



M'CHIGEENG

National Indigenous History Month



National Indigenous Peoples Day
June 21, 2023

Let's Celebrate Anishinaabe Giizhigad on June 6th

The Anishinabek Nation Leadership Council proclaimed June 6 as Anishinaabe Giizhigad, our very own national holiday. This holiday commemorates the proclamation of the Anishinaabe Chi-Naaknigewin (Anishinabek Nation Constitution).

Anishinaabe Gizzhigad was created as a celebration to strengthen the Anishinabek Nation and provide a good future — an Anishinaabe future — for our children. Its purpose is to celebrate and preserve the unique culture, languages, customs, traditions and practices of the

Anishinaabek people. *"We have our Anishinabek Nation Eagle Staff, our Sacred Bundle, and our Sacred Gifts, our Ceremonies (cul-ture), and our Language, which we have been told many, many times, is the key and the foundation for An-ishinabek. Our Elders have instructed us."*

M'Chigeeng will not be closed on June 6th, however you can celebrate Anishinaabe Giizhigad by watching the Anishinabek Nation livestream (<https://www.youtube.com/user/AnishinabekNation>), visit with an elder, and have conversations about what being Anishinabek means to you.

What's inside

Page 2

HIAH Corp

Meet the new Community Energy Coordinator!

Page 7

Lakeview School

Anishinaabemowin Caregiver Engagement Social, Grade 2 class...

Page 9

Band Representative Services

The role of a Band Representative and the services they provide.

Page 11

Ka Naadimaadimi Wii Minamaadiziying

Upcoming Human Trafficking event

Page 13

Wellness Centre

Upcoming Elder Events!

Page 14

Honouring Your Grief

Pilot program review.

... And much more within!

SUMMER OFFICE HOURS

The Administration Office will be closing at 4pm daily, effective June 22, 2023.



Community Energy Coordinator

Aanii Boozhoo Kina Wiya, Jordon Panamick n'dizhnikaaz. I am the new HIAH Community Energy Coordinator with M'Chigeeng First Nation.

Some of my key responsibilities are to engage with community, work with project consultants to have our community energy plan updated and manage energy efficiency programs that will have a positive impact on our community members, businesses, and future generations.

I'm grateful to be working in my hometown in a position that works toward a better future for our children.

I have a business certificate from the University of Victoria. I also have a background in marketing, sales, graphic design and most recently youth work. I have experience working on large projects and know the importance of community engagement when taking steps toward change.

I'm excited to be part of the HIAH Economic Development team and joining the efforts in economic and community development within M'Chigeeng First Nation.

Like the ol' Anishinaabe way, you might be wondering "who is her mom?" Well, for the elder youth, my mom is Cherilyn Panamick and for the elder-elder youth, my great grandma is Ina Panamick baa.

Hopefully by now you're thinking, "Oh, okay I know those gals".

If you're not, I look forward to meeting you!

Nahaaw Baamaapii,
Jordon Panamick



HIAH Corp Economic Development

Message from the General Manager

Ahnii. As manager of the M'Chigeeng economic development department, I am happy to say our Departments Annual Operational Plan 2023/2024 has been approved by Chief and Council. The plan confirms our department's goals in the areas of Administration, Operations of M'Chigeeng owned three (3) corporations, Community and Business support, Community Engagement and Culture and Language. We are also planning our Biannual Office Open House for June 2023. We are looking forward to have you stop in. Notices will be posted. We also welcome our new employee, Jordon Panamick, Community Energy Coordinator. Jordan has included information in this newsletter on her role and projects she will be working on in the Energy Sector.

Grant Taibossigai, General Manager
M'Chigeeng HIAH Corp Economic Development

New Business Operations

Welcome two new registered businesses starting operations in M'Chigeeng

1. KRL Housing Inspections
2. Bittersweet

For more information on these and other business registrations, feel free to call our office at (705) 377 5362 ext 231.

Community Energy Coordinator, Jordon Panamick will be going around during the month of June surveying homes.

Why?

We are in the works of updating our Community Energy Plan (CEP), and part of this initiative is documenting the current MFN housing inventory and collecting information on current conditions. This information will be compiled into one housing database and summarized into the updated CEP.

At this time, I will not be handing you papers to fill out, I will just be looking at homes from the outside, taking a photo, and collecting basic information from what I see.

If you see me and have any concerns about energy efficiency in your home, (humidity, draftiness, HVAC, energy bill pains, etc.) please feel free to come talk to me, I'd like to document that information too!

I'm sharing a sample form that I will be using as I'm out and about.

|  |  |
|---|---|
| House number | Photo of Home |
| Sample Drive-By Inspection Form | |
| House number (photo) | 1234 |
| Street Name | Sesame St. |
| Age of house | 15 |
| Foundation | Crawl Space |
| House Type | Detached |
| Stories Above Grade | 1 |
| Front Facing Direction | South |
| Wood Heat? | |
| Fossil Fuel? | Oil |
| Electric Heat? | |
| Water Heating? | Electric |
| Ventilation? | HRV |
| Unshaded Solar Potential? | Yes |
| Width/Depth | 32 X 24 |
| Perimeter | |
| Height of Foundation Above Grade | 8" |
| Approx. Main Floor Area | 768 |
| Windows >15 yrs. Old? | No |
| General Condition of Home | Good |
| Notes: | |



Energy Affordability Program

The new Energy Affordability Program is designed to help income-qualified Ontario residents get the most out of their homes — at no cost.

Who is Eligible?

If you live in Ontario, including within a grid-connected First Nation community, and are responsible for paying electricity bills as a homeowner or as a renter, you may be eligible for this program. Eligibility is based on your household income and how many people live in your home, or on your receipt of a qualifying government or energy-support benefit. Residents of social housing may also be eligible.

Depending on your situation, you may receive different energy-saving products and services, but it will always be at no cost.

Find out if you qualify:
 Call 1-844-770-3148 or visit SaveOnEnergy.ca/EAP

Friendly Reminders for our Community

Electricity Prices

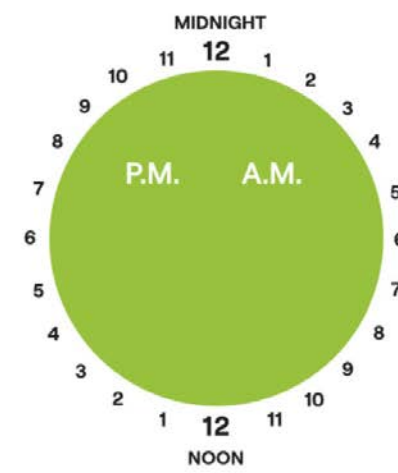
Time-of-Use Summer Periods and Prices

Time-of-Use electricity prices change throughout each weekday, when demand is on-peak from 11am to 5pm, mid-peak from 7am to 11am and 5pm to 7pm, and off-peak from 7pm to 7am.



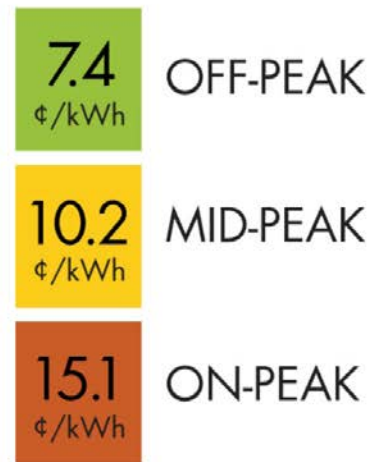
Summer Weekdays

Summer weekday periods are effective May 1 to Oct. 31 each year.



Weekends & Holidays

Weekends and **designated holidays** are off-peak electricity prices all day.



Prices per Period

Prices shown are effective Nov. 1, 2022 to Oct. 31, 2023.

Land Purchase

Please make an appointment with Lands Officer Daisy Hayward (ext. 212) to ensure Land Transfers are completed properly as part of a sale.

Be aware that an exchange of money for land is not an official transaction unless there are transfer documents signed by the CP holder and processed with Indigenous Services Canada.

SURVEY

M'Chigeeng is working with First Nation Market Housing Fund on a project to get new construction surveys funded. Please contact Marlene Debassige (249-777-3143 or marlened@mchigeeng.ca) to add your name to the list.



OPEN HOUSE

JUNE 28 & 29, 2023

6:00 - 8:00PM

M'CHIGEENG COUNCIL CHAMBERS



MEET THE TEAM

GENERAL MANAGER

GRANT TAIBOSSIGAI

ADMINISTRATIVE ASSISTANT

DAINA STEVENS

RENEWABLE ENERGY WORKER

JEFF CORBIERE

COMMUNITY ENERGY COORDINATOR

JORDON PANAMICK





WAUBETEK
BUSINESS DEVELOPMENT CORPORATION
A community Futures Development Corporation



NEW!!!

Business Recovery Fund

Ontario 

*Provided by the Ministry of Indigenous Affairs, Indigenous Economic Development Fund
December 1, 2022 – December 31st, 2023*

Waubetek is now offering Business Recovery Fund (BRF) financing for existing businesses owned by First Nation/Inuit Entrepreneurs in the North-East Ontario region who are recovering from the Covid-19 Pandemic.

Eligibility requirements:

- Must be a First Nation/Inuit entrepreneur business (Minimum 51% Indigenous owned and led), that is registered in Ontario by September 1, 2021
- Application must demonstrate that BRF financing will be used to help your business recover from the COVID-19 pandemic

Eligible businesses may apply for up to \$50,000 in BRF financing that will include the following terms and conditions:

- 50% of financing is repayable over 24 months with 0% interest
- 50% of financing is non-repayable
- No client equity is required
- No loan security is required

What types of expenses are eligible for BRF financing?

- BRF financing may be used by businesses to cover general expenses such as staff salaries, mandatory employee benefits, rent, utilities and taxes
- BRF financing may also be used towards increasing production capacity, developing new products, moving to online marketing, or to make improvements to accommodate social distancing requirements

Please email us at waubetek@waubetek.com for more information.
www.waubetek.com

Lakeview School

anii M'Chigeeng!

Fantastic learning continues to happen at Lakeview School! Each of the classes have been working arduously every day!



Community engagement is very important to student success. The grade 7 and 8 classes invited families in for a Mother's Day Team and poem sharing! It is so amazing to see families attending Lakeview School to support and encourage their children. The poems that the students wrote were very heart warming! Mrs. D. also hosted, "Building Relationships Through Movement" engagement evening. She kept everyone moving and completed the evening with a Tiktok dance! Our Anishinaabemowin program hosted a lunch engagement session as well! Participants enjoyed chocolate covered strawberries and an interactive Anishinaabemowin activity for all. The students are very excited to see family members and community members attend the engagement sessions! It gives them a sense of pride! Please keep a watch out for more engagement activities coming up in the month of June!

Lakeview School is hosting an attendance challenge to all students! If we can get 100% attendance for one day, the students can 'pie' a teacher! Our Chief and Enaagdenjged are eagerly waiting for the call because they have graciously agreed to take a pie or two to the face as well! The day will end with a dance party or games for the last block! Let's go Lakeview families, we can do this!

As we count down the final days of this school year, we are happy and saddened that our Grade 8's will be transitioning away from us! We are happy that we have been able to be an integral part of their learning journey and happy that we have so many great memories of them all! We are sad to see them go because they really are a part of our Lakeview Family! We know that they will do well and we will continue to cheer them on and provide support when we can!

Naahaw! Mii si wi!

Gayle Payette



Anishinaabemowin Caregiver Engagement Social

hosted by the Lakeview Anishinaabemowin Language Team



Building Relationships Through Movement

hosted by Ms. Deana Debassige-Wood



Important Dates (Lakeview School)

June 2nd
Crazy Hair Day

June 8th
Mino-Anishinaabe'aadziwin – Cultural Heritage Fair

June 9th
PD Day No School for Students

June 16th
Lakeview Powwow & BBQ Fundraiser

June 22nd
Grade 8 Graduation

June 29th
Awards Day

June 30th
Last Day of School!



The Terrific Twos

Grade 2 class adventures with Ms. Gratton!
Top: PJ Day; Middle & bottom: 'Kids Can Grow' presentation with Ms. Kerry Lavender



M'Chigeeng Band Representative Service

M'Chigeeng Band Representative service offers support when children, youth, young adults, and families from our community are involved or at risk of involvement with the child and family services system. M'Chigeeng First Nation Representative Services is critically important to our First Nation and in ensuring that the rights of our children and youth are respected within the child and family services system.

M'Chigeeng First Nation Representative's Role

M'Chigeeng First Nation Representative Services are defined by M'Chigeeng First Nation Chief and Council and may include engaging with child and family services providers and participating in child and family service matters as set out in provincial, territorial and federal child and family services laws.

M'Chigeeng First Nation Representative Services activities include, but are not limited to:

- Serving as the main contact between a First Nation and child and family services providers
- Exercising the rights and responsibilities of the First Nation under provincial, territorial and federal child and family services laws
- Ensuring that child and family service providers address the real needs of First Nations children, youth, and families, including needs tied to culture, land and geography, and the effects of historical and contemporary disadvantage;
- Building and maintaining meaningful cultural, family, and community connections for First Nations children, youth, and families involved with the child and family services system
- Facilitating the repatriation and/or reunification of children and youth in care with their family and First Nation(s)
- Supporting First Nations youth and young adults with post-majority support services
- Accessing legal resources to represent the First Nation's interests in child and family services administrative and court proceedings
- Receiving and responding to notices under provincial, territorial and federal child and family services laws
- Helping families access prevention supports
- Supporting customary care, kinship care and alternative care arrangements

- Providing or arranging for alternative dispute resolution (e.g., circle processes and Indigenous approaches)
- Participating in the development and monitoring of service plans:
 - o Child, youth, or family care plans
 - o Safety planning
 - o Permanency planning
 - o After care plans
 - o Youth transition/post-majority care plans
- Developing and monitoring protocols or service agreements with child and family services providers

Principles

- The holistic well-being of M'Chigeeng First Nations children, youth and families creates the foundation for healthy First Nations communities and future generations.
- M'Chigeeng First Nation is involved in the planning and provision of services to and decisions respecting our children, youth and families, including by receiving notice in advance of a child and family services provider taking any significant measure in relation to a First Nations child or youth.
- M'Chigeeng First Nation Representatives work to:
 - o uphold and strengthen the rights of M'Chigeeng First Nation in provincial, territorial and federal child and family services laws
 - o help ensure M'Chigeeng First Nations children, youth, and families can meaningfully exercise their rights under provincial, territorial and federal child and family services laws
 - o prioritize preventive care, including prenatal and postnatal preventive care
 - o promote substantive equality for M'Chigeeng First Nations children and youth
 - o promote and support family unity
 - o connect M'Chigeeng First Nations children, youth, and families with the lands, languages, cultures, practices, customs, traditions, ceremonies and knowledge of our community
 - o Uphold M'Chigeeng First Nations by-laws and BCR 3347 (permission to attend)

Miigwetch,
Forry Hare, Family Resources Supervisor



M'Chigeeng Band Representatives Team

From left to right: Forry Hare, supervisor. Iris Corbiere, Office assistant. Edward Paibomsai, Band Representative. Lisa Peltier, Band Representative. Josh Linklater-Wong, Band Representative. Leslie Corbiere, Band Representative



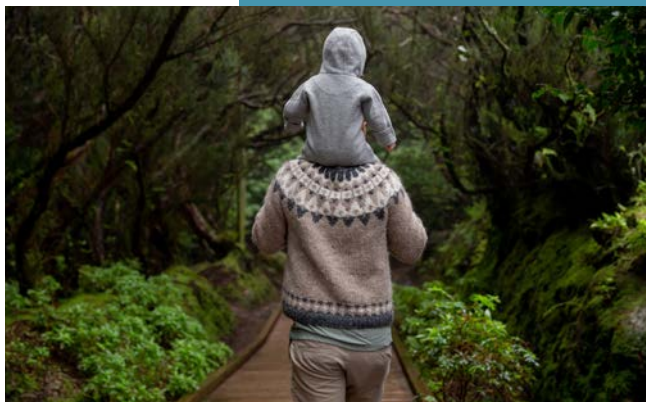
Nurses Week

Grade 1's showing their appreciation to our nurses during Nurses week (May 8-12) with a thank you card and homemade cupcakes!

Let's go for a walk about!

Ambe babaamosedaa!

The red highlighted sounds are, a lot of times, dropped by speakers today. There are still those however that like to see or pronounce the old classic Manitoulin Anishinaabemowin, which includes the red sounds. How do you say it? Let us know!



Join Perry for Language/Cultural classes on Monday evenings at 5pm, or for the Lunch and Learn sessions on Mondays at 12pm at Binoojiinh Gamgoonhs!

KA NAADIMAADIMI WII MINAMAADIZIYING

M'Chigeeng First Nation

// 11

M'Chigeeng Mental Health & Addictions Department



Aanii Kina Wiiya, Ka Naadimaadimi Wii Minamaadiziying is hosting a Human Trafficking Awareness Conference! At the M'Chigeeng Community Complex this June 13th & 14th from 9am-4pm. We will have survivor stories, as well as presentations from front line workers and supports such as Angels of Hope, Manitoulin victim services, Sudbury victim Services, Uccm police.

Lunch will be provided, and Registration is recommended. Contact Valisa Peltier at valisap@mchigeeng.ca or 705-968-0517 to register or request more information!

We also have a new facebook page! Connect with us at Ka Naadimaadimi Wii Minamaadiziying Here we will be posting psycho-educational videos, Promotions for future events, Staff contributions and much more!

Drug Awareness Alert ×

Unexpected Reactions in Drug Use
Increased/Prolonged Sedation(Passing Out)
Abscesses, sores or wounds in areas OTHER than injection sites!

Important Reminder!
Street drugs may be cut with:
"Benzos"
Trang/xylazine
fentanyl or carfentanil

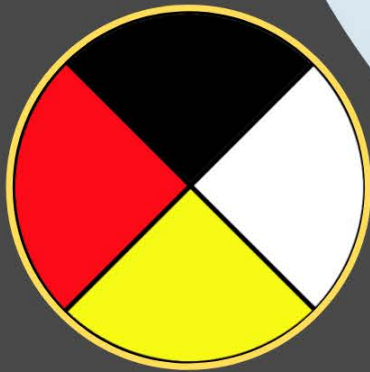
Increased Potential for Overdose
Overdoses can be fatal & non-fatal.
Signs of overdose include but not exclusive to passing out, not breathing or seizures.

Stay Safe, Stay Conscious!
Awareness is the first Step to Staying Safe.
Practice Harm Reduction & Always Be Mindful

DEFEATING HUMAN TRAFFICKING

THE TIME IS NOW

2023



SPEAKERS & GUESTS INCLUDE:

Suvivors & Ka Naadimaadimi
Wii Minamaadiziying

Angels of Hope

Manitoulin Victim Services

Sudbury Victim Services

UCCM Police

Lunch Provided

13-14
June 2023

start from 9 am - 4 pm

M'Chigeeng
Community Complex

**Registration
Required**

For More Info Contact: Valisa Peltier:

Phone : 705-968-0517 | Email : valisap@mchigeeng.ca

M'Chigeeng Wellness Centre



Honouring Your Grief Pilot Program

M'Chigeeng Health Services hosted this pilot program from January 24 – March 28, 2023. We had 10 participants register and 6 participants complete the 8-week program.

As the facilitators, it was an honour to develop, promote and implement the first Honouring Your Grief Program for our community members. Offering this type of program has been a passion for both facilitators, as we hoped it would help our fellow Anishnabek understand their individual experience with grief and how their grief was impacting their lives.

It took perseverance but wow, the sense of accomplishment was worth it! The participants put their trust in the facilitators when they registered for this new program. During the eight-weeks, we witnessed how the participants were able to hold sacred space for one another, where they gave themselves permission to share their experiences and vulnerabilities while releasing some of their suppressed emotions and tears. All while learning together and gaining tools to add to their wisdom bundles. Participants were encouraged to share their knowledge, with the hope of helping others who may be living in their grief.

The participants were asked to provide feedback to the following question upon program completion.

Compare how you felt at the beginning of the group to how you feel at the end of the group:

“I was nervous at first but got comfortable with the group and was able to trust and speak out more without fear of sharing”

“I can share most of my feelings and experiences”

“Able to talk about the loss. I felt overwhelmed ...and heavy when I started the group”

“Carrying the grief has become much lighter I don't feel so burdened by it”

“I feel now that I have the tools and slowly let the tears flow as needed. I don't need to hold it anymore”

Two participants who were not able to complete the program had positive comments when they completed an exit interview and both stated they would like to join the program next time it is offered.

The Honouring Your Grief Program was a blending of best practices and indigenous knowledge about the impacts of grief, with an emphasis on experiential learning where participants share and learn from each other's experiences.

There is no magical solution to just “get over it” or “move on” in grief. As the facilitators, we watched the participants evolve in their grief journey and the comments above attest to this positive change. The knowledge and skills gained empowered and reminded them of how resilient they actually are.

With some time, patience and a better understanding of the impact of our grief, we can grow around our painful wounds. We can allow ourselves to experience joy again (without guilt) and hold onto cherished memories of our loved ones (who we will never forget) while we continue to live and move forward.

We would like to say Miigwech to M'Chigeeng Health Services for giving us the opportunity to develop our own version of a community-based, grass-roots “Honouring Your Grief Program”. It was a compilation of learning we have gained on our own personal grief experiences, along with various trainings.

We want to give a special thanks to Simone Desmoulin of Biidaabaan Healing Lodge, for sharing her knowledge with us. We also want to extend our thanks to Helena Bebonang and Laura Day-Corbiere for the program support and our guest speaker Gloria Oshkabewisens, Traditional Knowledge Keeper, each of whom contributed to the success of our pilot program.

Respectfully,

Christy Taibossigai (RN) & Tammy Gordon (MSW)

Binoojiinh Gamgoonhs June Reminders

June Closures

The Daycare centre will be CLOSED on the following dates:

Thursday, June 15

Friday, June 16

Friday, June 30

Extra Clothing, Outdoor Essentials

As our weather gets warmer, we would like to remind parents/guardians that your child will be needing Summer clothing sent into the centre. Such as, shorts, t-shirts, hats/sunhats, sunscreen, bug repellent, and water bottles.

Late Fees

M'Chigeeng Binoojiinh Gamgoonhs closes at 5:00pm. Parent(s)/Guardian(s) are required to notify the Centre if they are unable to arrive by closing time. Children enrolled between 7:30am-5:00pm or 9:00am-3:00pm will be subject to late fees.

First occurrence

verbal warning by the Supervisor/Designate.

Second occurrence & beyond

Late fees will apply after subsequent occurrences and the parent(s)/guardian(s) will be invoiced accordingly. A late fee of \$1.00 will be charged to the parent(s)/guardian(s) for children remaining beyond what is indicated on the parent agreement form. **Times are calculated and recorded using synchronized clocks.** Parent(s)/guardian(s) must sign a late fee form. Cash payment must be made within one week of the late occurrence.

- **Violation of the late fee policy will result in suspension/termination of childcare services and will remain in effect until outstanding fees are paid. Service will resume when fees have been paid in full.**
- **Late fees will be applied if parent exceeds contracted/agreement time of pick up. Time of pick up coincides with parents work schedule. A "15 minute" grace time is given to parents working within the community.**

HOURS OF OPERATION

Hours of operation for working
Parents(s)/Guardian(s)
7:30am-5:00pm

(MUST coincide with parent's work/school hours).

Hours of operation for A-Home
Parent(s)/Guardian(s)/Respite/
Maternity/Socialization
9:00am-3:00pm

Morning Arrival

We encourage arrival by 9:00am so that your child(ren) can participate in all our programmed activities. Our enrollment numbers assist the cook in snack and meal preparation. **Arrival past 9:00am should be due to emergencies or medical appointments only;** a phone call by 9:00am is necessary so that the staff know that your child will be arriving at a later time. When dropping off your child in a room, please alert/notify educator of their arrival.





Junior Preschool

Aanii from the Jr. Preschool Room!

Our Jr. Preschool group have been very busy learning! We learned about Transportation, different trucks, cars, and vehicles. We learned the colours yellow, brown, blue, and green. We are now learning about dinosaurs! We went on a Dino dig! The kids had great fun looking for dinosaurs in the sand. We also made a volcano and watched it erupt. Ms. Rose is teaching us Anishnaabemowin in our units, we have lots of fun. We had a visitor as well that read a couple of stories to us! Miigwech Ms. Patricia! We are going to be learning community helpers soon as well. We are hoping to visit some of our community helpers too! Learning is great fun!



Sandra Cada RECE
Brenda Armstrong EA
Rose Toulouse Anishnaabemowin

Growth & Development Tips

Aanii!

Happy June! This month, I wanted to share some information with you about everyday activities that help your child with growth and development. Children learn by doing. They learn about their world and how to interact with others by exploring and participating in activities around them. Children learn every day, so everyday activities and habits at home encourage growth in many areas of development, and the best part is: you may already do some of the following suggestions at home with your family. Meals and Snack Activities provide a great way to share enjoyment and interests. By having your child participate in preparing the food, setting the table, and cleaning up, you can create more openings for learning. Care Activities like washing hands, dressing, bathing, and brushing teeth sometimes happen many times a day. These activities provide skills to the child like social interaction, fine-motor skills, independence, and communication. Book, Letter, and Number Activities can help promote language skills and literacy development. These activities can be used by reading books, sharing photo albums, and even playing computer games together.

Practice makes perfect! Moving from simply having opportunities to promoting active engagement with a child can be challenging. Families are often surprised to find that some of the most rewarding opportunities for a child to learn happen in the background of the actions you are already doing each day. After looking at how your family spends time together, you will find moments for learning where you least expect it. Moments add up to minutes and hours that are critical to influence learning and development for your child.

Miigwech kina wiiya!

Kaelyn Moor, DSW
Resource Teacher



Friendly reminder that M'Chigeeng Binoojiinh Gamgoonhs is a PEANUT/NUT FREE ZONE!! Absolutely no foods containing peanuts/nuts please!