you for personal information in an email, text or voicemail.

2. Confirm another way

Instead of replying or going ahead when you receive an unusual message from someone you think you know – say a text from your grandchild asking for emergency money or an email from your boss asking you to purchase gift cards – you should try to confirm the request using a totally different method of communication. Phone the person directly to see if they really mean to do that or if it was a scammer. The grandparent and gift card scams are common.



3. Get More digitally literate

Scams are always evolving, and the more comfortable you get using technology, the better you might get at recognizing when something's suspicious. There are lots of reputable sources to help you become more tech savvy, [Enjiiendaasang Learning Centre MFN](#), has free courses and tools to boost your digital know-how.

Ultimately, it's best to trust your gut and stay safe rather than sorry. You can find more reliable tips and free resources to help you stay safe online.



Contact Melissa @ 705-356-1621 Ext 2303 for more information



CREATIVE NATIVE



MARCH - 22
APRIL - 12, 19, 26
MAY - 10, 17, 24, 31



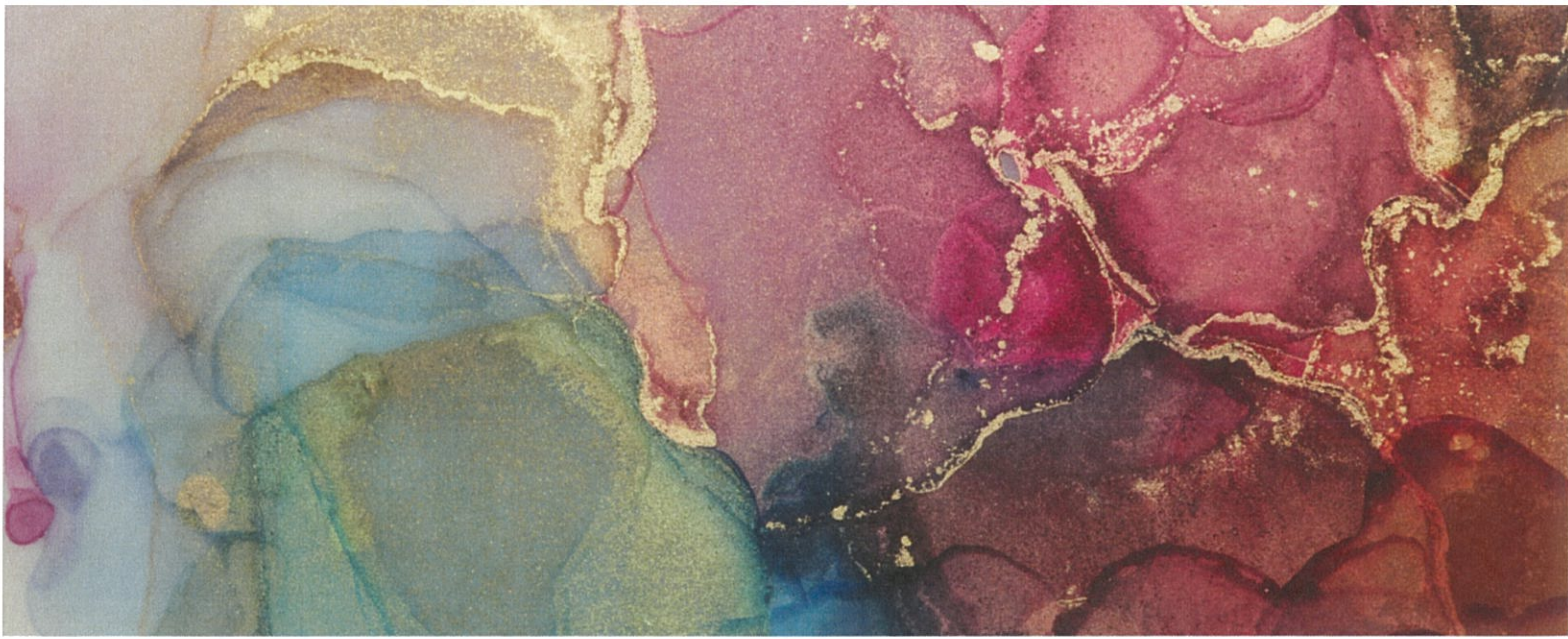
Education
Building

6:00 - 9:00 PM

Come out to the Education building
and create

*Painting, dreamcatchers,
medicine pouch making,
card making and a
variety of other seasonal
activities*

danaboyer@mississauga.com



GARDENING

101



APRIL 10, 2024

Learn about:



*Education
Building*

10:00 AM - 12:00 PM

or

6:00 - 8:00 PM

Different soil types,
seedlings, repotting,
transplanting,
maintenance and care

danaboyer@mississauga.com



Apply now for **POST-SECONDARY EDUCATION FUNDING**

**NEW STUDENT APPLICATION
DEADLINE: APRIL 15TH**

Late or incomplete applications will not be eligible for review.

ABOUT THE PROGRAM

The Mississauga First Nation (MFN) Education Department provides financial and academic supports for all MFN Band Members who are seeking post-secondary education.

The objective of the Post-Secondary Program is to assist MFN Students to gain a post-secondary education and to graduate with the qualifications & skills necessary to pursue successful and meaningful individual careers.

Eligibility for financial assistance will be based on available funds for the different levels of programming leading to a College Certificate or Diploma, University Undergraduate Degree, Professional Degree, Graduate Degree, Masters or a Doctorate (Ph.D.).



CONTACT

Denise Payette (She/Her)
Post-Secondary Administrator
denisepayette@mississaugi.com



PRE-APPLICATION *Checklist*



SELECTING A POST-SECONDARY INSTITUTION

Research your chosen degree, diploma or certificate granting programs & institutions. Program must be 1 year (8months) in length or more. Confirm that the institution is on approved list of 'eligible institutions' for the Post-Secondary Student Support Program (PSSSP) funding through Indigenous Services Canada (ISC).



APPLYING FOR CHOSEN PROGRAM

Can apply to public institutions using OntarioColleges.ca, the Ontario Universities' Application Centre (ouac.on.ca) or directly through chosen institution.

Confirm that chosen program meets the requirements of the MFN Policies & PSSSP funding.



REVIEW POLICIES & BEGIN FUNDING APPLICATION

Take the time to review MFN Post-Secondary Policies and Procedures which outlines limited funding, eligibility, types of financial assistance available and deadline dates etc.

Must be a Registered Band Member and on Membership list as of the year applying for funding.

**MFN Post-Secondary Policies and Procedures
available at www.mississaugi.com/post-secondary.**



How to apply for **POST-SECONDARY EDUCATION FUNDING**



Applications Available Online

The '*New Student Application Form*' and Post-Secondary Policies & Procedures are available at:

[www.mississaugi.com
/post-secondary](http://www.mississaugi.com/post-secondary)



Applications Checklist

- 1) Completed application
- 2) Copy of most recent transcripts
- 3) Copy of Status Card
- 4) Confirmation of Acceptance
- 5) Banking Information (Void Cheque)



Applications Due April 15th

The '*New Student Application Form*' and all required documentation are to be submitted via email to:

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



*Family Resource Coordinator
Community Health Nurse
for families with children 0-6 yrs.*

TRADITIONAL GARDENING

Monthly Well Baby Topic

NEW DATE

Date: April 17, 2024

Time: 12:00-1:00

Where: Child & Youth Building

**April is the time to start your
garden**

**Grow your own fresh produce
starter kits to take home**

To participate please call Christine so we
can plan and purchase supplies
call 705-356-1621 ext. 2254 or email
christine@mississauga.com

CULTURAL SUPPORT SERVICES

LEARN ANISHINAABEMOWIN WITH MIKE BISSON

Our language is so important and needs to be brought back! Come join us and learn the language.

Don't forget to bring a notebook and pen!



APRIL 10 | 6 PM
CULTURAL BUILDING

Have any questions? call Evelyn or Cedar at
705-356-1621 ext. 2354

CULTURAL SUPPORT SERVICES

SPIRIT'S JOURNEY

WITH MIKE BISSON

Join us for a night of Anishinaabe
Teachings

Dinner will be Provided

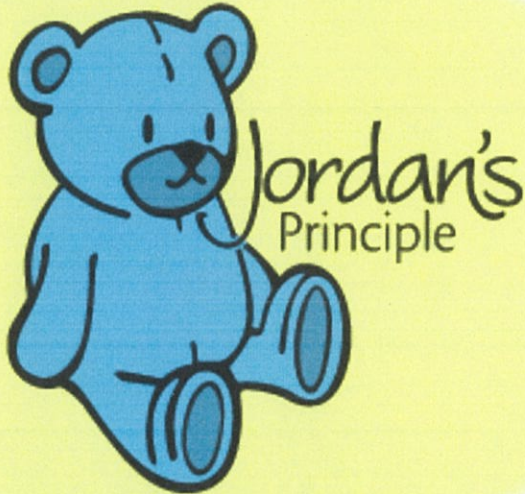
Bring a Cushion and Blanket for
Comfort

We Hope to See You There!

April 11, 2024 | 5 - 8 PM

The Cultural Building

If you're attending please call Evelyn
or Cedar at 705-356-1621 ext. 2354



JORDAN'S PRINCIPLE INFORMATION SESSION

Where: MFN Community Hall

When: April 10, 2024

Time: 5:00PM - 7:00PM

Spaghetti Dinner will be provided, as well as activities for the kids at the Child & Youth Building (See Child & Youth Program flyer).

If transportation is needed please contact our Jordan's Principle Coordinator.

Please Note* A Jordan's Principle Information Session for off-reserve members will follow, a date will be provided in the next community flyer.

Taylor Armstrong– Jordan's Principle Coordinator

Phone: 705-261-2157

Email: jpcordinator@mississaugi.com

Community Notice !

Jordan's Principle Coordinator
Contact Information Update

Below is the new contact information for MFN's Jordan's
Principle Coordinator.

Taylor Armstrong– Jordan's Principle Coordinator

Cell Phone: 705-261-2157

Email: jpcoordinator@mississauga.com

In person– Child and Youth Building
44 Park Road Blind River ON P0R 1B0

Please Note* All other previous forms of communication will not be responded to, this includes:

*any previous phone numbers

*any social media

*any other online forms of communication

April Activities



Child and Youth Program
7-12yrs

Monday's 6:00pm-7:30

April 8th Dreamcatcher's for beginners

**April 15th Paint Night and Game night
Finish up the 7 Grandfather's Teaching
canvas.**

**April 22th Bead night bracelets, hair clips
and necklaces.**



**Please register in advance for activities
of interest**

Jennifer

cyworker@mississaugi.com

April Activities



Child and Youth Program
7-12yrs

Tuesday's 6:00-7:30pm

**April 9th Life skills - cooking class making
Bannock Panzerottis and salad.**

**April 16th Life Skills- sewing making felt
pouches.**

**April 23rd Life skills - cooking on a budget
pasta night**

April 30th Taco night with veggies and dip

**Please register in advance for activities of
interest.**

Jennifer
cyworker@mississaugi.com



April Activities



Child and Youth Program

7 to 12 yrs

Wednesday's 6:00pm-7:30

April 10th Community Hall 5:00pm-7:00pm

Jordan Principles presentation. Spaghetti Diner. I will have 2 activities set up for the kids at the Child and Youth Building, we will make mini pizzas and drinks.

Child and Youth Program open to all community children on this date.

April 17th Learning to bead. They will have 3 choices on what they would like to bead for their moccasins

April 24th Moccasin making part one

Please register in advance for activities of interest.

Jennifer

cyworker@mississaugi.com





Maple Sugar Bush Teachings

April 19th, 2024



Child and Youth Program 7-12yrs

PD Day

Schedule:

9:30am-10:00am: We will start off with a pancake and bacon breakfast at the Child and Youth Center

10:00am-1:00pm: We will transition to the Teaching Lodge. We will have a presentation by Real and William traditional Anishinaabe knowledge keepers from Nogdawindamin.

- The Youth will learn how to identify sugar maple trees.
- Learn about our relationship with the land and our responsibility to the land by honor, respect and reciprocity.
- Tree tapping examples, ratios of Maple Syrup and Sweet Water etc.
- Lunch at 12:00 will be provided.



Transportation can be provided

Please register in advance

Child and Youth Worker

Jennifer

cyworker@mississaugi.com

Call or text: 705-356-3455

Child and Youth Worker Program Challenge!!

The month of April program CHALLENGE!!

- All Child and Youth between the ages of 7-12yrs.
- Attend 5 workshops in the month of April and have a chance to win a gift card of your choice valued at \$50.00!
- Register for 5 workshops in April and attend all 5 to win!!

Contact Jennifer

Child and Youth Worker

cyworker@mississauga.com

CHALLENGE ACCEPTED



Concho Belt Making

MFN Social Services
Youth Programming



Facilitated by Paulette Aiabens



Saturday May 18, 2024
9:00 AM - 4:00 PM
MFN Child & Youth Building



We kindly inform you that the registration priority will be granted to MFN Youth in the age range of 13 to 18 years old. However, registration will be open to all community members.

Registration Limited to 20 Spots!



705-918-7261



Dillon Ominika - Youth Coordinator
youthcoordinator@mississauga.com



MFN Youth Programming



Craft Nights



Tuesday Nights

4:30 PM - 6:00 PM

Child & Youth Building

Light snacks & drinks will be available.

Beadwork, leatherwork, artwork, sewing, etc.

If you have an idea or project you're interested in starting/finishing, we can collaborate to bring it to life.

Drop in, learn a new skill, share your talents, connect with other youth!

Open to MFN youth ages 13-18.

For more information please contact MFN Youth Coordinator (Dillon Ominika):

youthcoordinator@mississauga.com



otbridge. There is



Wellness Circle!
Thursday April 18th, 2024
6:00PM 7:00PM
Hosted in the teepee behind the
band office.

Everyone welcome!!
For more information please contact
mhfcounsellor@mississaugi.com
or 705-356-1621 EXT: 2310

ACOUSTIC JAM NIGHT

DOORS OPEN: 7PM

Friday April 19th, 2024

LOCATION: CULTURAL BUILDING

*Bring your own acoustic
instruments!*

**EVERYONE
WELCOME**

COME OUT TO SUPPORT
OUR LOCAL TALENT!
FRIDAY FUN!

**FOR QUESTIONS OR MORE
INFORMATION PLEASE CONTACT:**

705-356-1621 EXT. 2226

RDAYBUTCH@MISSISSAUGI.COM



MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.



EARTH DAY

Gym Challenge!

For the Month of April!
Walk our beautiful hiking trails
or community roads. If you
come across garbage pick it up
and bring us a bag of your
findings and we will enter you
into our Earth Day draw!

E L D E R S

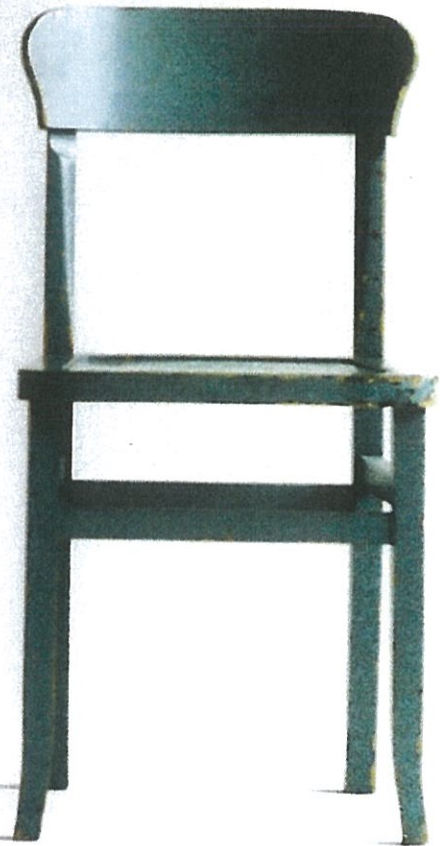
CHAIR FIT

is an excellent way to build strength and improve flexibility without putting too much strain on your body. Chair exercises also improve mobility by increasing blood flow and lubricating your joints.

Mondays of the Month @Noon
Sports Complex.

Registration is needed!

T:356.1621 ext.2216
Community Health Activator





SMALL GROUP

FITNESS

**TUESDAY'S
@ 6PM**

FULL BODY WORKOUT

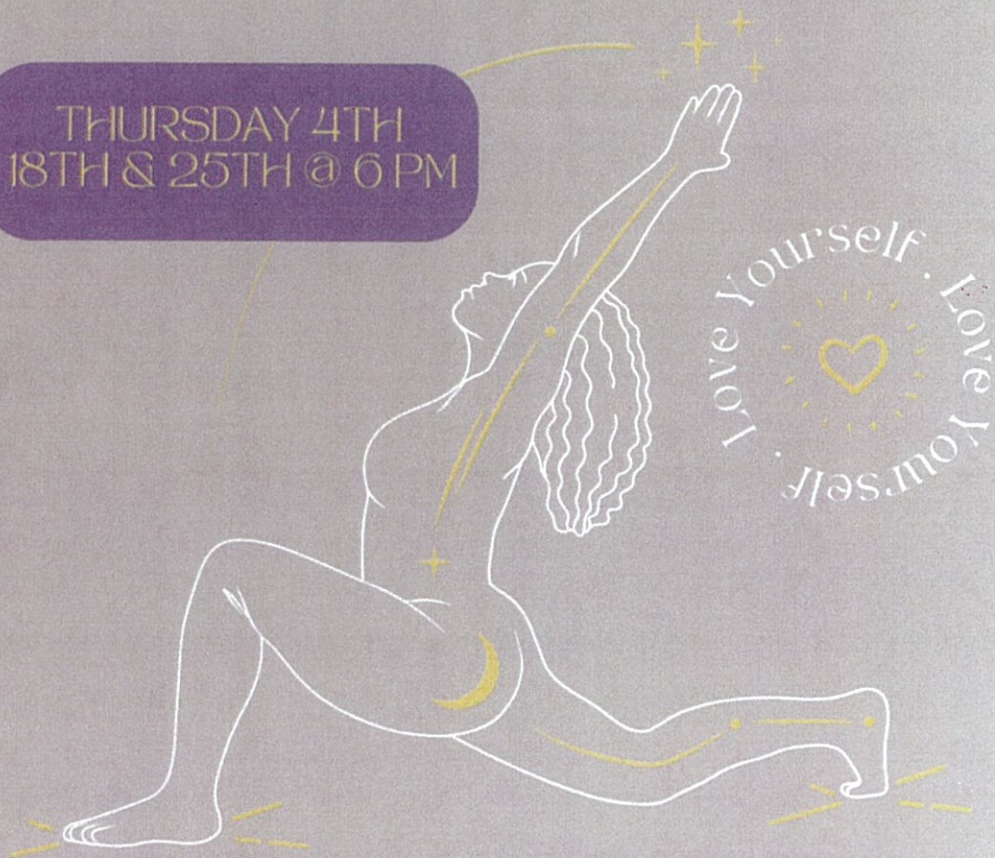
MFN SPORTS COMPLEX

E-COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM
T:705.356.1621. EXT 2216

YOGA CLASS

& essential oil class

THURSDAY 4TH
18TH & 25TH @ 6 PM



REGISTRATION IS
NEEDED!

*Gentle
Sunday*

GENTLE YOGA WITH GUIDED MEDITATION & SELF-
CARE

APRIL . 21ST @ 1PM

REGISTRATION IS NEEDED!

COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM

**REGISTRY
NEEDED**

MFN Sports Complex

TINY TOTS GYM PLAY

**SUNDAY!
APRIL 28TH**

12 am to 2 pm
Ages 0-6

Activities

Fun Games
Music & Dance
light snacks
And a Lot More...

E:COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM
T:705.356.1621 EXT.2216

knitting Club

learn how to knit socks starting April 8th.



SMALL GROUP FITNESS

TUESDAY'S @ 6PM

FULL BODY WORKOUT

MFN SPORTS CO

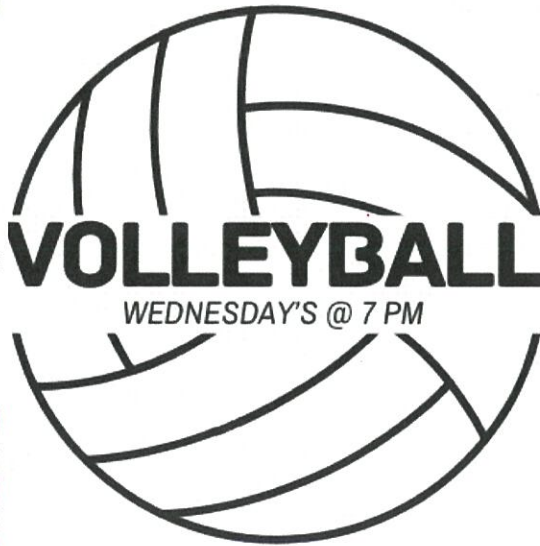
E:COMMUNITYHEALTHACTIVATOR@MISSISSAUGI.COM
T:705.356.1921, EXT 2216

Cycling Wednesdays night!

6:00 pm

Msg in to reserve a bike.

See you soon!



Gentle Yoga

Thursday evenings @ 6:00 pm!
April 4th, 18th & 24th.

Registration needed.



April

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

C.H.A Programs

MONDAY CHAIR FITNESS 12:00 / KNIITING 6PM

TUESDAY YOGA 10AM SM GROUP FITNESS 6PM

WEDNESDAY CYCLING 6 PM / ROLLER RELEASE 6:45 PM / VOLLEYBALL 7PM

THURSDAY YOGA 10 AM / GENTLE FLOW YOGA WITH ESSENTIAL OILS 6PM

Souful sunday April 21st @ 1 pm

Tiny/Tots April 28th @ 12 pm

REGISTRATION IS NEEDED!

T. 705.356.1621 EXT. 2216

E: COMMUNITYHEALTHACTIVATOR@SHISSAHLG.COM



Gather round



On April 11th Mike Bisson
will deliver teachings on the
Teaching Lodge and Teepee

In the Culture building
10 AM- 2PM

Lunch to be provided

For more information contact
skycada@mississaugi.com



We now have a talking circle
addictions support group.
Come sit, talk and give your
support. Let's help raise each
other up.

Tuesdays from 7-8PM

Inside the Culture building
Snack and refreshments will be
available.

Contact
skycada@mississaugi.com
for more info.



MISSISSAUGA MEGZINHSAQ

DRUMMING

5:30 - 6:30PM

FEB

08, 22

MAR

7, 21

APR

4, 18

MAY

2, 16, 30

JUN

13, 27

**For more information email:
skycada@mississauga.com**



LIGHTING THE
**SACRED
FIRE**

WE WILL BE
LIGHTING THE
SACRED FIRE FOR
MFN COMMUNITY.

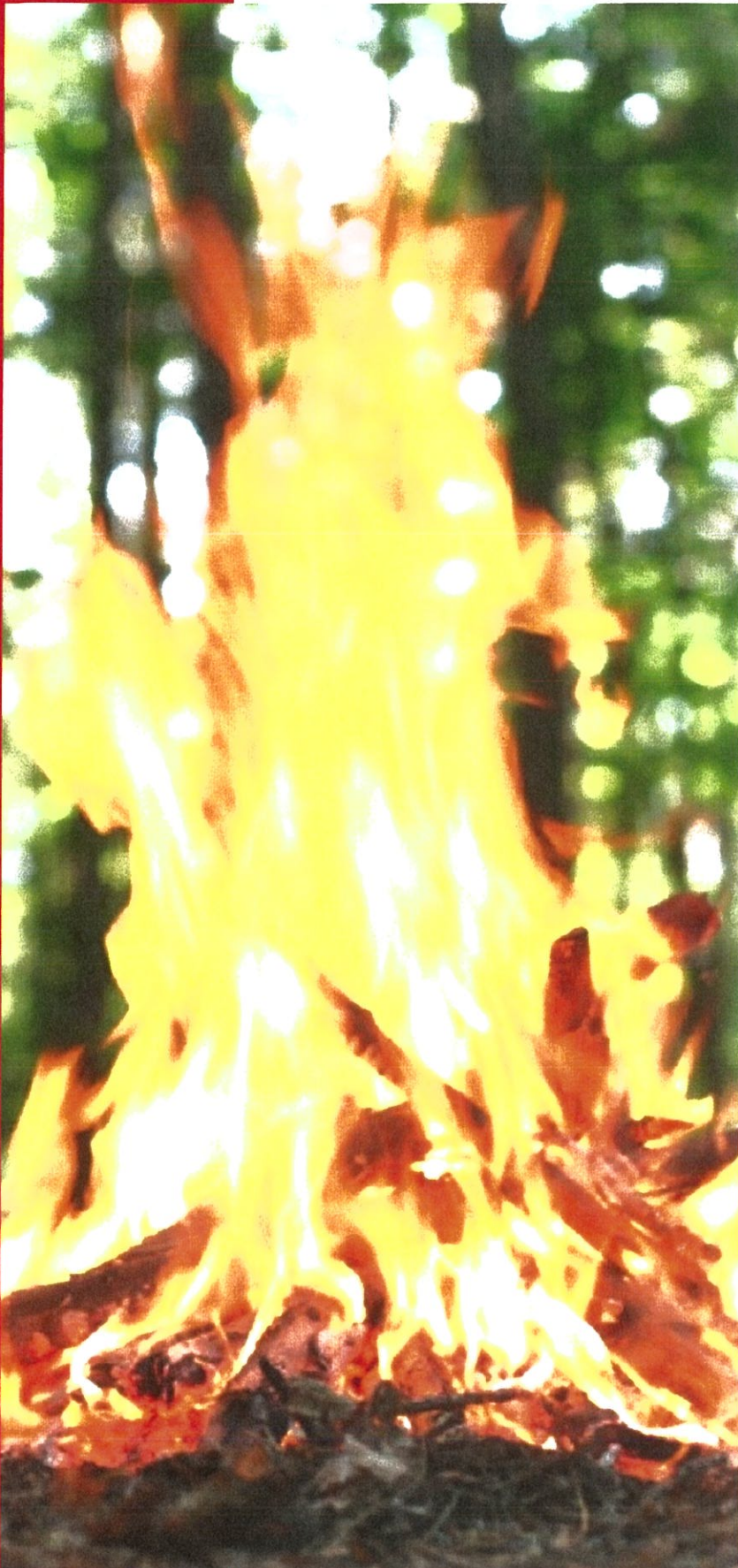
COME PRAY, STAY,
TALK OR JUST
ENJOY THE FIRE.

THURSDAYS
OUTSIDE THE
CULTURE BUILDING
- 96 PARK ROAD

9:00 AM TO 3:00
PM

MORE INFORMATION

SKY CADA - 705-261-1370
SKYCADA@MISSISSAUGI.COM



WELLNESS THURSDAY'S

Starting Thursday, January 25th, we will be starting a 7-week Luncheon session on The Seven Grandfather Teachings. Roger Daybutch will facilitate the sessions. Happening in the Culture building @ 12 PM

EVERYONE IS WELCOME

If you have any questions contact Sky Cada at 705-356-1621 ext 2228 or email skycada@mississaugi.com



AL-ANON

AL- ANON meeting

Have you or a family member been affected by another's drinking or drug addiction?

Please come out and join us at the Cultural Building - 96 Park Road - to find out what AL-ANON can do to help you.

Meeting Day/Time:

Monday - 6:00 - 7:00 PM

There you will find a fellowship of others who share your same challenges

Light Refreshments provided

Everyone Welcome



*Adventures in
Cooking*

Wednesday April 17th
11:00- 1:00 p.m.
Red Pine Lodge

Please Register please contact Chelsea at 705-356-
1621 ext. 2203 or email
chelseagrimard@mississauga.com




Footcare

**For Diabetic community
members**

**FRIDAY APRIL 26TH
9:00-4:00 P.M.
RED PINE LODGE**

PLEASE BOOK APPOINTMENT WITH
CHELSEA AT 356-1621 EXT. 2203 OR
CHELSEAGRIMARD@MISSISSAUGI.COM





Quitting smoking is difficult, but there is support in your community to reduce your use or quit! All are welcome to attend..

Thursday, April 11th

12:00-1:00

Lunch provided

Activity Room - Band Office

For more information contact Chelsea at 356-1621 ext. 2203 or chelseagrimald@mississauga.com

MISSISSAUGA FIRST NATION
HEALTH SERVICES

DIABETES

LUNCH AND LEARN SIGNS, SYMPTOMS AND DIABETES MANAGEMENT

Facilitated by Jessica Hubbard, Diabetes Nurse Educator

WHEN: Wednesday April 10th
12PM-1PM

WHERE: Health Centre/Activity Room

Register by phone - 705-356-1621 ext 2203
or
email - chelseagrimard@mississaugi.com



MISSISSAUGA FIRST NATION
HEALTH SERVICES

MONTHLY DIABETIC CLINIC

If you are diabetic, and would like to book an appointment with the team;

We are offering 1 on 1 appointments with the Health Staff

Nurse Practitioner
Community Health Nurse
Diabetic Nurse Educator
Registered Dietitian

NEXT CLINIC DATE - APRIL 17, 2024

FROM: 10AM-3PM

MISSISSAUGA HEALTH CENTRE

Please email Chelsea Grimard - chelseagrimard@mississaugi.com
or call 705-356-1621 EXT 2203 to book your appointment



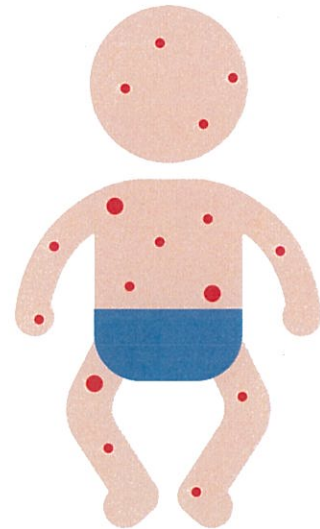
MEASLES

NOT JUST A DISEASE FROM THE PAST

- Cases of measles have been reported in Ontario
- Measles is very contagious, it infects 90% of close contacts who are not immune
- Measles virus can live in the air and on surfaces for 2 hours
- Measles can cause serious health complications and death

SIGNS & SYMPTOMS

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Small, white spots inside the mouth
- Rash starting 3-5 days after symptoms begin



If you have symptoms of measles, self-isolate and contact your healthcare provider for assessment. Make sure you phone ahead to protect others.

MEASLES VACCINE SAVES LIVES

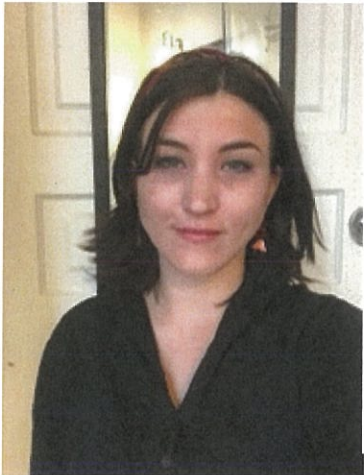
Protect yourself, your family and your community by making sure your measles vaccines are up to date!



NOSM
Δ^∧ΡΡδ"◁L9Δ·bΓ^

WELCOME NOSM U
STUDENTS

Mississauga First Nation would like to welcome Katona and Jules for a community placement starting April 29 - May 24/2024, if you see them around make sure to say Aanii 😊



Katona Files

I was raised in Bracebridge, Ontario, I enjoy rock climbing, crochet, and backcountry camping. I am interested in becoming a Family Doctor and practicing in Northern Ontario.

I am working on improving my physical examination skills, and I would like some more experience in emergency medicine. I would like to learn about charting and billing in small healthcare centers.

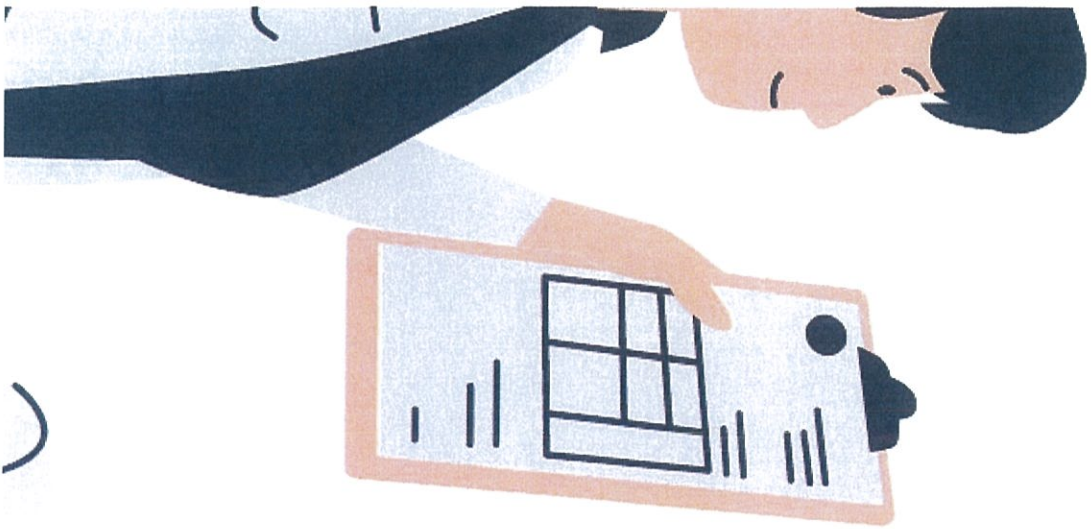


Jules Byberg

My name is Julia Byberg, but most people call me Jules. I was raised in New Liskeard, Ontario. During my free time, I consider myself a very artistic person. I like to draw and complete DIY projects around the house. Currently, I am still exploring my options, but I am mainly interested in Family Medicine and Psychiatry.

I hope to take this opportunity to learn about the culture and community I will be immersed in. Also, I hope to observe the everyday functioning of a small healthcare center and the role of a physician in these settings.

**GET TESTED &
GET YOUR NAME
DRAWN INTO A
DRAW TO WIN A
PRIZE!**



WHAT IS PERIPHERAL ARTERY DISEASE?

PERIPHERAL ARTERY DISEASE IS A BLOCKAGE TO THE VESSELS THAT CARRY BLOOD FROM THE HEART TO THE LEGS. IF A BLOCKAGE OCCURS IT CAN LEAD TO ULCERS, INFECTION, AND GANGRENE.

YOU MIGHT BE AT RISK FOR PERIPHERAL ARTERY DISEASE IF YOU?

- SMOKE
- HAVE THICKENING OR HARDENING OF ARTERIES (ATHEROSCLEROSIS)
- HIGH BLOOD PRESSURE
- DIABETES
- HIGH CHOLESTEROL
- OVER THE AGE OF 60

HOW TO DIAGNOSE PAD?

ANKLE BRACHIAL INDEX (ABI) IS A NON-INVASIVE TEST USED TO DIAGNOSE PERIPHERAL ARTERY DISEASE.

**ABI TESTING CLINIC
APRIL 22 & 25/2024
9 - 4 PM**

April 2024



SERVICE SCHEDULE Mississauga First Nation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Closed	2 NP clinic ORT MHC CCC	3 NP clinic DNE RD CCC	4 NP clinic MD clinic AM COHI CCC	5 MHC CCC	6	7
8	NP clinic Trad. Prac CCC	9 NP clinic ORT MHC CCC	10 NP clinic DNE RD CCC	11 NP clinic CCC	12 MHC CCC	13	14
15	NP clinic CCC	16 NP clinic ORT MHC CCC	17 NP clinic RD CCC	18 NP clinic CCC	19 MHC CCC	20	21
22	NP clinic CCC	23 NP clinic ORT MHC CCC	24 NP clinic RD CCC	25 NP clinic MD clinic AM CCC	26 MHC CCC	27	28
29	NP clinic CCC	30 NP clinic ORT MHC CCC				30	31
Physician- MD Nurse Practitioner- NP Diabetes Nurse Educator- DNE Registered Dietician- RD Children's Oral Health Initiative- COHI Mental Health Counsellor- MHC Traditional Practitioner- Trad Prac Opiate Replacement Therapy (Mino)- ORT Client Care Coordinator- CCC							
Appointments with Physicians, NPs, Trad. Practitioner, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224 Please contact Maamwesying's Head Office: 1-705-844-2021 if you are looking for information on how to book an appointment with another service provider listed here.							



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

*listed is the pick up date, please email the Family Resource Coordinator by the 7 of this month to ensure a card is purchased for that month

Pick up dates:



April 24 2024

from 9:00 AM to 3:00 PM including lunch hour

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

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

Please note, you can not accumulate cards

Thank you

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

email: christine@mississauga.com

MFN Food Security Program

Date: _____ Pick up only # children ____ # adults ____ # elders ____

Names of all household Members: _____

Address: _____

Phone Number: _____

Please submit your forms before 4:30 Wednesday

Pick up is Thursday from 10:00am - 3:00pm

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

Cereals (1 only): Cold Cereal Cooking Oats Cream of Wheat	Meats (2 only-one of each) Hamburger Chicken
Breads (1 only): White Bread Brown Bread Flour	Canned Meats (1 only): Tuna Salmon
Pasta & Rice (1 only): Penne Rice Macaroni	Dairy Products (2 only): Powdered Milk Canned Milk Eggs
Soups (3 only): Chicken Noodle Tomato Vegetable	School Aged Children Only (2 Choices): Pudding Cookies Wagon Wheels
Hygiene Products: Toilet Paper Hand Sanitizer	Children & Elders Only (2 Choices): Mr. Noodles Chicken Mr. Noodles Beef
Other Products (3 only): White Sugar Brown Sugar Peanut Butter Ketchup Crackers Tea Mustard Decaf Coffee Pepper Instant Coffee Salt	Other Products (3 only): Kidney Beans Tomato Paste Diced Tomatoes Spaghetti Sauce Canned Navy Beans Canned Chick Peas Red Lentils Frozen Vegetables Green Lentils Canned Black Beans
Other (Once A Month): Icing Sugar Vinegar	

Please bring in, or call (705)261-0673 for pick-up of any containers with lids, or boxes you may have.

Thank you 😊 Revised for April 2024