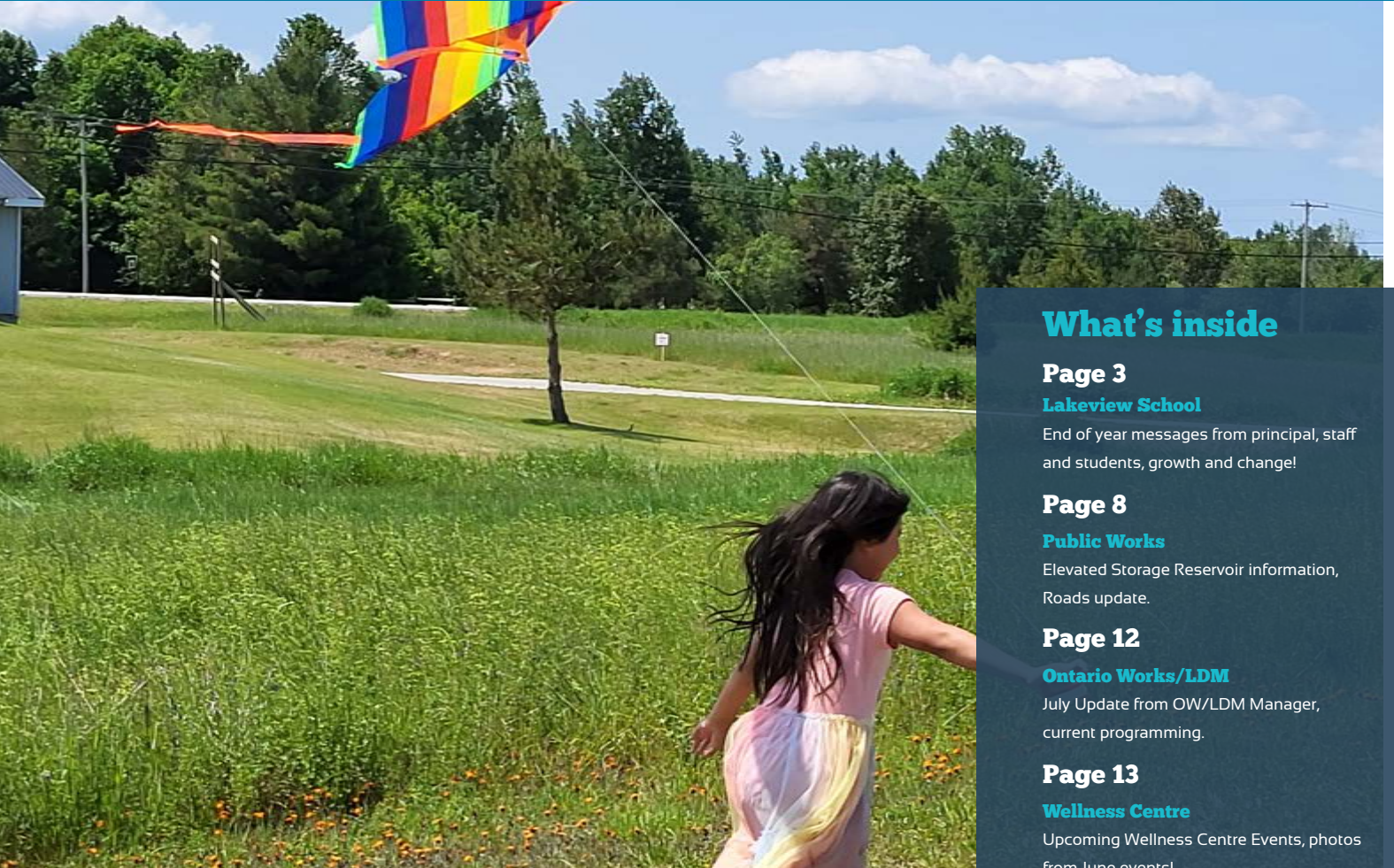




M'CHIGEENG



End of School Year Farewell Letter to my Students

Ms. Kelly Gratton bids farewell to her Grade 2 students, the "Terrific Twos".

Dearest Terrific Twos,

Getting you all back this year was such a precious gift! You are the only students in my entire teaching career that I've had the pleasure of teaching twice. We were so lucky to be reunited and to have another chance to learn together!

It will be a difficult good-bye but, "how lucky am I to have something that makes saying good-bye so hard" (A.A Milne.) As I've been saying, "I will never be far away and I'm always here at Lakeview School

for you to come and talk to."

In life when you truly love something you set it free — with that being said... "You are all ready to soar over to Grade 3!"

Play outside this summer, make many memories, and read even more books! Be kind to yourselves and to others. Make wise choices and have fun along the way.

Hugs and yours in learning,
Ms. G

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Election information

Please see the back of this newsletter for Election information and important dates.

REMINDER: FIRE BAN IN EFFECT

Fireworks, charcoal
bbq, and all outdoor
fires are NOT permitted
at this time.

Terrific Twos School Adventures



Garden Creations

Grade 2 students painting hearts for the garden!

Heart Garden Complete!

Jasper Debassige admiring the "Heart Garden" in Gore Bay.





Lakeview School - Principal

Aanii kina wiya!

It's been an amazing school year at Lakeview! We have so many amazing students and staff. Everyone has been committed to doing their best. It's great to see such dedication to learning!

Gchi miigwech to all the Lakeview families for the continued support and involvement in their child/ren's learning journey. Gchi miigwech to M'Chigeeng First Nation programs that continue to partner with the school to assist in overall well-being development. It's so heartwarming to know that M'Chigeeng as a whole has a tremendous role to play in the development and learning success of our students! This month, the classes hosted a cultural fair, displaying their pride and knowledge of who they are as Anishinaabek. The displays and interactions were amazing! We could really see the pride from students and visitors.

Lakeview had two caregiver engagement sessions this month as well. These engagement sessions provide an opportunity for families to come and interact with their child/ren and to participate in different activities. The students are overjoyed when family members visit and interact!

We had many of our students participate in track and field and they represented Lakeview with the utmost pride!

It is hard to believe that this school year is coming to an end! I am very proud of each student and am looking forward to their return in September at the next grade level!

I am happy to announce that Travis Corbiere has been hired to be our full time Vice Principal for the upcoming school year! We will also have a Literacy Support Teacher, a Numeracy Resource Teacher, and a Music Teacher! Great things continue to happen for the benefit of the students! Lakeview is also happy to announce that there will be a Full Day Kindergarten Program for Junior and Senior Kindergarten aged students. It was great to see so many students and families on registration night! Registration can still take place – stop by the office before July 7, 2023 to register your child to attend!

Enjoy the summer, stay safe, have fun, and be proud!

Gchi-miigwech,
Gayle Payette, Principal
Lakeview School

Celebrating National Indigenous History Month

In the final stretch for summer break, the grade 7 class was excited for National Indigenous History Month. The activities and events in and around the school and community was exciting! Having the heritage fair, pow-wow, class trip, attending Treaty Talks, and completing year end school work was busy. The grade 7 class would like to take this opportunity to wish everyone a safe and happy summer. We are truly grateful for all the community groups, helpers, individuals, and parents/caregivers who have helped to make our school year a great success. Miigwech, we appreciate all that you have done!





Primary Parental Engagement

June 13th - Ms. G's Grade 2 class



Primary Parental Engagement

Mrs. Taukei's Grade 3 class!



National Indigenous Month - Heritage Fair

TOP LEFT: Lakeview students celebrating and showcasing their culture at the Heritage Fair as part of National Indigenous Month; TOP RIGHT: Bryce and Laz presenting the Grade 2 Class Project at the Heritage Fair; BELOW LEFT: Some of the Senior Lakeview boys drumming; BELOW RIGHT: Officer Hare interacting with the Grade 1 class at Lakeview





National Indigenous Month - Heritage Fair

TOP LEFT: Noah E. & his Mom, Joy at the Lakeview Cultural Heritage Fair; TOP MIDDLE: Owen did his heritage fair project about his grandfather, Glen Hare; TOP RIGHT: Wade Jr. & Wade Sr. BELOW LEFT: Lakeview Staff out enjoying a round of golf!



Sr. Kindergarten, Ready for Gr 1!

Aanii from our SK class. We have been enjoying the outdoors, going on adventures, learning and exploring. We have been doing lots of fun sensory experiments and learning about things that float and sink. SK's have enjoyed drumming and our heritage fair. We are ready for Grade !!

Senior Kindergarten - Such Fun!

BOTTOM LEFT: The SK class project at the Heritage Fair, "Every Child Matters"; BOTTOM CENTRE: The SK class drumming and learning songs with Ms. Geraldine. BOTTOM RIGHT: SK Class time with sensory experiments



Farewell, Grade 5!

On behalf of the grade 5 class, authored by Bria, Matthew and Tomas

In the month of May we did many things, like practice track and field events and land-based activities with Corey MacDonald from Noojmowin Teg. One fun thing that we remember is that we went on a hike to look at wild leeks! We tried wild leek soup too! Corey showed us how to filet bass fish then he deep fried the fish. It was Bria's Mrs Fox's birthday too!

In June we worked on our cultural projects and it was very fun! Some research projects were maple syrup, bow and arrow, sweetgrass, and scone. We did our presentations in the gym. Also, we did our dance projects. That was kind of scary but we were all laughing at ourselves and cheering each other on! Some dance genres were pop, folk, hip-hop and the waltz. Another thing that happened in June was we went on a field trip to the Community Heart Garden Ceremony in Gore Bay. We got to meet other students from Charles C. McLean Public School. We smudged, gave tobacco ties, flew kites and had some snacks. We are excited for our year end class trip. We are going to Sudbury to go and play at Urban Air. Then after that we are going to the mall food court to go and eat. We had a fun school year and learned so many cool things in Grade 5!



Grade 5 activities!

TOP: Ms. Bri and class on a hike to look for wild leeks. ABOVE: Students enjoying wild leek soup!; BELOW AND RIGHT: Fileting bass with Corey MacDonald from Noojmowin Teg.





Anishinaabemowin

Grades 4 - 8 with Ms. McGregor

June is a busy month for consolidating learning for the school year. Students were busy working on prayer flags designed with positive intentions to share with everyone at our Pow Wow. Another year-end project involves designing a gameboard using location terms studied this term.



Prayer Flags & Game Design

Take a look at the beautiful prayer flags and some of the excellent game designs in progress that happened in June in Ms. McGregor's classes!



Elevated Storage Reservoir Update

"Investment in Infrastructure is a long-term requirement for growth and a long-term factor that will make growth sustainable."

- Charles Kochhar.

As per the April 2023 CPPW article an update on the Elevated Storage Reservoir (ESR) was indicated.

The ESR was constructed in 2002, it is a composite tower with steel cladding Carbogaurd high solids epoxy interior coating. As part of the regular maintenance management planning intermit inspections are required to ensure there is no premature deterioration of the lining and any regular wear & tear items are to be addressed. Sept. 2020 an inspection was carried out by Landmark Towers identifying upgrades for health and safety and wear and tear. Some misc. accessories like upgrade venting, safety compliance, upgrade safety lighting for aircraft, Health & Safety- touch up rail hatches, install rescue port at the landings, with the largest item is the relining the interior of the tank. The relining of the interior of the tank will require the ESR to be drained and empty for 8 to 12 weeks and can only be carried out during low humidity climate (summer). Plans are underway for this remediation with upgrades to the water plant and PRVs in the distribution system already completed. This relining of the interior of the ESR is required to ensure a continues supply of clean potable water is maintained for the community and to extend the life expectancy of the water tower.

A technical memo is being produced for Chief and Council with community notices to follow.

While the ESR is offline members will be experiencing lower than normal water pressures and are expected to reduce their water usage to only what is considered essential, cooking, cleaning, laundry. The M'Chigeeng Fire Department has been apprised of the lower-than-normal water pressures and does have plans in place to ensure fire protection is continued, this is done with a Fire Action Plan and extra water tankers, updated agreements with mutual aid partners from Billings and Central Manitoulin fire departments.

This project would not be possible without assistance from Project Management firm FHR, FNESL and Landmark towers. It is 100% funding from Indigenous Services Canada and endorsed fully by Chief and Council.

If you have any questions regarding this update, do not hesitate to contact the Public Works Manager, Murray McGregor.

Email: murraym@mchigeeng.ca



Language/Cultural Facilitator

Boozhoo! Perry Bebamash ndizhinkaaz, Michigiing ndoonjibaa, Anishinaabe ndaaw. M'Chigeeng Binoojiinh Gamgoonhsing ndananokii. Cultural/Language Facilitator ndizhichige.

Greetings in respect to Nenaboozhoo! My name is Perry Bebamash, I am from M'Chigeeng, I am Anishinaabe. I work at the M'Chigeeng Daycare. I do the Cultural/Language Facilitating.

I help provide and facilitate language and culture for the daycare during the day with the children and staff and programming for parents and community members.

I have been here for about a month and a half now and greatly enjoy it. Watch for my postings in the community or on social media, come on out to enjoy some good miiijim, Anishinaabemowin and Anishinaabewaadiziwin. I also can bring people in that have a cultural or language skill, if you would like to share that with us and community members.

I can be reached at perryb@mchigeeng.ca or by phone (705)377-5383 ext. 213.

Nahaaw, miigwech, baamaa miinawaa. Mino-niibinishidaal - Okay, thanks, later again. Let's have a good summer!

A

anii M'Chigeeng!

Happy July! Hope you all are enjoying this beautiful weather; the summer months are finally upon us!

The Public Works Department staff are hitting the ground running with projects around the community. Some of you may have noticed us out and about working, from brushing and trimming to lawn care and maintenance, to edging and ditching along all roadways here in the community.

Edging is when the crew works along the edge of roadways with the backhoe or our Kubota scooping access sand and dirt that was left on roadways over many years. This is crucial for our roadways. The benefits of edging annually are to reduce the frequency and severity of road runoff. This means, when the edges are higher than the road, rain fall, and snowmelt has a harder time draining off the roadways. The rainfall and snowmelt remain on the roadway which, over time, deteriorates the edges of our roadways and causes torn up edges, potholes and even sinkholes! The picture to the right was taken on Hill Street of what having excess dirt and gravel built up along roadway edges can do to our roadways. When edging is not conducted and is neglected for years, torn edges and roadways, potholes and/or sinkholes are created.

In October of 2022, Myself along with First Nations Engineering Technical Services conducted a Roads Need Study. It was determined that many culverts along the community are in need of immediate replacement. This was approved by Chief and Council and culverts that were deemed of immediate

Road Maintenance and Repairs

replacement will be replaced this summer. So, keep an eye out for more updates from the Public Works Manager on when and where construction will begin. This picture at the bottom left is a result of neglected ditching and improper construction of culvert installation. This driveway culvert was not properly installed or ditched properly, as a result, water runoff went around the culvert causing wash out along the roadway which caused not only the ditch to be washed out but also deterioration to the roadway which in this picture, was patched up.

The Public Works Team works hard to prevent issues like this from occurring in the future, by conducting preventative maintenance, roadways will last longer and meet it's hardtops life expectancy!

Until next time, M'Chigeeng!

Treena Debassige, Public Works Manager



Roadway damage caused by neglected ditching & edging

Neglected roadways and improperly installed culverts result in washed out ditches, potholes and sometimes even sinkholes.

**FINDING OUR
PLACE IN
CREATION
(SEASONAL
LAND-BASED
PROGRAM)**



**RECRUITING 12
YOUTH (AGES 12+
YRS OLD)
COMMITTED TO 1
WEEK IN EACH
SEASON**



**MORE INFO TO
COME AFTER
REGISTRATION
COMPLETE**

**SUMMER 2023 - CANOEING (DATE: JULY 17 - JULY 20. 10AM
- 4PM EACH DAY)**

FALL 2023 - RABBIT SNARING (DATE & TIME TBD)

WINTER 2024 - ICE FISHING (DATE & TIME TBD)

SPRING 2024 - TREE TAPPING (DATE & TIME TBD)

CONTACT FOR REGISTRATION

JACOBG@MCHIGEENG.CA

MEGANE@MCHIGEENG.CA

**PROVIDED: \$50 HONARARIUMS,
SNACKS, MATERIALS**

What is STIGMA?

How does it effect individuals and communities?

What role does it play in Mental Health & Addictions?

How do we deal with and break it down?

Stigma is: a mark of disgrace associated with a particular circumstance, quality, or person.

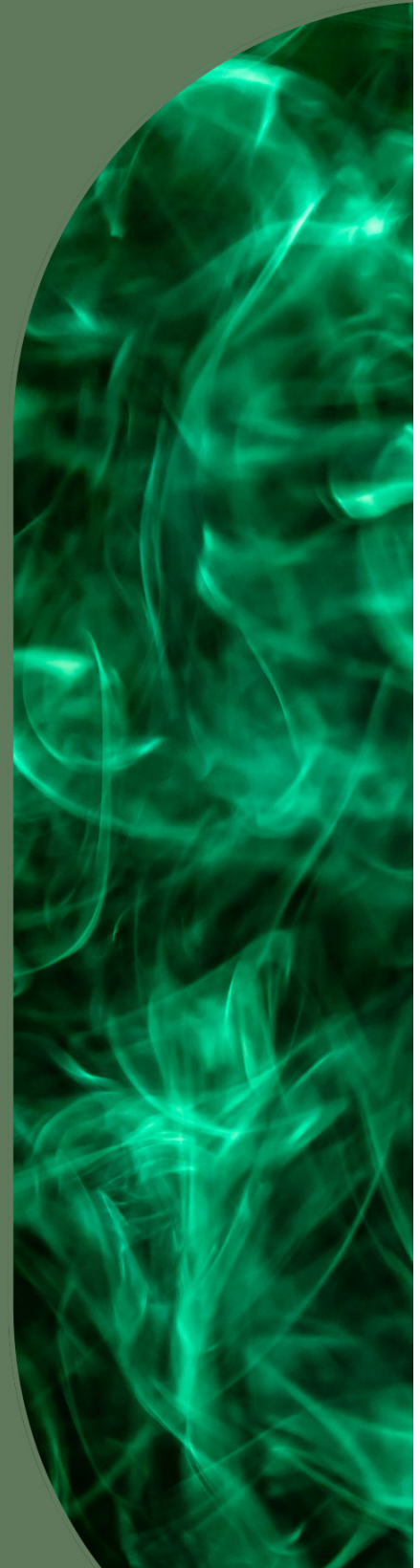
Stigma plays a major role in isolating people from their community.

Stigma is spread by misinformation, prejudice and lateral violence.

An example of Stigma is that people living with Mental Illness are dangerous or crazy.

Stigma: A Leading with Kindness Workshop

CONTACT: WRENNC@MCHIGEENG.CA



Ontario Works/LDM Department July Update

Ontario Works Applications: please contact April Corbiere at 705 377 5362 Ext. 238 aprilc@mchigeeng.ca to schedule an appointment or any inquiries.

Community Placements: Provides participants with the experience to move to paid labour force with improved skills and self confidence.

Food Depot

Food Bank dates are Monday and Thursday's, delivery will be from 2pm– 4:30 pm. You can contact Amy Mae Migwan's at Ext 222 or by email at amym@mchigeeng.ca, you can also contact Colleen Debassige at 705 377 5362, Ext 222 or by email at colleend@mchigeeng.ca before 2:00 pm. The Food Depot is available to all Band members that may need assistance.

Effective June 22nd, 2023, to September 1st, 2023, summer hours are 8:00am to 4:00pm.

ASI Program

If you are experiencing difficulties with addictions, ASI can help. The program's targeted group is for Ontario Works - ODSP clientele. Please contact Joan Hoekstra

Addictions Service Initiative - ASI Caseworker at 705 377 5362, Ext. 219 or by email joanh@mchigeeng.ca if you would like to schedule an appointment. Joan is also assisting with Income Tax filing for individuals on fixed incomes.

Ontario Disability Supports Program - ODSP Delivery Site

The Ministry of Community and Social Services and M'Chigeeng Ontario Works Program is continuing to meet regarding the ODSP Delivery Site initiative for M'Chigeeng First Nation, November 2023 is the target date to commence.

We would like to welcome back Colleen Debassige. Keegan Peltier has been hired as the new Finance Clerk for the OW-LDM Department, welcome to the team!

LDM Program

The LDM Program is accepting applications for the 2023/24 for 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 and abbyp@mchigeeng.ca, John Ense at 705 377 5362 Ext. 215 or johne@mchigeeng.ca.

YEP – Summer Employment Program

Summer Employment Program is now accepting applications for youth summer employment for High School and Post Secondary Students, please contact:

Menny Gordon Corbiere YEP Coordinator mennygc@mchigeeng.ca 705 377 5362 Ext. 225

Kaylynn Payette YEP Coordinator Kaylynnp@mchigeeng.ca Ext. 225

Computers are available to assist community members with Job Search, training, educational opportunities, etc. contact Colleen Debassige at the M'Chigeeng Administrative Office.

OW/LDM Training Initiatives

We are still accepting applications for the Employment Experience Program for the period April 1st, 2023, to March 31st, 2024. 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 subsidized employment opportunity for OW Clients for up to a year. Please contact April Corbiere at 705 377 5362 Ext. 238 or aprilc@mchigeeng.ca

Upcoming Training in M'Chigeeng

The OW-LDM Department will continue to offer new training initiatives that will be offered in M'Chigeeng for the 2023/24 year.

Training initiatives we are negotiating with are Heavy Equipment Course - NATTS, Small Engine Repairs, - Cambrian College, tentative date August 14th, 2023, Administrative Training, Bus Drivers License through - NATT. The training will be through Cambrian College, Canadore College, KTEI, and NATT. We are exploring training for Electrical and Plumbing programs, we will keep you posted.



Happy Birthday



Elders Dinner
4pm Social
5 pm Dinner
Wellness Centre
61 Lakeview Drive
705-377-4240

July Birthdays



Celebrating Elders!

LEFT: June birthday dinner at the Wellness Centre, with aprons made by Bonnie! Join us on July 20th to celebrate this month's birthdays!

M'CHIGEENG WELLNESS
CENTRE

DINNER CRUISE

M'Chigeeng Elders



**North Channel
Cruise Lines**

12 JULY
WEDNESDAY
4 - 7 PM

Limited seating, meal & boat fees covered by
M'Chigeeng Wellness Centre - Elders
Program. Depart Little Current at 4pm.
Call to register 705-377-4240



Binoojiinh Gamgoonhs Update/Reminders

Update by Denise Debassige, Centre Supervisor

It's hard to believe that we are nearing the end of another school year and on Thursday, June 29, 2023 from 3PM – 5PM we will be hosting a year end BBQ for our children, families and staff. June 29th also marks the last day of our fall/winter/spring programming; with our summer programming beginning on Tuesday, July 4, 2023. A friendly reminder that childcare services for the summer program from July 4 – August 30, 2023 is for working parents/guardians. If you haven't already confirmed your child space for the summer program please contact us as soon as possible as the programs are filling up very quickly. Your original intake information/child's health assessment may also require updating, we will check with Rhonda on this.

I would like to take this opportunity to welcome a few new individuals to our team and they are; Perry Bebamash as the Language and Cultural Facilitator, Summer Beaudin as an Educator's Assistant; and Dream Saunders who will be taking the lead this summer in the school age program.

Our summer groupings and supervising staff will be as follows.

- Infant Age - Bethany Taibossigai (RECE) & Mnawaate Gordon-Corbiere
- Toddler Age - Erica Young (RECE) & Shania Roy
- Preschool Age – Sandra Cada (RECE) & Brenda Armstrong
- Kindergarten Age – Jasmine Roy-Corbiere (RECE) & Valerie Corbiere
- School Age – Dream Saunders (Child and Youth) & Summer Beaudin

o On call supply educators and/or floaters are Sheila Eshquib, Sasha Hare, Breanna McCauley, and Rosetta Toulouse.

o For available summer student positions with Binoojiinh Gamgoonhs please contact Mentaagzid Gordon-Corbiere and/or Kaylynn Payette at the administration office.

o Binoojiinh Gamgoonhs is also seeking to fill full time RECE's, as well as "on call supply positions". Please contact Andrea McGregor, Human Resources Manager, for available positions and detailed job descriptions.

We also have some very exciting news to share - **on Tuesday, June 20, 2023 we celebrated 19 graduating children who will be transitioning to "the big school" in the fall of 2023 for their full day kindergarten experience at Lakeview School!** Pictures to follow in next month's newsletter edition.

In addition, please be aware that our [2023/24 fall and winter programming will reopen on Tuesday, September 5, 2023. Please be sure to contact the Centre to enroll/register your child at your earliest convenience.](#)

Eligibility Guidelines for Parents/Guardians

In two parent households, both parents must be working or in school (beyond 3:00 P.M.) to qualify for full day (7:30 - 5:00 P.M.) services. Documentation confirming employment/schooling will be requested at the time of enrollment. Parents/Guardians who are self-employed will be evaluated on a case-by-case basis to determine eligibility of admission and the type of care required. Parents/Guardians who are in training courses or taking correspondence courses will be evaluated on a case-by-case basis to determine eligibility

of admission and the type of care required. Socialization hours, from 9:00 – 3:00 P.M., are available for the toddler and preschool programs if space is available. For children that are referred – if one parent/guardian is at home, then the child(ren) will be eligible for part-time care, 9:00 – 3:00 P.M. If both parents/guardians are working or in school, (beyond 3:00 P.M.) then the child(ren) will be eligible for full time care (7:30 - 5:00 P.M.)

Referrals are those from KINA Gbezhgomi, M'Chigeeng Child and Family Services, M'Chigeeng Child and Family Support (EarlyOn/Toy Library) and/or other related community agencies

Daily Observation Check

The educator will carry out a "daily observation check" of your child. If your child is exhibiting symptoms of ill health that may affect the health of others, you will be asked to keep your child home until he or she is well enough to return. The Daily Observation Check, in accordance with the requirements of the Child Care and Early Years Act, a daily observation check of each child is made on the child's arrival at the Centre. The daily observation check is carried out, in the presence of the parent(s), by the educator, so they can exchange information about the child's health status and make decisions about the best ways to meet the needs of the child and parents. We encourage parents to share information about their child (i.e., restless night's sleep, lack of appetite) This information will be recorded in the daily written record/communication log.

(Continued on page 15...)

(continued from page 14...)

In completing these daily observation checks, staff is asked to observe or learn through discussion with parents whether any of the following are present:

1. Elevated temperature, flushed coloring, unusual paleness.
2. Nasal discharge or repeated, severe coughing.
3. Stomach ache, vomiting or diarrhea. Red or discharge eyes or ears.
4. Undiagnosed skin rashes, sores, or swellings.
5. Unusual activity levels (ie., irritability, restlessness, or fussy listless behavior)
6. Marks or bruising the child may have obtained through playing at home the evening before.

By observing children at the beginning of each day, staff can identify specific signs or symptoms of illness in time to prevent the spread of infection. Staff is not expected to be able to diagnose illness but to become sensitized to a child's condition. On occasion, this examination may lead to a decision that the child is not well enough to attend the program *Please inform staff if your child has been given over the counter or prescription medication overnight. Fever control medication should not be given to your child before coming to the Centre.

Binoojiinh Gamgoonhs

Additional Reminders

- Please ensure that your child has "extra" appropriate seasonal clothing
- Bug spray, sunscreen, and a water bottle
- Summer wear (swim suit/towel, water shoes, closed toed sandals or runners) — flip flops are discouraged as they contribute to slips and falls during outdoor play.
- Summer hats are also encouraged.

****Please be sure to label all your children's belongings with their names****

Arrival and Pickup

Regular times of drop off and pick up are a comfort to young children. Centre opens at 7:30 A.M. for working parents. Please arrive by 9:00 A.M. so that your child(ren) can participate in all the programmed activities. Please call the Centre by 9:00 A.M. for the following:

- Your child(ren) will not be attending that day
- Your child(ren) will be arriving late; past 9:00 A.M. due to family emergencies or medical/dental appointments
- You will be picking-up your child(ren) early.
- Someone other than parents/guardians will be picking-up your child(ren).

Child(ren) must be accompanied into the Centre by parent/guardian or an authorized adult, escorted to designated classroom and brought before an educator. It is important that you take your child(ren) into their classroom and inform the educator that your child is now present if the educator is busy or engaged in another area of the classroom. Likewise, at departure time, inform a staff member that you are taking your child(ren). Arrival and departure must be done by an individual who is 16 years of age. If a parent(s)/guardian(s) has a number of uninformed and unexcused late arrivals, then the supervisor/designate will inquire as to what is causing the lateness and develop a plan whereby assistance may be provided to improve punctuality.



NEW ONTARIO ELECTRICITY SUPPORT PROGRAM

The Ontario Electricity Support Program helps reduce electricity bills for low-income households with a monthly on-bill credit.

The amount of the credit will depend on how many people live in your house and your combined household income. Find out if you are eligible and how to apply.

THERE'S HELP FOR LOW-INCOME HOUSEHOLDS

OntarioElectricitySupport.ca / 1-855-831-8151 (toll-free within Ontario)



OESP Monthly Credit Amounts by Household Income Level

Household Income (After Tax)	Household Size (Number of people living in household)						
	1	2	3	4	5	6	7+
\$28,000 or less	\$45	\$45	\$51	\$57	\$63	\$75	\$75
\$28,001 – \$39,000		\$40	\$45	\$51	\$57	\$63	\$75
\$39,001 – \$48,000			\$35	\$40	\$45	\$51	\$57
\$48,001 – \$52,000					\$35	\$40	\$45

What information do I need to apply?

You need:

- Your electricity bill account number, service address, and account holder details.
- The birthdates and names of all residents in your home.
- Social Insurance Numbers or Temporary Tax Numbers for tax-filing household members.

How do I apply?

Customers can apply online at OntarioElectricitySupport.ca

A paper version of the application can be downloaded from the OESP application website at OntarioElectricitySupport.ca or can be mailed to applicants by the OESP Contact Centre upon request.

July's Bad Energy Joke:

Due to the current energy crisis

The light at the end of the tunnel has been turned off.

badumtsss.

Responding to our Children's Feelings

Aanii everyone!

Happy July! This month I wanted to talk to you a little bit about Accepting your child's feelings. Feelings are difficult. Even emotionally strong adults struggle with understanding and regulating emotions at times. Here are some tips on how to cope with your child's big feelings:

Take all your child's feelings seriously – whether they're happy, sad, or angry. Even though it's sometimes hard to recognize why your child is feeling a certain way, their emotions always mean something, it's a way they communicate!

Respond sensitively and swiftly. Responding quickly to soothe our child can prevent powerful feelings from developing and becoming overwhelming. This doesn't mean you must stop your child's crying as quickly as possible. It means that you need

to show your child that you are there, and that you care.

Give your child the words for how they are feeling. Feelings have names; happy, sad, frustrated, angry. Learning to match those words to what they are feeling is part of healthy emotional development, and when they are able to communicate to you how they feel it will be easier for you to assist them.

Children have big emotions, and it is our job as parents and caregivers to help children figure out what may be causing these emotions and to help the child learn to regulate them. I hope some of this information may bring some comfort and understanding to both you and your child when emotions are high.

Miigwetch for your time!

Kaelyn Moor, DSW
Resource Teacher

NEW

ENERGY AFFORDABILITY PROGRAM

Less energy. More savings. No cost.



SAVE ENERGY AND MONEY WITH THE 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.

With this program, you'll receive energy-saving upgrades tailored to the specific needs of your home, all at no cost. And a more energy-efficient home means more comfort and more money in your wallet.

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 | Visit SaveOnEnergy.ca/EAP

WHAT YOU CAN GET

If you qualify for the Energy Affordability Program, you'll be able to make energy-saving upgrades to your home at no cost.

YOU MAY RECEIVE:



An Energy Saving Kit with easy-to-install energy-efficient products, such as LED light bulbs and faucet aerators.



Upgraded replacement appliances, including refrigerators, freezers, window air conditioners and dehumidifiers (installed at no cost).



Professional installation of insulation and draft-proofing materials to save energy and keep your home more comfortable.

WANTED: Board of Directors

HIAH is currently accepting applications for the Grocery Store Board of Directors, HIAH Board of Directors, and MERE Board of Directors. Details and application forms can be found online at mchigeeng.ca/HIAH or by visiting the Administration office (53 HWY 551, M'Chigeeng).

DRUG WARNING

June 16, 2023

INCREASE IN SUSPECTED DRUG POISONINGS

Lower your risk of overdose:



Ask around.
Know your supply.



Avoid drinking alcohol when using drugs.



Use caution.
Start low and go slow.



Carry a naloxone kit.



Don't use alone.



Alone? Call National Overdose Response Service line at 1.888.688.NORS(6677)

Your supply may be more toxic than you know.

Respond to an overdose:



Call 911.



GIVE NALOXONE.
It will do no harm.
Additional doses may be needed.



If not breathing,
give rescue breaths.



Give chest compressions.
Push hard, push fast.



Place the person on their side if breathing on their own.



Stay until help arrives.
Overdose symptoms may come back.



705.522.9200

drugstrategy@phsd.ca

705.675.9171



Upcoming NOMINATION & POLLING dates:

Pursuant to the M'Chigeeng First Nation Custom Election Code 2019

Nominations will be held on

Saturday, July 22, 2023

6:00 p.m. - 8:00 p.m.

M'Chigeeng Council Chambers Administration Office

Advance Poll will be held on:

Saturday the 26th day of August 2023

12:00 p.m. until 6:00 p.m.

M'Chigeeng Community Complex

Election Day will be held on

Saturday the 2nd day of September 2023

9:00 a.m. until 6:00 p.m.

M'Chigeeng Community Complex

Peggy Sue Maniwal

Electoral Officer

1-855-959-1232