

NIIGAANIIN

Client and Community Newsletter

May 1, 2024



Niigaaniin Hours

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

~Reminder~

late income statements will be met
with payments.

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”

**“Do what you feel in your heart to
be right– for you’ll be criticized any-
way**

~Eleanor Roosevelt~

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

See ~Kristen Jackpine~

***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
Direct Support Proff.	Christian Horizons/Blind River	5/8/24
Cook and Server	The Pier/Blind River	5/10/24
Grounds Keeper and IT Person	Northshore Health Network/Blind River	5/10/24
Excavator Operator	Leory's/Blind River	5/16/24
Barista	The Well/Blind River	5/31/24
Marketing Coordinator	The Well/Blind River	5/31/24
Child and Youth Assistant	The Well/Blind River	5/31/24
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 ***

Students – If you are looking for Summer Job positions the Algoma District Services Administration Board are looking for the Following:

Child and Youth Worker

Social Services

Mental Health and addictions

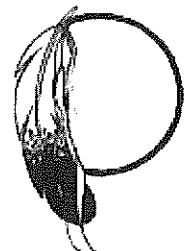
Paramedic or even nursing field

Office Administration

If you are interested in any of these positions, please contact Chantal Laferriere at 705-842-3370-ext 254

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.

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.





Position: Nutritional Support Worker

Salary: \$ 42,132 – 47,873

Hours of Work: 32 hours per week

Circulation Level: Level I

Accountability: Social Service Manager

Employment Status: 2 years contract

Preferences: MFN Band Members

The Nutritional Support Worker will perform the following duties:

- Deliver nutrition support services to families and children, including nutrition awareness and education, food preparation classes and events, healthy food and snack distribution, and other services delivered by the Nutrition Support Program.
- Deliver outreach and knowledge-sharing activities and events to raise awareness about healthy eating, access to healthy foods, and nutrition.
- Collaborate with regional and community service organizations, schools, and healthcare providers to identify and address food security and nutrition issues and develop sustainable solutions.
- Assist families and children in accessing nutrition support programming with dignity and respect, ensuring confidentiality and maintaining their privacy.
- Handling, sorting, and storing food for the nutrition support programming in accordance with safety and sanitation guidelines. Maintain clean and organized nutrition support facilities, adhering to health and safety regulations.
- Conduct regular inventory checks and maintain accurate records of food stock levels, expiration dates, and distribution activities.
- Coordinate with local food suppliers, community gardens and greenhouses, local food producers, and donors to procure a diverse range of nutritious food items for distribution to community members.
- Support data collection and reporting efforts to track nutrition support programming engagement, community needs, and outcomes to inform program evaluation and improvement.
- Prepare funding proposals, program reports, briefings to MFN management, and other program tasks related to the Nutrition Support Program.

The Nutritional Support Worker will possess the following qualifications, skills, experiences, and attributes:

- Grade 12 or equivalent.
- Must provide clear Vulnerable Reference Check from the Canadian Police Information Center (CPIC).
- Strong organizational skills and attention to detail, with the ability to manage multiple tasks and prioritize responsibilities effectively.
- Valid driver's license and access to reliable transportation may be required for off-site activities or food pickups.
- Knowledge of Occupational Health and Safety Act, as it applies to the worker.
- Knowledge of the Workplace Hazardous Materials Information System.
- Knowledge and sensitive to cultural practices and traditions in the workplace, i.e., smudging.
- Ability to handle stressful situations; strong organizational, time management skills.
- Ability to take initiative and work independently; ability to meet deadlines and work flexible hours.
- Effective verbal and communication skills; good time management 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 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: May 3, 2024

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

WALKING IN BALANCE

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Position: Infrastructure Director

Salary: \$78,424 - \$89,123

Hours of Work: 32 hours per week

Circulation Level: Level I

Accountability: Director of Operations

Employment Status: Full time (2 year)

Preferences: MFN Band Members

The **Infrastructure Director** will:

Plan, direct, administer, organize and evaluate all operating divisions of the Public Works Department to ensure quality delivery of public services in a safe, reliable and efficient manner; Provide technical direction and assistance in construction and maintenance of roads, bridges, culverts, drainage, garbage collection, streetlights, water works, housing projects, fire department and building maintenance and equipment; Ensure maintenance of roads and water systems on Mississauga First Nation and conduct other maintenance duties as required; Manage the capital assets of the First Nation.

Program Management

- Order materials and supplies for operations
- Prepare tenders and contracts for various public works and housing projects
- Provide on-site supervision of significant projects to ensure safety and adherence to applicable standards
- Plan, schedule and direct work activities of public works crews and maintenance employees
- Develop and maintain maintenance management schedule
- Follow and implement health & safety guidelines and ensure crews work safely
- Conduct inspections and prepare reports as required
- Develop and maintain an inventory of assets
- Review construction sites and development plans for compliance with applicable standards
- Recommend requirements for infrastructure needs and continuously evaluate and analyze service delivery
- Implement feasible, practical, and effective cost-saving service improvement programs
- Manage the overall development and implementation of Mississauga First Nation's capital plan
- Administer projects with work plans, flowcharts, and budgets
- Coordinate projects with contractors and staff

Human Resources

- Supervise, coach and direct department staff
- Coordinate staff team meetings and development of staff work plans
- Monitor employee performance and attendance and conduct performance reviews
- Coordinate staff development and address staff training needs including Health & Safety requirements
- Participate on Hiring Committees when applicable and ensure orientation of new staff
- Follow Personnel Policies in administration of staff issues

Financial Management

- Develop annual public works and housing budgets with input from department staff
- Monitor budgets and develop system to track expenses
- Follow finance policy in administration of department finances
- In collaboration with the Director of Operations, negotiate with government agencies for funding

Policy Development and Proposal Writing

- Develop departmental policies and procedures for approval and implementation
- Monitor policies and procedures to ensure compliance and revise them when required
- Prepare and submit proposals for funding and/or enhanced services

Interagency Participation

- Actively participate in local, regional or committees/groups in support of infrastructure services to MFN
- Actively participate on the Program Management Team, Finance Committee, and other internal committees
- Maintain liaison with the community to promote policies & procedures and to secure feedback on programs & services
- Responds to inquiries and investigates complaints from the public

Administration/Reporting

- Prepare reports, briefing notes and correspondence as required
- Prepare an annual work plan and monthly report to supervisor

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- Establish work priorities, delegate work when applicable and ensure deadlines are met and procedures are followed

Water Plant System Maintenance & Operation

- Ensure operation of water plant on a rotating basis with other certified operators
- Ensure the collection, logging and reporting of water samples following standard operating procedures for the plant
- Ensure water system is safely treated through application of chlorination, de-chlorination and other chemicals to water system as required
- Ensure equipment is maintained and ensure scheduled maintenance checks are conducted of the water operations
- Ensure water plant is operating within required guidelines and standards
- Ensure cleanliness and safety of facilities and operations
- Respond to alarms and emergencies in the plant and troubleshoot system
- Document and log all aspects of plant operations as required
- Install and maintain water mains and fire hydrants when required
- Repair water lines and hydrants
- Conduct flushing of water lines when required

Other Duties

- Follow safe practices and uses appropriate Personal Protective Equipment
- Other duties as required and assigned

The **Infrastructure Director** will possess the following qualifications and knowledge:

Minimum Education

- Diploma or Degree in Civil Engineering or related engineering field
- Diploma or Degree in Public Administration would be an asset
- Class II Water Plant Operator Certification would be an asset

Minimum Experience

- Three (3) years experience managing programs, finances, and human resources
- Management experience in project development, public works, maintenance, construction, water plant operations and housing

Knowledge Requirements

- Knowledge of government departments/agencies dealing with First Nation infrastructure services and the applicable regulations and legislation
- Knowledge of Occupational Health & Safety legislation, standards, and best practices
- Knowledge of professional business and organizational practices and general maintenance techniques
- Knowledge of Mississauga First Nation programs and services
- Extensive knowledge of First Nation water systems, housing, roads, equipment, and infrastructure

Other Requirements

- Must have a Class 'G' Ontario Driver's License and be able to travel
- Must have WHMIS, First Aid and CPR Certification
- Ability to work flexible hours and be available to be on call

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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: May 10, 2024

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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.

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Position: Event Coordinator

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

Hours of Work: 32 hours/week

Circulation Level: Level I

Accountability: Chi-Naakinagewin Director

Employment Status: Term (1 year)

Preferences: MFN Band Members

The Event Coordinator will perform the following key job functions:

- Collaborate with community leaders, stakeholders, and staff to conceptualize, plan, and execute events that align with the Nation's cultural values and goals.
- Coordinate all events operations (booking and preparing venue, flyers, merch, audio, etc.)
- Develop and manage event budgets, ensuring cost-effective planning and adherence to financial guidelines.
- Understand requirements and needs of each event, planning the event with attention to financial and time constraints.
- Identify and contract vendors, suppliers, and service providers for events, including catering, entertainment, and equipment rentals.
- Negotiate with vendors to achieve the most favorable terms; research and keep an active directory of Indigenous vendors (catering, decorators, musicians, etc.) and choose the best combination of quality and cost.
- Create detailed event timelines and schedules, coordinate logistics, and ensure all resources are in place for successful event execution.
- Liaise with Mississauga First Nation staff and volunteers ensuring tasks and schedules are established and confirmed before the scheduled event(s). Do final checks on the day of the event before scheduled activities are to start to ensure everything meets standards.
- Foster strong community participation by involving Nation members in event planning and seeking their input and feedback.
- Ensure that events promote and preserve the cultural heritage and traditions of Mississauga First Nation.
- Maintain accurate records and documentation for each event, including attendance, expenses, and feedback for post-event analysis.
- Implement health and safety protocols to ensure the well-being of all participants and attendees during events.
- Gather feedback from attendees and stakeholders to evaluate the success of events and make improvements for future gatherings.
- Attending and overseeing event happenings and acting quickly to resolve problems.
- Coordinate events so that they do not interfere with other local events.
- Complete other duties as assigned that relate to the job.

The Event Coordinator will possess the following qualifications, skills, experiences, and attributes:

- Education in hospitality management, public relations or relevant field is preferred/or 2 years equivalent experience.
- Minimum Grade 12 or GED
- Two (2) years' experience as an event coordinator is an asset.
- Must provide a clear Vulnerable Sector Criminal Records Check
- Valid Class G Driver's License or access to reliable transportation
- Knowledge of Mississauga First Nation programs and services.
- Knowledge and understanding of Aboriginal culture and traditions.
- Knowledge of the Occupational Health and Safety Act and the Canada Labour Code.
- Knowledge of the Workplace Hazardous Materials Information System.
- Good interpersonal, public relations, communication, and organizational skills.
- Excellent time management skills.
- Excellent computer skills with MS Office (i.e., Excel, Word, Access, Teams).
- Ability to work independently and within a team environment.
- Ability to pay attention to detail and ensure accuracy with work.

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Position: Maintenance Custodian

Salary: \$30,446 –\$34,606

Hours of Work: 25 hrs (Part-time)

Circulation Level: Level I

Accountability: Women's Shelter Manager

Employment Status: 2 years contract

Preferences: MFN Band Members

The Maintenance Custodian will perform the following duties:

- Clean, sweeps, mops, scrubs, waxes and polishes floors by hand or machine; cleans carpets, upholstery, and furniture.
- Washes windows, screens, sills, woodwork, doors, desks, walls, and ceilings.
- Dusts all furniture, fixtures and surfaces as required, including door handles, phone handsets and taps.
- Cleans and sanitizes rest rooms.
- Cleans and sanitizes kitchens: sinks, counters, dishes, refrigerators, freezers, dishwashers, and stoves.
- Monitor building security and safety by performing such tasks as locking doors and windows and checking electrical appliances use to ensure that hazards are not created.
- Collects and disposes of waste and recyclables.
- Shovel snow, maintains outside walkways, applies sand/salt as necessary and assists in keeping outside premises in an orderly condition.
- Perform some repairs and maintenance of buildings by patching walls and doors, painting walls and trim, replaces fixtures and partitions, and replaces damages ceiling and floors tiles, repairs carpet.
- Ensures maintenance of shelter equipment including vehicles; Maintains logbooks and inspection manuals where required.
- Set up, arrange, or remove decorations, tables, chairs, ladders to prepare facilities for classes, programs, and events.
- Maintain strict confidentiality and adhere to Personnel policies and procedures.
- Maintain level of job requirements by attending training, workshops, seminars, certified programs, and team meetings.
- Performs other duties as assigned which are unplanned and of a transient nature and are consistent with the above job summary and duties.

The Maintenance Custodian will possess the following qualifications, skills, experiences, and attributes:

- Grade 12 or equivalent.
- Experience in custodial, building maintenance or as a general labourer.
- Must provide clear Vulnerable Reference Check from the Canadian Police Information Center (CPIC).
- Knowledge of Occupational Health and Safety Act, as it applies to the worker.
- Knowledge of the Workplace Hazardous Materials Information System.
- Knowledge and sensitive to cultural practices and traditions in the workplace, i.e., smudging.
- Ability to handle stressful situations; strong organizational, time management skills.
- Ability to take initiative and work independently; ability to meet deadlines and work flexible hours.
- Effective verbal and communication skills; good time management skills; ability to work with little or no supervision.

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EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740

Deadline: May 13, 2023

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Position:	Payroll Clerk	Accountability:	Finance Manager
Hours of Work:	32 hrs/week	Employment	Full Time (Temporary)
Salary:	\$29.90/hr	Status:	
Circulation Level:	Level I	Preferences:	MFN Band Member

The Payroll Clerk will:

- Collect, verify and process payroll information and determine pay and benefit entitlements for employees within Mississauga First Nation and to provide assistance to the Accounting Department.
- Prepare and verify statements of earnings including all appropriate deductions.
- Collect and process bi-weekly timesheets following finance policy and approval process.
- Verify Employee Data Sheet is correctly completed.
- Create new employee in SAGE with employee number, employee data, account codes, rates of pay, deduction codes, etc.
- Create employee payroll file.
- Process vacation pay and other eligible income for exiting employees.
- Complete and process Record of Employment for exiting employees.
- Verify benefit and pension enrolment forms are completed.
- Calculate and deduct benefit and pension entitlements for eligible employees.
- Complete T4 statements for all employees at year end.
- Complete remittances to HRDC, Revenue Canada, WSIB, Benefit & Pension Company and Family Responsibility Centre.
- Process internal department transfers such as Pension and Benefit Insurance, Heavy Equipment, etc.
- Collect and maintain records of approved leave requests in appropriate database; Process approved deductions
- Review, note and modify accounts for any differences against the master account.
- Enter prepaid accounts into spreadsheet and ensure it balances with master account.
- Transfer prepaid accounts spreadsheet for General Ledger posting.
- Ensure completion of administrative tasks as required.
- Prepare reports and correspondence as required.
- Prepare an annual work plan and monthly report.
- Establish work priorities and ensure deadlines are met and procedures are followed.
- Develop and maintain record keeping system for the program.

The Payroll Clerk will possess the following qualifications, skills, experiences, and attributes:

- Post-Secondary Diploma in Accounting, Bookkeeping, and/or Payroll Administration field
- Certificates and/or training in Payroll Administration would be an asset.
- Two (2) years' experience in payroll with SAGE Accounting system.
- Experience working with aboriginal people, organizations and communities.
- Provide a clear Criminal Records Check (CPIC).
- Knowledge of government departments/agencies dealing with payroll.
- Excellent interpersonal skills, oral/written communication skills, organizational skills, time management skills and computer skills with SAGE software and MS Office including Access.
- Ability to work independently and within a team environment/Ability to pay attention to detail and ensure accuracy with work
- Must be caring, tactful, patient, and in good physical health.

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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EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
Deadline: Monday, May 13, 2024

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



Position: Public Works Roads Technician

Salary: \$53,640 - \$60,960

Hours of Work: 34.5/week

Circulation Level: Level I

Accountability: Infrastructure Director

Employment Status: 2 years contract

Preferences: MFN Band Members

The Public Works Roads Technician will perform the following duties:

- Organize and carry out all routine/non-routine bridge and road maintenance working cohesively with contractors, monitor contractors' delivery of maintenance and repair operations.
- Establish and implement Operational Guidelines based on best practices, Canada Labour Code and the Ontario Health and Safety Act, including following, monitoring, and implementing safety measures.
- Ensure adequate records are kept of all required equipment, maintenance, and inspections, including maintaining logbooks.
- Ensure local policies, procedures, and guidelines are followed.
- Ensure that inquiries and complaints regarding road network, maintenance activities or responsibilities are handled promptly, efficiently, effectively and with courtesy.
- Participate in the Ontario Good Roads Association at the provincial or regional level.
- Maintain equipment, heavy equipment, and vehicles.
- Site traffic control as required.
- Brush ditches along roads to maintain clear right of way.
- Clear and sand roads during winter or ice conditions.
- Maintain road systems through filling of potholes, grading roads, installing, and changing culverts and maintaining shoulders, and maintain community signage.
- Prepare lots for new housing construction when required.
- Prepare cemetery lots for burials through removal and replacement of fill.
- Conduct weekly collection of household sanitation and recycling
- Remove and/or dispose of nuisance bears or other wildlife
- Prepare boxes for burials and assist with preparation of burial sites
- Assist with annual Pow Wow through relocation of picnic tables, equipment and site preparation
- Set up, arrange, or remove tables, chairs, ladders, venue tents, portable washroom facilities, to prepare facilities and outdoor spaces for events
- Follow safe work practices and procedures, utilizing all required personal protective equipment
- Prepare, maintain and keep records of actions taken, including log books of maintenance and repair work and inspection manuals where required
- Performs other duties as assigned which are unplanned and of a transient nature and are consistent with the above job summary and duties.

The Public Works Roads Technician will possess the following qualifications, skills, experiences, and attributes:

- Some post-secondary education with a **minimum** of Grade 12 or equivalent.
- Minimum of five (5) years within a construction or highway maintenance service delivery operation with progressive level of responsibility.
- Minimum of two (2) years of heavy equipment operation.
- Must be in good health and able to pass a medical examination if required
- Must be able to lift a minimum of 60 lbs.
- Able to provide a Criminal Reference Check from the Canadian Police Information Center (CPIC).
- Must be able to work flexible hours, on-call and shift work, including weekends and holidays
- Must have Ontario Class G (G1 and G2 not acceptable) in good standing
- Must have Ontario Class DZ in good standing
- Must have Standard First Aid and CPR/AED
- Radiotelephone Operator Certificate (an asset)
- Book 7 Traffic Control Training (an asset)

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EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740

Deadline: May 16, 2024

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WALKING IN BALANCE

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Position: Health Services Administrative Assistant

Accountability: Health Services Manager

Salary: \$ 44,628 – \$50,702

Employment Status: 2 years contract

Hours of Work: 32 Hours per week

Preferences: MFN Band Members

Circulation Level: Level I

The Health Services Administrative Assistant will perform the following duties:

- Organize monthly Health Services Team meetings and Committee meetings by drafting and circulating notices and agendas by arranging for room set-up, refreshments, and equipment, if required. Prepare information packages for Health Services Committee meetings, if required.
- Prepare and distribute monthly expenditure reports to program workers, Health Services Director, Health Services Manager.
- Review monthly general ledger and recommend journal entries and transfers with the Health Services Director.
- Upon approval, implement paperwork to finance department.
- Monitor monthly telephone and office supply expenditures.
- Draft and/or proofread correspondence, reports, forms, memos, and other material.
- Maintain inventory lists for Health Services.
- Ensure proper functioning of all office equipment and make appropriate arrangements for repairs and/or maintenance.
- Contact suppliers to resolve shortages, missed deliveries and/or other problems.
- Highlight any discrepancies in general ledger to Health Services Director.
- Maintain current general ledger binder. Maintain audit book.
- Develop audit notes in consultation with Director and Managers. File copies of all legal agreements Audit Book.
- Participate in audit and drafting of annual budgets.
- Draft and prepare cheque requisitions and invoices as required.
- Draft and submit annual work plan.

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

- A College Diploma in a Health related field and/or three (3) years clerical experience in health services or strong administrative background.
- Strong financial and budgeting experience. Budgeting skills.
- Must provide a Vulnerable Reference Check from the Canadian Police Information Centre (CPIC), and annual updates.
- Must have a valid Class "G" Ontario Driver's license in good standing and use of a vehicle.
- Must be able to travel on occasion.
- Excellent communication skills. Excellent organizational and time management skills. Excellent interpersonal skills.
- Must possess demonstrated Advanced Excel is requirement for this position.
- Knowledge of bookkeeping is essential for this position.
- Be honest, respectful, and trustworthy; Be flexible; and demonstrate sound work ethics.
- Knowledge of cultural practices and teachings.

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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: May 17, 2024

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Position: Treatment Resources Project Coordinator

Salary: \$49,753 - \$56,542

Hours of Work: 32 hrs

Circulation Level: Level I

Accountability: Health Services Manager

Employment Status: 2-year Full Time Contract

Preferences: MFN Band Members

The **Treatment Resources Project Coordinator** will:

- Explore existing Indigenous and non-Indigenous public and privately funded Substance Dependency Detox/Withdrawal Management, treatment and after care programs/models within the local area and produce a detailed description report on the findings. Specify the current land-based programs and identify what Treatment facilities/programs are being planned and/or developed within the local North Shore Tribal Council Member First Nations
- Explore existing Treatment programs and facilities within the province to produce a required report.
- Work with partnered organizations and committees to access resources for community members as well as the exploration of co-development and co-management opportunities in the creation of a treatment program.
- Coordinate with the MFN Drug and Alcohol Addictions Worker to provide Community education sessions.
- Conduct a community needs assessment to the current community need and identify the gaps in treatment service
- Conduct a feasibility study to develop estimate budgets and staffing requirements along with the estimated need of the community.
- Establish the selected Treatment Program option that MFN has agreed upon and develop capital, start up and maintenance and operational budgets to implement the treatment program; include staffing requirements and job descriptions. Include a description of client and family services provided at the facility, the service delivery model and the facility's evaluation plan and tools.
- Seek out specific Indigenous federal and provincial capital and operational funding opportunities to implement the program including any proposals previously submitted by MFN
- Ensure confidentiality and safekeeping of all MFN's documents and records.
- Develop and maintain accurate, up-to-date, and concise work files.
- Ensure detailed records and statistics of all meetings related to the project are maintained.
- Prepare and submit monthly reports, attendance records and travel expense claims.
- Follow the Agency's human resources, finance and other policies and procedures in the performance of duties
- Other duties as required and assigned

The **Treatment Resources Project Coordinator** will possess the following education, experience, and skill qualifications:

- Mississauga First Nation Band Member or a person of Aboriginal decent is preferred
- Formal education and/or experience in Social Services
- Knowledge of Microsoft Office Suite software programs
- Experience working with Aboriginal people, public organizations, and communities
- Proven ability to establish and maintain respectful relationships with co-workers and the public
- Knowledge of First Nation programs and services and operating regulations
- Knowledge and understanding of Mississauga First Nation, traditional territories, and aboriginal traditions & culture
- Excellent communication, motivation, leadership, and interpersonal skills.
- Must provide or ability to obtain a valid Class "G" Ontario Driver's License
- Must be able to work flexible hours

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
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Attention: Human Resources Department

Marked: **CONFIDENTIAL**

EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740

Deadline: May 17, 2024

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Position: Projects Engagement Coordinator

Salary: \$ 60,719 – \$69,006

Hours of Work: 32 hours/week

Circulation Level: Level I

Accountability: Lands and Resources Director

Employment Status: 5 years contract

Preferences: MFN Band Members

The Projects Engagement Coordinator will perform the following duties:

- Lead day-to-day Project engagement activities, understanding and knowledge of Class Environmental Assessment for Minor Transmission Facilities
- Budget, monitor and expend within MFN Finance Policy and Hydro One approved travel, meeting rates
- Coordinate and support specific engagement activities related to each Project such as Project Engagement, Community Engagement, attend all engagement sessions including Public Information Sessions and possibly at other First Nation Information sessions as a partner,
- Collaborate with Hydro One to support dissemination of project information to First Nation leadership community members and possible other Anishinabek Nations/social media.
- Establish a format to collect comments, issues and concerns from Community and share with Hydro One where appropriate.
- Collaborate with Hydro One, Niigaaniin ISETS Employment Coordinator to maximize contracting and employment opportunities on Projects.
- Develop and maintain a collaborative relationship with Hydro One to ensure timely flow of relevant information from both parties.
- Follow-up with Hydro One in support of information requests received from Community leadership and members.
- Organize and participate in meetings with community representatives, Chief and Council, MFN Lands & Resources Committee, Elders & youth, respond to any questions (verbal or in writing) as they relate to the Hydro One Transmission Corridor Project
- Attend field, mandatory training for Environmental Monitoring or any required technical training, worksite visits as agreed upon.
- Meet at least monthly with Hydro One's key contact person (and Waasmoowin Energy Corporation)
- Respond to Hydro One's information requests and Waasmoowin Energy Corporation
- Implement, manage, and administer the Agreement(s), Health, and Safety Program
- Other engagement-related activities as required throughout the process, which may include Pow Wows, local information sessions i.e. Secondary School, Career Fairs, health fairs.

The Projects Engagement Coordinator will possess the following qualifications, skills, experiences, and attributes:

- Lands and Resources/Environmental diploma from a Community College or equivalent and minimum of three years work related experience.
- Must have a Valid Class "G" driver's license, use of a vehicle and certification to operate a boat, ATV and side-by-side
- Maybe required to work alone with minimal guidance/supervision.
- Knowledge of provincial and federal Environmental Assessments Acts and Impact Assessments
- Tolerance for working in outdoor environments, prolonged walking and standing on various terrains in a wide range of weather conditions,
- Exhibit strong attention to detail, Hydro One Terminology with a proven ability to follow specific instructions.
- Organizing and planning community engagement sessions, facilitating and on occasion negotiate, briefing notes etc.
- Familiar with the use of modern digital devices (iPads, computers, cameras, and GPS devices)
- Familiar or willing to learn the following software: Microsoft Access, Word, Excel and CoPilot and or Project Management software.
- Familiar with Hydro One Corporate structure, Aboriginal Liaison division, Ministry of Energy & the Independent Electrical System Operator, Ministry of Natural Resources/Forestry and general knowledge of various acts such as the Species at Risk Act, Fisheries Act and Environmental Laws as they apply.
- Knowledge of other Aboriginal owned corporate structures in the Renewable Energy Sector
- Be free of any physical, emotional, or mental condition which might adversely affect.
- Be honest and trustworthy; respectful; be flexible.
- Ability to maintain a high degree of confidentiality; Possess cultural awareness and sensitivity.
- Demonstrate sound work ethics.
- Ability to take initiative, meet deadlines and work flexible hours.
- Ability to facilitate team and maintain multi-disciplinary team environment.

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

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will be in person. If you are interested in applying you may submit your covering letter, resume and three (3) work related references to:

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EMAIL: hrclerk@mississaugi.com FAX: 705-356-1740
Deadline: May 31, 2024

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

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Position: Director of Operations

Salary: \$98,725 - \$112,186

Hours of Work: 32 hours

Circulation Level: Level I

Accountability: Chief and Council

Employment Status: 2 years contract

Preferences: MFN Band Members

The Director of Operations will perform the following duties:

- Participates in financial resources and policy negotiations with provincial and /or federal and /or municipal departments, ministries and agencies as directed.
- Maintains regular contact with external financial advisors and auditors.
- Oversees finance and administration attendance for hours for payroll.
- Continuously monitors expenditures against the approved budget and recommends budget modifications to Chief and Council as appropriate.
- Provides regular and mandatory reporting on a monthly and annual basis to Chief and Council and Government agencies.
- Ensures that required financial reports respecting external government grants and contributions are prepared and submitted.
- Meets with and consults with Senior Management team on a regular basis collectively and individually.
- Meets with and consults with staff on a regular basis collectively, and individually.
- The Director of Operations shall participate with Chief and Council in developing a vision and strategic plan to guide the Mississauga First Nation in achieving successful results of the overall budgets and financial situations of the Mississauga Band.
- Provide direction and assistance to senior managers regarding human resource issues.
- Conducts employee performance appraisals on senior management, executive assistants on an annual basis.
- Responsible for administration of personnel in accordance with personnel policy/ procedures including monitoring relevant labour laws, drafting of policy amendments, supervisions of personnel records system, and related recommendations to council on recruitment, appeals, compensation, evaluation, and discipline of employees.
- Acts as a role model to other staff in the day-to-day execution of responsibilities of the position.
- Meets with and advises Chief and Council as directed.
- Represents Mississauga First Nation at conferences and forums as directed.
- Meets with and consults with federal and provincial officers responsible for funding as directed.
- Network and develop positive relationships with all levels of government and private sectors to ensure the optimum level of services is being provided to the Mississauga First Nation Band.

The Director of Operations will possess the following qualifications, skills, experiences, and attributes:

- Post-secondary graduate of Business Administration or Public Administration.
- Five (5) years of strong finance and management experience.
- Must provide a clear Criminal Reference Check from the Canadian Police Information Center (CPIC) and bondable.
- Must have Class "G" Ontario Driver's License in good standing and be able to travel.
- Must be able to meet deadlines, work flexible hours and/or attend emergency situations.
- Generally accepted auditing standards, principles, and practices.
- Business and audit related software applications and tools, including Microsoft Office.
- Must have knowledge of the Ojibway culture and traditions and significant characteristics of the social structures of Mississauga First Nation.
- Financial management and analysis; An understanding of relevant legislation, governance, policies, and procedures.
- An understanding of the northern and first nation economic, cultural, and political environment.
- Knowledge of Occupational Health and Safety legislation, standards, and best practices.
- Knowledge of the Workplace Hazardous Materials Information System.
- Leading or conducting assessments of complex business processes and operations.
- Relate effectively and supervise staff as a diplomatic and flexible team player.
- Must be able to exercise supervisory responsibility for all staff in a team environment.
- Project management skills that support strategic and operational planning/implementation.
- Experience conducting strategic audits and developing advisory plans.

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- Experience conducting audit projects, preparing audit reports, and providing advice to others.
- Change management skills to introduce innovative approaches to current practices.
- Relationship management skills to maintain relationships with clients and stakeholders, internal and external.
- Express ideas clearly and prepare technical reports and recommendations.
- Must work effectively with management and staff of other programs and/ agencies.
- Provide direction and assistance to all employees through the approved chain of command.
- Ability to oversee department staff and provide guidance, direction, and mentorship.
- Identify areas of improvement and resolve issues in a timely manner.
- Presentation skills to provide explanation of complex issues and strategies.
- An effective leader.
- Strong interpersonal and influencing/negotiation.
- Be honest, trustworthy, and respectful.
- Possess cultural awareness and sensitivity.
- Possess a calm demeanor in responding to customers.
- Demonstrate sound work ethics.

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Deadline: Until position filled.

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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:

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Deadline: Until position is filled

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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.

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Marked: **CONFIDENTIAL**
EMAIL: hrclerk@mississaugi.com **FAX:** 705-356-1740
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BI-WEEKLY UPDATE FROM CHIEF & COUNCIL

Wednesday, April 10, 2024

- **Working Group - Elders Luncheon:** An update was provided on the discussions to extend care services at Red Pine Lodge to include specialized care like palliative care. A working group will be formed to develop an action plan, with acknowledgment of the need for external partnerships and significant funding.
- **Lands & Resources Restructuring:** A motion was passed to support the recommendation from the Lands and Resources Director to restructure by relocating three positions, the Bylaw Officer to Chi-Naakinagewin, the Community Energy Champion to Infrastructure, and the Emergency Management Liaison to Infrastructure.
- **Hiring:** Motions to approve the hiring for the following positions: Adult Education Teacher, Health Educator, Miigwed Binoojiinh Gego, and SS Reception-Admin Assistant.
- **BCR #01-24-25:** Mississauga First Nation Council approves a loan guarantee for Band Member.
- **Meeting Request:** A meeting request was approved for band member N. Boyer who is scheduled to meet with Council on May 8, 2024.

Please note the full meeting minutes can be found on the membership portal.

Vote



Vote

TRUSTEE ELECTION
(2024-2027 TERM)
+
VOTE ON 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.

REGULAR POLL

Saturday, May 25, 2024

9:00 A.M. – 8:00 P.M

MISSISSAUGA FIRST NATION – COUNCIL CHAMBERS

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

For more information on The Mississagi Trust, please visit mississaugi.com/mississagi-trust.html

**MISSISSAGI
TRUST**



P.O. Box 128
Blind River, Ontario P0R 1B0
Tel. 705-356-1621 ext. 2206
Fax 705-356-2171

TRUST VOTE ON PROPOSAL

MAY 2024

Please review the below information for the reasoning behind the upcoming vote on proposal scheduled for May 2024 to change the current spending limit for land purchases to rise from \$100,000 to \$350,000 before going to a vote by the membership for the purchase. You should have already received the notice for the upcoming election of trustees as well as the referendum vote. If you have not received the notice in the mail it is because the Trust does not have your address or current address on file. Please contact the Trust to provide you current address to ensure that you receive a voting package as well as other information from the First Nation.

BACKGROUND

The Mississagi Trust has performed its duties as per the Community Trust Agreement that was established on April 27, 1994. On May 25th, 2024, the community will hold an election for trustees to sit on the 2024-2027 term. In addition to the election, the incumbent trustees wish to propose an amendment to the trust agreement. Under Articles 5, 6 and 13 of the agreement, the limit for the trust to purchase properties via the capital fund is currently set at \$100,000.00. Anything above this amount requires a community vote. Since the COVID-19 pandemic in 2020, The trust has observed a rise in costs affecting the realty market in the region.

Notably, the average rate for properties in our area and properties adjacent to Mississauga First Nation's land base routinely sell for anywhere north of \$240,000.00 on average.

The Trust has encountered several events that have had caused them to pass on properties because the negotiated sale price would exceed the current purchasing limit. In order to be successful in future opportunities, the Trust's purchasing limit needs to be raised to compete in this new economic landscape.

2024 MISSISSAUGI TRUST

VOTE JORDAN

Morningstar-Niganobe —



Ahnii,

*Bineshii Kwe Nindizhinikaaz, Misswezahging Ndoonjibaa,
Makwa Dodem.*

I am Jordan Morningstar-Niganobe I am running for MFN's off-reserve Trustee member and I'd like to be elected because Gchi-inendamo Anishinaabewid! *"I am proud to be Anishinaabe."* I am currently MFNs payroll clerk, I volunteer for Our justice circle, and Our Awesome Fire Department. I couldn't be more proud of the current positions I hold, however I would be beyond grateful to be our newest "off-reserve" board member.

I might only be a casual history buff but I know that before that fella signed his name to our treaty: we were entitled to 200²km before it was chopped to 11²km and I can see our Rez from my bedroom window, across the stagnant water-way that was created a 100 or so years ago. Before we were "canadian" our lands didn't have funny little lines so ill always consider blind river Mississauga-adjacent.

I lived down the hill until I finished grade 3 in St.Marys, then I moved in with my Dad and ended up on the West Coast. Yeah, I was gone for 18 years but it is always going to be sunnier in Mississauga. Until I came home, I was always trying to find hints of northern Ontario and I almost found it once... Luckily that was also the catalyst to bring me back to Our Land. I need my 4 real seasons this will always be the only North Shore I say as a local. I'm lucky I got to reconnect with my roots as well as my Loving extended family. I'm lucky to get to hang out with my Grams (Joyce Morningstar) like no time passed, we still crack each other up and I am beyond proud that she gave me my name. She thought Little Bird Woman might offend me, so far from the truth. The fact that she Named me is an honor I can't wait to tell the next 7 generations. She is my personal hero in this lifetime but I still credit my love of plaid and German Shepard's to my Great Grams (Alice Niganobe) who I also call my Pioneer Woman. She taught me that anything is learnable as everything is teachable and I miss her more than I can say.

I'm lucky to live the life I do now and I hope I can help anyone else get to where they need to be.

Miigwech!

"It's Always Sunnier in Mississauga!"



Mississagi Trust Candidate
2024-2027 Term

Jon Cada



Highlights

- *Active Trustee (2021-Present)*
- *Strong leadership & communication attributes*
- *Dedicated community member*

Qualities

I offer a strong understanding of our community's history, strengths, challenges and opportunities.

I am also a good listener who takes time to share insights from community members at decision-making tables.

Values and Beliefs

- 01 *Respect and Integrity*
- 02 *Empathy and Solidarity*
- 03 *Responsibility*

Background

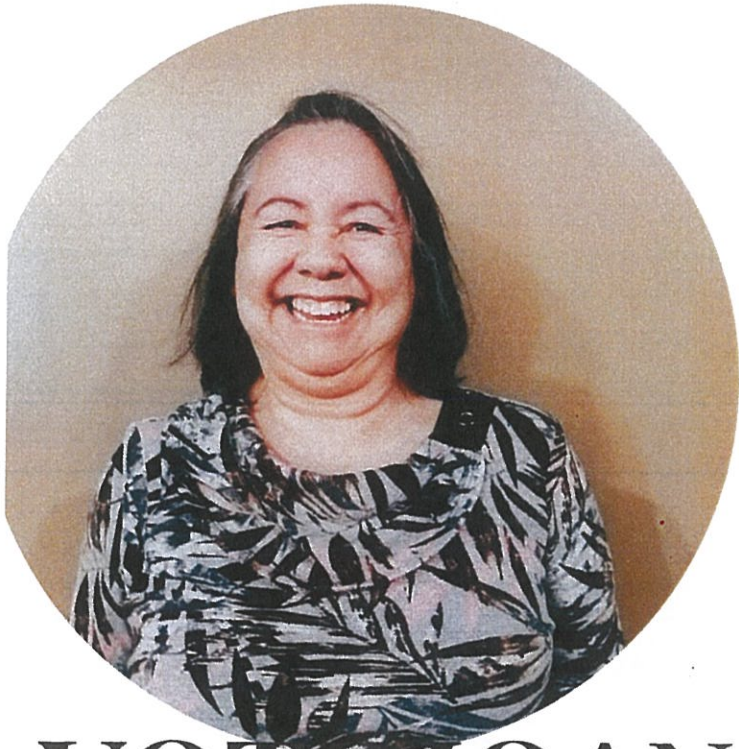
*Communications
Economic Development
Board of Director experience
Team player
Volunteer*

Goals for the Term

In my first term, I learned much from my peers. I play an active role in supporting the presence of trust updates in our community's media channels. Educating members on what's next for the Trust is important. We can move forward together, informed & engaged.

**Contact me to learn more:
Jon Cada
jcada@live.ca**

Meet Joan Chiblow, Mississagi Trust Candidate



**VOTE JOAN
CHIBLOW**

MY GOALS

Do I believe in the dreams of and supporting community members to pursue their goals? *Unanimously, yes.*
Do I want to see you succeed? *Yes.*

My goal is to see Mississauga First Nation achieve self-sufficiency, starting with each individual's aspirations. Together, as a community, we can work towards this objective, both on an individual level and as a collective.

ABOUT ME

I've spent my entire life in Mississauga, raising three children and raising my grandson for a period of time. I am also a step-mom to three young women and am an Auntie to many.

My dedication to our community led me to a 30-year career at the Mississauga Women's Shelter, where I recently transitioned from frontline work to becoming the Program Manager. In this role, I've delved into the financial aspects of our operations, collaborating with ministries and external organizations to better support women and children in need. Additionally, I'm involved with the Crisis Response Team and the Debaakinagewin Program, contributing to community welfare beyond the shelter.

Outside of my shelter work, I've successfully run a catering business for almost a decade, gradually expanding its scope with the support of my family. Overall, I'm deeply engaged in both professional and personal endeavors, continuously seeking ways to serve and improve our community.

Miigwetch

VOTE for Trustee – Monica McGregor

Ahnee, My name is Monica McGregor and I have been nominated for the Mississauga Trust. As a current Trustee, I hope to continue to fulfill this role to the best of my ability and serve the community and our members.

I am very community oriented and volunteer for a variety of committees such as, Pow Wow, Membership, Health and Social Services, Chi-Naakinagewin and Lands & Resources . Lastly, my most passionate time is spent volunteering and organizing over numerous years for my children and grandchildren to attend the much-anticipated Annual Little NHL tournament.

My life and career experiences to date have been with Nog-da-win-da-min Family and Community Services for approximately 15 years with a background in Social Work and Finance. I graduated from the Social Services Program at Loyalist College and First Nations Technical Institute.

I am currently employed as the Housing & Property Manager with Mississauga First Nation. I have been working for the community since 2010.

Please visit <https://www.mississauga.com/mississagi-trust.html>

☺ Look forward to serving our Community as a Trustee ☺



Biography

For

"Robbie" Morningstar

Greetings, Ahnee, I would like to introduce myself to everyone. My legal name is Thomas Robert (Robbie) George Morningstar.

Ever since the Trust was created, I have always been interested in the agreement and how it was developed and is administered. The Trust was established in 1994 to manage the Land Claim agreement which was designed to manage and care for the benefit of the entire Community. With that in mind there were three streams of funding developed by the interest received to help aid and assist Band Members directly with (Education, Health, and Small Business) and two streams to benefit the community as a whole (Comprehensive Community Plan and Community Project).

I have sat on numerous Board and committees throughout my life, I have always believed in transparency and keeping to agreements that the community and members have agreed to. A question that is always asked. What can I bring to this position? Well, I can bring commitment, dedication and experience (previous elected as a Trustee 2015-2018). I have over 30 years experience working for aboriginal and first nations organizations on and off reserve.

I am currently sitting on the Housing Committee, Education Committee and Economic Development, where I have been dedicated and committed to by attending meetings and providing the necessary guidance that is required for these positions. I volunteer and assist in other various community activities as well. If I should be elected to this position I promise to keep to the standard of commitment and dedication that I am accustomed to.

Let's work together for the betterment of the community.

Thank you,
Meegwetch,

T. Robbie Morningstar



Ahni!!



My name is Keith Sayers and I am the Director of Lands and Resources here at MFN and a registered member of Mississauga First Nation and makes home in Iron Bridge. I am seeking another term as part of your Mississagi Trust and welcome the opportunity to work with our membership once again as I feel we made some valuable recommendations to enhance the program to meet your needs..

I have gained valuable expertise in Lands & Trusts, forestry, environmental history, fisheries planning, Traditional Ecological Knowledge (TEK) and the legal framework with respect to natural resources and Indigenous rights as they relate to Aboriginal Harvesting, knowledge of caselaws and other court decisions. I also obtained detailed knowledge of MFN territory and its history, our culture and understanding of the Grandfather Teachings. Additionally, I've gained years of experience in developing and administering budgets, managing staff at MFN, negotiating agreements in (long & short term), including hiring of youth in the summer. knowledge about traditional land management strategies, including forestry, fire management, fishing and hunting; providing staff and expertise with respect to logistical planning (health and safety, mode of transportation, best routes); working with the team to determine the best long-term lands planning for Mississauga First Nation. This includes facilitating lands acquisition to increase our land base to be held in by the Mississagi Trust.

I also also assisted with the implementation of Mississauga First Nation's Land Code amongst previous Lands Managers within Mississauga First Nation. This process has benefited Mississauga First Nation in achieving its aspirations of First Nation Lands Management which includes land permits & leasing, Land Use Plan, Environmental Management Plan, Economic Benefits through business development where sharing advice to the Missisagi Trust was highly beneficial. I have obtained over 25 years experience in First Nations Lands Management, Policy regarding Aboriginal Hunting and Fishing Rights and sat on numerous committees such as ,

- Mississagi Trust
- Forest Management Planning Teams,
- Emergency Response relating to Dam Safety
- FMZ 10 Fisheries
- Federal Government Review Committees, Climate Change & Health Adaptation Program
- ISC Lands Environment Economic Development Advisory Committee-Co Chair

I am also very active in my home community of Iron Bridge where I volunteer on the Volunteer Fire Department as a Captain. In my down time you will find me, hunting, fishing or helping others. I enjoy watching sports both on TV or attending sporting events. I also enjoys working with other First Nations to help succeed in their land's aspirations.

Miigwetch!!

A handwritten signature in blue ink, appearing to be 'KS' or similar initials, written in a cursive style.

NOTICE



**THE COMMUNITY
NEWSLETTER WILL BE
DELIVERED ON FRIDAY,
MAY 17, 2024 DUE TO THE
HEALTH FAIR HAPPENING
ON THURSDAY, MAY 16,
2024**

Energy Affordability Program

Meet your home heating hero.

Free
heat pumps
for electrically
heated homes

The next big thing in energy-efficient upgrades is now available for **free** through the Energy Affordability Program. You may qualify for a cold climate air source heat pump—professionally installed at no cost.

Heat pumps work best in homes with updated insulation and air sealing. After your home assessment, we'll let you know if any other free upgrades should be installed before your heat pump.

Heat pumps use electricity to heat, cool, dehumidify and filter the air in your home year round. They're so efficient, they can **cut the heating portion of your electricity bills by up to 50%** compared to an electric furnace or baseboards.

Each heat pump installed comes with a two-year free maintenance warranty and a 10-year equipment and labour warranty.

Why make the switch?



100% free if you qualify



Energy efficient



Year-round savings



A comfier home

Spaces are limited! Apply now at:

SaveOnEnergy.ca/EAP

Contact Monica McGregor
monica@mississauga.com

705 356 1621 x 2217



Energy Affordability Program

RESIDENT CONSENT

This Resident Consent forms a part of your Participation Agreement, and receipt of any energy efficient measures is subject to all terms and conditions contained in the Participation Agreement and in this Resident Consent.

1. Resident Information

You confirm that you can consent to the installation of the Energy Affordability Program Measures listed herein on behalf of all residents at this address.

Name:

Address:

City/Town:

Apartment/Unit Number:

Email Address:

Postal Code:

Phone Number:

2. Building Owner / Manager Information (if applicable)

Name:

Address:

City/Town:

Postal Code:

Phone Number:

3. Contractor Information (to be completed by the IESO, or its Subcontractor)

Contractor:

Contractor's Phone Number:

Contractor Signature:

Date of Assessment:

4. Consent for Installation of Basic Measures

Basic Measure	Quantity to be Replaced / Installed
Eligible Light-Emitting Diode (LED) Light Bulbs	
Block Heater Timer	
Smart Power Bar	
Recessed Downlight Fixture	
Clothes Drying Rack	
Efficient Showerheads ¹	
Efficient Aerators ¹	
Hot Water Tank Pipe Insulation ¹	
Hot Water Tank Insulation ¹	

¹Your home must have electric water heating to receive this product.

5. Consent for Installation of Extended Measure or Weatherization Measure

Extended Measure or Weatherization Measure	Quantity to be Replaced / Installed	Current Measure Owned by Participant or Building Manager
Eligible Refrigerator Replacement		
Eligible Freezer Replacement		
Eligible Window Air Conditioner Replacement		
Eligible Portable Dehumidifier Replacement		
Programmable Thermostats ²		
Comprehensive Draft Proofing ²		
Attic Insulation ²		
Wall Insulation ²		
Basement Insulation ²		

²Your home must be electrically heated to receive this product.

By signing below you;

- 1. Represent and warrant that the records used to demonstrate your eligibility to participate in the Program are a true and accurate depiction of the participating household's Program eligibility.*
- 2. Warrant that the Home Energy Specialist (Technician) visually verified the records used by you to demonstrate your eligibility to participate in the program.*
- 3. Agree to keep (for a period of no less than two years) a copy of the records used by you to demonstrate your eligibility to participate in the program.*

Participant Name (please print): _____

Participant Signature: _____

Date (YY/MM/DD): _____



May 2024

Report on Community Economic Development (CED) Projects for Mississauga First Nation

A reminder for community members (on-reserve and off-reserve): We are a resource for your business ideas and can assist/guide you through various phases of your business start-up and expansion. Supports includes supporting business plan creation, identifying funding opportunities (start-up & growth options), expanding your network, or learning about new opportunities available to you and your business.

ECONOMIC DEVELOPMENT STRATEGIC DIRECTION

Our directive from chief and council is to facilitate sustainable economic opportunities for MFN to grow. We facilitate this by evaluating opportunities, gathering inputs from our departments and committees to formalize a strategy that meets the needs of the community. We are happy to hear from you on ways we can continue improving this strategy. Send us an email or give us a call.

CHIBLOW LAKE LODGE:

Our season opens May 2024. We continue to evaluate strategies that address the business model and add new experiences to the campground. If you would like to share your inputs or get involved in planning, please send us an email.

CREEKSIDE CANNABIS:

Please contact the CED Department or Creekside Cannabis manager for a copy. The store continues to operate with efficiency. An experienced staff is prepared to assist you. Visit the EcDev page on mississaugi.com to see more updates.

MARKETING:

SPOTS AVAILABLE. Advertise your businesses at our community's entrance sign installation. Contact the CED office to learn how you can have your business represented here. We are always looking for ways to promote the businesses in our community. This includes identifying funding that grows the community's branding and presence in external markets.

COMMUNITY TRAIL SYSTEM:

We are partners with Blind River to address maintenance on the Youngfox–Eldorado Trail and Boom Camp Trail network as per our signed MOU. We access grants to update existing signage and address long-standing maintenance needs. We also aim to add features and experiences for locals and visitors. Message us if you would like to be a part of the planning!

COMMUNITY BAND MEMBER STARTUPS:

Visit the EcDev page on mississaugi.com learn about business start-up supports. We can help you today!

BAND AQUACULTURE BUSINESS:

We are in the final stages of funding arrangements for the project. Once approved, we will be sharing updated timelines of tasks including recruitment, training and growth opportunities.



SKY CANOE

Progress continues with the development of a partnership opportunity to see MFN enter the aerial drone industry. All possibilities are on the table for how the business grows and evolves, but MFN is poised to be a leader in this emerging industry. Of note, band members can start their own small business in partnership with Sky Canoe and MFN. Talk to us and learn how you can move to the skies!

OUTDOOR RINK / RECREATIONAL SPACES

Funding opportunities are emerging to support development in various community spaces.

- A new site is being prepared to facilitate an outdoor rink. Community access aims to be ready for fall 2024! Updates are forthcoming.
- Message us if you have ideas or would like to contribute to the revitalization of a community space!

COMMUNITY GITIGAN:

- Stay up to date with updates shared via the community's media channels. Also, stay in touch with the staff to learn how to get involved.
- Our community's food forest project aims to be completed by July 2024. Come see us to learn what the space will offer.
- We purchased four additional year-round greenhouses. Installation and use of these new assets will start in 2024. We are looking to meet the needs of the community via the food security strategic plan. This is still a working document that requires community inputs.
- We are receiving positive recognition for our work from across the region and province!
- We note emerging interest from members who wish to explore various business opportunities such as maple syrup production, beekeeping, livestock, greenhouse production and more. There is also interest from individuals to learn how to start and manage their own gardens.
- Please visit us to share your ideas on how you'd like to start a business in the agriculture space. This helps us inform the community's Land-Use Plan (LUP) and where to focus future development to accommodate these initiatives throughout MFN's land base.

COMMUNITY ECONOMIC DEVELOPMENT COMMITTEE:

To modernize and adapt our approach to business engagement and community member engagement, proposals will be going to the new Chief and Council to update the terms of reference. Some of the changes will be allow for off-reserve community members to participate in discussions in meaningful capacities while helping MFN sort out future opportunities for all members to benefit from community level decisions.

FOR MORE INFORMATION ON THESE INITIATIVES, PLEASE SEND US A MESSAGE:

Jon Cada, CED Officer

Phone: 705-356-1621 ext. 2223

Email: joncada@mississaugi.com



Community Notice

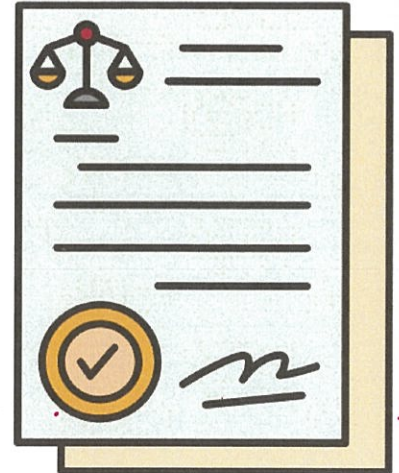
Dog Bylaw

The MFN Bylaw Officer is asking all dog owners to please keep your family pets contained to your yards, and to never leave them unattended or untethered.

Dog Bylaw, Section 19:

a) Any dog found running at large, committing a nuisance, or endangering the health or safety of residents shall be impounded.

It is the owner's responsibility to ensure that the dog is not left to its own devices to create damage and harm to other people and property.



Due to recent events of dog attacks both on reserve and province wide, the community is reminded to make sure that your dog is leashed.

Dog Bylaw, Section 1:

h) "villainess or cross dog" includes:

(ii) any dog that a Dog Control Officer, upon reasonable and probable grounds, believes to be a villainous dog;

Let's strive for a safe and healthy community for all our members and canine friends.

For more information please contact the Bylaw Officer @ 705-261-0259



RHT COORDINATOR

Aanii, BoozhooDebbie Mayer n'dishnikaz, Mississauga n'doonjibaa
Robinson-Huron Treaty (RHT) Coordinator

I have been hired under a contract to engage in stakeholder consultation through community outreach, ensure there is documentation and a system of record keeping for safety and security, development of a system of annuity distribution for transparency adhering to financial standards, addressing conflict in the kindest manner possible and of course and most importantly reporting and development of suggested improvements to processes as we move through this settlement of past annuities agreement.

I will be compiling as much contact information of our band membership to ensure we are addressing their concerns, questions and inquiries and reporting back to members in a timely manner. I started this position April 29, 2024 hope you will give me some time to review documents, compile the input from consultations on this subject from the sessions already completed, and develop a workplan to move forward to work in cooperation with membership, both on and off reserve and leadership.

I will be contacting those individuals whose contact information I have as soon as possible to discuss their concerns and informing them of any developments in this process. I hope you will continue to remain engaged over the next few months and I will be reaching out to set up either Zoom meetings or invites to in-person sessions if possible, or one-on-one discussions. If you reach out to the email below with your contact information I will be working to compile and report back in a timely manner of any developments or information. I will be available Monday - Thursday and most weekends.

Who am I-- I have been working for the community in various capacities over the past 14 years and prior to that serving the First Nation with other First Nation agencies for over 10 years. I recently retired from the position of Education Director, and after much debate with not only my family but myself I thought of this process and its importance and it needs to be handled in the best way possible. I have experience in strategic planning, financial accountability, research capabilities, culturally competency and trauma informed training, development of policies and procedures through input of as many of our people as possible. I believe in kindness and fairness to all and hope to proceed through this issue in the best possible way following and incorporating our Anishinabe teachings and knowledge.

Again, please stay in contact with any questions you may have and I will work towards responding in a timely manner while maintaining personal information confidentiality but working to include your voice and the voices of our membership over the next few months.

Miigwech
Debbie Mayer

RHT@mississaugi.com

Watch for a follow up post with direct contact information




MFN EDUCATION

TUTORING AVAILABLE

Parents who are looking for tutoring services for their
children

Please contact: Stacey Schellekens
705-356-1621 ext. 2301
stacey@mississauga.com





Anishinaabemowin Language Table

COMMUNITY ENGAGEMENT

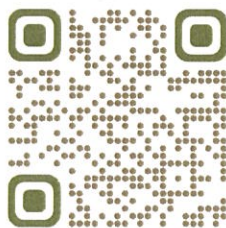
05.02.24 • 6-9PM

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 in-person? Check out the engagement survey at:
<https://forms.gle/wXdUcu6JfaWkJceXA>
or check the QR code below!



d.trudeau@mississaugi.com

Light Refreshments Provided

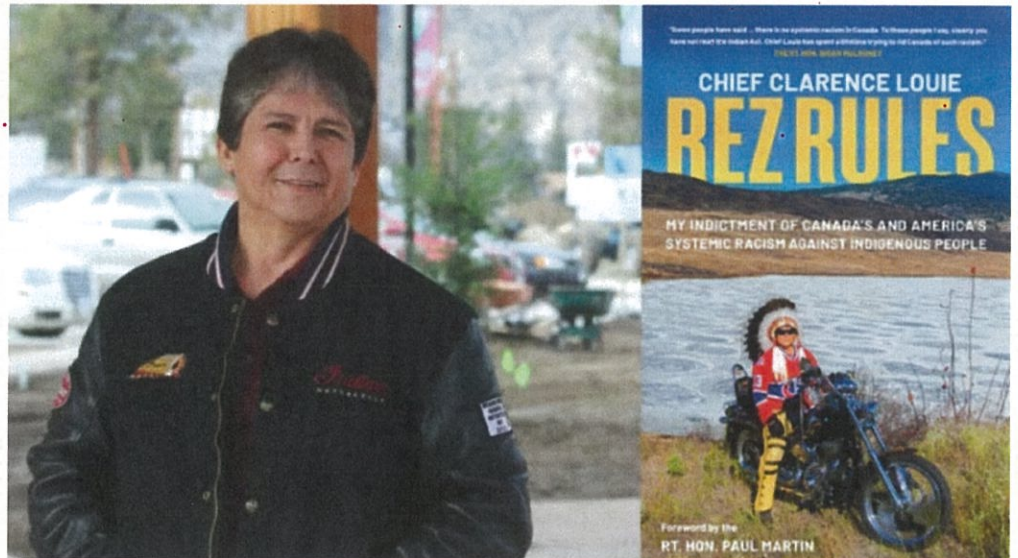
Book Club

Enjickendaasang Learning Centre

If you haven't picked up your book. Please stop in at the Education Building.

We Will Meet!

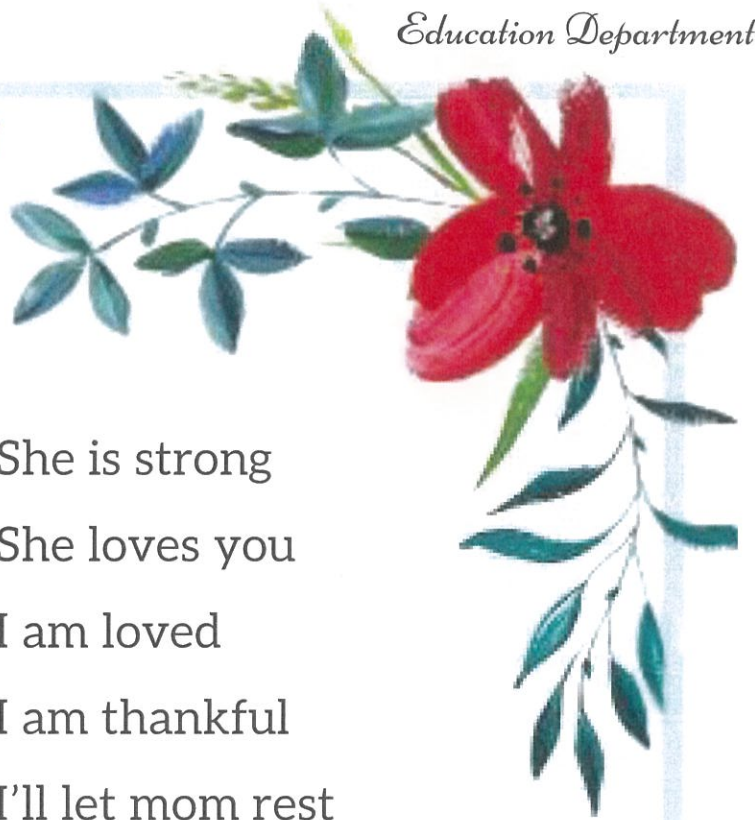
Tuesday May 7th @ 6pm



Contact

Melissa 705-356-1621 Ext 2247

Gashi-Giizhigad Kidwinan



Mashkozi. She is strong

Gizaagig. She loves you

Nzaagigoo I am loved

Nmiigwechiwendam I am thankful

Nda ngashi da nowebi. I'll let mom rest

Ndo zaagin ngashi. I love you mom

Mino Gashi Giizhigad! Happy Mothers Day

Nzaagaa ngashi I love my mom

Miigwech kina gego. Thank you for everything

Kii-waabmaa na kashi? Did you see your mother?

Miigwech ngashi aawyin.

Thank you for being my mom

kii jümaa na kashi?

Did you kiss your mother?





Kelly McCallum
Social Services Executive
Assistant



Aanii/Boozhoo/Hello,

I'm thrilled to share that I'm stepping into the new role as the Social Services Executive Assistant!

Many of you may already know me as the MFN Housing Assistant, a role I've cherished for the past decade.


I am confident that the insights and skills I've acquired during my tenure as the Housing Assistant will be invaluable as I support the Social Services team in their administrative duties.

I am genuinely excited to embark on this new journey and contribute to our shared goal of serving the community even better.

Looking forward to collaborating with all of you!

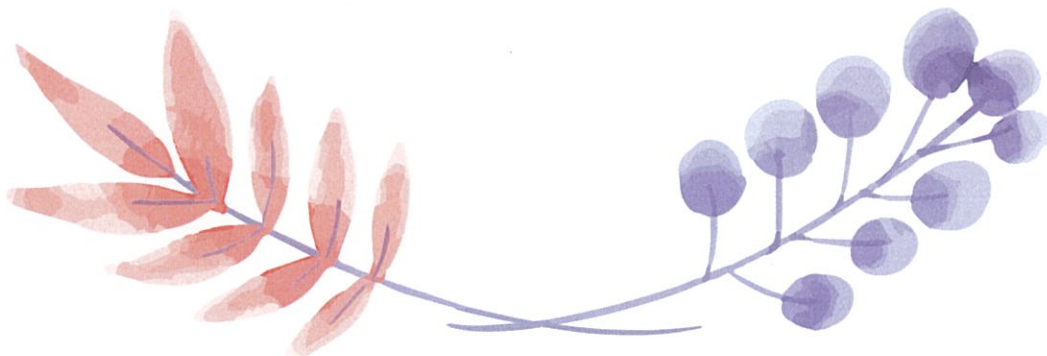
Miigwetch,

Kelly

 44 Park Rd.
Mississauga First Nation
PoR 1B0

 ssea@mississaugi.com

 [www.mississaugi.com-](http://www.mississaugi.com-Social%20Services)
[Social Services](http://www.mississaugi.com-Social%20Services)





Youth Advocacy Worker Presents

Create Your Own
FEAST
Bundle Bag

Ages 18 to 26

May 2, 2024

4:30 PM - 6:30 PM

Child and Youth Building (Kitchen)

Dinner Provided

For more information please contact:
Carissa Daybutch (705) 261 2213
youthadvocateworker@mississauga.com



Cultural Support Services

Myofascial Session with Nadia Carriere

**MAY 2 AND 16
6:30PM - 8:00PM
CYB ACTIVITY
ROOM**

**10 SPOTS AVAILABLE
REGISTER NOW**

705-356-1621 ext. 2243



Cultural Support Services

Cedar Bath

MAY 3RD

Cedar Bath Ceremony is a powerful but gentle ceremony for those who have experienced trauma. The ceremony is done in a quiet room, where the space and ceremony bundle has been smudged. Evelyn will be conducting the ceremony. She will provide information about what will happen during the ceremony, to ensure the body sovereignty and consent will be confirmed throughout the ceremony.

**If you're interested in this service, please call Evelyn at 705-356-1621 ext. 2243
limited spots available**

CULTURAL SUPPORT SERVICES

LET'S ALL BE SAFE

- 9:00am - 12:00pm
presentation from Lisa
Osawamick
- 1:00pm - 4:00pm
presentation from Marie
Eshkibok
- lunch will be provided
- red dress beading activity
- red dress painting activity

MAY 6, 2024 | 9:00 AM
AT THE COMMUNITY HALL

You have questions? Don't hesitate to reach out
at 705-356-1621 ext. 2243



CULTURAL SUPPORT SERVICES

7 STAGES OF LIFE

with Mike Bisson

MAY 8, 2024 | 5-8 P.M.
THE CULTURAL BUILDING

Join us for a night of Anishinaabe Teachings. Dinner will be provided. We encourage you to bring a cushion for comfortable seating. We hope to see you there!

You have questions? Don't hesitate to reach out at 705-356-1621 ext. 2243



Family Resource Coordinator
Community Health Nurse and
Med Students
For Families 0-6 yrs.
Monthly Well Baby Lunch
& Learn

Bugs, bites & ticks

Wednesday May 8th 2024

Child & Youth Building

12:00-1:00



Please call or email Christine 705-356-
1621 ext. 2254 or email
christine@mississauga.com





MFN CHILD AND
FAMILY SERVICES

Contest

Help us rename our Family Preservation and In-Home Family Support positions for a chance of winning a \$100 PC Gift Card.

Submissions can be received at samantharobinson@mississaugi.com or by stopping in at our Child and Youth Building.

The winner will be selected at the next Social Services Committee meeting.

Deadline: May 17, 2024

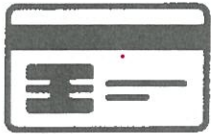




NUTRITIONAL SUPPLEMENT CARD FOR FAMILIES WITH CHILDREN 0-6 YRS AND PRENATAL

*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:



May 22 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.**

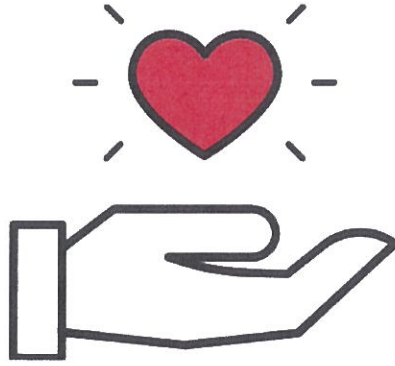
Please remember it is your responsibility to pick up on date unless other arrangements have been made.

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@mississauga.com



HEALTH SERVICES

ANNUAL HEALTH FAIR

**You cant enjoy wealth if your not in
good health**

Lunch Provided

THURSDAY, MAY 16TH, 2024

11 AM - 3 PM

SPORTS COMPLEX GYM

MEAGANWILSON@MISSISSAUGI.COM

(705) 356-1621 EXT 2262

CHAIR

YOGA

Starting Monday's
in May @ noon!

REGISTRATION IS
NEEDED.

C.H.A
T-1.705.356.1621. EXT
2216





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@mississauga.com
for more info.



MISSISSAUGI MEGALITHS AG

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@mississaugi.com**



LIGHTING THE
**SACRED
FIRE**

WE WILL BE
LIGHTING THE
SACRED FIRE FOR
MFN COMMUNITY.

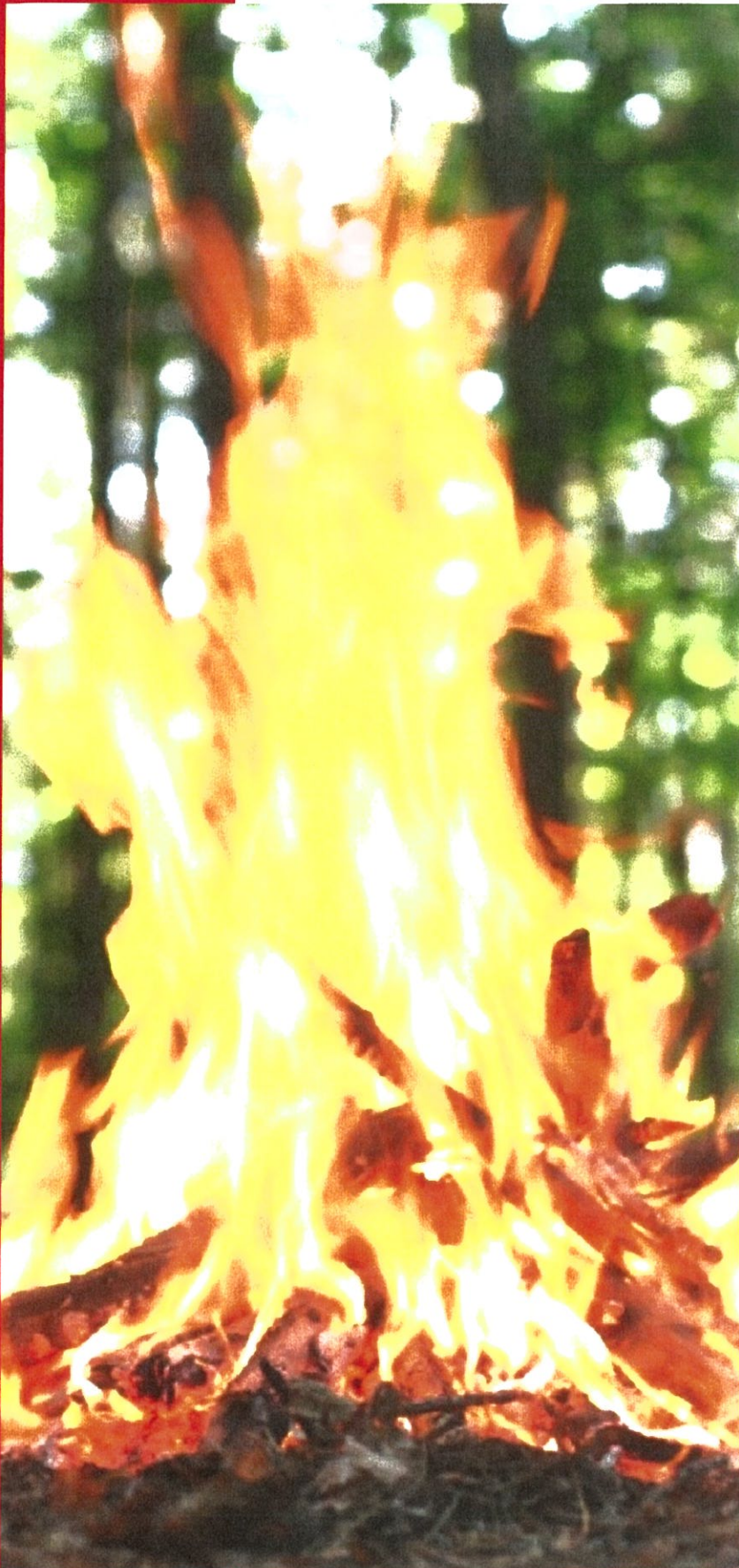
COME PRAY, STAY,
TALK OR JUST
ENJOY THE FIRE.

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

RPL PLANNING MEETING

TUESDAY
MAY 7th
1:30pm

PLANNING FOR
JUNE 2024
JULY 2024
AUGUST 2024

BRING YOUR IDEAS!!!

Home & Community Care **** REVISED **** MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Planning Meeting RPL Tuesday May 7th 1:30pm Planning for JUNE, JULY, AUGUST	1 RPL BINGO 1:30	2	3	4
5	6	Planning Mtg RPL 1:30-3:30pm	8	Watoto Children's Choir 6:30 at Immanuel Baptist Church	10	11
12	13	14	15	Health Fair Sports Complex 11am	17	18
19	20 <i>Victoria Day</i>	21	RPL BINGO 1:30 22 8:30am-4:30pm SSM Residential School Survivors Gathering Adventures In Cooking 11am	23	24	25
26	27 Breast Screening (Sudbury)	28	RPL BINGO 1:30 29	30 Garden River Bingo	31	1



SELF LOVE AND MENTAL HEALTH

01

Mental Health Counsellor Ext. 2234
Family Mental Health Counsellor Ext. 2310

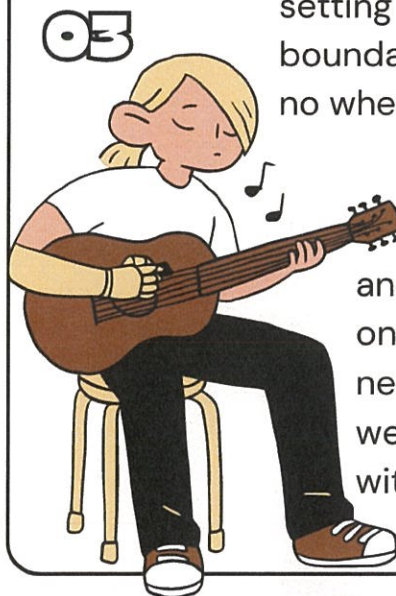


Self-love is a **01** practice of nurturing and valuing oneself. It includes accepting both strengths and weaknesses and prioritizing self-care.

Practicing self-love can improve mental health by boosting self-esteem, self-confidence, and resilience in the face of challenges.



02



Self-love involves setting healthy boundaries, saying no when necessary,

and prioritizing one's own needs and well-being without guilt.

03

Self-love includes practicing self-compassion and treating oneself with kindness and understanding during difficult times or when facing setbacks.

04

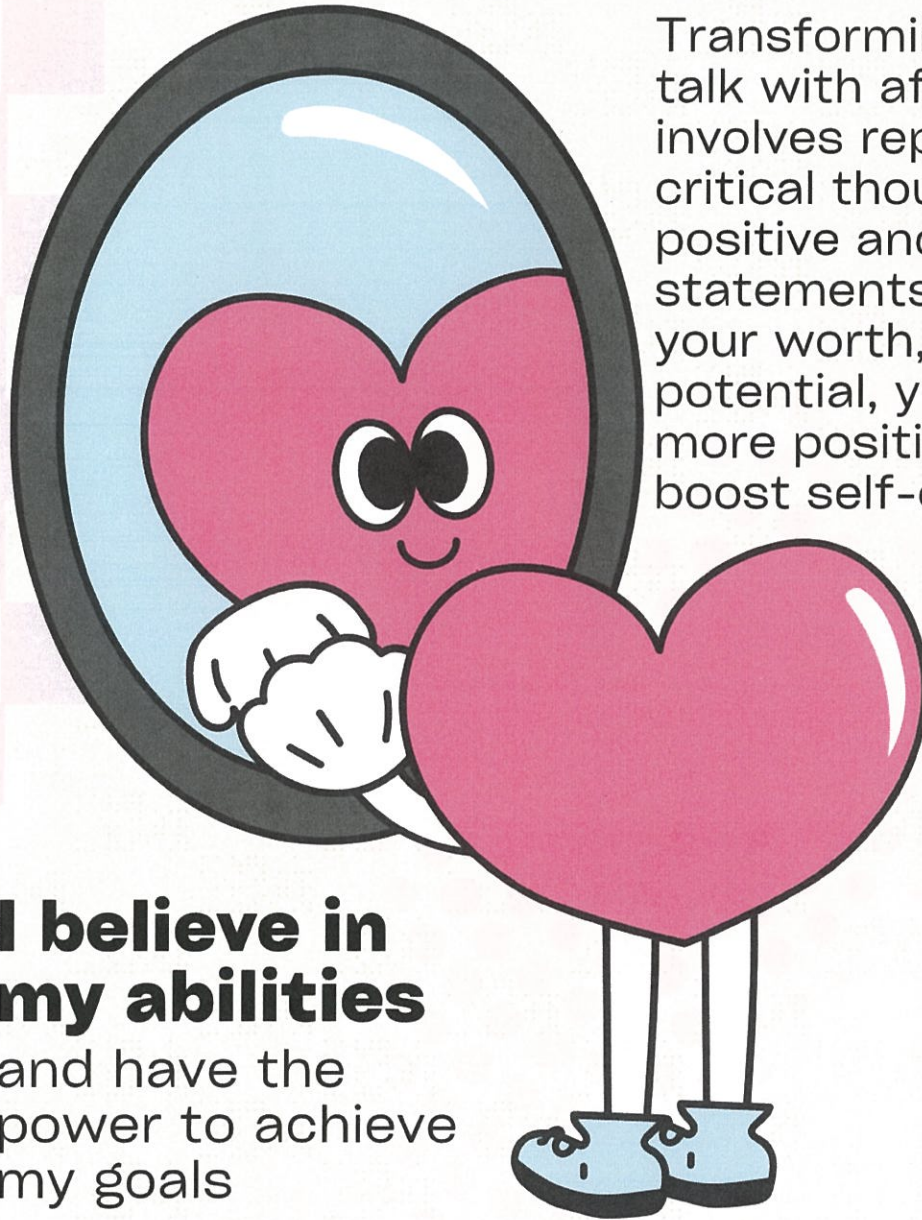




Transforming

Negative Self-Talk with Affirmation

Transforming negative self-talk with affirmations involves replacing self-critical thoughts with positive and empowering statements. By affirming your worth, capabilities, and potential, you can cultivate a more positive mindset and boost self-confidence.

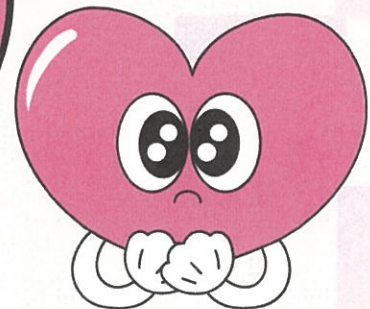
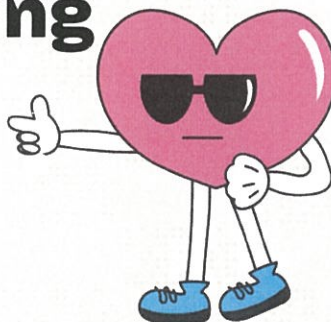


**I believe in
my abilities**

and have the
power to achieve
my goals

**I am deserving
of success**

and abundance
in all areas of
my life.



**I am
worthy of
love,**

respect, and
happiness.

**Mental Health Counsellor
Ext. 2234
Family Mental Health
Counsellor Ext. 2310**



WELLNESS NIGHT TIE-BLANKET ACTIVITY! THURSDAY MAY 23RD, 2024

Come join the mental health team for a fun relaxing wellness evening.

Tie blanket activity!

Tie-blanket material provided.

Juice, Tea and Snacks provided.

Ages: 16+

Time: 6:00-8:00PM

Transportation available please call by May 22nd to confirm:

705-356-1621 EXT: 2310

To sign up for this fun evening please contact family Mental Health
Counsellor at 705-356-1621 EXT: 2310 or 1-705-261-0397



Mental Health Support

Suicide Prevention Service

(833) 456-4566

Text 45645 from 4pm-12am EST

Mental Wellness Counselling Team Same Day Service

(Maamwesying/N'Minoeyaa)

(844) 864-0523

Hope for Wellness Help Line (Indigenous geared)

1-855-242-3310 (24/7)

Online Chat Service

Your Community Assistance Program

(Anishinabek Nation First Nation members) Online Counselling Request Form

(800) 663-1142 (press 1 for English, then 1 for crisis, or 2 for supports)

The National Indian Residential Schools Crisis Line

(Available to former students of Indian Residential Schools and their family members) 1-866-925-4419 (24/7)

The Missing and Murdered Indigenous Women and Girls Crisis Line

1-844-413-6649 (24/7)

Mental Health Counsellor: Stephanie Collins EXT. 2234

Family Mental Health Counsellor: Jennah Ferrigan EXT. 2310

Drug and Alcohol Addictions worker: Sky Cada EXT.2228

A CALL TO BE KIND

MENTAL HEALTH WEEK

MAY 6-12, 2024

30 Day Self Care Challenge

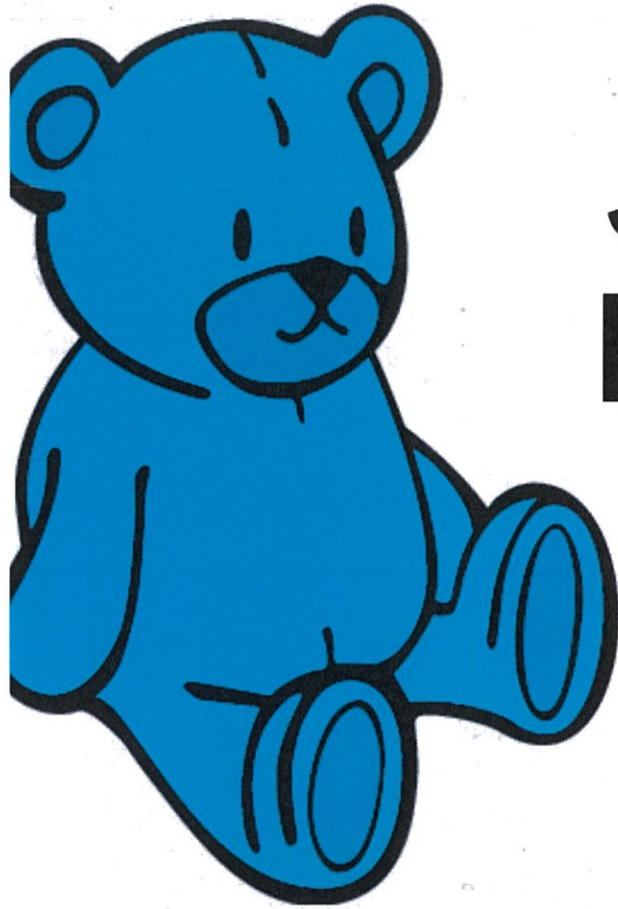
Be Kind to yourself and complete as many activities as you can!

Take a walk outside	Exercise early in the morning	Listen to a calming song	Stretch all your muscles	Write your thoughts in a journal
Do your skincare routine	Look back at old photos	Organize your work space	Join a charity program	Create a bucket list
Learn a new language	Play with your pet	Watch the sunrise or sunset	Take a warm bubble bath	Cook your favorite meal
Go on a solo date	Start a new hobby	Watch your favorite movie	Make a vision board	Practice simple meditation
Try to wake up early	Tidy up your bedroom	Body Eat more fruits and vegetables	Drink a cup of herbal	Try waking up before 6 am
Limit your sugar intake	Don't eat processed food	Spend some time outside	Create a vision board	Have a game night

Celebrate yourself and complete as many self-care activities as you can! Write your name and phone number on the back and bring your card into the Health Department by Thursday May 30th, 2024. before 4:30p.m. for a chance to win a prize!!!

Copies of cards can be picked up at the Health Department

Email: stephaniecollins@mississaugi.com or mhfcounsellor@mississaugi.com



Jordans Principle

Just a reminder that the
contact information for intake
for Jordans Principle is
jpintake@mississaugi.com

2024

FIELD OF DREAMS
RECIPIENT



FIELD OF DREAMS

MADE
POSSIBLE BY



BLIND RIVER, ON
MISSISSAUGA FIRST NATION





May 1/ 2024

To: All Community Members

RE: Medical Transportation

Please note that **appointments must be called in as soon as possible, we will not be responsible for any last minute appointments being called in**, unless it is an Urgent Emergency Appointment.

Local medical appointments must be called in as well before accessing a taxi, unless it is after hours.

Prescription pick by cab is not a NIHB Benefit therefore we cannot approve any cab to pick up Prescriptions.

Verifications must be stamped along with time of appointment, band number and date of birth this also includes taxi slips.

For those trips to Sault Ste Marie, we have the Medical Van which is fully operational, **clients are to access medical van.**

Under NO circumstances, will alcohol/drugs be permitted on the medical van.

All trips to Sudbury, Espanola, Toronto, outside our Catchment Area, require a Prior Approval, Information regarding appointment must be faxed to 705 356 3608.

If you have any questions, please feel free to contact me @ 705 356 1621 Ext # 2201.

Thank you

A handwritten signature in blue ink that reads "Memorningstar".

Mary Ellen Morningstar

Medical Transportation Coord.

MISSISSAUGA FIRST NATION

ATTENTION

**ALL APPOINTMENTS IN SUDBURY MUST HAVE
A PRIOR APPROVAL SUBMITTED TO NIHB.**

**THIS ALSO INCLUDES, ESPANOLA,
TORONTO, LONDON, (anything outside our
Catchment Area)**

**APPOINTMENT INFORMATION MUST BE
FAXED TO 705 356 3608 or**

Email to maryellen@mississaugi.com

ASAP

**THANK YOU
MARY ELLEN**

