

M'CHIGEENG FIRST NATION

NEWSLETTER

AUGUST & SEPTEMBER 2024 EDITION



Aanii, M'Chigeeng First Nation Community!

As MFN's Enaagdenjged, I am entering my fourth month in this role; and oh boy, time sure is flying! Coming into a new role after being away from my home community after 18+ years, I wanted to immerse myself into this role and learn everything! Maybe this time next year, I will be on target for that! Ha Ha Ha

In the three months that I have been here, we have just touched on some of the critical projects that we want to accomplish. First and foremost, my top priority is Community Safety and ensuring that our community along with our members, feel safe and secure. I understand that this will not happen overnight, but we are taking steps in a positive direction, and I am confident that as our team moves forward, we will start to see the positiveness circulating our community again!

This week you may have noticed crews working both Downtown and in the Lakeview area; these are new security cameras getting installed and the start of a forward movement with our Community Safety Plan. In addition to the installation of security cameras, we have partnered with ISN Maskwa (Canada's first Indigenous Emergency Operations Centre), and we will be hosting a [Community Engagement Session BBQ, August 7th at the Pow Wow Grounds](#). This will give our community members a chance to interact with our leadership team, partners and ISN Maskwa to address your safety concerns and what a safe community looks like! Look out for more details to come!

Other priorities that have been going on in the background include working diligently with both our Chief & Council as well as our Senior Management Team on more effective & efficient ways to run our organization and departments for the community's benefit!

We have some exciting projects in the works, and we can't wait to share them with you in more detail! I would like to add how proud I am of our Department Managers with all the work they have been accomplishing. Their passion and dedication for each of their departments, programs & services continuously and effortlessly show. From Health, Education, Capital, HIAH, OW, Finance & Administration, their work and efforts are strong and each day, they show up for one benefit, you the community!

Lastly, I want to add that after being away for so long and coming into this role, it is not just an employment opportunity for me, I feel like it is my purpose and that it was meant for me! I see the work our community needs and being one piece of the change & solution is what my main purpose will always be! As a bonus, spending time with my family, friends & community will always be a blessing that I was missing for so long!

Yours in community,
Shannon Bebamash

WHAT'S INSIDE?

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Community Safety

COMMUNITY INFRASTRUCTURE

Allen Hare, Interim CPP Department Manager

Aanii Community! The Capital Project/Public Works (CPPW) Department has been busy working on various projects to ensure the well-being and aesthetics of our community.

CPPW Department would like to send out a **Chi Miigwetch** to all community members that have also been chipping in with cleaning and maintaining areas throughout the community.

The collective efforts of the Public Works Department during the month of June and July involves lawn cutting, ensuring garbage clean-up is being conducted frequently, water delivery, and roadside maintenance reflecting their commitment to enhancing the quality of life in our community. These essential services not only improve our surroundings but also foster a sense of pride and unity among residents.

CPPW Dept. has some active projects on the go along some new projects, the following is an update of several projects.

Crosshill Watermain Extension Project

Watermain installation/extension along Crosshill Rd. and a portion of the Spring Bay Rd. which started spring of 2023, this project is nearing completion.

Approx. 4 kms. of new water main was installed along with new fire hydrants and 30 homes have been connected to the new water main. (30 homes removed from water holding tanks).

The contractor is on site to touch up some ditch work and culvert replacements along with some restoration.

Unfortunately, the road resurfacing of Crosshill Road was not part of the Watermain Extension contract, CPPW is currently working on a plan for road re-surface treatment of the of the approx. 4kms of road that was disturbed as part of the watermain installation project.

Gaaming Lagoon Upgrades Project

Gaaming Lagoon project has been approved by MFN C&C has been released for tender June 24, 2024.

Public tender release date = June 24, 2024.

Tender closing date = July 22, 2024.

Potential project start date = Aug. 2024.

Project involves:

- Remediation of existing Lagoon berms.
- Installation of SAGR waste water treatment system mechanical/blower building
- Installation of 3 phase power supply to proposed mechanical blower building.
- Installation of Geo Tube system for disposal of septic waste from septic tanks.

Once a contractor is selected, the construction phase is estimated to be 12 -18 months from start to finish.

Solid Waste Transfer Station Project

M'Chigeeng transfer station has been approved by MFN C&C to be released for tender.

Public tender release date = July 4, 2024

Tender closing date = July 26, 2024

Potential project start date = Aug. 2024.

Project involves:

- Construction of a new Transfer Station is to be constructed near the old dump site along Hwy 540.
- New Transfer Station will be operated by M'Chigeeng.
- Hazardous Household Waste area. (paint/oil)
- Recycling area. (plastics, glass)
- Waste bins for construction debris area.
- Waste bins for household waste.
- M'Chigeeng Public Works will be working with the community & Schools to promote the importance of recycling.

Once a contractor is selected, the construction phase is estimated to be 3-6 months from start to finish. All solid waste collected will be hauled off site.

Stay tuned as more information will be forthcoming soon including promotion of recycling programs throughout the community including the public schools.

Splash Pad Update

The new Splash Pad located at the Ball Park entrance is nearing completion.

New fenced in area for children while utilizing the Splash Pad site. Artificial turf installed around perimeter of the splash pad site.

After all the hard work and dedication from our department, ABC Recreational and E. Corbiere and Sons contracting, we are excited to see the community enjoy this new addition to the community. We can't wait to see families and friends come together to have a splashin' good time at the splash pad. Your safety and enjoyment are our top priorities, so let's make wonderful memories together at the splash pad! The splash pad is tentatively scheduled for soft opening in late July.

Wellness Centre Renovation Project

Renovation contract awarded March 2024 to Quinan Const. Ltd. Project involves:

- Upgrades of Heating/Cooling/Ventilation system
- Replacement of windows and doors.
- Installation of new standby diesel generator.
- Painting throughout Wellness Centre.
- Various cosmetic upgrades throughout the building.

Contractor has mobilized to Wellness Centre site. Construction is to begin July 8, 2024, and expected to be completed by October 2024.

Arena Facility

MFN is looking into completing various upgrades throughout the arena

3rd Line Studio has been retained to complete a "Building Assessment", focussing on mechanical heating/ventilating equipment, Ice Chiller Plant equipment and possible upgrades to seating capacity within the arena.

Community Complex

3rd Line Studio has been retained to complete a 'roof' repair assessment to address the leaking roof experienced late April 2024.

Crosshill Road Remediation

CPPW is working on the resurfacing the portion of Crosshill Road that was disturbed as part of the Crosshill Road watermain extension project.

Crosshill Road remediation will include:

- Replacement of road crossing culvert(s)
- Ditch works along the North side of Crosshill Road
- Double Layer Surface Treatment application (Chip & Tar)

A public Request for Quote (RFQ) will be posted end of July 2024

Fire Hall

M'Chigeeng Fire Dept. has been busy over the past year.

Highlights and happenings within MFN Fire Dept.

- Fire Prevention/Awareness programming with MFN Students.
- Recruitment of 8 new volunteer Firefighters.
- Recently acquired new PPE (Helmets, Balaclavas, Gloves, Boots, Turnout Gear)
- Recently acquired new wildfire water packs & Wildfire PPE gear.
- SCBA's have been serviced and updated.
- MFN recently signed 911 service agreement set up with Northern 911.
- Free inspection of home fire safety – continue with fire/smoke detector installation.
- Ongoing training for Fire Dept. including "Medical Tiered Response Protocol" with Fire depts. On Manitoulin.
- Revised honorariums/Gym memberships.
- Firehall Building assessment under way by 3rd Line Studio.

M'Chigeeng CPPW Department would like to start off by introducing some new staff members to the team.

Ryan Corbiere - CPPW Dept. Manager Starting August 6, 2024.

Billy Joe Fox – Community Complex Supervisor started July 22, 2024

Marlon Migwans – Housing Maintenance Worker
Tautvydas Palsauskas – Housing Maintenance Worker
Our Public Works Summer Students; Ethan Armstrong and Ian McCauley.

We are currently still seeking positions in our department, please visit our website at <https://mchigeeng.ca/employment/>



Congratulations to the Community Garden Contest Winners.

In Ground Garden

1st Prize Adam Debassige, 2nd Prize

Norma Corbiere and 3rd Prize

Jeanette Bebonang

M'CHIGEENG FIRE DEPARTMENT UPDATE

Aanii, Please find my submission for the M'Chigeeng Newsletter.

It's been 1 year since starting as the First Full-time Fire Chief for M'Chigeeng Fire Department. I would like to say Miigwetch for this opportunity in working with and serving the Community of M'Chigeeng First Nation.

Our New 911 Fire Dispatch Service is now operational as of July 11, 2024. Being very effective for our Firefighters, and to help us better serve the citizens within M'Chigeeng First Nation and Surrounding areas when called upon in times of need. This new system is a page/text/call out option which will make communication much easier when relaying important vital information for our Firefighters when there is a Fire, Medical, or any situation where the Fire Department is required for an emergency.

Reminder that M'Chigeeng Fire Department is always looking for dedicated members who are willing to go above and beyond in times of need, when called upon. If interested, please contact Fire Chief Andrew Corbiere @ 705-348-8569 or via email: firedept@mchigeeng.ca

Test your Smoke/Carbon Detectors monthly.

Change Batteries once a year.

Change Smoke/Carbon Detectors every 10 years.

Have a Fire Extinguisher in a visible area nowhere close to your stove or nor it should be placed under the sink or in a closet. It should be visible for when needed in case of a Fire. It is no good hiding or if you can't see it.

Please watch for our "Fire Ratings" for M'Chigeeng First Nation located at the Entrances coming into M'Chigeeng and advertised on our New Signboard at the Complex.

Remember Don't light if its windy, never play with Fire and always have a plan on hand. If you have any questions or would like a Fire Safety Assessment done, or have any Smoke/Carbon Detectors, Fire Extinguisher Requests.

Please feel free to contact me @ 705-348-8569.

Miigwetch, take care and Always Stay safe! Fire Chief Andrew Corbiere



FIRE RATINGS LEGEND

LOW	MODERATE	HIGH	EXTREME
LOW AND MODERATE	HIGH	EXTREME	EXTREME
<p>NO PERSON SHOULD START A FIRE OUTDOORS DURING THE FIRE SEASON (APRIL 1ST TO OCTOBER 31ST) UNLESS THE FIRE IS STARTED NOT EARLIER THAN 6:00 P.M. IN THE EVENING, AND IS EXTINGUISHED NOT LATER THAN 2:00 A.M. THE FOLLOWING DAY OR EARLIER.</p> <p>FIRE FOR COOKING AND WARMTH PERMITTED</p>	<p>FIRE DANGER IS SERIOUS</p> <p>NO OPEN BURNING EXCEPT CONTAINED CAMPFIRES FOR COOKING AND WARMTH</p> <p>FIREWORKS PROHIBITED</p>	<p>FIRE DANGER IS EXTREMELY HIGH</p> <p>NO OPEN BURNING OF ANY KIND!</p> <p>TOTAL FIRE BAN DECLARED + FIREWORKS PROHIBITED</p>	



VOLUNTEER FIRE FIGHTERS

- Fire Chief – Andrew M. Corbiere*
- Deputy Chief – Travis Corbiere*
- Deputy Chief – Justin Sweeney*
- Captain – Andrew Debassige*
- Firefighter – Trey Bebonang*
- Firefighter – Jeff Bebonang*
- Firefighter – Mark Debassige*
- Firefighter – Nadine Debassige (NR)*
- Firefighter – Tanika Debassige (NR)*
- Firefighter – Celina Ense (NR)*
- Firefighter – Nolan Hare (NR)*
- Firefighter – Jeffery Panamick (NR)*
- Firefighter – Jade Peltier (NR)*
- Firefighter – Valisa Peltier*
- Firefighter – Keegan Peltier (NR)*
- Firefighter – Mike Simmers (NR)*
- Firefighter – Forrest Schut*
- Firefighter – Iosefo Taukei*

NR means – New Recruit

HEALTH DEPARTMENT

*Nursing Department, Wellness Centre, Mental Health,
Family Resources Department*

Update From M'Chigeeng Health Services

It has been great to see the families out and about in the community enjoying the summer months. Remember about sun safety as well as being aware of children while driving. As you have seen there are several changes happening in Health Services with the goal to *provide a holistic approach to the health delivery for the community*. Partnerships continue to grow between the programs and departments, increasing collaboration and communication will foster the goal of enhanced program delivery.

There are a number of vacancies with M'Chigeeng Health Services. If you know of anyone with a mindset and education in healthcare who strives for a healthy community get them to check out the job postings on the MChigeeng.ca website.

We Would like to introduce new changes in roles and additions to our team;

NEW to the Family Resources Department

Band Representative Worker – Crystal Corbiere

Community/Family Support Worker - Amber Gaudrault



Aanii! I am Amber-Lee, and I just began a new role at M'Chigeeng Family Resources. When I'm not working with children and families, you can find me on Monday evenings at the ballpark hosting a running/walking club or playing at the playground with my family. In the winter I'll see you at the rink!

I am passionate about pregnancy, early childhood development and community care. I hope to bring a sense of comfort, openness, and kindness into the community with me. If you see me around in the coming weeks feel free to say hello and ask about what's happening down here at Family Resources! I'm looking forward to hosting programs in the months ahead, including an upcoming workshop about healthy and safe relationships. Miigwetch!

CONTACT INFORMATION FAMILY RESOURCES

705-377-4371
Les Corbiere
Band Representative
lesliec@mchigeeng.ca

Norma Ense
Band Representative
normae@mchigeeng.ca

Josh Linklater Wong
Band Representative
joshw@mchigeeng.ca
705-968-0413

Crystal Taibossigai-Corbiere
Band Representative
crystalc@mchigeeng.ca
705-834-0749

Amber Gaudrault
Family Support Worker
amberg@mchigeeng.ca
705-507-1794

Jessica Assiniwe
Administrative Assistant
jessicaa@mchigeeng.ca

LET'S BE SAFE

A workshop by Lisa Osawamick on relationship safety, gender based violence, human trafficking and safety planning.

Contact Amber or Crystal at 705-377-4371
for more information.

Thursday, August 1st, 2024

5:30 Dinner

6:00-8:00 Workshop

LOCATED AT AG BUILDING

If at any point during the evening you need to speak to someone, staff from Family Resources will be available.



NURSING UPDATES FOR NEWSLETTER

Noojmowin Teg Nurse Practitioner (NP) & Physician (MD) Clinic Updates

Effective July 2024 - Noojmowin Teg has increased M'Chigeeng Health Services NP/MD clinic services! Please see outline below of scheduled MD/NP clinics on a weekly basis.

Monday	Tuesday	Wednesday	Thursday	Friday
Dr. Jennifer Wesley (ONSITE)	Mary Dantouze – NP (ONSITE)	Dr. Jennifer Wesley (ONSITE) Mary Dantouze (Mobile Clinic Van)	Mary Dantouze (ONSITE)	No NP/MD onsite

This schedule is subject to change according to NP/MD scheduling, sick time, training, and vacation leave. Please call ahead to book an appointment at M'Chigeeng Health Services 705-377-5347.

Northeast Region - Virtual Care Clinic

The Northeast Region Virtual Care Clinic can be used as an alternative option for non-urgent medical concerns.

For all urgent medical conditions please call 911 or attend your local emergency department.

Pharmacy Prescribing Programs

Pharmacists can prescribe certain medication to treat the following common ailments:

- acid reflux (gastroesophageal reflux disease (GERD))
- acne
- canker sores
- cold sores (herpes labialis)
- dermatitis (atopic, eczema, allergic and contact)
- diaper rash
- hay fever (allergic rhinitis)
- hemorrhoids
- impetigo
- insect bites and hives
- menstrual cramps (dysmenorrhea)
- nausea and vomiting in pregnancy
- oral thrush (candidal stomatitis)
- parasitic worms (pinworms and threadworms)
- pink eye (conjunctivitis; bacterial, allergic and viral)
- sprains and strains (musculoskeletal)
- tick bites (post-exposure prophylaxis to prevent Lyme disease)

- urinary tract infections (UTIs)
- yeast infections

Ontarians seeking care should visit their local pharmacist and bring their health card.

This service is being provided by the government for all Ontarians to offer people more convenient choices for how they access and receive health care. With a large, province-wide footprint, pharmacist prescribing will also help to increase access to care in rural parts of Ontario.

As prescribing is optional, anyone with symptoms should contact their local pharmacist to confirm whether they prescribe for certain common ailments before visiting.

Pharmacy Contact Information:

Mindemoya Medical Pharmacy – 705-377-5411

Sweetgrass Pharmacy & Compounding – 705-377-7479

August 2024 Community Health Programing

Every Friday in August from 12:30-1:30pm – Safe Needle Disposal (M'Chigeeng Ball Park @12:30pm) and Community Sweep

August 9, 2024, from 1:30-4pm – Nursing Outreach Services at Peer Support and Outreach Building

Coming soon!

Diabetes Prevention Program presents September - Walking for our Children Program, more please stay tuned for more information!

bioped / *footcare & orthotics*

Upcoming Clinic Dates
M'Chigeeng Health Centre
Wednesday August 21, 2024

Assessment

- Assessments are provided at no cost to the client. We will evaluate the patient's history, bio-mechanics and gait analysis as it relates to their symptoms and suggest a treatment plan.

Signs and Symptoms To Be Assessed

FOOT PAIN
KNEE & ANKLE PAIN
HIP & LOWER BACK PAIN

Treatments Available

Custom made orthotics
Footwear and Footwear Modifications
Over the counter foot Supports
Knee Bracing and Compression Stockings
Variety of bunion aligners, ankle braces, foot cream, etc.

NOTE

Clients must have written Rx with treatment and diagnosis prior to initial assessment.
Please contact Lisa Labreche at 705 523-0264 with questions.

*** Bioped Clinic available to residents of M'Chigeeng / clients of M'Chigeeng Health Centre***



CEDAR FOOT SOAKS & TEACHINGS

with **Dan Garcia**

Location: Noojmowin Teg Health Centre (Healing Lodge)
48 Hillside Road, Aundeck Omni Kaning

9:00 am – 10:30 am Group Session 1 – (up to 5 ppl)
11:00 am – 12:30 pm Group Session 2 – (up to 5 ppl)
1:30 pm – 3:00 pm Group Session 3 – (up to 5 ppl)

Thursday, August 1st & 15th

To register, for the next upcoming session, please contact:

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



Dan Garcia, also known as *Ozowmukwasidoo* which translates to Yellow Spirit Bear. Dan is Turtle Clan and is originally from Walpole Island First Nation, Bkejwanong. Dan currently resides in Whitefish River First Nation with his family. He is the proud father of five beautiful children and grandfather to three grandchildren.



He has been attaining cultural knowledge for over 23 years by participating in singing with big drum, hand drumming, various teachings, fasting, helping with and conducting various ceremonies. Dan has reclaimed and utilized cultural teachings to overcome issues such as childhood trauma, violence, and addictions issues. His approach to living a healthy lifestyle is based on cultural teachings and principles from the Anishinabek Nation.

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



NAMING CONTEST! OUTDOOR FIRE ARBOUR

Contest Deadline: Monday, August 12, 2024 at 12 noon

Submit your entry by email to: darcie.anderson@noojmowin-teg.ca with the subject "Naming Contest"

or my mail to:

Noojmowin Teg Health Centre
c/o Darcie Anderson
Postal Bag 2002
Little Current, ON POP 1K0

Entry Checklist:

- Fire Arbour name in Anishinabek and English
- Write up on reason name chosen
- First and Last Name
- Community
- Contact information including mailing address

For more information, or to book viewing, contact:

Darcie Anderson
Facilities Maintenance Coordinator
darcie.anderson@noojmowin-teg.ca

Open to adults and youth!



Noojmowin Teg Health Centre serves primarily the Anishinabek population living on and off-reserve in the Manitowlin Island area. Health care services are available for individuals, families and communities seeking services in Primary & Clinical Care, Mental Health & Addictions, Health & Wellness and integrate Anishinabek Traditional Health practices

Noojmowin Teg - A place of healing. is seeking your creativity and inspiration for the naming of our outdoor fire arbour.

Contest Rules include:

- Identify name and a story/write up on the meaning behind the name chosen.
- Name must be presented in Anishinabek and English
- Contest is open to those residing on-reserve in Aundeck Omni Kaning, M'Chigeeng, Sheguiandah, Shesheganwaning, Whitefish River, Wilkewemkoong, Zhilbaahaasing as well as the off-reserve Indigenous population living in the District of Manitowlin Island, Espanola and area.
- Participants are encouraged to come on-site to visit the fire arbour to experience the vision

Prize includes a cash prize of \$500!

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

ISLAND SUMMER MARKET

WHEN:

Every Saturday

Starting July 6 to August 31, 2024

9:30am to 1:30pm

WHERE:

M'Chigeeng Arena

JACKPOT

MONSTER BINGO

Over \$25,000 in prizes

SUNDAY, SEPTEMBER 1, 2024

M'Chigeeng Community Complex

Doors Open @ 5:00 pm

Mini Games start @ 6:45 pm

Followed by Regular Games

4 - Strip Entry Package \$125 advance & \$150 at the door
Extra Strips \$25

\$10,000 JACKPOT

ONE LINE-\$400 TWO LINES-\$600

Extra Games:
Early Bird, She'ndwin Teg Special, & Sponsor Special

NEVADAS CANTEEN RAFFLE TABLE

For Updates call the Bingo Hotline @ (705) 377-5833

Like us on Facebook
She'ndwin Teg Gaming Commission

M'CHIGEENG Freshmart

NEWS ANNOUNCEMENT

Attention M'Chigeeng Band Members we have exciting news!

Starting July 1, 2024, M'Chigeeng Band Members will receive a 10% discount on their groceries and in-store merchandise.

To receive the 10% discount, must present your valid status card at checkout.

Exclusions: Lottery and Gift Cards are not eligible for the discount.

Miigwech!

For shopping with us and for your continued support!



UCCMM Bylaw Spay & Neuter Mobile Clinic



September 17-20, 2024
AOK 4-Directions Complex

Please Call the Bylaw Officer (705)-377-3009 to register your pet(s) or for more information. Brought to you by the Ontario SPCA & Humane Society and UCCMM By-law Program

****Open to Members of the UCCMM First Nation Communities****

North East Region VIRTUAL CARE CLINIC



The North East Region Virtual Care Clinic is a Nurse Practitioner-led virtual care clinic that serves patients throughout the Ontario Health North East region who are experiencing an urgent medical condition and need access to timely care.



How to Register

Phone
1.888.684.1999

Online
nevirtualcare.ca

Available

Open
7 days a week

From
1-9 PM ET

The clinic serves patients who require timely medical care, such as:

- New or persistent cough, fever, rash or other similar symptoms
- Imminent concerns that are not life or limb threatening

The clinic serves patients with or without a primary care provider.

Learn more at www.nevirtualcare.ca or call 1-888-684-1999.

You can also access by calling 811.

Playgroup for all families at Day Care (toy library room)

THURSDAY MORNINGS
9:30-11:30
AUGUST

Register for Ribbon skirts / shirt workshops

Partner in Parenting Building

SAVE THE DATE

“I AM EXCEPTIONAL” CONFERENCE

FOR PROFESSIONALS AND CAREGIVERS TO
SUPPORT CHILDREN AND THEIR FAMILIES
LIVING WITH EXCEPTIONALITIES

LOCATION:
MANITOULIN CONFERENCE CENTRE
TIME: 10AM-3PM

DAY
19

MONTH
10

YEAR
24

For more information contact:
Terry Willemsvandyk at terryw@mchigeeng
or call Kenjegin Teg - Nicole Boyle 705-370-4342 ext 235

August 15, 22, 29
9:30-11:30am at the Day Care
email me terryw@mchigeeng or
contat me at
Your Health Centre

RIBBON SHIRTS AND SKIRTS BY PARTNER IN PARENTING

**REGISTER ASAP WE
NEED SIZES FOR
MATERIALS**

Terry Willemsvandyk
Partner in Parenting Program Coordinator
M'Chigeeng Health Centre

Prenatal / Postnatal Families Drop In
Information Sessions Everyone Welcome

**SECOND AND FOURTH TUESDAY OF THE MONTH
1- 3 PM**

**SNACK PROVIDED
GROCERY CARDS
AVAILABLE
ONE PER FAMILY
PER MONTH**

Terry Willemsvandyk
Partner in Parenting Program Coordinator

[terryw@mchigeeng.ca](mailto:terryw@mchigeeng)

Child Care Family Room / Toy Library

Miishkoonhs miiniwaa gdoo-mshkikiim

Cannabis and Your Medication

Miishkoonhs daa-maanaaskaagemgwad gegoo mshkiki daapinaman miiniwaa gegoo gdaa-zhiyaa.

Cannabis can interact with your medications and affect your health.

Gegoo geyaabi wiikenjigaadeg, ginoosh noojimoowin emiikang.

For your information, talk to your healthcare provider.

Mshkikiin ge-maanaaskaagemgwak giishpin daa-pinigaadeg miishkoonhs

Medications that can interact with cannabis

ANTIBIOTIC and
ANTIFUNGAL medications



Wiisgiteo mshkiki
PAIN medications

**Mshkiki
e-naawdoweshkaagegwak
nbo-aapinewin**
Drugs to treat HIV/AIDS



Jibwaa-daapshkaang mshkiki
ANTI-SEIZURE medications

ADHA mshkikiin
ADHD medications



**Jibwaa-zinagendimong
miiniwaa jibwaa**
ANTI-DEPRESSANTS and
ANTI-ANXIETY medications

**Biingejing miiniwaa
Gchi-aakozing mshkikiin**
COLD and FLU medications



**Ode'e mshkiki miiniwaa
mski-nookaachigan**
HEART medications and
BLOOD THINNERS

**Gegoo emookshkaagemgok
mshkikiin**
ALLERGY medications



**Wii-nbaang
bikwaakidoonsan**
SLEEPING PILLS

Ode'e-jaagizowin mshkikiin
HEARTBURN medications



Anishinabek
Nation



Canadian Centre
on Substance Use
and Addiction

© Canadian Centre on Substance Use
and Addiction 2021

**Geyaabi gegoo wii-kendiman, nbwaachiwen ndoo-GCHI-AAKOZIWIN-19
mzinigananaanin odi www.ccsa.ca**

For more information, visit our COVID-19 resources page at www.ccsa.ca

{WELLNESS CENTRE UPDATE}

Aanii M'Chigeeng! Hope everyone is having a great summer! Let me tell you all a bit about your neighborhood Home and Community Care Program. The program focuses on client-need assessment, case management and care coordination with an emphasis on elder's support system.

Personal support services may include nursing services for care planning, wound care, and post-acute care. PSW services include personal care, respite care, basic nail care, range of motion exercises, medication reminders, wellness checks and light housekeeping. All services are available to on-reserve M'Chigeeng Band Members living with disabilities, chronic or acute illnesses and the elderly.

The Elders Support Program encompasses the assisted living program. Here we bring social connection and companionship through recreational activities, group outings, transportation services and the meals on wheels program.

The Wellness Centre overall works to support all our programs and services. We have a medical equipment loan program, a seniors fitness Centre, senior living apartments, all accessible units with walk-in showers and in-floor heating. Wheelchair transportation is also available.

Our staff are amazing people and great helpers in the Wellness Centre and in the community. We have new staff we'd like welcome and introduce...

Christie Middleton, Administrative Assistant. You will be greeted by her pleasant voice and personality when you call or visit the centre. Christie has extensive experience working in health care settings, she worked for the Sudbury District Health Unit for many years and she also worked as a PSW at the Manitoulin Lodge.

Marlena Rich, PSW in the centre and in the community. Marlena has worked in Nursing Homes and private care settings. She is a compassionate person and enjoys supporting people with daily activities of living.

Ethan Migwans, Homemaker and Night Guardian. Ethan is an energetic, supportive person and is always willing to help.

Howard Debassige, Cook. Professional Chef and retired Veteran. Howard returned to his homeland and continues to give back to his community. Howard worked as Chef in the military and at the Gwekwaadziwin Miikan Youth Mental Health & Addiction Program.

Kali Ocean Debassige, RPN Student. Ocean originally from M'Chigeeng is a student enrolled with Canadore College in North Bay and has completed her first year in the Registered Practical Nursing program. You will see Ocean assisting in our programs and out in the community supporting our clients.

I am so pleased to say we are working through major renovations right now, which is a 1.3-million-dollar upgrade project. Chi-Miigwech!!! to previous and current Band Council and Senior Management for their support in making our building safe and comfortable for all who live and work here!

Please reach out to us if you have any questions. Take care until next time.

Contact Info
705-377-4240
pamelad@mchigeeng.ca

August Birthday Dinner
Thursday, Aug 15, 2024
Killarney Fall Boat Tour
Wednesday, Sep 11, 2024



August 2024 M'Chigeeng Wellness Centre Elder's 55plus Events

Name Gllzhgad	Gllzhgad	Nlilh Gllzhgad	Zozep Gllzhgad	Spiniganwang	Jilbaf Gllzhgad	Manll Gllzhgad
Meals on Wheels available Mon-Fri \$5.00 each. Call ahead to book your seat for any bus trips as seating is limited. Angela McGraw-Corbriere, Community Wellness Support Worker (705) 377-4240 ext 201				1 BMO Mindmeoya 10am	2	3
4	5 Civic Holiday Offices Closed 	6	7	8 BMO Mindmeoya 10am	9 Mass 10am Dinning Room	10
11	12 Wlky Visit Bus leaves 9:30am NH, Andys & Dollar Store	13 Nutrition Bingo 2pm	14 M'Chigeng Freshmart 1pm Use your status card to save 10%	15 BMO Mindmeoya 10am Birthday Supper 5pm	16	17
18	19 1pm Paint with Watercolours (Birthday Cards & Book Marks)	20 Prize Bingo 2pm	21 M'Chigeng Freshmart 1pm Use your status card to save 10%	22 BMO Mindmeoya 10am	23	24
25	26 Apple Pie Making 1pm	27 BMO Mindmeoya 10am Nutrition Bingo 2pm	28 M'Chigeng Freshmart 1pm Use your status card to save 10%	29 Elder's Espanola Trip 8am	30	31 M'Chigeeng Powwow 

HEALTHY BABIES HEALTHY CHILDREN

The Program supports families in celebrating and honoring new and young life in the Community. The program also provides culturally responsive prevention and early intervention support and services to families with children from prenatal to 6 years of age. The goal is to assist all families to provide the best opportunities for healthy development using a wholistic, culturally responsive and strengths-based approach and to connect families with resources, referrals and/or services to address their needs such as family violence services. The heart of the programming is preparation for parenting (preconception component), getting ready for the birth of the baby, (prenatal care) and taking care of the baby and family unit (postnatal

care). The program is *voluntary* and open to any family that requests the service.

As the Coordinator of the Program, I have scheduled a few events for the families and community to attend. In these events we ensure the knowledge of child growth and development are provided. If you have any questions, please do not hesitate to contact me:

Terry Willemsvandyk, HBISW/RSW, RECE, RC (RBT)
 Partner in Parenting Program Coordinator
 M'Chigeeng Health Centre
 689A Hwy 551, M'CHIGEENG ONTARIO P0P 1G0
 T: 705-377-5347 Cell: 519-455-0239
 E: terryw@mchigeeng.ca

August 2024

Depending on where you grew up these are moons associated with August
 Manominike-giizis (Ricing Moon)
 Mskominike Giizis (Raspberry-Picking Moon)
 Datgaagmin-giizis (Blackberry Moon)
 Miin-giizis (Bluberry Moon)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RHT in House Strategic Planning Meetings Tues-day Mornings HBHC in House—touch point/circle of care		Mass Bag Community Activator Training		1 Playgroup at day care 9:30—11:30 am Program Planning	2	3
4	5	6 Mtg 9am	7 Mtg 10 am	8 Playgroup at day care 9:30—11:30 am	9	10
11	12	13 Mtg 9am Prenatal/ Postnatal Drop-IN at day care 1-3 PM	14 Mtg 10 am	15 Playgroup at day care 9:30—11:30 am Ribbon Shirts/Skirts	16	17
18	19	20 Mtg 9am	21 Circle of Care 10 am Mtg	22 Playgroup at day care 9:30—11:30 am Ribbon Shirts/Skirts DTR Training TBD	23	24
25	26	27 Mtg 9am Playgroup at day care 9:30—11:30 am	28 Off TBD	29 Playgroup at day care 9:30—11:30 am Ribbon Shirts/Skirts	30	31

Terry Willemsvandyk,
 HBISW, RECE, RC, RBT
 Partner in Parenting



Prenatal/Postnatal — Second & Fourth Tuesday at Day Care 1-3 pm

♥ Playdough and Baby Bathing Demo

♥ Baby Infant Massage

Playgroup at Day Care -Thursday Mornings 9:30- 11:30

August 16, 23, 30 Ribbon Skirts and Shirts

Register your child's size or yours before August 9th

M'Chigeeng Health Services

689A HWY 551
 M'CHIGEENG ONTARIO
 P0P 1G0

E: terryw@mchigeeng.ca
 T: 705-377-5347
 Fax: 705-377-5347

M'Chigeeng Health Services
 we are on this journey together



August 2, 2024

- HEALTH CENTRE**
Tel: 705-377-5347
Fax: 705-377-5090

- WELLNESS CENTRE**
Tel: 705-377-4240
Fax: 705-377-4179

- LAKEVIEW SCHOOL**
Tel: 705-377-4988
Fax: 705-377-5080
Library
Ph: 705-377-5540

- BINOQJIIINH GAMGOONHS DAY CARE**
Tel: 705-377-5383
Fax: 705-377-4377

FOR IMMEDIATE RELEASE:

Aanii, M'Chigeeng First Nation Community & Membership

In staying true to M'Chigeeng First Nations Vision Statement;

M'Chigeeng Anishinabek will be a vibrant, progressive, proud, united Ojibwe-speaking First Nation, our people will be healthy, self-reliant, respectful of our obligations to Mother Earth, and culturally grounded, showing mutual respect and support for all people.

On August 1st, 2024, aligning with the philosophy that M'Chigeeng First Nation leadership wants to empower our MFN community & memberships independence; In addition to the per capita distribution formula as stated;

1. **a base amount of one hundred thousand (\$100,000.00 CAD) dollars; plus**
2. **seven hundred (\$700.00 CAD) dollars adjusted for each year a Qualifying Recipient or Qualifying Minor Recipient is alive;**

our leadership team has made the decision to support a Phase Two additional top up as stated below, this payment will be made within 30 days of receiving the second payment from RHTLF

1. **to give our membership a top up to the base amount of twenty seven thousand five hundred (\$27,500.00 CAD) dollars; plus**
2. **five hundred (\$500.00 CAD) dollars adjusted for each year a Qualifying Recipient or Qualifying Minor Recipient is alive;**

We recognize the importance of listening to our community & membership and the value this will bring for your future! Look out for Phase One distributions arriving the week of August 12th 2024!!!

www.mchigeeng.ca

Please remember to Submit your Application for the RHT. The applications are on the website and at the Administration Office.

What happens when my child turns 18 years of age?

Please have your child contact M'Chigeeng administration. M'Chigeeng will have them complete the application form. They will need to provide two pieces of ID and a bank deposit form or void cheque. Once all the documentation has been received it will be sent to PHT for processing at MFN@peacehills.com.

DEADLINE OF AUGUST 7, 2024, APPLICATIONS FOR FIRST INSTALLMENT OF PAYMENTS THERE AFTER PAYMENT WILL BE MADE ON A BI-WEEKLY BASIS

Peace Hills is working diligently to have the payment into the accounts tentatively by August 14, 15 and 16. USA wires will happen the week after due to the extensive reporting required. Please be patient and check your account after August 14th delay for the deposit. Calling and sending emails will just delay the process.

Note: If they you don't apply by deadline your funds will stay with PHT until you complete the process.

Education Department July 2024 Newsletter

Message from the Director of Education:

Aanii! Summer break is going by quickly, we hope everyone is enjoying a safe and wonderful vacation. As we are busy preparing for another school year, we would like to congratulate all of the 2023 – 2024 Graduates!

While we congratulate Graduates, I would also like to recognize the hard work and dedication that all staff in the Education Department offer behind the scenes. From Binoojiinh Gamgoonhs, Lakeview School, the Secondary School Navigator and Post- Secondary Department as well as all the support through Jordan's Principal over the last year together each person has played a role in student Graduation. Within the Education Department we understand that we do not do this work alone. There are a great number of supportive organizations and agencies that continue to work with us and assist us in providing support for students all year through. With each name that we see come through the department, we celebrate with you Graduates. We cheer you on from here and we will continue to support you in all your educational endeavors to the best of our abilities. We will continue to work hard, to set the pathway forward for all of our students, acknowledging the ones that came before, endeavoring to be a lead in education for First Nations everywhere. Congratulations to the Graduates!

Kimberley Debassige, Director of Education

Education Department Updates

Summer Programming:

Kenjgewin Teg offered a summer co-op program for youth 15 years and up. The Co-Operative Education Program is a planned learning experience where credits are earned that integrate classroom theory and learning experiences at a workplace. 14 M'Chigeeng First Nation youth/students are taking part in this program which runs through July and into August. Students can obtain 2 Co-op credits and a stipend.

Rainbow District School Board offered a 2 week reach ahead program / 2 half credits in co-operative programming focusing on Civic and Careers. This programming was offered through a partnership between Sheshegwaning First Nation, Rainbow District School Board and The AES (Anishinabek Education

System). This was a 2-week program in which we had 2 M'Chigeeng First Nation students participate.

Binoojiinh Gamgoonhs Early Learning Centre:

As we work toward the MFN Vision of M'Chigeeng Anishinabek as a vibrant, progressive, proud, united Ojibwe-speaking First Nation, our goals over the next 3 years are to implement high-quality programming focused on increasing understanding and awareness of Anishinabek language and culture for students, staff and community while focusing on literacy and numeracy readiness skills. To see these goals and assess the outcomes Binoojiinh Gamgoonhs has been awarded a **\$977,500.00** grant called **the Indigenous Early Learning and Child Care Transformation Initiative and Quality Improvement Project** through the **Ministry of Employment and Social Development Canada**. We are very excited for the transformative aspects of this project and will work to share the impact and outcomes of this grant through the reporting and research that will follow. We will share these outcomes with the MFN community and Early Learning community at large.

As part of the QIP project our first goal was to hire an Assistant Supervisor to focus on educational programming. Shelby Roy has been a great asset to the Binoojiinh Gamgoonhs in the position of Assistant Supervisor since November. Great work Shelby!

Over the last year we have brought in Literacy Consultant, Dr. Pat Bucci, who focused on providing training and coaching for staff in early literacy development as well as Faith Hale, an Indigenous early years consultant who assisted in implementing a theoretical framework of Mino-Bimaadiziwin as well as revising the High Scope Curriculum and "How Does Learning Happen." Ontario's Pedagogy for the Early Years and Indigenous ways of knowing.

Binoojiinh Gamgoonhs continues to work on many urgent repairs and renovations through a funding grant of **\$881,200** Urgent Capital Repair and Renovation Project awarded in 2019 through **Indigenous Skills and Employment Training Program for the First Nations and Inuit Childcare Initiative**. This project was to allow for renovations and repairs to the interior of the building itself including new flooring and paint, new bathroom renovations in the various rooms, new cooling systems, age-appropriate play structures outside, all of which was completed by March of 2023. We will continue the renovations ensuring a safe and secure learning environment for the children.

Lakeview Elementary School

This past year started with the return of Gayle Payette as Principal and welcoming Travis Corbiere as Vice Principal. Taking the lead in building up a great team of Teachers, Principal Payette and Vice Principal Corbiere shared dedication to students and student success in all they implemented throughout the year including implementing a Literacy Resources Teacher and Numeracy Resource Teacher with education offering supports through both a Literacy Consultant and Math Consultant to all the land-based activities and special events. The team supported students and families through work with various agencies and organizations, while Jordan's Principle helped to provide students and families with funding offering extending the ability to ensure a safe, secure, and welcoming environment and student success.

Understanding that Lakeview School is an older building and in need of repairs, *Indigenous Services Canada (ISC)* confirmed a commitment in a letter dated June 27th 2024, to **\$4 Million** dollars for proposed Lakeview School Upgrades. While we remain focused on a new school build, we want to ensure the safety and security of the existing school while it is in use. The \$4 Million dollar project will ensure the urgent repairs are completed which include architectural, electrical, and mechanical work to the existing structure.

Chi-miigwech to Ogimma Hare, Enaagdenjged Shannon Bebamash, Interim Enaagdenjged Roger Beaudin for moving this forward to the Regional Director General of ISC.

Lakeview Elementary 2024 – 2025 school year

The school year begins on Monday, August 26 with a PD Day on Friday August 30th.

Daily schedule:

Morning announcements begin at 8:45 am, Classes start at 8:50 a.m. and end at 3:10 p.m.

Lakeview School New Student Registration:

Please contact Lakeview School at 705-377-4988. Registration forms can be picked up any time after *August 12th, 2024*

Student Transportation

Buses leave to pick up students at approximately 8:00 a.m. and arrive at Lakeview School at approximately 8:30 a.m. We recommend students be prepared and wait a few minutes earlier on the first week of school to become familiar with pickup times. All students are then bussed to Lakeview

School. Secondary students are then transferred to the high school on the Village bus. The village bus departs Lakeview School to Manitoulin Secondary School at 8:30 a.m.

Country Route Bus Contractor – AJ Bus lines Bus driver - John McKeen	Village & Secondary Route Bus Contractor – AJ Bus lines Bus driver - Phil Burnford
Pick up & drop off locations: Lakeshore Road Cross Hill Rd Spring Bay Road Corbiere Road Lakeview Drive Church Hill Road Highway 542 Bebonang Steet Highway 540 Alfie's Way North/South Hill Street Vimy Road Oak Hill Drive	Pick up & drop off locations: Old Dump Rd Pine Street Highway 540 E Spruce Street Mnaawnkwad Drive Nanibozo Street Riverside Dr Back St Highway 551 Otter Lake Alicia Way Assance Dr Tikmeg Rd Lakeview Dr

Ontario Secondary School Diploma Requirements:

To earn an Ontario Secondary school diploma, a student must:

- Earn 30 credits (18 compulsory credits and 12 optional credits)
- Complete 40 hours of community involvement activities
- Complete the provincial secondary school literacy requirement.

Secondary Graduates

Graduating students planning on attending college or university in September are encouraged to contact our Post-Secondary Department located at the M'Chigeeng First Nation Administration office to begin the application process for post-secondary funding.

The deadline for all post-secondary applications is March 31st of each year.

Secondary Student Lunch Program – MSS

Funding under Jordans Principle will again support our secondary students attending Manitoulin Secondary School. Students can utilize \$15.00 in the cafeteria, 5 days a week and this will continue for the Academic School Year 2024-2025. Please register with Justin Francis, our Secondary School Navigator.

Student Navigator Support

Justin Francis is the Secondary School Navigator. He can provide counseling, education advisory, and support to M'Chigeeng First Nation students at Manitoulin Secondary School. He is located in the Three Fires Room at MSS. His

cell is 705-348-0282, and his email address is justinf@mchigeeng.ca

IMPORTANT DATES FOR MSS STUDENTS

First Semester (Secondary)

September 3, 2024 to January 30, 2025

Second Semester (Secondary)

January 31, 2025 to June 27, 2025

Examination Days for Secondary Schools

January 24 to 30, 2025 (5 days)

June 23 to 27, 2025 (5 days)

Professional Activity Days

August 30, 2024

September 27, 2024

November 1, 2024

November 29, 2024

January 31, 2025

March 31, 2025

June 6, 2025

Post-Secondary Information

Students in Grade 12 interested in College or University for 2025 and need further information on the process are encouraged to contact the Post Secondary Navigator at postsecondary@mchigeeng.ca

Tutoring Supports are available at MSS.

Students are encouraged to take advantage of tutoring support at MSS. Tutoring will be available Monday through Thursday from 3:00 to 4:00 p.m.

Student and Athletic Fees:

M'Chigeeng First Nation (MFN) student fees are covered by the MFN Education Department. Students who take part in extracurricular sports at Manitoulin Secondary School can get their fees covered by the MFN Education Department. Please speak to our Secondary School Navigator for more information. Students MUST be living on MFN and an MFN band member. **Grade 9 BBQ: Wednesday, August 28th, from 10:00 am-2:00 pm**

Grade 9 students are encouraged to attend a barbecue at MSS. Some fun activities will be Tours, Activities, Timetables, and Locker combination practice. Just so you know, parents are also welcome to attend.

Credit Achievement

Students who successfully obtain a credit at the end of each semester will receive an incentive allowance of \$50.00 per

credit. Students MUST be living on MFN and an MFN band member.

Employment Opportunities in Education:

Cook (term), Registered Early Childcare Educators (regular full time, supply), Janitors (supply), Resource Teacher (regular full time), Teachers (regular full time, term and supply) Teacher Assistants (regular full time & supply)

Education Administrative Staff (705) 377-5362

Director of Education – Kimberley Debassige (extension 235)
Admin Secretary – Jessie Debassige (extension 223)
Office Manager – Sandra Taibossigai (extension 236)
Secondary Navigator – Justin Francis (705) 348-0282
Post Secondary Navigator/Jordan's Principle – Justeen Debassige (extension 234).

RECOGNITION OF 2024 GRADUATES

We would like to recognize our students' academic achievements this past year.

Binojjiinh Gamgoonhs Pre-school Graduates:

Asiniins Assinewai

Kaelem Bondy

Damien Brunet

Alayna Cooper-Taibossigai

Luca Corbiere

Pierce Corbiere

Emmet Corbiere-Opolko

Colton Cranston-Corbiere

Floyd Ense Jr.

Orion Gaudrault-Fox

Mia Migwans



Lakeview School Grade Eight Graduates:

Dylan Bebonang

Tessa Ense-Wabonosse

Rhyett Gagnon

Owen Hare

Rowyn Kasunich

Lux Larochelle

Ozhwashko Migwans

River Sagon

Summer Migwa



Ontario Secondary School Graduates:

Kaylee Corbiere
 Adrian Debassige
 Kal Debassige
 Emma Ense
 Saraya Eshkawkogan
 Maren Kasunich
 Nolan Hare
 Savannah McCauley
 Hugh McLaughlin
 Destiny Migwans
 Mnising Migwans
 Sage Migwans
 Eria Panamick-Kastoff
 Zander Panamick

**Post Secondary Graduates:**

Margaret Abel – Business Accounting
 Nolan Ace – Electrical Engineering Technical Power
 Chelsea Cameron – Law-Juris Doctor/Juris Indigenarum DR
 Cameron Corbiere – Motive Power Technician
 Daphne Corbiere – Social Services Worker - Indigenous
 Austin Desormeaux – BBA Accounting
 Alex Gainforth – Collaborative Nursing
 Haley Gauthier – Personal Support Worker
 Mentaagzid Gordon-Corbiere – BA Honours Specialization –
 Criminal Justice
 Shyla Halls – Massage Therapy
 Jaime Leigh Letourneau – MSW – Gerontology – Advance
 Standing
 Aiyana Louis – Environmental Studies - Honours
 Cherilyn Panamick – Social Services Worker - Indigenous
 Hanako Radulovich – Curatorial Studies
 Beverly Roy-Carter – PHD Higher Education
 Alexis Roy – BA Biology
 Stephanie Roy – PHD Higher Education

Niishin To all the Graduates!

LAKEVIEW SCHOOL UPDATE

Summer is flying by! We hope that all the students are enjoying the summer and making great memories! The custodial staff are currently working strenuously to ensure that Lakeview is ready to start on August 26th! We have had the honour of having a very committed custodian over the years to ensure Lakeview is always safe



and clean for the benefit of our students. This dedicated staff member is Mike Debassige. Mike is officially retiring in September. Mike is and has been an instrumental part of the Lakeview family! He has been very committed to doing his best and shares his knowledge openly. If you see Mike out and about, please be sure to stop and thank him for his many years of service. We are going to miss Mike tremendously at Lakeview; Gchi miigwech Mike!



Please remember that **SCHOOL BEGINS ON AUGUST 26TH** for the students! A good routine the week before school starts will benefit students tremendously to ensure that they attend school regularly and on time.

Our teaching staff for the 2024-2025 school year:

FDK – Robin Debassige
 FDK – Kelly Gratton
 Grade 1 – Cassandra Bisson
 Grade 2 – Katelyn Leask
 Grade 3 – Fawn Bridgeman
 Grade 4 – Stephen Granville
 Grade 5 – Nancy Santamaria
 Grade 6 – Roxanne Mandamin-Corbiere
 Grade 7 – Ashley Debassige
 Grade 8 – Ramona Ense
 SERTs – Catherine Fox, Nicole Fox
 Primary Anishinaabemowin – Michelle Taukei
 Junior/Intermediate Anishinaabemowin – Lissa McGregor
 Physical Education – Deana Debassige-Wood
 Librarian – Joanne Debassige
 IT – Roger Brasil
 Migizi Saswaanhs (Eagle's Nest) – Lorraine Corbiere-Debassige
 Secretary – Karlee Demera
 Vice Principal – Travis Corbiere
 Principal – Gayle Payette

August 22nd and August 23rd are Professional Development Days for Lakeview Staff. On Friday, August 23rd, there is a meet and greet BBQ from 12:00 until 2:00! Please come and meet your child's teacher, mingle, and enjoy lunch!

The school calendar is also posted for your use! Enjoy the rest of the summer! We are very excited for the upcoming school year!

See you soon!

Gayle Payette, Principal



M'Chigeeng Binoojiinh Gamgoonhs

M'Chigeeng Binoojiinh Gamgoonhs has been busy filling our summer with fun activities for the children. We hope that you and your families are enjoying summer as much as we are!

We celebrated our Preschool Graduates with a Graduation and Field Trip to Kicking Mule Ranch in June and we also had an End of The Year BBQ to bring us into summer programming! Staff here at Binoojiinh Gamgoonhs would like to wish these young graduates all the best at Lakeview School's Full Day Kindergarten program in the fall.

You all may have noticed a few new faces around the Centre, and I would like to take this opportunity to introduce and welcome them aboard.

- Shania Roy – Educator Assistant (on call casual)
- McKayla McKay – Educator Assistant (on call casual)
- Brianne McCauley - Educator Assistant (on call casual)
- Kayla Debassige – Educator Assistant (on call casual)
- Brian Schell – Custodial/Janitorial Support (on call casual)
- Kali Francis – Educator Assistant (Summer Student)
- Neilah Corbiere/Williams – Classroom Assistant (Summer Student)
- Harmony Panamick/Shawana – Custodial/Maintenance Assistant (Summer Student)

We have been very fortunate to secure additional funding and one of our projects is for our playgrounds to receive a facelift with a few additional pieces of playground equipment. We will also be upgrading our bicycle path in the near future as well.

Our staff attended the All Nations Childcare Gathering 2024 at Mississauga of the Credit First Nation as part of our annual staff retreat. This conference was a fantastic way for our staff to learn new ideas and activities to bring back to Binoojiinh Gamgoonhs. Staff here at the Centre would like to say Chi miigwetch to senior management for their support in making this happen.

Summer Items Requested:

Please continue to pack your child with the following DAILY for the remainder of the summer:

- Water bottle
- Hat

- Sunscreen
- Bug spray
- Bathing suit
- Towel
- Water shoes
- Extra clothing

Friendly Reminders:

- We are open to working families only during the summer months.
- If your child(ren) is experiencing any symptoms of ill health, please keep them home until they are well enough to return to the Centre or have been cleared by the health clinic.
- 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.

The centre is closed on Thursday, August 22 and Friday, August 23, 2024 for fall programming and annual training; in addition Friday, August 30 is an approved and scheduled Professional Development Day.

2024 Fall Enrollment

Our first day of fall programming is in conjunction with Lakeview School which will begin on Monday, August 26, 2024. We have spaces available within the following programs - please contact the Centre at your earliest to register.

- Toddler Program (18-30 months)
- Preschool 30 months and up
- Before and after school (kindergarten age up to the age of 13)

Our infant program is full and currently has a waiting list. However, you are more than welcome to fill out a wait list form as well.



COMMUNITY SAFETY INFORMATION

To be safe is vital to our health. But it takes all of us to do our part!

Achieving happiness and purpose may appear nearly impossible in the absence of a sense of security. People make compromises for safer careers, safer schools for their children, and safer neighbourhoods because of this.

Even while certain neighbourhoods are safer than others, locals can work together to improve their area.

Studies indicate that little adjustments can improve community cohesion, lower crime rates, and boost safety in general.

What steps can you take to improve safety in your neighbourhood? In the community?

One way to improve safety in your neighborhood:

Get to know your neighbor, knowing your neighbors you will then recognize unfamiliar things, events, people or crime. And be able to call 911 or a family member to check on the home. Perhaps, initiate clean up groups, help each other with beautification projects creating a sense of pride.



Know the people in your neighborhood.

Get to know the people in your neighborhood so you can recognize suspicious people.

Be aware of your neighbor's habits. When are they at work, and do they have small children or teenagers? Are they elderly and in need of extra assistance on occasion? This awareness will make the neighborhood a much



Keep your vacation dates off social media.

Many folks share news of upcoming vacations on social media. However, if you do that, you essentially set yourself up as a target for burglars. Criminals **rely on** public social media profiles like Facebook and Instagram to stalk and intrude homes while residents are away.



Make use of timers.

Timers are **great**, especially on nights you won't be home. Set a timer to have the lights go on and off at specific times so that it looks like your home is occupied. Many burglars study when people exit and enter their homes, so using timers connected to lights throws them off.



Lock all doors and windows.

Many homes have multiple **doors and windows**. Burglars need just one unlocked entry point, and it can be easy for residents to overlook one or two locks. For optimal safety, **lock all doors** and securely fasten all windows. If you have any sliding doors, place a rod in the track to prevent thieves from forcing the door open and entering. Last but not least, **consider a video doorbell camera** for when you are home alone or not home.



Utilize blinds and curtains.

These guys are especially handy at night because otherwise, people easily see the inside of your home. Potential burglars can track your activities and glimpse where you're putting your valuables, which room you're in, and which rooms are vacant. Keep the blinds closed and the curtains drawn to prevent any creepy stalkers from targeting your home.



Install motion-sensor lights outside of your home.

Burglars don't like motion-sensor lights since they're bright and shine a spotlight on illicit activity. They switch on quickly, motivating would-be burglars to flee and never return. These lights are also an excellent way for you to know when someone approaches your home.

COMMUNITY ENGAGEMENT SESSION - BBQ

SAVE DATE *The*



07 AUGUST | 5PM | POWWOW GROUNDS

COMMUNITY SAFETY WITH ISN - MASKWA, C&C AND UCCM POLICE

Aanii Kina Wiya,

It has been brought to the attention of the Health Services Team that there has been some confusion/lack of communication on where our Community Sharps Disposal Bins are located for disposing of used needles.

The locations are:

- The Sil Apartments across from Lakeview – 726 Highway 551.
- Behind the M'Chigeeng Community Complex – 94 Highway 551.
- The Peer Support & Outreach & Shelter Building – 22 Bebonang St.

I have included photos for reference and a reminder that only the YELLOW bins are serviced. The black bins are out of commission.

Also, a reminder that Nursing and Mental Health will be hosting a “safe needle disposal training” every Friday at the M'Chigeeng Ball Park as well as a volunteer community clean up hour from 12:30-1:30.

If you have any further questions do not hesitate to reach out!



Miigwech, & In Kindness!
Isabella Lauren Corbiere, (she/they/her)
Mental Health & Addictions Educator
 Ka Naadimaadimi Wii Minamaadiziying Health Services
 M'Chigeeng First Nation
Phone: (705) 377-5347 Ext. 204
Email: isabellac@mchigeeng.ca
Website: [Mental Health and Addictions](#)




705.522.9200



drugstrategy@phsd.ca



705.675.9171

OFFICE OF CHIEF



Aanii Kinaa Wiyaa, well, It has been a very challenging and exciting year for the Chief and Council. Since September 2023, we began working immediately on the most important files which were the Robinson Huron Treaty and the Manitoulin Island project. I attended many meetings over the course of the past year and we are now at the point of dispersing major funds to all our MFN members from the RHT. During this busy time, Chief and Council also held several strategic planning retreats along with our Department Heads in looking at the present and future needs of the organization. One of the major developments that actually occurred in the past 2 months was the 4 million dollars that was approved by Indigenous Services Canada for short term emergency repairs for Lakeview School. The long term plan is to build a new school for M'Chigeeng in the next 5-10 years as a costs of about \$45 million which is on our agenda as a major priority. An infrastructure plan is also being developed on the existing emergency repairs required for facilities such as the Arena, Complex, roads and many other items that will be studied in the upcoming year. It is exciting to know that we can inform the community that we do have a Road Map for MFN and we intend to use this as a guide as we move forward into the future.

Also, we are planning a town hall meeting in September 2024 along with a swearing in-ceremony for the Chief and Council. At this event, we plan on showcasing many of our programs and services and it will also allow time for Chief and Council to report to the members on what we have done for transparency and accountability. The Department Heads along with our Enaagdenjged will be there at this event to promote and answer any questions the community may have.

In closing, I am honored to be your Gimaa and to have such a great Council to work with. There are huge projects being planned for the community and we are going to meet our challenges head on so we can continue to build a strong community here in M'Chigeeng.

Miigwetch,

Gimaa Hare

UPCOMING COUNCIL MEETINGS

August 8 & 22, 2024 at 6:30 pm

September 12, 2024 at 6:30 pm (Town Hall Meeting) at the Community Complex

September 26, 2024 at 6:30 pm

HIAH Community Energy Coordinator Submission

The Community Energy Coordinator attended the One Bowl Tree to Home Summit on June 24 – 25, 2025 in Chapleau, ON.

The One Bowl Tree to Home Summit brought together Indigenous communities, organizations, and strategic partners to explore culturally appropriate, affordable, and energy-efficient housing solutions. The summit aimed to foster economic participation, skills development, and Indigenous entrepreneurship, contributing to long-term benefits and self-sufficiency for First Nation communities.

Highlights from the Summit:

- **Housing Kits:** The summit showcased housing kits that include the shell of the house made with Thermologs and roof materials. The kits are designed to work with the community to provide a culturally appropriate design.
- **Construction Process:** A construction team can complete the shell of a house within five weeks, with training provided to the crew.
- **Community Involvement:** Community members are encouraged to join the construction crew to build capacity and assist with future builds.
- **Economic Impact:** The summit emphasized the importance of using local materials and labor to reduce economic leakage and support community growth.
- **Participants visited various building sites, including the Brunswick House First Nation and Chapleau Cree First Nation, where they observed the construction process and engaged with local construction crews and community leaders.**

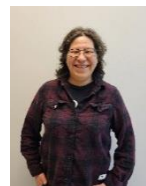
The Community Energy Coordinator is taking part in Solar Training with Ga Gitigemi Gamik We Will Plant Lodge and Relay Education. The training program is being held from July 15 – July 26, 2024. The Solar Installation Training provided an in-depth understanding of solar PV systems, focusing on the basics of solar energy, installation processes, and maintenance.

Key Training Topics:

- **Solar Energy Basics:** Participants learned about solar panel components, how solar panels convert sunlight to electricity, and the benefits and challenges of solar energy.
- **Electricity Fundamentals:** The training covered essential concepts such as voltage, current, and power, and the differences between AC and DC electricity.
- **Installation Techniques:** Detailed instructions on rooftop and ground-mounted solar installations were provided, including system components, grounding requirements, and optimal placement for maximum efficiency.
- **Off-Grid Systems:** The session also included guidance on sizing and setting up off-grid solar systems, emphasizing the importance of energy storage and efficient energy use.
- **Operation and Maintenance:** Participants received a comprehensive checklist for maintaining solar PV systems to ensure long-term performance and reliability.

The training was practical and interactive, providing attendees with the skills needed to install and maintain solar PV systems effectively.

We are partnering with the Housing department to provide a HRV Maintenance workshop on August 12th from 5:00 pm to 6:30 pm. Come and learn how to maintain your HRV unit. The poster will be coming out soon. We look forward to seeing you there!!



Aanii Kina Wiiya, Joanna Panamick ndizhnikaaaz. I am the new Community Energy Coordinator with M'Chigeeng First Nation for HIAH Corp., and I am excited about my position as the Community Energy Coordinator.

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

I'm honored to work within my community in a position that works towards a better future for our people and children. I'm excited to be part of the HIAH Economic Development team

and join the efforts in economic and community development within M'Chigeeng First Nation.

I have a Small Business Management Diploma from Canadore College. I also have a background in tourism through the Great Spirit Circle Trail and worked in the education field through Kenjgewin Teg. I have experience working on projects and coordinating events and realize the importance of community engagement when taking steps toward change.

Past Events HIAH has participated during Spring 2024

Our Community Energy Coordinator, Joanna Panamick, and Renewable Energy Worker, Jeff Corbiere attend the Electric Vehicle (EV) & Charging Expo in Toronto on May 1st and 2nd. The event was a hub of innovation and insight into the rapidly evolving world of electric transportation.

Here are some of the noteworthy takeaways:

1. **Advancements in EV Technology:** From sleek new designs to improved battery efficiency, the expo showcased the latest advancements in electric vehicle technology. Manufacturers highlighted their commitment to sustainability and innovation, unveiling models that promise to revolutionize the way we think about transportation.
2. **Charging Infrastructure Expansion:** One of the critical discussions revolved around the expansion of charging infrastructure. Companies showcased their solutions for faster and more accessible charging stations, addressing concerns about range anxiety and promoting widespread adoption of electric vehicles.
3. **Renewable Energy Integration:** A significant focus was on the integration of renewable energy sources into the charging infrastructure. From solar-powered charging stations to grid-tied solutions, there was a clear emphasis on reducing the carbon footprint of electric transportation and promoting sustainable energy practices.
4. **Policy and Regulation:** Panels and discussions highlighted the importance of supportive policies and regulations to accelerate the adoption of electric vehicles. Governments and regulatory bodies were urged to incentivize electric vehicle purchases, invest in charging infrastructure, and implement measures to reduce emissions from traditional vehicles.
5. **Industry Collaboration:** Collaboration emerged as a key theme throughout the expo, with stakeholders from various sectors coming together to address common

challenges. Automakers, technology companies, energy providers, and policymakers discussed the importance of collaboration in driving innovation and scaling solutions for a cleaner, greener future.

Overall, the Electric Vehicle & Charging Expo provided valuable insights into the present state and future trajectory of electric transportation. As the world continues to transition towards sustainable mobility, events like these serve as catalysts for progress and collaboration.

Wind Farm Tours

We were thrilled and excited to have the Lil Warrior and Lil Sisters groups join our Energy Team for 3 group tours of the MERE Wind Farm. During their visit, we explored how we're harnessing the power of the wind to generate clean, renewable energy.

Highlights:

- **State-of-the-Art Turbines:** Our turbines stand at an impressive height of 78 meters, equipped with blades that have a rotor diameter of 82 meters in length. These wind turbines are designed to maximize energy capture from even the slightest breeze.
- **Innovative Technology:** The MERE Wind Farm utilizes advanced SCADA (Supervisory Control and Data Acquisition) systems to monitor and optimize performance in real-time, ensuring maximum efficiency and minimal downtime.
- **Community Engagement:** We're committed to being good neighbors. The wind farm would like to support the local school with educational programs about renewable energy and offer guided tours for students to learn more about wind power.
- **Environmental Impact:** The wind farm reduces carbon emissions by approximately 100,000 tons annually, contributing significantly to our goal of a greener, cleaner planet.

Educational Highlights

How Wind Turbines Work:

- Wind turns the blades, which spin a shaft connected to a generator.
- The generator converts the kinetic energy into electrical energy.
- This electricity is then sent to the power grid and distributed to homes and businesses.
- **Environmental Benefits:**
- Wind energy is a clean, renewable source that reduces carbon emissions.

- It helps combat climate change and reduces our dependence on fossil fuels.

In closing, we look forward to bringing new and exciting opportunities from the Energy sector to M'Chigeeng First Nation. Thank you for your attention, and here's to a brighter, more sustainable future for transportation. We would like to thank the participants for being part of our special student tour at MERE Wind Farm.

Solar Energy Word Search

O P B P K O Y J O A B Y R J T Q Y O R C T
 Z I M S B Y E Y G C I P N S T T H U X S F
 Y T I C I R T C E L E U J S Q Y P Z Q O J
 X Q N D W W M D F E G B D A A X K L N L D
 K R X D N T A F I S Q Q T X H W A I E A K
 N U P N P H V L X H E A T I N G K V N R X
 O W S M S J W I E G A T L O V X K M G E P
 P J S O N U F Z M N L Y F H A I U P N N T
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 L O H Y C N E I C I F F E O L A T A W K K
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 T E N G A M R D F P T N S N O T O H P P T
 M J R Z X Y S R R Q H B B U X U V L K Y
 V L S W P Z D Z D P V E J R J A B S O R B

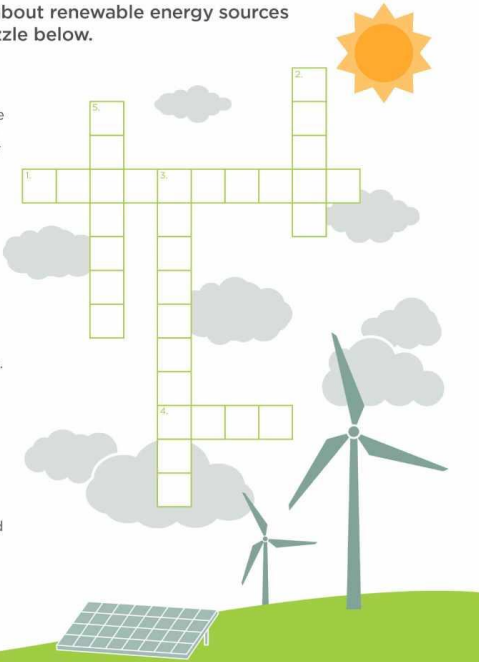
Radiation	Absorb	Circuit	Watts
Efficiency	Heating	Voltage	Magnet
Electricity	Solar cell	Sunlight	Photons
Solar energy	Solar panel	Renewable	Insolation



RENEWABLE ENERGY SOURCES CROSSWORD

Did you know the electricity you use in your home is generated using a variety of fuel sources? Some energy sources are nonrenewable (like coal and natural gas) and some are renewable (like solar and wind energy). Learn about renewable energy sources and complete the puzzle below.

- ACROSS:** _____ energy uses heat from the earth. People can use the heat to warm buildings or to generate electricity.
- DOWN:** _____ energy is produced through panels that convert sunlight into electricity.
- DOWN:** _____ is energy produced from moving water. The power plant is typically located on or near a water source.
- ACROSS:** _____ energy uses tall turbines with blades to collect kinetic energy.
- DOWN:** _____ is organic material that comes from plants and animals; it contains stored energy from the sun and when burned, uses chemical energy that is released as heat.



ANSWER KEY
 1. ACROSS: WIND 2. DOWN: SOLAR 3. DOWN: HYDROPOWER
 4. ACROSS: WIND 5. DOWN: BIOMASS

 CHANGE TO LED LIGHTING You can save up to 55% by replacing incandescent & halogen lighting with LED's	 SWITCH OFF CAMPAIGN Lighting areas that are not in use contributes significantly to your energy costs. Run a switch off campaign and install light sensors where possible.	 SET THE RIGHT TEMPERATURE Heating should be set between 18-20°C and cooling between 25-27°C. Each one degree variation can affect your heating and cooling costs by 5-10%
 SHUT THE DOOR Isolate spaces that need heating and cooling wherever possible. Heating and cooling costs can be reduced by up to 75% by only conditioning areas that are in use.	 END OF DAY POWER DOWN Power down all computers & equipment at the end of the day. Setting PCs to go into sleep mode when not in use can save up to 70% of the energy they consume.	 WINDOW SHADING Utilise window shading to block out heat in the summer and let the natural light warm your space in winter.



HVR MAINTENANCE WORKSHOP

Learn how to maintain your HRV unit!!

When: August 12th from 5:00 pm to 6:30 pm

Where: M'Chigeeng Complex

Instructed by: Dave McLean

Light refreshments will be provided.

MAINTENANCE INCLUDES

- How to maintain HRV unit
- Cleaning filters
- Bleed furnace
- Clean Grease Grill

CONTACT US TO REGISTER

☎ (705) 377-5362 ext. 234 or ext. 208

🌐 <https://mchigeeng.ca>

Registration is limited to 20 people

M'CHIGEENG

35TH ANNUAL TRADITIONAL POW-WOW



352 HWY 551
M'CHIGEENG ONTARIO

MANITOULIN ISLAND



**SATURDAY
AUGUST 31ST**

**SUNDAY
SEPTEMBER 1ST**

HEAD DANCERS

Matthew Pheasant
& Sophie Pheasant

YOUTH HEAD DANCERS

Maria Cheechoo
& Noah Hare

HEAD ELDERS

Marilyn Debassige
& Clarence Pangowish



HOST DRUM: WARPAINT SINGERS
CO-HOST: YOUNG BHSINEH

SPECIAL GUEST

Celina Cada-Matasawagon,
"Champion Hoop Dancer"

MASTER OF CEREMONIES

Darren McGregor/Gordie Odjig

HEAD VETERAN

Gimaa Morgan Hare

ARENA DIRECTOR

Dave Trudeau

EVERYONE WELCOME!

SATURDAY- COMMUNITY FEAST

GRAND ENTRY TIMES:

SATURDAY 12PM & 7PM AND SUNDAY 12PM

SPECIALS: HOOP DANCE / RIBBON SHIRT & RIBBON SKIRT / M'CHIGEENG PRINCESS & BRAVE PAGEANT

VOLUNTEER CONTACT: SEE FB EVENT, "35TH ANNUAL MCHIGEENG POW WOW FOR MORE DETAILS AND INFORMATION"

CRAFT VENDORS \$100
AUTHENTIC NATIVE CRAFTS ONLY
& MUST PROVIDE PROOF OF STATUS
(NO PLASTIC TOYS OR BALLOONS)

VENDORS WELCOME
CALL NOW TO REGISTER
CONTACT: 705-210-0755

FOOD VENDORS \$200
50% DISCOUNT FOR
M'CHIGEENG BAND MEMBERS.
(NO HYDRO AVAILABLE)

Drum Requirements: First 5 Drums, Minimum 5 Singers, No Drum-Hopping
No Alcohol or Drugs Permitted * No Pets Allowed * Not Responsible for Any Lost, Damaged or Stolen Property