



M'CHIGEENG



New Year, New Resolutions

New year, new goals! Read on for tips on how to be successful in all your resolutions for 2023.

January is the perfect time to set goals for the year ahead. These goals may be career related, new good habits or quitting the bad ones, or perhaps a new hobby or skill. No matter what your goals are, keeping your resolutions starts with setting realistic goals. Resolving to never eat your favourite food again will likely set you up to fail. Instead, try to avoid that food more often than you do now (e.g. pizza night once a month instead of every week.) Don't set your resolutions the night before you plan to start! Give yourself time to create a plan and think through your goals. If you wait until the last minute, your resolution will be based on your mindset on that particular day. Plus, it's important to create an outline of your plan. Decide on how you'll stick to your new exercise plan or how you're going to avoid the temptation of that piece of cake. Practice positive thinking and ask friends and family for help! Tell people around you about your goal so

you can create a support system. Better yet, find a buddy who shares your New Year's resolution and motivate each other! Find a friend who will sign up for language nights with you or set up weekly check-ins to talk about each other's goal progress. Tracking your progress. Short-term goals are easier to keep, and can quickly grow into one long-term goal. Small accomplishments help to keep you motivated. If your long-term goal is to lose 30 pounds, focus on losing 5 lbs to start! Get help from a professional such as a nutritionist or dietician, and celebrate every pound lost. Is your goal to get in shape? Reward yourself with new fitness clothing if you made it to fitness boot camp (page 12) for a full month! Finally, don't beat yourself up over the occasional slip. Do the best you can and take one day at a time. Experts say it takes at least 21 days for a new activity to become a habit, and 6 months for it to become part of your personality! It won't happen overnight, so keep trying. Happy new year, and happy goal-chasing!

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Binoojiinh Gamgoonhs

Updates from the M'Chigeeng Daycare

Monthly Newsletters are going virtual!

Go to <https://mchigeeng.ca/newsletters/> to subscribe. If you want to continue receiving printed copies, please email your request to communications@mchigeeng.ca



Housing Department Safety Reminders

For those that have homes with furnaces — Avoid deadly Carbon Monoxide buildup! Remember to keep your exhaust pipes clear of snow and ice, and avoid placing objects in front of your vents. Even if the vent is not covered, a buildup of snow too near the vent can be dangerous for your home. Protect yourself and your loved ones by remaining diligent through the winter season. If you see a neighbour with blocked vents, please let them know. A helping hand goes a long way toward keeping everyone in our community safe!

Barrier Free Housing: A Simple Solution to a Priority Problem

Housing would like to celebrate the completion of two barrier-free (also known as accessible living) houses on Alfie's Way South. Based on a community assessment, the need to support independent living in-home was identified. With an aging baby-boomer demographic, demand for accessible properties is expected to grow. Why not design homes that can be adapted as bodies change, as needs change? The reality is, everyone is going to have some sort of accommodation needs, simply due to aging.

Building Barrier free just makes good investment sense!

Did you know a clean and organized home has many health benefits, such as physical fitness and improved mental health?

Since January is the time for New Years resolutions and fresh starts, why not kick things off with your home?

Does cleaning and organizing seem overwhelming? You're not alone! Some tips to help you get started:

Start with small tasks: Like sorting through your mail, doing that week's worth of dishes or organizing a closet are all great ways to develop a positive cleaning habit

Start with decluttering: If cleaning your space is more time-consuming than you expected, start by organizing it one small area at a time

Use a timer: Even just 10 or 15 minutes of dedicated cleaning time can make a difference! The timer will help you avoid distractions and provide a sense of accomplishment when you're done

Get the family involved! Your children will learn a positive habit and it can also strengthen your family relationships by working together toward a common goal.





**GIVE AWAYS
&
SPOT DANCES**

**MC
BRIAN PELTIER**

**PIPE
GERRY KABONI**

**STICKMAN
FALCON MIGWANS**

**INVITED SINGERS
ADAM KABONI, JESSE KABONI
LESTER MIANSKUM, JACOB DAYFOX
CRAIG TRUDEAU., ZACK WILLIAMS**

**ALL SINGERS ARE
WELCOME**

M'Chigeeng Peer Support and Outreach
Program Presents:

M'CHIGEENG MEMORIAL ROUND

**POSTPONED TO
JANUARY 6, 2023**

November 19/22
Potluck Feast @ 5pm
Round Dance @ 7pm

**M'Chigeeng FN Complex
53 Hwy. 551 M'Chigeeng FN**

Everyone is Welcome

**FOR MORE INFORMATION PLEASE CALL
BRIAN PELTIER 705-968-0857 OR
705-377-5150**



A

anii M'Chigeeng
I hope all had the warmest holiday season!

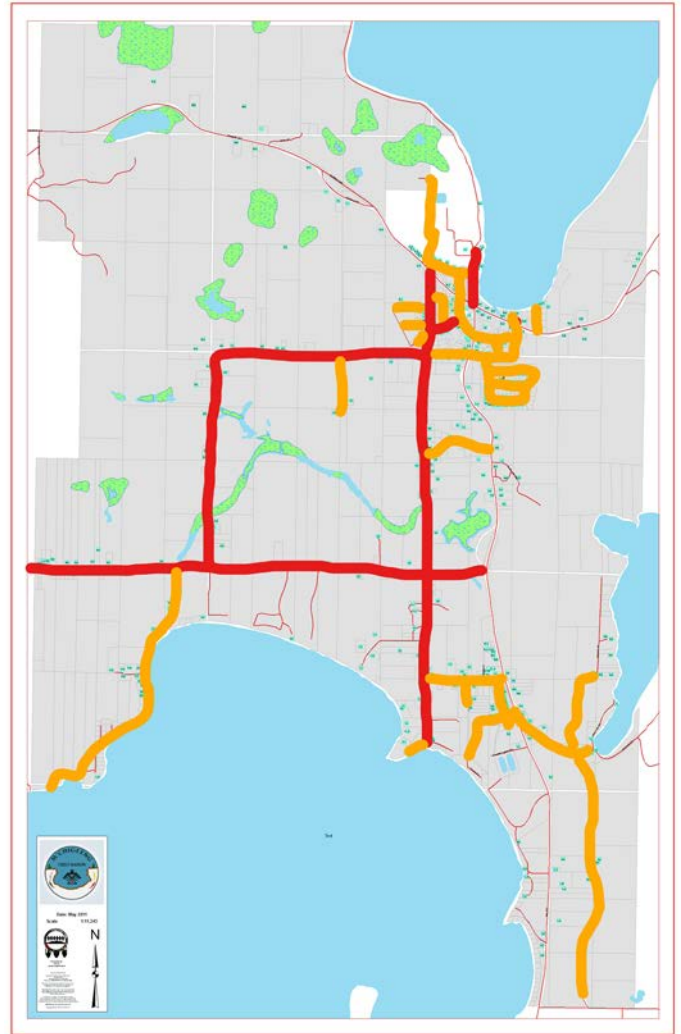
The Public Works Department enjoyed our short break. We stayed busy during these holiday season ensuring public assets were being maintained. I'd like to start by saying Miigwetch to all who have submitted their snow removal applications, to all who have come in or called me with any questions they had! I was more than happy to answer any questions you may have in regard to public works!

December was a little too... tropical for us. With the winter months hitting hard, we are hard at it with snow removal. If you had missed December's newsletter, here is information about our plow routes, the Level of Service Stands we follow for snow removal. The Public Works Crews follow the Level of Service Standards (L.O.S.S) when it comes to snow removal, L.O.S.S indicates which routes and public assets are prioritized.

The Public Works Department enjoyed seeing you all at the Santa Parade before the holidays so much that were looking forward to seeing you all again at the AGM on January 12th, 2023! The Capital Projects and Public Works will have a booth set up, we encourage all members to attend, this is the time to really get familiar with the department! We'll see you there!

Treena Debassige
Public Works Manager

Public Works Department



Level of Service Standards (L.O.S.S)

SERVICE	INFORMATION
Priority 1 – Primary Routes	Roads with highest traffic volumes are priority for plowing and applying material.
Priority 2 – Secondary Routes	Roads in the Village and Lakeview near the schools are cleared next.
Priority 3 – Parking Lots	Parking lots of schools and office buildings are then plowed.
Priority 4 – Driveways of Disabled	Driveways of the Disabled are then plowed. Pending circumstances may be considered priority.
Priority 5 – Driveways of Elders	Driveways of Elders are cleared as soon as possible. Pending circumstances may be considered priority.

Lands Department – Helpful Information

For more information, please contact Daisy Hayward at 705-377-5362 ext. 212

M' Chigeeng First Nation Lands department's main responsibility is to assist community members with:

- Transfer of lands according to the Indigenous Services Canada Lands Management Manual Guidelines
- Provide confirmation of the duties of the licensed surveyor to perform the survey plans on M'Chigeeng First Nation
- Assist Community members with Estates and Wills (Forms). After members pass, visit the members' homes, or make appointments with the Administrator.
- Estate Matters: It is the family's responsibility to start and complete the estate process of their loved one who had passed on, the lands department can assist with providing and help completing the forms. Indigenous Services Canada is responsible for estate services for First Nations.

Here are some helpful links for more information:
 Estate services for First Nations (sac-isc.gc.ca)
 Indian Lands Registration Manual (sac-isc.gc.ca)

Land Transfers can only be transferred to M'Chigeeng First Nation Band member who holds a 181 Band Number.

Some definitions to remember when doing land transfers;

- Joint Tenancy: The primary purpose of Joint tenancy is the right of survivorship. Upon death of one joint tenant their interest passes to the other joint tenant automatically, and at length, to the last survivor.
- Tenancy in Common: A form of ownership whereby each tenant (Owner or Lease) holds an undivided interest in property. Upon the death of one of the individuals their property interest passes to the heirs.



Indigenous Skilled Trades Preparation Training

1-Week Certificate Program
 Open House Info Session: January 12, 2023- 10am to 12pm
 at the M'Chigeeng Community Complex
 Start Date: February 6, 2023

"To enhance career opportunities in the Mining & Construction industry"

NATT Safety Services and M'Chigeeng First Nation have come together in partnership to deliver a 1-week job readiness certificate program. We are seeking Indigenous Participants who are looking to develop the skills to enter the Industrial and/or Mining field.

This program will prepare its participants for the integration into the Industrial, Mining, Construction, and/or Forestry sector and will create opportunities for entry level employment or apprenticeships. Ontario is currently experiencing a major skilled trades gap, therefore we want to help fill this gap by creating a skilled work force of Indigenous Peoples.

Certifications Obtained:

- Working at Heights (Ministry Approved)
- Confined Space Entry & Awareness (Theory and Practical)
- WHMIS 2015
- Ministry of Labour in 4 Steps
- Fit for Duty Awareness
- Young and New Workers Awareness
- ASERT Fire and Spill Containment Training (Theory and Practical)
- Fire Extinguisher (Theory and Practical)
- Fire Watch
- Fit Test
- Forklift (Class 1-5)
- Chainsaw Safety Awareness

REQUIREMENTS:

** Must be 16 & over **
 ** Please note that the training takes place at M'Chigeeng Community Complex, 94 ON-551, M'Chigeeng, ON POP 1G0.

Apply by January 26, 2023

John Ense john@mcchigeeng.ca
 705-377-5362 x 215
 Cell is 705-936-6761
 Pre-requisite- contact John to complete an application form



NATT Safety Services is a premier health and safety provider, providing superior safety training and safety services. We are committed to adding value to your company while keeping your safety requirements as our foremost priority.

Visit our websites
www.mcchigeeng.ca
www.nattsafety.ca



UPCOMING COVID-19 VACCINATION CLINICS

Tuesday, January 10, 2023

Tuesday February 7, 2023

Tuesday March 7, 2023

10am - 2pm at the M'Chigeeng Health Centre

(705) 377-5347

**Covid-19 Pediatric, Primary and booster doses available
Flu vaccines available**

By Appointment or Walk-in

PLEASE BRING YOUR HEALTH CARD

Update from M'Chigeeng Health Services

Happy New Year, we hope everyone had a great Christmas holiday and ready to start off the new year in a positive manner. We are planning a number of programs and services this winter including physical active programs, smoking cessation program, a Grief program as well as others. Please watch for posters for program dates.

As we enter 2023, please be mindful that the flu season is in full swing and covid is still active within our community.

Our Youth program is excited that we will now be looking into offering programming at the complex for the benefit of the youth. A plan will be developed in partnership with the youth on which programs and events can be offered at the community complex. Little sisters and young warriors will continue through out the winter focusing on land based activities.

If you have any questions relating to health, please feel free to give us a call at the health center.

M'Chigeeng Health Services
(705) 377-5347

M'Chigeeng Ontario Works/LDM Department

January 1st, 2023, OW Assistance will be issued on December 30th, 2022, Direct Deposit, for more information please contact: April Corbiere – aprilc@mchigeeng.ca or Tracey Joshua – traceyj@mchigeeng.ca

Food Depot

The food bank will continue to be open on Monday and Thursday from 2 – 4 pm. You can contact Jennifer Kaiser at 705 377 5362, Ext 222 or jenniferk@mchigeeng.ca before 2:00 pm.

ASI Program

If you are experiencing difficulties with addictions, ASI can help. The program's targeted group is primarily Ontario Works - ODSP clientele. Please contact Joan Hoakstra - ASI Caseworker at 705 377 5362, Ext. 219 or by email joanh@mchigeeng.ca if you would like to schedule an appointment.

OW - LDM Training Initiatives 2023

Employment Supports:

We will be creating a resource booth on the second floor with two new computers, this will be available for all Community Members to access Job Search, training, and educational opportunities, also resume writing, portfolio development, etc.

Employment Experience – Training

1. We are continuing to accept applications for the **Employment Experience Program** for the period April 1st, 2022, to March 31st, 2023. All applicants must be a Band Member and on Social Assistance to qualify. Businesses can apply for the Employment Experience Program subsidy to assist trainees. The Program is a paid employment opportunity for OW Clients for up to a year. Please contact April Corbiere at 705 377 5362 Ext. 238 or aprilc@mchigeeng.ca

2. Northern Academy of Transportation and Training – Job Readiness

Training will commence February 6th, 2023.

3. Northern Academy of Transportation and Training - NATT DZ Driving.

Training will commence February 10, 2023.

NATT's Training is available to all M'Chigeeng Band Members. We will be sending further communications to the community regarding details. If you are interested in the Job Readiness or DZ Driving, please contact **John Ense** 705 377 5362 ext. 215 or email johne@mchigeeng.ca.

4. Training partnership with Cambrian College

Life Skills, resume writing, career planning, certifications. Target date to begin training is late January 2023, we will keep everyone posted.

For more information regarding the training please contact John Ense at 705 377 5362 ext. 215 or johne@mchigeeng.ca

LDM Program:

The LDM Program is continuing to accept applications for funding with skills development.

The LDM Program can assist with:

1. Purchase of Training
2. Targeted Wage Subsidy
3. Self Employment Assistance
4. Mobility
5. Employment Insurance applications
6. Employment Supports.

If you are interested in enhancing your skills and bettering your job opportunities, please make an application for funding. Please contact Abigail Paul – Training Development Officer at 705 377 5362, Ext. 225 or by email, abbyap@mchigeeng.ca.

IN PARTNERSHIP WITH M'CHIGEENG FIRST NATION

WANT TO LOWER YOUR HYDRO BILL?

APPLY AT THE
M'CHIGEENG COUNCIL CHAMBERS
JAN. 10TH 2023 9AM TO 5PM

WHAT TO BRING?

- Copy of your current electricity bill
- Names, Birthdates & SIN for all household members (1874)
- If you have not filed your income taxes in the last 2 years, proof of income is required (i.e. paystubs, bank statement)

NOTE: This program is open to all residential hydro account holders

FOR FURTHER QUESTIONS

Call 1-844-885-3157 or OESP Hotline 1855-831-8151

Ontario Electricity Support Program (OESP)

OESP is a government program that helps low-income families lower their hydro bill costs. Our ONWAA Energy Team will assist you with your application to the OESP and if approved, a monthly credit will be applied directly to your hydro bill.



Ontario Energy Support Program: This is available for all band members to apply, please contact Jennifer Kaiser to schedule an appointment at 705 377 5362, Ext. 222 or email jenniferk@mchigeeng.ca

A white circular graphic with a blue border containing the text "4PM DOORS OPEN" in blue capital letters.

4PM

DOORS
OPEN

ANNUAL COMMUNITY

Gathering

*4:00 pm - Information Booths * Staff available for questions (Meet and Greet with Community)*

4:00 pm Opening Prayer and Song

4:15 pm Opening Remarks - Ogimaa Kwe and Enaagdenjged

5:00 pm - Dinner (lasagne, Ceasar Salad)

*5:45 pm - Presentation of Audit Open for Questions!
Closing Prayer and Song*

DRAWS !!!

Must be in attendance and fill out passport and evaluation to enter for draw

JANUARY 12, 2023



If you have any questions please email artj@mchigeeng.ca



58 HOUR DZ PROGRAM

**Start Date: 1 week theory start is February 13, 2023.
Practical to follow
Open to all M'Chigeeng First Nation Community members**



**Information session: January 12, 2023- 10am to 12pm
at the M'Chigeeng Community Complex**

Program Information/ Medical, Grade 10 equivalency test if applicable.
Anyone participating in the DZ Program please bring Drivers Abstract and Medical.

REQUIREMENTS:

- ** Valid G licence **
- ** Approved MTO Medical **
- ** Pass the grade 10 TTSAO test **

**** Please note that the training takes place at M'Chigeeng Community Complex, 94 ON-551, M'Chigeeng.**

Apply by January 18, 2023

**John Ense john@mchigeeng.ca
705-377-5362 x 215
Cell is 705-936-6761**

Pre-requisite- contact John to complete an application form

Daycare Reminders

OUTDOOR PLAY

Is a daily activity (weather permitting) and all children are taken outdoors. Please remember to send you child with proper outdoor clothing (winter jacket, snowpants, winter boots, hat, mitts). Children to are well enough to be in attendance will be required to participate in outdoor activity.

ATTENDANCE

Regular and consistent attendance is encouraged and required in order to maintain their childcare space with the program. Please notify the Daycare Centre of any absences due to illness or anticipated lengthy absences (ex. Family holiday).

HEALTH & SAFETY

If your child(ren) is experiencing any symptoms of sick health / communicable diseases; please keep them home until they are well enough to return to the Centre or have been cleared by the health clinic.

Friday, February 3rd is a PD Day – The Daycare centre will be closed on this day.

Infant program @ Binoojinh Gamgoonhs

Aanii Community!

Greetings in the new year from our babies and from Sandra Cada (RECE) in the Infant room! Lakelin Wood, Jase Smith and Echo Fox and I wish you all a very Happy New year of 2023!

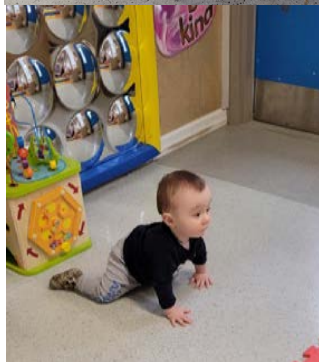
We have been very busy in our room learning many new things! Our latest walker is Lakelin Wood! Go Lakelin Go! Lakelin is going full force now in the walking department. Mr. Jase won't be too far behind him! Our Miss Echo has been the inspiration to walk.

Through our daily calendar, we learn days of the week, the month, colours and counting! We love our finger puppet stories and especially love our reading aloud story books! Our favourite is the "Wonky Donkey".

We have Ms. Norma Corbiere and Ms. Susan Corbiere join us for daily anishnabemowin, with Miss Sandy learning too! Sometimes we even get to drum and sing!

We will be having lots of fun learning in the new year!

Infant Program
M'Chigeeng Binoojiinh Gamgoonhs



2022 - 2023 M'CHIGEENG BINOOJIIH GAMGOONHS - EARLY YEARS LEARNING CENTRE																											
	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F		
SEP 2022				1	2	5 SH	6	7	8	9	12	13	14	15	16	19	20	21	22	23	26	27	28	29	30 SH		
OCT 2022	3	4	5	6	7	10 SH	11	12	13	14	17	18	19	20	21	24	25	26	27	28	31						
NOV 2022		1	2	3	4	7	8	9	10	11 BH	14	15	16	17	18	21	22	23	24	25	28	29	30				
DEC 2022				1	2	5	6	7	8	9	12	13	14	15	16	19	20	21	22	23 BH	26 SH	27 SH	28 BH	29 BH	30 BH		
JAN 2023	2 SH	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31					
FEB 2023			1	2	3 PD	6	7	8	9	10	13	14	15	16	17	20 SH	21	22	23	24	27	28					
MAR 2023			1	2	3	6	7	8	9	10	13	14	15	16	17	20	21	22	23	24	27	28	29	30	31		
APR 2023	3	4	5	6	7 SH	10 SH	11	12	13	14	17	18	19	20	21	24	25	26	27	28							
MAY 2023	1	2	3	4	5	8	9	10	11 PD	12 PD	15	16	17	18	19	22 SH	23	24	25	26	29	30	31				
JUN 2023			1	2	5	6	7	8	9	12	13	14	15 SR	16 SR	19	20	21	22	23	26	27	28	29	30 PP			
JUL 2023	3	4	5	6	7	10	11	12	13	14	17	18	19	20	21	24	25	26	27	28	31						
AUG 2023		1	2	3	4	7	8	9	10	11	14	15	16	17	18	21	22	23	24	25	28	29	30	31 PP			
SEP 2023					1 PP	4 SH	5	6	7	8	11	12	13	14	15	18	19	20	21	22	25	26	27	28	29		

3 Professional Development Days / 2 Staff Retreat Days / 3 Program Prep Days

- Monday, September 5, 2022 Closed – Stat Holiday
- Friday, September 30, 2022 Closed – Stat Holiday
- Monday, October 10, 2022 Closed – Stat Holiday
- Friday, November 11, 2022 Closed – Stat Holiday
- December 19 – 22nd ½ day, 2022 OPEN TO WORKING FAMILIES
- December 22nd ½ day – Dec 30, 2022 Closed – Band Designated Holidays (4 ½ days)
- Monday, January 2, 2023 Closed – Stat Holiday
- Friday, February 3, 2023 P.D. Day – Closed
- Monday, February 20, 2023 Closed – Stat Holiday
- March 13-17, 2023 OPEN FOR WORKING FAMILIES
- Friday, April 7, 2023 Closed – Stat Holiday

- Monday, April 10, 2023 Closed – Stat Holiday
- Thursday, May 11, 2023 P.D. Day – Closed
- Friday, May 12, 2023 P.D. Day – Closed
- Thursday, June 15, 2023 Staff Retreat – Closed
- Friday, June 16, 2023 Staff Retreat – Closed
- Friday June 30, 2023 Summer Program Prep – Closed
- Thursday, August 31, 2023 Fall Program Prep – Closed
- Friday, September 1, 2023 Fall Program Prep – Closed
- Monday, September 4, 2023 Closed – Stat Holiday
- Tuesday, September 5, 2023 First Day Back to School



COMING SOON: CONSTRUCTION SKILLS TRAINING

Watch for postings in 2023

Happy New Year from the Enaagdenjged

Aanii Kina wiya,

2022 was a busy year, lots of planning and preparations leading into 2023.

I am very excited for 2023, there are some very good projects for the community coming forward.

Some of the projects are:

1. Crosshill-Spring Bay Rd Watermain Extension-PHI

Value: \$8.8 million

2. Solid Waste

Value \$5.8 million

3. Capital Planning Study Update

Value: \$150k

4. School Feasibility Study

Value: \$150k

5. Gaaming Lagoon Rehabilitation Project

Value \$15.0 million

6. Lakeview Booster Station

Value \$850k

7. School Remediation Project

Value \$1.5 million

8. Elevated Storage Reservoir

Value: \$800K

9. Community Safety & Wellbeing Plan

10. Enhance street lights with additional streets lights added

11. Security cameras and lighting for Elders

12. Administration

a. Enhanced Financial administration & Control

b. Update Personnel policy

c. AGM January 12, 2023

d. Retirement Dinner for MFN staff who have recently retired, Community celebration February 1, 2023

There were a lot of staff who worked very hard during 2022 and will continue to do so in 2023. I am very proud of all of our staff. We will continue to do the best that we can for the community, M'Chigeeng is a very Beautiful Place.

Nahow, Baamaapii

Art Jacko, Enaagdenjged



FITNESS BOOT CAMP

Its not easy but it's worth it!

**FALL, WINTER, SPRING 2022-
2023 WEDNESDAYS**

**NOV. 2, 9, 16, 23, 30,
DEC. 7 & 14, 2022, JAN. 4,
11, 18, 25, FEB. 1, 8, 15, 22,
MARCH 1, 8, 15, 22, 29, 2023**

**6:00 pm to 7:00 pm @
Church Rectory**

Sponsored by : M'Chigeeng Health Centre,
Community Wellness Worker & Diabetes
Programs (705) 377-5347

Your
Instructor:
Daina
Stevens

