

NIIGAANIIN

Client and Community Newsletter

July 11, 2024



Niigaaniin Hours

Mon-Thurs 8:30-4:30 - Fridays 8:30-12:30

**Please submit income statements by
July 16th**

Direct Deposit will occur July 31, 2024

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 you believe it'll work out, you'll
see opportunities. If you don't be-
lieve it'll work out you'll see
obstacles"***

" Wayne Dyer"

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



Position: Front Line Worker

Salary: \$25.32 hourly

Hours of Work: As needed

Circulation Level: Level I

Accountability: Women's Shelter Manager

Employment Status: Casual Relief

Preferences: MFN Band Members

The Casual Front Line Worker will:

- Prepares and complete daily reports in database; provides advocacy and support to clients and their children in crisis situations both one-on-one and over the telephone; maintains strict confidentiality and adhere to Personnel policies and procedures
- Be supportive and aid those termed as "walk-in" in a manner that is consistent to those who are admitted into the Mississauga Women's Shelter; responds to crisis telephone calls and provide support, information, and intervention according to the request and type of call/caller; assist with meal planning and preparation; conducts general cleaning such as dusting, cleaning windows/ floors and other areas
- Assist clients to set goals, fill in applications for housing, birth certificates, S.I.N, and budgeting etc.; provides education and awareness to women on domestic violence; ensures safety of clients, staff and visitors to the shelter at all times; facilitates and maintain a collaborative and safe work environment; provides in-house orientation to new clients and oversee communal living requirements; creates safety plans with clients and families; ensures windows and doors are locked at all times; completes regular resident status and safety checks
- Contacts appropriate authorities such as the Ontario Provincial Police or child welfare agency when required; provides referrals, support documents and support for discharge; conducts intake and discharge process with clients and their children in crisis
- Maintains level of job requirements by attending training, workshops, seminars, certified programs, and team meetings
- Demonstrates sensitivity to and knowledge of the impacts of woman abuse on women and children; remains to be empathic, non-judgmental, respectful and encourage independent decision making to clientele served; will problem solve in a positive manner

The Casual Front Line Worker will possess the following educational qualifications, skills, experiences, and attributes:

- Minimum of Grade 12 secondary diploma or equivalent. Post-Secondary Diploma in the Social Services or Health preferred
- Experience working with aboriginal people, organizations, and communities; must provide an acceptable Criminal Record Check and Vulnerable Sector Check from the Canadian Police Information Centre (CPIC)
- Class "G" Ontario Driver's License in good standing and be able to travel
- Standard First Aid and CPR/AED; Mental Health 1st Aid (an asset); Life Skills Coach Certification (an asset)
- Must be able to work flexible hours, on-call, and shift work, including weekends, evenings, and holidays
- Excellent verbal and written communication; ability to work in a team environment; ability to effectively analyze situations quickly and apply sound judgement; possess strong conflict resolution and problem-solving skills with the ability to handle stressful situations
- Ability to observe and assess clients, enforce safety regulations and emergency procedures, and apply appropriate behaviour management techniques; maintain confidentiality; be respectful and empathetic; ability to take charge and motivate others; be always professional

TO APPLY: Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job ad. 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 **FAX:** 705-356-1740
Deadline: Until position is filled

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.



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

Accountability: Finance Director

Salary: \$23.42 hourly

Employment Status: Casual

Hours of Work: As needed

Preferences: MFN Band Members

Circulation Level: Level I

The Back-Up Receptionist will:

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

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

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

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

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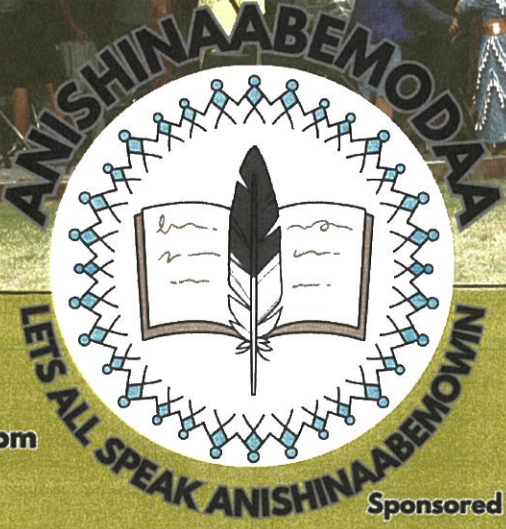
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MISSISSAUGA FIRST NATION 43RD ANNUAL TRADITIONAL POWWOW JULY 20-21, 2024



GRAND ENTRY
Saturday 1pm & 7pm | Sunday 12pm

MASTER OF CEREMONIES
Stephanie Pangowish & Darren McGregor

HOST DRUM
Charging Horse

CO-HOST DRUM
Under the Pines

INVITED DRUMS
Migiziinhsag (MFN Boys Drum Group)
Nimkii Aankwam

HEAD DANCERS
Hannah Morningstar
Naakwam Shawanda

HEAD YOUTH DANCERS
Niizh Wemigwans
Leland Bellefeuille

HEAD JR DANCERS
Aubreigh Fox
Niigaani Niganobe

HEAD VETERAN
Wayne Pitawanakwat

ARENA DIRECTOR
Robert Stoneypoint

HEAD ELDERS
Leona Whetung & Wes Whetung

SPECIALS
More info to follow!

Old Style Jingle Special
Sponsored by Head Female, Hannah Morningstar

Men's Woodland Special
Sponsored by Head Male, Naakwam Shawanda

Youth Girls Jingle 12 and under
Sponsored by Head Youth, Niizh Wemigwans
\$200 Winner Take All

Womens 18+ Fancy Shawl
Sponsored by Sarah McGregor & Family
1st \$800 2nd \$600 3rd \$400
Giveaway for all dancers

Women's 18+ Combined Special
Sponsored by Chief and Council
1st \$800 2nd \$400 3rd \$300

Men's 18+ Combined Special
Sponsored by Chief and Council
1st \$800 2nd \$400 3rd \$300

Youth 13-18 Combined Special
Sponsored by MFN Youth Coordinator
1st \$350 2nd \$250 3rd \$150

Children 7-12 Combined Special
Sponsored by MFN Child-Youth Worker
1st \$150 2nd \$100 3rd \$75 + Giveaway for Dancers

COMMUNITY FEAST | SATURDAY A 5PM
No drugs, alcohol, or pets
Honorariums for first 5 registered drums

LOCATION
Max's Road off Highway 557
(Scan QR code)



Food or Craft Vendor Applications
or General Inquires, contact
Sarahdaybutch@mississaugi.com

EVERYONE WELCOME!

ATTENTION!

SEEKING DONATIONS FOR THE MFN POW WOW GIVEAWAY

**UNOPENED &
UNUSED GIFTS,
GIFTCARDS ACCEPTED**

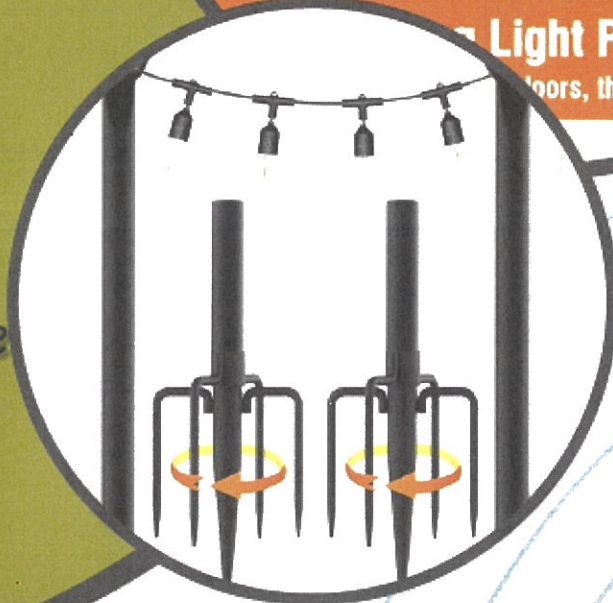
**Drop off at MFN Child and Youth
Building or pick up can be
arranged**

**Contact:
Sarah McGregor
sarahdayb37@gmail.com
705-227-8117**



DONATION CALL OUT

*The MFN Pow Wow
Committee is seeking these
poles to be donated*



Light Poles
floors, the atmosphere

• 2 P
• 10F

Scan QR
for website



AMAZON AIBTON 2 Pack 10FT String Light Poles

THIS DONATION WILL BE GREATLY APPRECIATED. WE WILL ACKNOWLEDGE YOUR CONTRIBUTION PUBLICLY ON OUR WEBSITE, SOCIAL MEDIA PLATFORMS, AND ANY OTHER PROMOTIONAL MATERIALS

FOR FURTHER QUESTIONS CONTACT

Sarah Daybutch | sarahdaybutch@mississaugi.com | 705 227 8117



DONATION CALL OUT

*The MFN Pow Wow
Committee is seeking these
lights to be donated*



Scan QR
for website



AMAZON Minetom 100ft Outdoor String Lights

THIS DONATION WILL BE GREATLY APPRECIATED. WE WILL ACKNOWLEDGE YOUR CONTRIBUTION PUBLICLY ON OUR WEBSITE, SOCIAL MEDIA PLATFORMS, AND ANY OTHER PROMOTIONAL MATERIALS

FOR FURTHER QUESTIONS CONTACT

Sarah Daybutch | sarahdaybutch@mississaugi.com | 705 227 8117

Community Safety



Chi-Naakinagewin

Chi-Naakinagewin would like to remind the community if you see any strange activities or people, please contact 1-800-222-8477.

Web link:

<https://ontariocrimestoppers.ca/submit-a-tip/submit-a-tip>

Let's keep our community safe!



COMMUNITY ENGAGEMENT ZOOM

CHI-NAAKINAGEWIN PRESENTS

Join us for informative presentations regarding the Comprehensive Community Plan for Mississauga First Nation. This is to gain ideas for updates to the 2024 - 2034 Community Plan.

Date: July 23rd, 2024

Time: 6:00 - 9:00 PM

Location: Zoom

Link:

<https://us06web.zoom.us/j/86835369778>



For further information, contact:

Cheyenne Corbiere - wiindamaagewin@mississaugi.com

705-261-1104

MISSISSAUGI RETAIL CANNABIS CORPORATION AGM

JULY 17, 2024

AT 6PM

Chief and Council
Chambers

Questions regarding meeting
can be sent to:

tammyking@mississauga.com



CREEKSIDE
CANNABIS



COMMUNITY NOTICE!

**THE MEMBERSHIP
OFFICE WILL BE
CLOSED**

JULY 15 TO 26, 2024

**THERE WILL BE NO MEMBERSHIP
SERVICES DURING THIS TIME**

**IF YOU REQUIRE MEMBERSHIP SERVICES
PLEASE CALL OR EMAIL TO MAKE AN
APPOINTMENT.**

**CONTACT INFO: 705 356 1621 EXT 2239 OR
STACYB@MISSISSAUGI.COM**

**MIIGWECH!
HAVE A SAFE AND HAPPY SUMMER**



DRIVING IN THE COMMUNITY



SLOW DOWN



**WHEN YOU SEE THE
CHILDCARE TEACHERS
AND CHILDREN OUT FOR A
WALK WITH THE
STROLLERS, PLEASE SLOW
DOWN TO PASS**



Miigwetch





MONEY MANAGEMENT WORKSHOP FOR MISSISSAUGA FIRST NATION MEMBERS

LEARN HOW TO:

- HOW TO MANAGE YOUR RHT SETTLEMENT
- BUDGET
- REBUILD YOUR CREDIT
- CHECK YOUR CREDIT SCORE
- INVEST
- BUY A CAR
- GET A MORTGAGE
- RENOVATE YOUR HOME



ONE-ON-ONE PERSONAL FINANCE SESSIONS ALSO AVAILABLE WITH SCOTT FLAMAND OF FLAMAND MANAGEMENT SERVICES



TUESDAY, JULY 16TH
Mississauga Band Office

One-On-One – 9 am to 4 pm
(Book an individual appointment)

Money Management Workshop
6 pm to 8 pm -All Welcome

Zoom Meeting Link:

<https://us06web.zoom.us/j/82263972850?pwd=bC4bR8wiJfHgmcXJAKf6aKNIP01UqL.1>

Meeting ID: 822 6397 2850

Passcode: 019715

OR Scan QR code to join
meeting



**CONTACT: MONICA MCGREGOR TO BOOK A PERSONAL APPOINTMENT AT (705) 356-1621
OR EMAIL AT MONICA@MISSISSAUGI.COM**



June 12/24

To All Community Members

Please be advised that Client Care Coordinator position under Maamwesying has not been filled as of yet, during this transition.

To book any appointments to see any of the Visiting Services Health Professionals, please call the Health Centre, @ 705 356 1621 # 2224 and a staff member will return your call when coverage is available.

We apologize for any inconvenience this may cause, and ask that your patience in this matter continue during this transition.

Thank you

Maamwesying

Northshore Community Health Services Inc.

705 356 1621 Ext # 2224

MISSISSAUGA FIRST NATION



MAAMWESYING

NORTH SHORE COMMUNITY HEALTH SERVICES INC.

MEMO

To: Mississauga First Nation Health Director, Health Services Manager, and Community Health Nurse; Maamwesying North Shore Community Health Services Inc. (MNSCHS) Comprehensive Primary Health Care Team; MNSCHS Director of Home and Community Support Services; MNSCHS Director of Mental Wellness & Minobimaadizing

From: Jennifer McKenzie, MNSCHS Director of Comprehensive Primary Health Care

Cc: Carol Eshkakogan, MNSCHS Chief Executive Officer

Date: June 28, 2024

RE: Change in Service Delivery Approach, Judy Gillingham, Maamwesying Nurse Practitioner

Please be advised that Judy Gillingham, Maamwesying North Shore Community Health Services Inc. (MNSHCS) Nurse Practitioner for Mississauga First Nation (MFN) will be switching to providing virtual only primary care services as of August 19th, 2024. Judy will continue to provide full-time services, however appointments will be hosted by video or phone from the MFN Health Centre. The MFN Community Health Nurse, Krysta Sawyer, will assist with these appointments to ensure that in-person care needs are addressed. MFN community members can continue to call the health centre at 705-356-1621 ext. 2224 to book their appointments with Judy. MNSCHS will be posting for a full-time MFN Nurse Practitioner to ensure that in-person care is available to community members. Once a full time Nurse Practitioner is hired, clients in Judy's care will be transitioned over to the new provider to allow for in-person care to resume.

In addition to the above change, MNSCHS is excited to announce that Jennifer Osborne will be starting in the role of MFN Client Care Coordinator on July 15th, 2024. Jennifer comes to MNSCHS with excellent experience and will help to facilitate appointment booking and responding to community member's primary care needs.

If you have any questions or concerns, please do not hesitate to reach out to me by phone at 705-971-6555 or by email at jennifer.mckenzie@nmninoeyaa.ca.

Chi-Miigwetch for your support, patience, and understanding during this period of transition,

Jennifer McKenzie
Director of Comprehensive Primary Health Care
Maamwesying North Shore Community Health Services Inc.



TIPS FOR TICK SAFETY

HOW TO REMOVE TICK



How to remove a tick

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

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

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

Do not try to remove the tick by:

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

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

Watch for symptoms for 30 Days

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

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

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

REIKI THERAPY
WITH
LINDA VINCENT

6 SPOTS available per day at the
Cultural Building.

for
Tuesday, July 23, 2024
&

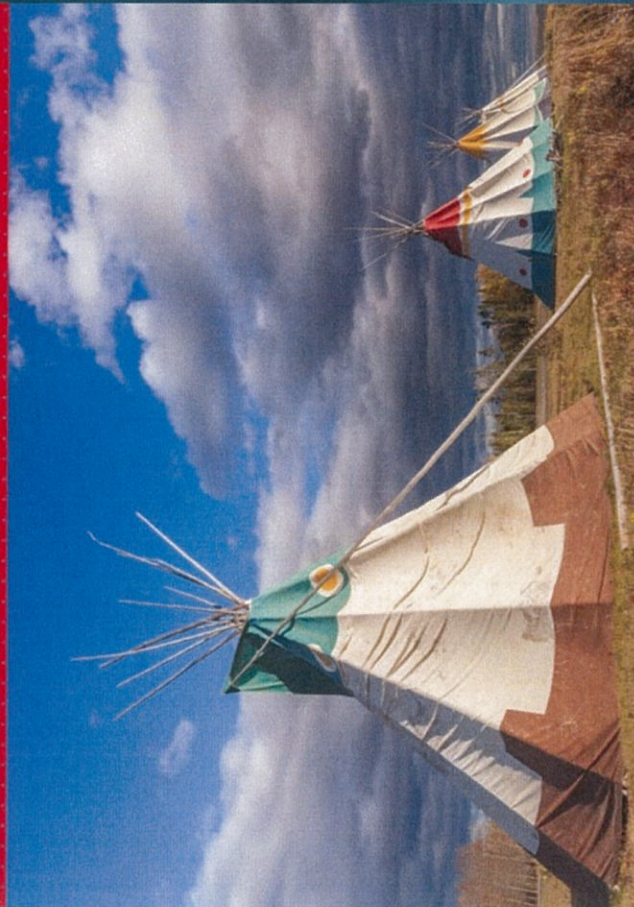
Wednesday, July 24, 2024

TIME SLOTS:

- 12:30 PM-1:30 PM
- 1:30 PM-2:30 PM
- 2:30 PM-3:30 PM
- 3:30 PM-4:30 PM
- 4:30 PM-5:30PM
- 5:30 PM-6:30 PM

For an appointment, please email
rhondapeltier@mississaugi.com
Or telephone (705)356-1621 Ext: 2230

MEEGWETCH on BEHALF
Of
COMMUNITY WELLNESS PROGRAM



SACRED FIRE FRIDAY

With **ROGER DAYBUTCH**

- July 5, 2024
- July 26, 2024

9:30 AM - 12:00 PM

@ TEEPEE behind band office

ALL STAFF WELCOME

For more information, please email rhondapeltier@mississaugi.com
or telephone (705)356-1621, Ext. 2230

MEEGWETCH on BEHALF
Of
COMMUNITY WELLNESS PROGRAM





TUESDAY JULY 31TH, 2024

**MEET AT THE BAND OFFICE PARKING LOT FOR 9:00AM.
WE WILL CANOE DOWN THE RIVER AND ARRIVE AT PIER 17 FOR
REFRESHING LUNCH
WEATHER PERMITTING. CANOE GEAR SUPPLIED. PLEASE DRESS
WEATHER APPROPRIATELY
TO REGISTER PLEASE CONTACT: JADE DAYBUTCH AT 705-356-
1621 EXT: 2357
OR EMAIL AT CSSWORKER@MISSISSAUGI.COM**



cultural support services

SAVE THE DATE

August 24 - 25, 2024

Mississaugi First Nation

Gathering of Grandmother Pipes Nokomis Pawagan

more details to follow



CHILD AND YOUTH AGES 7-12
GITIGAN CLUB

GITIGAN 101

Discover the joys of gardening, learn about caring for a garden, learning when to plant, learn about companion plants, frost dates.

Monday July 15, 22, 29 at 10:00a.m.

Meet at the CYB at 9:50am

Contact Jennifer Child and Youth Worker

Cell 705-356-3455

cyworker@mississauga.com

**LUNCH
AFTERWARDS**

**REMINDER
FOR ANY YOUTH
THAT IS NOT IN DAY
CAMP**





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:



July 17 2024

Reminder - receipts are needed before next card

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@mississaugi.com



Junior Chefs Needed!!! Ages 7 to 12

6 Weeks of Summer Healthy Snacks

For Kids



PRIZE AT THE END!!!

GET READY TO BE CREATIVE AND SHOW OFF YOUR HEALTHY SNACKS!!!

JULY 2024

July 22nd, 29th 2024

50\$ gift card

Submit 2 photos weekly

AUG 2024

Aug 5th, 12th 2024

50\$ gift card

Submit 2 photos weekly

AUGUST 2024

August 19th, 31st 2024

50\$ gift card

Submit 2 photos weekly

What to Expect

- ✓ Information package will be provided with gift cards
- ✓ Gift cards and Healthy and nutritional recipes, pick up CYB or Band office. Also home delivery for any youth
- ✓ Get creative with a variety of fresh and tasty choices
- ✓ **Transportation to and from the grocery store provided**
- ✓ Make your snacks at home with the help of an adult and submit your photo to either Jennifer or Cheri by email



Registration required to participate

More Information contact

Cheri Boyer HealthEducator@mississauga.com and Jennifer cyworker@mississauga.com

FAMILY RESOURCE COORDIATATOR
COMMUNITY HEALTH NURSE

For family's with children 0-6 yrs.

LUNCH & LEARN CHILDREN AND SCREEN TIME

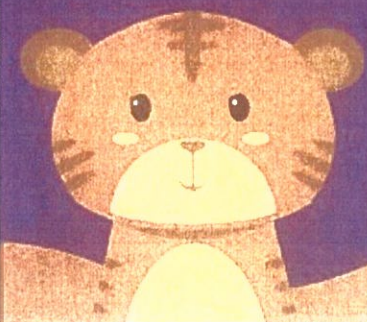
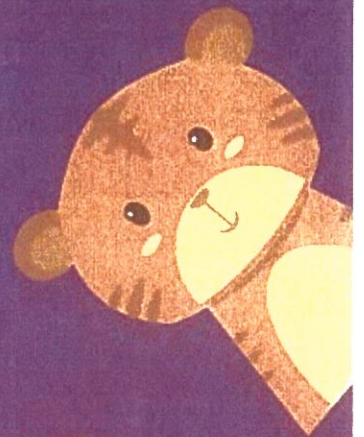
- The pros and cons
- The effects and child's well being

Date : July 23, 2024

Time: 12:00-1:00

Where: Child & Youth Building

TO PARTICIPATE PHONE OR EMAIL
CHRISTINE@MISSISSAUGI.COM OR
705-356-1621 EXT. 2254



Family Resource Coordinator
Early Years Worker



Free
Kids

Fishing

Derby

1st Prize
2nd Prize
3rd Prize

July 27 2024
10:00am - 2:00 pm

Chiblow Lake
Ages 2 - 12 yrs.

For more information
contact:christine@mississauga.gov

Fun & Prizes



DRUMMING AT

POW WOW GROUNDS



JUNE - 28
JULY - 12, 26
AUGUST - 2, 9, 16,
23, 30

Join us for hand drumming

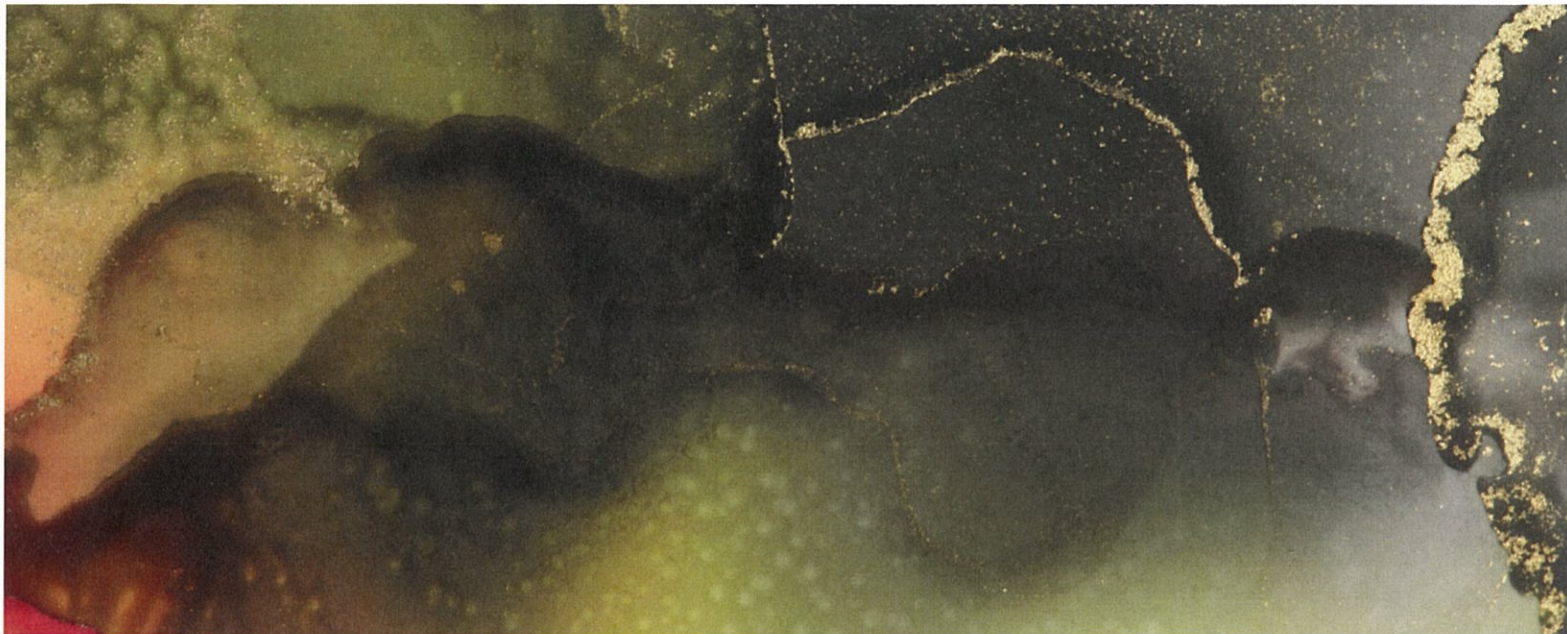


*pow wow
grounds*

*Bring you drums
and shakers!*

*10:00 AM-
12:00 PM*

danaboyer@mississauga.com



BEING

OUTDOORS



JULY - 9, 16, 23
AUGUST - 6, 13, 20

Variety of activities, such as:

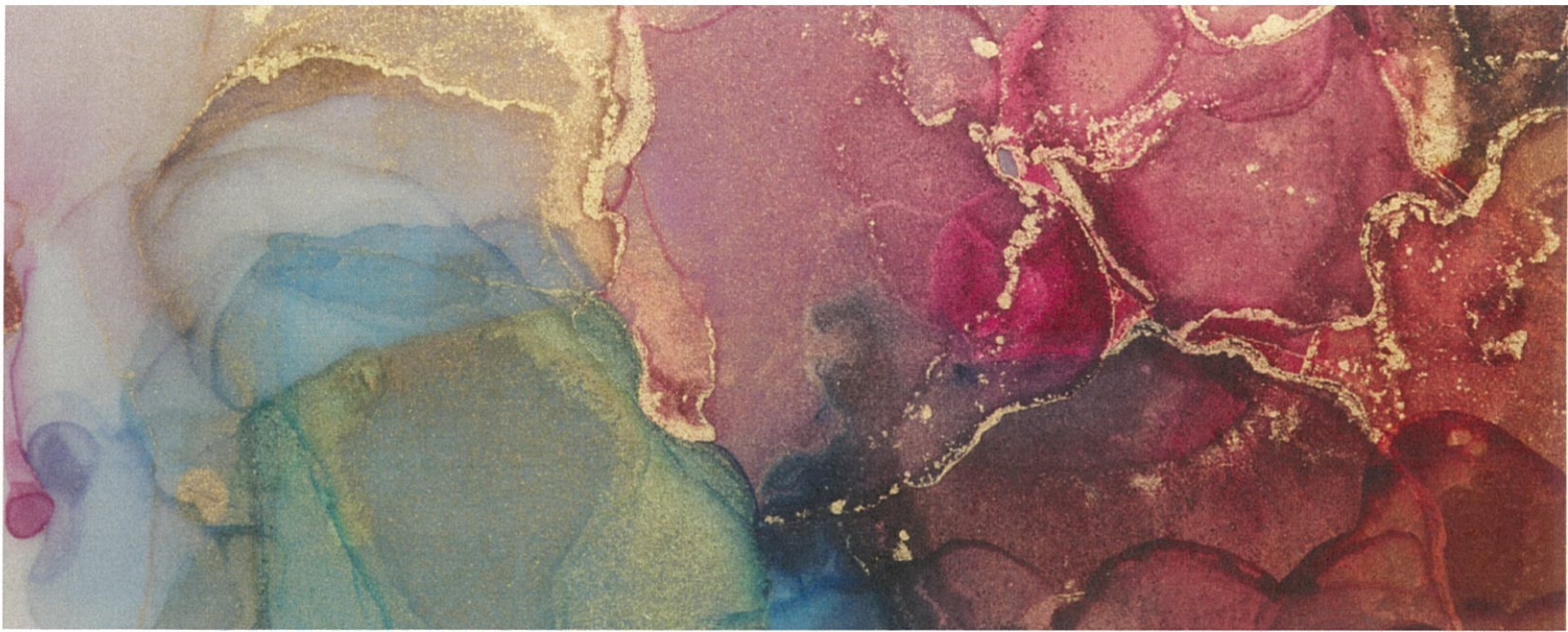


*Meet at Education
Building*

Gardening, medicine
picking, walks, and
ceremonies

9:30 - 11:30 AM

danaboyer@mississauga.com



CREATIVE
NATIVE



JULY - 11, 18, 25

Come out to the Education building and create



Education Building

1:00 - 4:00 PM

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

danaboyer@mississauga.com



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.

Managing bear issues takes the efforts of the community to succeed. Let us have a successful Spring and Summer 2024.

Natural Sources

- Berries
- Fruit trees
- Flowers/clovers/weeds

Non-Natural Sources

- Barbeque grease and drippings
- Bird Feeders
- Garbage
- Pet food

Bears are highly intelligent. They easily learn where food sources can be found and use their keen sense of smell to seek them out. Bears will travel more than 100 kilometers to a known food source like a berry patch or a stand of beech trees and they will return year after year. Bears are always looking for new food sources, including your garbage or the contents of your cooler. Once they determine that food can be found at your house or campsite, they will revisit again and again.

You may not even know you are doing it. You could be attracting bears onto your property and into your community. Garbage is the main reason why bears are drawn into communities. Bird and pet food, greasy barbecues and ripe or decaying fruit, berries and vegetables are other invitations to bears to forage for food in your yard.



Aani,

My name is Maryanne Stevens, I am thrilled to be the newest member of the Child and Family Services team as the new Child and Youth Advocate. I live north of Thessalon on a small farm with my husband and 2 children, we are also very proud AC parents. I enjoy spending time with my family traveling, fishing, boating, and camping. I am a recent graduate with distinction from Sault College Social Service

Worker with Indigenous Specialization and am excited to put my education to work in helping the community.

I look forward to meeting with the families in the community and working hard for our children.

Miigwech,

Maryanne

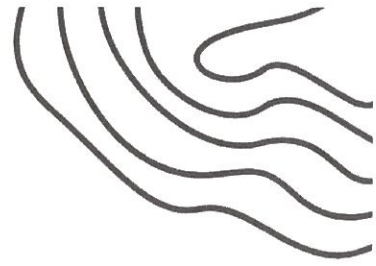
Let's go for a walk!

Once a week Walking Program for Child
and Youth 7-12yrs. Start at the CYB every
Tuesday at 11am for the month of July.
Challenge 5000 steps
Pedometer incl.
Special Prize SMART WATCH!
Must attend 4 out 5 Tuesdays in July to
win!

EVERY
TUESDAY IN
JULY
2, 9, 16, 23, 30

DROP-IN

Child and Youth Worker
Jennifer cyworker@mississauga.com



Embroidery Class



Youth Programming 13-18

Monday July 8th 2024
Monday July 15th 2024
Monday July 22th 2024
Monday July 29th 2024

TIME
1:00 - 4:30

PLACE
Child youth Building

for more information or to register, please contact:
youthcoordinator@mississaugi.com 705-918-7261



HIKING TRAILS

Cup&Sauser July 9th 2024

Wiky lookout July 16th 2024

Lake superior pictographs July 23th 2024

Firetower lookout July 30th 2024

MEET: Child youth building

TIME: 9:00am- 4:30



6 Spots

for more information or to register, please contact:
youthcoordinator@mississauga.com 705-918-7261

YOUTH PROGRAMMING 13-18



Berry Picking

JULY 24TH 2024

JULY 25TH 2024

MEET: CHILD YOUTH BUILDING

TIME: 10:00AM-4:30

6 SPOTS

for more information or to register, please contact:
youthcoordinator@mississaugi.com 705-918-7261

PHOTO CONTEST

SUMMER
2024

THEME: CULTURAL
EXPERIENCES,
FAMILY FUN AND
FRIENDS

CHILD AND YOUTH PROGRAM

- No registration required
- Email me a minimum of 3 photos
- Be creative, show your art and your style through photography.
- use your phone or camera
- Starts July 1st
- **Submit your photos by August 19th**
- **Prizes for first, second, third place winners!!!**
- Judging will done by 3 members of community

Jennifer

cyworker@mississauga.com





LUNCH MENU

CHA NOON FITNESS CLASSES

MONDAY

Chair yoga

Chair yoga is a general term for activities that modify yoga poses so they can be done while seated in a chair. These modifications make yoga accessible to all levels of fitness.

noon start.

WEDNESDAY

Cycling & roller

Med to high intensity indoor cycling workout followed by roller class to provide recovery for muscles.

noon start.

smoothie bar

will be offered after each noon class.
open 12-1 pm



Registration is needed!
E: communityhealthactivator@mississauga.com
T: 1.705.356.1621 ext 2216

Noon start.



TUESDAY

Circuit

Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high intensity interval training. It targets strength building and muscular endurance.

noon start.

THURSDAY

Yoga



Noon start.

Runner's Club

Starting August!

What time works best?

- 6 am
- noon
- 6 pm

Let us know by email or facebook or call

E: communityhealthactivator@mississauga.com
T: 356.1621 ext.2216

TINY TOTS

GMY PLAY & LEARN

SUNDAY JULY 21ST
12:00-2:00 PM



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.





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





YOUTH DRUM SCHEDULE

- PRACTICES ARE OPEN TO ALL, EVERYTHING THURSDAY UNTIL POW-WOW INTERESTED - NO REGISTRATION NEEDED
- FIND SONGS PLAYLIST ON YOUTUBE
 - SEARCH: @MRBELL1513 OR SCAN >>>



JUN 06 20 PRACTICES
13 27 5:30 - 6:30 @ CB

JUL 04 PRACTICES
11 5:30 - 6:30 @ CB

JUL 19 FEAST & PREP
5:30 - 6:30 @ PW GROUNDS

JUL 20 MFN POW-WOW
21 INVITED YOUTH DRUM



<<< SCAN TO ADD TO YOUR CALENDAR

FOR MORE INFORMATION EMAIL
SKYCADA@MISSISSAUGI.COM

NOTICE

**WE ARE SORRY TO ANNOUNCE THAT THE
AL-ANON AND TALKING CIRCLE
ADDICTIONS SUPPORT GROUP WILL BE
CANCELLED UNTIL FURTHER NOTICE**

**MEETINGS AVAILABLE:
WEDNESDAY 7:30-8:30
IMMANUEL BAPTIST CHURCH
5 WHITE DR, BLIND RIVER, ON P0R 1B0,
CANADA**

**FOR MORE MEETINGS WITHIN OUR AREA
YOU CAN CHECK:
[HTTPS://AREA84AA.ORG/AA/MEETINGS/](https://area84aa.org/aa/meetings/)**

**IF YOU PREFER ONLINE MEETINGS YOU
CAN GO TO: [HTTPS://AA-
INTERGROUP.ORG/MEETINGS/](https://aa-intergroup.org/meetings/)**

July 2024



SERVICE SCHEDULE Mississauga First Nation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Canada Day!	2 NP Clinic ORT MHC PT OT	3 NP Clinic DNE RD (Virtual)	4 MD clinic AM. CCC COHI PT Afternoon	5 MD clinic AM. MHC CCC AM		
8 Trad. Prac NP Clinic	9 NP Clinic ORT MHC PT OT	10 NP Clinic DNE RD	11 MD clinic AM. CCC PT Afternoon	12 MHC		
15 NP clinic CCC	16 NP clinic ORT MHC CCC PT OT	17 NP clinic DNE RD CCC	18 CCC AM PT Afternoon	19 MHC CCC am		
22 NP clinic (Richard afternoon in person covering) CCC Footcare	23 NP clinic (Richard covering) ORT MHC CCC PT OT	24 NP clinic (Richard covering) Monthly DM Clinic DM/RD CCC	25 CCC PT Afternoon	26 NP clinic (Richard covering in person) MHC CCC AM		
29 NP clinic (Richard afternoon in person covering) CCC	30 NP clinic (Richard covering) ORT MHC CCC PT OT	31 NP clinic (Richard covering) DNE RD CCC				

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.

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 Margarine
Soups (3 only): Chicken Noodle Tomato	School Aged Children Only (2 Choices): Pudding Wagon Wheels Cookies
Hygiene Products: Toilet Paper Hand Sanitizer	Children & Elders Only (2 Choices): Mr. Noodles Chicken Mr. Noodles Beef Mr. Noodles Vegetable
Other Products (3 only): White Sugar Brown Sugar Peanut Butter Ketchup Crackers Tea Mustard Decaf Coffee Instant Coffee Salt Pepper	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

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 May 2024