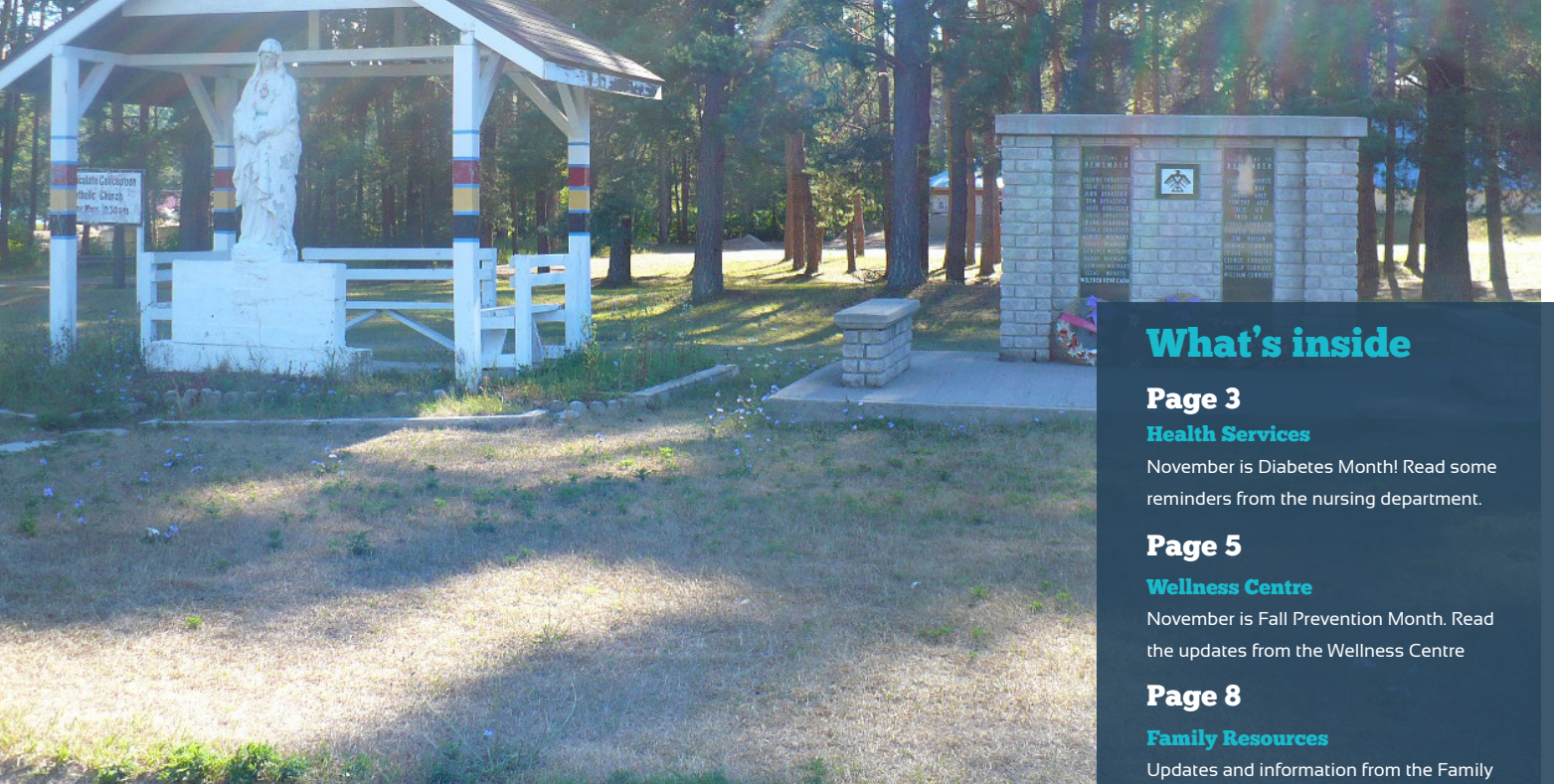




M'CHIGEENG



November 8 is National Indigenous Veterans Day

On November 8th, we gather to commemorate National Indigenous Veterans' Day. It is an occasion to pay tribute to the Indigenous Veterans who have bravely served in times of war, conflict, and peace.

The rich history of military service within our First Nation is a testament to the strength and resilience of our people. Across generations, our community members have stood shoulder to shoulder with Allies during critical moments in history.

Their legacy of service continues to inspire us today. We remember the sacrifices

made by these remarkable individuals, including those who gave their lives and those whose lives were forever altered by their service. Our thoughts and support go out to their families, loved ones, and our entire community.

As we observe Indigenous Veterans' Day, let us also reflect on the courageous stories from our community. While the government and its structures may have placed barriers in their path, our Indigenous Veterans always answered the call to serve.

Lest we forget.

Stay tuned for more information regarding National Indigenous Veterans Day.

What's inside

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Health Services

November is Diabetes Month! Read some reminders from the nursing department.

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Updates and information from the Family Resources department

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Lakeview School & Binoojiinh Gamgoonhs

Peek inside the grade 2, Grade 3 and Grade 7 classrooms! Plus, reminders for Daycare

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Enaagdenjged

Important news from the Enaagdenjged.

Daylight Savings

REMINDER! Turn back your clocks. Daylight Savings occurs this year at 2:00am on November 5, 2023

4:30PM

**DOORS
OPEN**

ANNUAL COMMUNITY *Gathering*

Information Booths! Staff available for questions

4:30pm - Opening Prayer & Song

4:45pm - Opening Remarks - Gimaa

5:00pm - Lasagna Dinner

5:45pm - Presenataion of Audit

Closing prayer and song

DRAWS !!!

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

November 16, 2023 | Community Complex



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



Health Centre Nursing Department Reminders

Influenza Vaccines: Available Monday-Friday, 8:30am-4pm at M'Chigeeng Health Centre. Appointments are encouraged at 705-377-5347.

COVID-19 and Influenza Vaccine Clinic: November 6/23 at M'Chigeeng Health Centre. No appointment necessary, walk-ins welcome! Bring your health card.

Nurse Practitioner – Mary Dantouze: In-person appointments every Tuesday & Thursday at M'Chigeeng Health Centre. Remote availability on Monday, Wednesday, & Friday. Call for appointments.

Labwork: Tuesdays & Thursdays, 8:30am-10:30am at M'Chigeeng Health Centre. Appointments encouraged.

Let's Get Moving Challenge: Continues throughout November! Submit weekly activity passports to Ivy at ivym@mchigeeng.ca or drop off at the health centre for a chance to win. Grand prize draw on December 1/23.

Noojmowin Teg Foot Care Nurse: Visits every 2nd Thursday. Book with Theresa (reception) at 705-377-5347.

Influenza Vaccine FACT vs. MYTH:

Myth 1: Influenza isn't serious, so I don't need the vaccine. (Fact: The flu can be deadly.)

Myth 2: The flu vaccine can give me the flu. (Fact: It contains an inactivated virus.)

Myth 3: The flu vaccine can cause severe side effects. (Fact: It's generally safe.)

Myth 4: I had the vaccine and still got the flu, so it doesn't work. (Fact: It improves your chances.)

Myth 5: I'm pregnant, so I shouldn't get the flu vaccine. (Fact: The inactivated flu vaccine is safe in any stage of pregnancy.)

For more details and sources, visit: <https://www.who.int/news-room/spotlight/influenza-are-we-ready/5-myths-about-the-flu-vaccine>

Stay healthy and informed!

November is Diabetes Awareness Month!

Review the Diabetes Canada – Staying Healthy with Diabetes fact sheet coming up!

On November 1/23 join our Diabetes Nurse Ivy at the Annual Diabetes Conference, happening at the Little Current Rec Centre. For more information and to register, please contact Ivy at 705-377-5347 ext. 210

Throughout the month of November, we are also hosting multiple diabetes information sessions regarding various topics!

Do you know your nursing team?

Community Health & Diabetes (705)-377-5347

Nursing Supervisor – Leah Migwans EXT 223

Community Health Rep – Helena Bebonang EXT 222

Community Health Nurse - Julie Assiniwe EXT 232

Community Health Nurse - Kaleigh Harrietha EXT 205

Diabetes Nurse Educator – Ivy McLean EXT 210

Homecare Program (705)-377-5347

Homecare nursing and PSW are available through referral. Please contact Pam Debassige – Homecare Manager for more information.

Homecare Nurse - Darlene Maracle EXT 227

Homecare Nurse - Cynthia Debassige EXT 226

Homecare Nurse – Calvin EXT 224

Homecare Program/Wellness Centre (705) 377-4240

Ext 201 Angela McGraw, Community Wellness Support Worker

Ext 202 Bonita Bebamash, PSW

Ext 203 Pamela Debassige, Home Care Manager

Ext 204 Iosefo Taukei, PSW

Ext 205 PSW Office - Tammy Debassige, Pearl Burke, Mike Fowler

Ext 206 Dining Room

Ext 207 Agnes Mack, Cook

Ext 208 Taylor Debassige, Maintenance

Ext 209 Common Area



DIABETES WELLNESS CONFERENCE

WEDNESDAY NOV 1, 2023

9am - 3pm

LITTLE CURRENT REC CENTRE

OPEN TO ALL MANITOULIN RESIDENTS

**FLUSHOTS
FOOT CARE
MASSAGE**

KEYNOTE SPEAKER

HSN Diabetes NP Patricia Byne
TOP 10 essentials for Diabetes Management

CERTIFIED DIABETES EDUCATOR

Diabetes education you can understand

DIABETES REMISSION

A personal diabetes journey

KIDNEY HEALTH

Preventing dialysis

**FOR MORE INFORMATION OR TO REGISTER
CALL CHRISTY AT (705) 368-2300 EXT 2415
OR EMAIL MANITOUULINDIABETES@GMAIL.COM**



Fall at the Wellness Centre

Aanii kina wiya,

Pamela maa baa. I hope you all are finding some joy as the season changes over and winter preparations take place. As the days get shorter our energy levels tend to do the same so be sure to take care of yourself, rest when you are tired, sip a nice cup of tea with an elderly family member and simmer a pot of soup while you enjoy each other's company. Speaking of soup, please join us for our next Soup Social on Wednesday November 8, 2023. Everyone welcome!

After several requests from our friends of the Elders Program, we are pleased to announce a day trip to Sudbury Gateway Casino. The tentative date is Friday November 3, 2023, let's hope for good weather. Additional outings to get your Christmas shopping started or completed are also planned for this month, Little Current on Friday, November 10th and Wikwemikong on Friday November 17th, 2023. Please call ahead to reserve your seat.

November is Fall Prevention month, and we all have an important role to play in keeping ourselves and our family members safe from a preventive injury. Did you know falls are the leading cause of injury related hospital stays among senior adults, 20-30% of seniors fall each year. Fall injuries are also the leading cause for hospital admissions in children age 0-14. See our November calendar for the date of a Falls Prevention Workshop happening this month at the Wellness Centre.



Did you know?

- Falls are not a normal part of aging. They are predictable and can be prevented.
- Your home, furnishings and lifestyle all affect your risk of falling in and around the home.
- Removing hazards in and around the home can reduce the risk of falling and loss of independence.

In the event of a fall or accident-causing injury, the home and community care program have referral based support services such as;

- Hospital discharge planning
- Assessment of care needs and development of a care plan post discharge, including nursing care and/or personal support workers
- Post-surgery care, wound care or dressing changes
- Medical equipment as recommended by health care professional
- Referrals to other local organizations that provide community care services, ie. physiotherapy

Hopefully this doesn't happen to you, but we just want you to know that we are here to help in the event of.

We would like to acknowledge and say Miigwech to our helpers; Nayala O'Connor, volunteer high school student and M'Chigeeng Publics for their donation of moose meat, your generosity, time and energy is muchly appreciated.

If you would like to receive an email or text reminder of our events, please feel free to pass along your contact information or download the M'Chigeeng app, there is a lot of helpful information posted.

Nahow, baa maa pii minawa and take care until next time.

M'Chigeeng Wellness Centre





M'Chigeeng MENTAL HEALTH & ADDICTIONS DEPARTMENT

CONTACT INFO

- (705) 968-0552
- Ka Naadimaadimi Wil Minamaadiziying
- 63 Back St. M'Chigeeng ON.
- <https://mchigeeng.ca/mental-health-program/>



Systems Navigation

8:00am - 4:30pm

The Systems Navigation program exists to provide a bridge between services in order to make accessing supports easier. The systems navigator works collaboratively with all M'Chigeeng First Nation services to create the best possible support network for the members of M'Chigeeng.

Services include:

- Connecting with Ontario Works
- Applications/Online Forms
- Educations Applications
- Resume
- Foodbank Referrals
- Job Seeking
- ODSP Applications
- Addictions Resources
- Legal Resources
- ETC.



Low Barrier Shelter

10:30pm - 8:30am

The Low Barrier Shelter program supports M'Chigeeng First Nation members who are experiencing homelessness and/or require a safe refuge to rest during the evening and early morning hours of the day.

Services include:

- Private sleeping areas
- Harm reduction supplies
- Restroom & shower facilities
- Personal hygiene products
- Breakfast
- Clothing bank
- Transportation (when available)



Free Public Skating

@ THE M'CHIGEENG ARENA

OCTOBER 6, 2023 - JANUARY 28, 2024

FRIDAYS 6:00PM - 8:00PM
SATURDAYS 6:00PM - 8:00PM
SUNDAYS 1:00PM - 3:00PM

First hour with no hockey sticks
Second hour with hockey sticks

Hosted by Prevention Program & Youth Centre

FAMILY WELLBEING WORKER

from the Prevention Program

ROLE

To provide one-on-one support to families as needed to encourage healthy living and personal development.



REFERRAL



Self-referral: you can contact us and sign up on your own.
Community referral: a community provider sends your information to us with your consent to contact you.

ELIGIBILITY

Any family not involved in child protection matters or children in care. Although, our team has a partnership with M'Chigeeng Family Resources where we will collaborate on projects and programming.



SERVICES



1. School Wellness Visits: when students are absent from school for multiple days, our team will visit your home for an update.
2. Family Wellness Visits:
 - a. wellness conversations and support
 - b. basic needs (food, housing/household, clothing, water, sleep, safety & health)
 - c. education (skill building, coping strategies, goal setting)
 - d. collaborate with Jordan's Principle Navigator: Jordan's Principle is an initiative by the government to ensure that First Nations children who require support to meet a health, education or social need can access services first the same as other children in Canada.
3. Family Programming: host family events.
4. Community Programming: participate in community events.



Mental Health Counselling & Education

8:00am - 4:30pm

The Counselling & Education Program is in place to provide mental health supports to M'Chigeeng's community members.

Services include:

- One on one counselling
- Workshops/Education Sessions
- Community wellness circles
- Case management and referrals
- Updates about the department and its programs
- In house mental health supports
- Connections to external mental health clinicians and services



Peer Support & Outreach

4:00pm - 12:00am

The Peer Support and Outreach Program was developed to provide after hours supports to M'Chigeeng community members looking for a safe space and supports from staff with lived experience.

Services include:

- In person supports from staff at both the Outreach Building and home visits.
- Food Security
- Harm reduction supplies
- Socials
- Community events
- Wellness activities



Prevention Services

4:00pm - 11:00pm

The Prevention Services program provides after hours supports to M'Chigeeng's Members with particular emphasis on youth to provide a safe space, education, and community connections.

Services include:

- Youth night socials
- Programming
- Food security
- Summer day programming
- Education
- A safe space for youth to gather with their peers after regular work hours

Financial Literacy Courses For Indigenous Communities

IndigenousTech.ai
Canadian Government (PSIB) Certified Indigenous Controlled Company



"Our future relies on our youth embracing technology and bringing together diverse ideas that drive transformation in every industry."

-- Chief Clarence Louie, Osoyoos Indian Band (BC)

Certificates Available For:

**Financial
Literacy**

**Business
Fundamentals**

Included in Courses:

Learn Technology & Professional Skills

Budgeting | Bookkeeping | Credit Analysis | CyberSecurity | Financial Literacy

Videos from Inspirational Leaders

Chiefs | Indigenous Leaders | Indigenous Executives

Online & No Cost



For more information, please contact:

Brandon Guilmette

brandon@indigenoustech.ai

<https://lms.indigenoustech.ai/m/>

M'Chigeeng Family Resources

Family Resources has two additional band reps. MFN members are becoming more familiar with Ed Paibomsai and Josh Linklater Wong as they have volunteered at M'Chigeeng's various events over the summer. Ed and Josh volunteered at the 2023 MFN Aboriginal Day, Family Fun weekend and the Pow Wow, with many in attendance for these events. We are also happy to announce that Crystal Taibossigai-Corbiere is the Family Support Worker for Family Resources. We are currently looking to fill the Community Support Worker position soon. We have also created new brochures and are available at the MFN Health Centre and MFN Administration office.



Our main principle is the sacredness of the child. The Family Resources team is here to support families facing challenges in raising their children, equipping them with the necessary tools for family harmony.

M'Chigeeng Band Representative services play a crucial role when it comes to children, youth, young adults, and families from our community who are dealing with or are at risk of involvement with the child and family services system. M'Chigeeng First Nation Band Representative Services are of utmost importance to our First Nation, ensuring that the rights of our children and youth are upheld within the child and family services system.

The Family Resources Program collaborates with our band representatives and prevention team on child protection matters, offering a wide range of services, from handling family court documentation on behalf of M'Chigeeng First Nation families to engaging in meetings and planning with families to achieve the best possible outcomes for their children. We operate around the clock, providing both regular office hours and after-hours services. We leverage our traditional knowledge, teachings, and ceremonies to promote the well-being of M'Chigeeng families.

Joy Simon - Jordan's Principle Navigator

Aanii kina wiiya,

My name is Joy Simon and I'm a proud member of M'Chigeeng First Nation. I am pleased to introduce myself as the newly hired 'Jordan's Principal Navigator' under the M'Chigeeng First Nation Education department. My role will be to assist families with application requests (your signed consent will be required), to ensure the needs of children living with complex needs are being met. This may look like securing additional school-based supports to achieve academic success or other related needs.

It is my goal to ensure families who have children (0-18), that are citizens of our community, are fully aware of Jordan's Principle and access this service. I'm also committed to ensuring our children receive quality and culturally appropriate services and support. I'm excited to be in this meaningful and supportive role to assist M'Chigeeng families with

children to access public services they need, when they need them.

For more information about Jordans Principle, please feel free to contact me via email (joys@mchigeeng.ca) or at 705-210-0393 (mobile). I'm also available for home visits (within M'Chigeeng), or you're more than welcome to come see me at my office (currently located at the M'Chigeeng administration building). Your privacy is of utmost importance to me, and all information collected and discussed will remain confidential. Jordan's Principle is a legal obligation, and it ensures all First Nations children living in Canada can access the products, services and supports they need, when they need them. Funding can help with a wide range of health, social and educational needs. Any First Nation child that may have unmet needs in health, social or education can access coverage/payment for services, products or supports to meet your child's needs through Jordan's Principle.

Every Jordan's Principle application is assessed on a case-by-case basis by Indigenous Service Canada (ISC), and funding/approval is not a guarantee by ISC.



Joy Simon
joys@mchigeeng.ca
 (705) 210-0393



Family Resources - Continued

Family Support Worker

Let's welcome Crystal Taibossigai Corbiere, as the newly hired Family Support Worker who continues to establish supportive and trusting relationships that reduce risk, promote healthier lifestyles and support children and youth with family and community connection, stability, and attachment. The FSW has established and maintains caring relationships and effective communication with parents, children, and youth. The FSW will continue to conduct client intake and work with clients to develop needs assessment and a plan of care. The FSW responds and acts quickly on inquiries and referrals and will offer group education, counselling and support activities for youth, parents, and families. A sewing group will be starting soon, so keep an eye out for the poster.

The Community Support Worker

This position focuses on providing support, early intervention and prevention activities for children, parents, and community members. The CSW sup-

port families and children that are below the intervention line but are at risk of being involved with Child and Family Services.

Offered programming consists of parenting programs, budgeting, life skills, cultural programs, mentoring and family support initiatives. The Community Support Worker role will be filled soon.



The goal is to ensure the safety and well being of all our M'Chigeeng families. M'Chigeeng has the inherent right to look after our own children affirmed by M'Chigeeng First Nation, United Nations Declaration on the Rights of Indigenous Peoples, and section 35 of the Canadian Constitution Act 1982. M'Chigeeng Families Resources are here to provide services to keep our

families intact and care for one another, always keeping in mind, the sacredness of the child.

Health Services held their highly attended Open House on October 18, 2023 from 2 pm – 6 pm. It was a great success that included a well-prepared BBQ, with lots of laughter, information sharing and great prizes/swag giveaways. M'Chigeeng Family Resources hosted an information booth and held their prize draws for 12 pink "Be Kind" sweaters. The winners are:

- Anwhatin, Josie
- Bebonang, James
- Beboning, Storm
- Corbiere, Angel
- Corbiere, Lisa
- Corbiere, M'Kooahns
- Debassige, Tiffany
- Debassige-Bebonang, Briella
- Ense, Derek
- Ense, Shirley
- Migwans, David
- Moores, Evie

Thank you to everyone who came to our booth to speak with us and entered their name in the prize draw.



Snow Removal Policies & Moose Hunt Memories

Aanii, MFN.

Hope all are enjoying this beautiful, fall weather! Things are rollin well here in the Public Works Department!

Earlier this month, as many of you know, we brought back the Annual Community Moose Hunt! It was an absolute hit! This year was a successful hunt for the community. A big congratulations also a chi-miigwetch to UCCMM's Andrew Debassige and our very own Public Works Technician Dustin Corbiere for bringing home a moose for our community! Great work boys!

The Public Works Department would like to take this opportunity to remind you of the Snow Removal Application. Please submit your application to the Public Works Manager, and if you have any questions or concerns, reach out to me at the office 705.377.5362 ext. 237 and I

will gladly assist you with application process or any questions you may have! Snow is comin, so get those applications in!

With that being said, the public works team is working hard currently to get all winter gear ready to rock another winter season! This month, we've been finalizing our preparations for winter. Not only are we getting our plows and road gear ready but preparing for winter snow melt. You will see the crews out cleaning culverts ensuring they are cleared for spring snow melt, cold patching, ditching and trenching in the hot spot areas. Our crews are hard at work for our busiest months of the year!

We look forward to writing to you again in a couple of weeks! For now, enjoy some pictures from our community moose hunt!

Treana Debassige
Public Works Manager





LOW BARRIER SHELTER UPDATE

We are looking for:
Oncall & Casual staff!
Please reach out and get involved! =]

Clothing Bank

Open by appointment only. To make an appointment please call Valisa Peltier @ 705-968-0517

Colder months ahead!

We will be open from 8:30am to 4:30pm MONDAY Through FRIDAY & 10:30pm to 8:30pm 7 days a week!



Miigwech!



Ms. Gratton's Recipe for Success in Gr. 2

Yield: One smart student with unique talents and gifts.

Recipe:

- 1 cup of regular attendance
- 2 cups of sleep
- 1 cup of proper nutrition
- 3 cups of effort
- 1 cup of work
- 2 cups of curiosity
- 3 cups of questions
- 1 cup of always trying your best
- 4 cups of kindness
- 5 tablespoons of laughter
- 3 tablespoons of mistakes

Mix all the above ingredients together until soft and creamy. Repeat, mix, and bake at 350 degrees for the entire school year at Lakeview School.

Frost with your unique gifts, experiences, memories, and silly moments. Enjoy!





Good Times in Grade 3!

The Grade 3 class has been on an exciting journey of discovery and embracing the joy of learning. Here's a glimpse into their remarkable academic adventures:

Math Marvels: These young mathematicians have been mastering the art of skip counting, both forwards and backwards, by 2s, 5s, and 10s. Their numerical skills are reaching new heights!

Literary Wonders: In the realm of Language Arts, our Grade 3's have been crafting imaginative narratives. They've learned the essential elements of storytelling, from developing characters to creating beginnings, middles, and endings. Editing has also been a focus, refining their literary talents.

Scientific Explorers: The students have explored the fascinating world of structures! They've delved into the concepts of stability and compared various materials. Additionally, their knowledge has deepened with an in-depth study of the life cycle of salmon, covering anatomy and habitat.

Cultural Connections: Social Studies has taken our Grade 3 class on a cultural adventure, where they've learned about different First Nations, including Dene FN, Mississauga of Credit FN, and Huron Wendat FN.

Creative Expressions: Our young artists have been experimenting with line art and indulging in Halloween crafts!

Exploration Beyond the Classroom: Field trips have added an exciting dimension to their learning. They attended the Harvest Fest and embarked on an enlightening Salmon Tour.

As we celebrate these young minds and their incredible academic journey, we look forward to witnessing their continued growth and exploration. The Grade 3 class in M'Chigeeng is truly a group of eager learners who are making their mark in the world of education. We can't wait to see what exciting adventures lie ahead for them!



Grade 7 Happenings & Events

SCHOOL TEAMS AND ATHLETICS

CROSS COUNTRY TEAM: The grade 7 class had several dedicated runners on the Lakeview School Cross Country Team. Hats off to M'Koonhs, Landon, Sophia, Navin, and Vayda. The first meet happened on Oct. 5th and the next on is on Oct. 19. Way to go runners!

3 Pitch Team: The 3-pitch tournament was held on Oct. 26th. Team Lakeview did a wonderful job learning new skills and participating in team building skills. Wade, Maria, Matthew, M'Koonhs, Sophia, Navin, and Landon were a part of the 3-pitch team. Well done and congratulations to the participants!

OPEN HOUSE at Lakeview was well attended on September 14th. The grade 7 class had over 50% of parents attend and we enjoyed some awesome food, BBQ style. Miigwech to our awesome chefs in the kitchen, and at the BBQ. Special thanks for parents and guardians that attended and dropped by for supper.

IMMUNIZATIONS AND FLU SHOTS

We will be there October 24th at 1:30pm for Grade 7 immunizations and flu shots. Please send your forms back to school

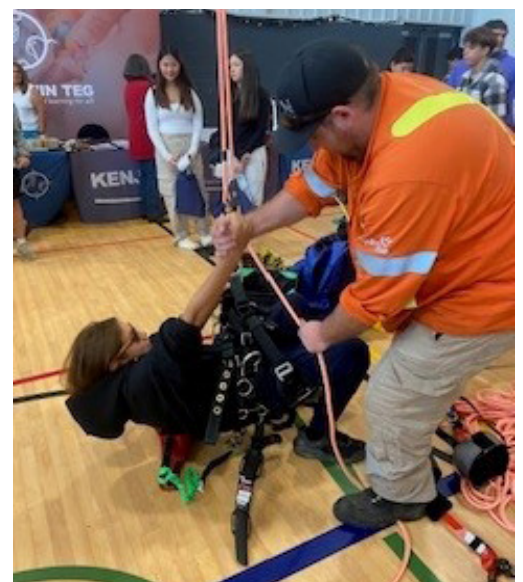
KTEI FALL HARVEST

Homework: Our homework stars include: M'koonhs, Cohen, Danika, Wade, Maria, Navin, Sophia, and Sonoma. Keep up the hardwork!

Special Education: I would also like to take this time and extend a big chi-miigwech to the parents that attended the meetings for special education. Your attendance and participation is appreciated.

KTEI Education and Employment Expo!

The grade 7 class had a great time attending the KTEI Education and Employment Expo. Students explored, met, and learned about the many and varied opportunities that could be available. Next steps, planning for the future with, "My Blueprint."



M'chigeeng Daycare Reminders

THE DAYCARE CENTRE WILL BE CLOSED ON THE FOLLOWING DATES:

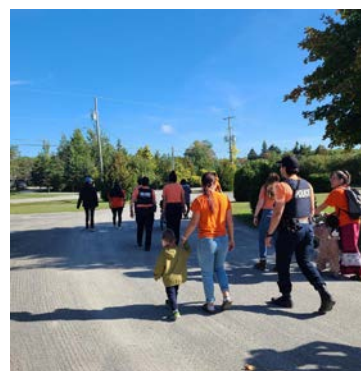
- Fri, November 10th (PD Day)
- Mon, November 13 (Board Holiday for Remembrance Day)

FRIENDLY REMIDNERS:

• **CLOTHING** – We kindly ask that your child is dressed in clothing that is appropriate for the season, outdoor play may sometimes prove to be messy and wet. **Fall weather clothing needed; warm hat/toque, rubber boots, lined splash pants, Fall coat/jacket/one-piece, etc.**

Also, a friendly reminder to keep extra comfortable and seasonal clothing in your child's cubby/bin, including underwear, socks and 2-3 sets of clothing. Please replace any soiled items sent home the next day.

• **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.



M'Chigeeng Ontario Works/LDM

THE OW/LDM Department is busy prepping for Christmas Certificates and Christmas Gifts!

Ontario Disability Supports Program - ODSP Delivery Site
The M'Chigeeng Ontario Works Program - ODSP Delivery Site go live date will commence January 2023, updates will be provided as we proceed. We are currently in the recruitment process on hiring two ODSP Caseworkers to be located at the M'Chigeeng Administration Building.

Training opportunities we are continuing to explore: Heavy Equipment Course - NATTS, Date TBD, trades, administrative, Bus Drivers License through - NATT – TBD, we will keep you posted.

LDM Program

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 contact Abigail Paul – Training Development Officer at 705 377 5362, Ext. 225 - abbyp@mchigeeng.ca and John Ense at 705 377 5362 Ext. 215 johne@mchigeeng.ca.



Employment Experience - Training Wage Subsidy

We are continuing to accept applications for the Employment Experience Program for the period April 1st, 2023, to March 31st, 2024.

All applicants must be a M'Chigeeng First Nation Band Member and on Social Assistance to qualify. Businesses can apply for the wage subsidy program under the Employment Experience Program to assist trainees for up to a year. Please contact April Corbiere at 705 377 5362 Ext. 238 or aprilc@mchigeeng.ca

M'Chigeeng Ontario Work Program

OW applications please contact April Corbiere at 705 377 5362 Ext. 238 aprilc@mchigeeng.ca, or Colleen Debassige at colleend@mchigeeng.ca Ext. 222 to schedule an appointment or any inquiries.

ASI Program

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

Food Depot

Food Bank dates are Monday's and Thursday's, delivery will be from 2pm- 4:00 pm. Please 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 or contact the Ontario Works Office. **The Food Depot is available to all Band members that may need assistance.**

Message from the Enaagdenjged

Aanii M'Chigeeng,

I wanted to share some important news with you. Some of you aware that I have submitted my resignation to Chief & Council, which has been reluctantly accepted, effective November 17, 2023. While this decision wasn't made lightly, I want to express my heartfelt gratitude to the wonderful community of M'Chigeeng for the incredible journey we've had together.

M'Chigeeng holds a special place in my heart, and its people are truly remarkable. As I prepare to transition, I am committed to minimizing any disruption to MFN operations, and you may see me around from time to time to assist in this process.

We are actively searching for a new Enaagdenjged; the posting can now be found on mchigeeng.ca/employment. I encourage any eligible M'Chigeeng member to consider applying. If you know someone who would be a great fit, please encourage them to step forward.

I'm currently working on organizing our annual community meeting before November 17th, and more details will follow shortly.

These are exciting times for M'Chigeeng, with important projects in progress, such as the RHT and Manitoulin initiatives, infrastructure development, water system expansion, ESR, lagoon upgrades, capital planning updates, a new school and daycare, mental health and addiction support, a new bingo hall, youth facility, and



initiatives focusing on language and culture, just to name a few. Our new Chief & Council are diligently crafting their strategic plan, which they will soon share with the community.

It has been an honor to serve the people of M'Chigeeng, and I have full confidence that our Leadership and Administration will continue to build on the progress and achievements we've made together.

In closing, I ask you to be patient, be kind, and lend a hand whenever you can. M'Chigeeng is an extraordinary place and truly at the heart of the universe.

Miigwech and with deep love and respect,
Baa Maa Pii

Art

REMINDER:

All Members aged 18+ of M'Chigeeng First Nation, On AND Off Reserve are required to register annually to receive a Christmas gift cheque. Please do not register more than once per year.

mchigeeng.ca/christmas-gift-registry

Citizenship Appeals COMMITTEE

*Please submit a letter of
interest to Chief and Council*



CITIZENSHIP APPEALS COMMITTEE

NUMBER OF MEMBERS | 5

ROLE OF THE COMMITTEE: The M'Chigeeng Anishinaabek Citizenship Appeals Committee (Appeals Committee) is to consider appeals related to the Citizenship under the M'Chigeeng Anishinaabek Belonging Law 2019.

CONDITIONS: The Appeals Committee shall consist of three (3) to five (5) committee members. All appointees must be over the age of eighteen (18). The Appeals Committee shall serve a two (2) year term of office

Letters of interest address to:

Chief & Council c/o Enaagdenjged

MCHIGEENG FIRST NATION ~ BOX 333

M'CHIGEENG FIRST NATION, ONTARIO ~ POP 1G0



1st Annual **ABORIGINAL VETERANS DAY LUNCHEON**

*Honouring our Ogichidaa/Ogichidaa-Kwe who served to Protect Turtle Island
and other nations in times of need*

WHEN: Wednesday, November 8th, 2023
10:30am - 1:00pm

WHERE: Whitefish River First Nation
Community Centre
6 Rainbow Ridge Whitefish River FN

For more information or to register, please contact:

Shawna Jacko
Cultural Support Missing & Murdered
Indigenous Women and Girls/Anishinabek
Services Coordinator
Noojmowin Teg Health Centre
shawna.jacko@noojmowin-teg.ca
(705) 968-0782

AGENDA:

10:30am: Wreath laying Ceremony on Veteran monument

11:00am: Honouring our Veterans and Communities

12:00pm Lunch with presentation

Head Veteran: William Morin,
Private, Medical Assistant, Service during the first
Gulf War,
BA, BFA, B.Ed, M.A., PhD (ABD)



**UCCM
ANISHNAABE
POLICE**



**Noojmowin Teg
Health Centre**
A place of healing



For more information, visit noojmowin-teg.ca or call (705) 368-0083



MEN'S 2-DAY INDIGENOUS WELLNESS GATHERING

WHEN: Tuesday, November 14th
& Wednesday, November 15th

TIME: 8:30am-4:00pm both days

WHERE: Manitoulin Hotel & Conference Centre
66 Meredith St E, Little Current, ON P0P 1K0

MC: William Morin

ELDER: Josh Eshkawkogan

KEYNOTE SPEAKERS: Glen Gould & George Couchie

George Couchie was a police officer for over 32 years. He is a former national police power lifting champion. George Couchie is a retired Ontario Provincial Police officer with over 33 years of service, with 12 of those years delivering award-winning Native Awareness Training Programs and Initiatives. Couchie belongs to the Red-tailed Hawk Clan and his spirit name is Zoongiday, which means 'strong heart' in Anishinaabemowin. Couchie created Walking the Path, a program with strategies linked to the Ontario curriculum for Grades 1 through 12, designed to provide youth of all backgrounds an understanding of Indigenous culture and history, and intended to build skills in youth to drive social change. The program is now in its 24th year of operation. The Niigan Mosewak (Walking Forward) program, also created by Couchie, is a mentorship program geared towards Indigenous youth aged 12 to 17, which encourages positive and healthy lifestyle choices and celebrates cultural pride and wellness. Also a published author, he wrote three books, Raised on an Eagle Feather, Creation Of the Spark and The Gifts of the Seven Grandfathers.



Glen Gould is an acclaimed actor with a remarkable career in theater, television, and film. With his exceptional talent and versatility, he has garnered numerous awards and critical acclaim for his performances. From his recent roles in Marie Clements' "Bones of Crows" to his recurring role opposite Sylvester Stallone in Taylor Sheridan's "Tulsa King", and his guest starring role in Season 6 of "Outlander", Glen has consistently impressed audiences and critics alike.



Born and raised on the Membertou First Nation in Nova Scotia, Glen discovered his passion for acting at a young age. He honed his skills in theater, television, and film, laying the foundation for his successful career. With a rich background in theater, Glen Gould developed a commanding stage presence and an ability to bring characters to life.

Glen Gould's Best Actor award at the 2015 RNCI Awards, 2014 AIMPAs, Best Actor Nomination at the 2014 and 2020 RNFCI Festival, Dreamspeakers Film Festival and the esteemed David Renton Award for Outstanding Performance by an Actor at the AIFF.

To register please contact:

Greg Brown
Resolution Health Support Worker
Noojmowin Teg Health Centre
greg.brown@noojmowin-teg.ca
705-968-0991



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