

EAGLEPRESS NEWSLETTER

Seneca College Students Visit Roundhouse



Students
from
Seneca
College
visited the
Round-
house on
March 23.

Curious students from Seneca College spent a fascinating day at Nancy Rowe-Henry's Roundhouse on the Mississaugas of the New Credit First Nation March 22 to learn about the history of the Mississauga people.

Specifically, they came down to hear about the Toronto Purchase, and to learn about "The Dish With One Spoon Wampum" belt.

Laforme educated the students about the history behind the Toronto Purchase, while Elder Garry Sault educated them on the Dish With One Spoon wampum in the afternoon.

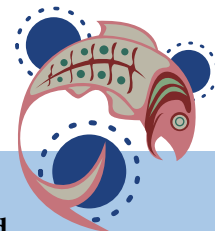
The students were seeking to clarify territorial land acknowledgements during special events at the college.

Councillor Margaret Sault and Chief R. Stacey

They were advised by the Chief to acknowledge the land as Mississauga Territory.

Vision Statement in Ojibwe:

Ezhi niigaan waabjigaayewaad Mississaugas New Credit endaawaad (the vision of these people). Ezhip mino maadzijig (living a joyful life), ezhi waamji-gaazwaad (their identity, how people have identified them), ezhi debwedmowaad (their beliefs), ezhi mimiingaazwaad (what was given to them by Creation, what they always had, their heritage), niigaabminunkiiwaad Anishinaabek (is how they always lived as Anishinaabek).
Translated by: Nimkew Niinis, N'biising First Nation.



Eaglepress Newsletter

The Eaglepress newsletter is available for download at newcreditfirstnation.com; we encourage members to view the online version rather than subscribing to print to help us care for Mother Earth and save print and postage costs.

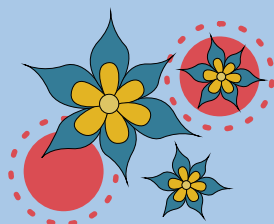
The Eaglepress will continue to evolve with new features and information. If you have suggestions for the newsletter, please contact:

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Media and Communications Department

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MNCFN Senior Managers practice a drill in accordance with the MNCFN Emergency Response Plan.



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Message From

Chief R. Stacey Laforme

Chief and Council have been working hard for the betterment of our Nation. Listed below are a few of the areas on which we are focused.

Strategic Plan

Chief and Council is committed to the development of an MNCFN strategic plan that will be our path, our vision to the future for the next seven generations. The plan is based upon who we were, who we are, who we want to be, and how we want to interact with the world around us. If you do not have a vision you can never be more than you are, if you do not have a plan to support that vision, movement toward the vision is slow and sporadic, if you do not have an implementation strategy the plan becomes confusing and muddled and difficult to complete. To date we have met with Chief and Council, senior managers, and the Membership. We have identified seven key pillars that will be developed:

1. Inclusive prosperity, economic growth and job creation
2. Nation well-being and wellness
3. Environment and sustainability, stewards of our air, land, water and natural resources
4. Education development and awareness
5. Outreach, education, and cultural development
6. Infrastructure and community development
7. Inclusive leadership and governance

Chief and Council has met and determined which Councillor will be responsible for which pillar and which department will be helping to ensure we have as much engagement as possible. Throughout the work that is necessary on the development of the pillars there are three key ideas that must be considered at all times:

1. The values of this First Nation
2. How culture and language will be incorporated
3. Communication and interaction with Membership



*Hamilton City
Councillor Aidan
Johnson and
Project Manager
for Urban Indig-
enous Strategy
Shylo Elmayan
with Chief La-
forme.*

There is much work to do and we want all of our Membership to be a part of the development, so please ensure you have a voice. If you want to improve governance or education or any of the other pillars we want to hear your voice; we want your involvement. We will be having individual pillar engagement meetings with Membership and there will also be overall combined engagement meetings. The first of the combined engagement meetings will occur at the Community Center on May 27.

Outreach and Education

Chief and Council and many Members are involved in events throughout our Territory and Treaty lands. It is important work because many people throughout our lands do not understand the history or the treaties that the Mississaugas of the Anishinabe have entered into with the crown. Knowledge and awareness are important in developing relations in all areas.

We have met with the INAC leadership team and with all staff of the Ontario Human Rights Commission. We are arranging meetings with all conservation authorities within our Territory, all community foundations within our Territory, and other key organizations. We have met with many city governments and are continuing to build those relationships throughout our lands.

Continued on Page 6

Let's Learn Anishinaabemowin: Spring Words

Spring - Ziigwan. **Phonetic:** Zik-one.

Maple syrup - Ziinzibaakwadwaabo. **Phonetic:** Zheen-zee-back-wad-wah-bo.

Flower - Waabigwan. **Phonetic:** Wah-bee-one.

Butterfly - Memengwaa. **Phonetic:** May-men-g-wah.

Rain - Gimiwan. **Phonetic:** Kim-e-one.

Clouds - Anakwad. **Phonetic:** Ann-ak-wud.

Rainbow - Nagweyaab. **Phonetic:** Nug-way-aab.

Chick - Baaka'wenth. **Phonetic:** Pa-kaa'when-eh-th.

Puddle - Waanzhibiiyaa. **Phonetic:** Wan-zhee-bee-yea.

Boots - Makizinan. **Phonetic:** Mug-key-sin-an.

Tree - Mitig. **Phonetic:** Me-tig.

Worm - Ginebigoons. **Phonetic:** Kin-e-big-oons.

Translations provided by Tena Sault.

Historical Tidbit

By Darin Wybenga

Found scattered throughout the MNCFN Council minutes of the late 19th and early 20th centuries are references to a number of individuals known as *Roadmasters*. Mississaugas of the New Credit First Nation (MNCFN), in earlier days, was divided into eight districts each with its appointed Roadmaster.

Appointed from the able-bodied men of MNCFN, the Roadmaster was to ensure that roads, bridges, culverts, fences, and ditches in his district were kept in a good, clean, sufficient state of repair.

To aid the Roadmasters in their work, council required statute labour. Statute labour required every male band member, between the ages of 21 and 60, to work a few days annually, without pay, to make necessary road repairs.

If a man owned 50 acres of land or less, he was required to work for three days; a man owning no land was only required to work two days. A man failing to complete his free labour for the band was fined \$1

for every day of work missed. The Roadmaster was himself free from doing any roadwork for the band, but he did have to supervise the work carried out in his district and collect the fines of those individuals unwilling to complete their statutory labour.

All fines collected from those failing to do their duty would be turned over to the Chief who would then apply the monies towards road maintenance.

Not being content to have the Roadmasters oversee the upkeep of roads, bridges, and so on, the council also made it their responsibility to inspect their districts for noxious weeds such as ragweed and Canada thistle.

Landholders failing to remove such noxious weeds would receive a fine as well as pay for the expense of the weeds' removal by the Roadmaster.

Nahnebahwequay

The Story of Catherine Sutton

Nahnebahwequay, also known by her English name Catherine Sutton, is one of the most respected women in the annals of the Mississaugas of the Credit history.

Noted Historian Donald Smith touched on the life of Nahnebahwequay during the 7th annual Historical Gathering at the MNCFN Community Centre Feb. 15 to Feb. 17. The presentation can be viewed on MNCFN's YouTube channel.

Nahnebahwequay, meaning *upright woman*, was born in 1824 on the Credit River flats (Port Credit, Ont.). Nahnebahwequay was the daughter of Tyatiquob (Bunch Sonego), of the Eagle totem, and Myarwikishigoqua (Mary Crane), of the Otter.

The Sonegos accepted Christianity, and moved in the spring of 1826 with other Ojibwe converts to the Credit River to begin a Methodist settlement. Catherine attended the mission school until 1837.

In January 1839, Catherine married an Englishman, William Sutton.

"He was an Englishman but he loved Indians," said Smith.

At the Credit mission, in addition to raising a family, Nahnebahwequay acted as a Methodist class leader.

"Nahne was very bright, very sharp," said Smith. "She spent a year in England and perfected her english. Nahne is an Indian figure - Christian yes - but Anishinabe."

In the summer of 1846, the Suttons moved to western Ontario. From 1852 to 1854 they lived at the Garden River Reserve near Sault Ste. Marie.

In 1857 they returned to Owen Sound and found that their property had been surveyed, laid out in town lots, and offered for sale by the government. In their absence, the Indian Department had secured the surrender of the Bruce Peninsula by treaty and refused to recognize the validity of the Suttons' land title.



Catherine Sutton is a revered woman in MNCFN history, who fought for Indigenous land rights.

No redress was made by the government and in 1859 Catherine Sutton decided to journey to England to present their case to the colonial secretary and the Queen.

On June 19, 1860 she met with Queen Victoria to present her case. As a result of the direct intervention of the British government, the Suttons were allowed to buy back their land, but nothing was done for the other Indigenous people.

Upon her return to Canada, Sutton, one of the few Indigenous women of her time to understand the "white man's ways," continued to advocate for Indigenous rights against the Europeans.

During the last two and a half years of her life she suffered from poor health and died in 1865.

With files from Donald B. Smith, "NAHNEBAHWEQUAY," in *Dictionary of Canadian Biography*, vol. 9, University of Toronto/Université Laval, 2003–, accessed March 23, 2017, http://www.biographi.ca/en/bio/nahnebahwequay_9E.html.

Message from the Chief - Continued

We are the host First Nation for the NAIG games which will be held in July and the Invictus Games in September. We will be involved with the Little NHL for the next few years as it will continue to be held in the city of Mississauga. We will be involved with Canada 150; however we have made it very clear that we consider this celebration the celebration of the tenacity of our people and an opportunity for education and awareness. We have established a committee called the Major Events Committee (comprised of Council Members, staff and Membership) which oversees our involvement with special events within our Treaty Lands and Territory.

Emergency Response Readiness

Our senior managers have been undergoing extensive emergency response training to ensure we are prepared to confidently handle emergency situations such as natural disasters affecting MNCFN. The MNCFN Emergency Response Plan is undergoing revisions and is expected to be completed later this year.

Mississaugas of the New Credit Claims

This past year we have filed two claims with the government of Canada, The Rouge River Valley Tract Claim and the Title Claim to Waters. Both claims are available at mncfn.ca. We are also working toward the submission of two additional claims for submission this year. Since filing the water claim we have implemented a water committee (it is envisioned that this committee will be a committee of Councillors, staff and Membership), to ensure we are able to carry out our responsibility to the waters and be involved wherever necessary. We are also in constant correspondence with the government of Canada in regards to our Rights throughout our lands and have put many companies on notice of our land claims and Treaty Rights.

Human Rights Issue

We have reached an agreement on the special needs education human rights challenge against the government of Canada. We have a commitment to do the necessary work that supports our Membership and

our Indigenous brothers and sisters across Ontario and Canada. It is important to note that although we are working toward a common solution we do reserve the ability to file another claim if it proves necessary.

Governance

Chief and Council has begun looking at changing our election code, establishing our own constitution, and we have changed the transfer policy to allow transfers to our First Nation. We plan to move toward a governance that is defined by Membership, not by INAC. We have signed an accord with the other Mississauga First Nations to work together and are planning to further develop relationships, political and social.

We have been successful in obtaining some funding to begin the work necessary to look at our internal and external structures relating to governance. We have also obtained some funding to do the feasibility of establishing an Anishinabe gathering in Toronto. Chief and Council is continually trying to separate the political process from the administrative issues.

Education

We have also met with INAC around the expansion of LSK Elementary. There is a committee who oversees this development. It is very important that we make positive progress on the expansion of the school, not only for the value it adds to the school but to incorporate the Children's Centre within the school. This will allow us to utilize the current Children's Centre building to expand our services to Membership in the area of health.

We are working on the revitalization of the LSK Education Authority and will have this professional advocacy body in operation this year. We continue to review education to find ways to improve service of education to our membership.

We have relationships with many universities and colleges and have signed an MOU with one and are working toward other MOUs.

Message from the Chief - Continued

Water lines

We have met with INAC to discuss the completion of the waterlines throughout our territory. The Public Works department is currently in discussion with the regional office to complete the necessary steps to move forward.

Communications

We have implemented monthly Membership meetings, improved the newsletter, redesigned and expanded our website, and begun communicating through Twitter, Facebook, and YouTube. All these communication channels allow us to share information with and learn from our Membership wherever they reside.

We have established a culture and events coordinator (CEC) within our communications department, who assists with ensuring Elders and others from our Nation are part of openings and recognition of this First Nation throughout our lands.

The CEC is establishing a broad list of youth, Elders, and people who have cultural skills or specialized skills that may be requested by outside agencies.

The Media and Communications Department arranged for the Anishinabe Creation story to be held in our community for the first time. It was fantastic and needs to be part of our yearly events.

Economic Development

We have secured funding to look at ways to improve wealth creation for MNCFN including a feasibility study on an Indigenous district in Toronto. We are also reviewing the current structure of economic development to improve services and exploring partnerships with other organizations.

Health and Social

We are undertaking a process of nation engagement to find a more efficient method for delivery of Health and Social. Currently Health Canada funds certain programs and services and we fit our organization to match. We will be changing this so that services will be based on what this First Nation sees as a priority and not what

Health Canada has focused on in the past. We will be receiving new funding from Health Canada to carry out this new process.

Department of Consultation and Accommodation

DOCA is the Department of Consultation and Accommodation. It was put in place to ensure that when development occurs throughout our Treaty lands that we are involved in the archaeological and environmental process to ensure the companies carry out their duties in compliance with environmental stewardship. The office has grown to include an office staff of seven and a field staff of 20. The department completely funds itself through interaction and agreements with companies. There is further opportunity within DOCA and Sustainable Economic Development to establish a security service.

I have been on Council for many years and this is the first time I have seen so many members of Council willing to meet as many days a week as necessary to develop this First Nation.

As former Chief Carolyn King is fond of stating, you cannot build a nation between 9 to 5. It is a commitment to every second.

Chi Miigwetch

Chief R. Stacey Laforme

Women's Sharing Time Program

April 10th – June 5th, 2017

(Monday Evenings)

6:00 – 9:00 PM

Social and Health Services (Lower Level) Bring your positive attitude and drop in for an evening to share, learn and create!

This program runs weekly and is for all women!

Information sharing and making crafts to take home.

Light refreshments will be available.

Childcare is available please call before 12 pm on day of if required.

Contact Stephanie D. Laforme at

905-768-1181 ext 224

POLITICAL GATHERINGS

Chief and Council regularly participate in meetings and other gatherings to further MNCFN objectives. Below is a list of meetings that members of council have attended from Feb. 18 to Mar. 17, 2017

Reconciliation Through Indigenous Education Teleconference Feb. 18 VKJ	Regular Council Meeting Feb. 21 CJ, MS, SL, CLJ, ES, RSL, VKJ	Teleconference on Creating a Culturally-Relevant and Responsive Justice System Feb. 24 VKJ
Vigil for Missing and Murdered Indigenous Women and Girls Feb. 18 EF, CJ	MNCFN Emergency Housing Meeting Feb. 21 VKJ	MNCFN Education Meeting Feb. 24 ES
LSK Expansion Committee Meeting Feb. 21 VKJ	Wealth Creation Workshop Feb. 22 MS, SL	Monthly Gathering Feb. 25 CJ, MS, VKJ, SL, RSL
Treaty Workshop Feb. 21 EF, MS	Economic Development Committee Meeting Feb. 23 SL	Meeting with Minister Carolyn Bennett Feb. 27 RSL
Community Energy Launch Feb. 21 MS	Wealth Creation Teleconference Feb. 24 SL	Executive Finance Council Meeting Feb. 27 ES, CJ, MS, VKJ, SL
Meeting with OPP Feb. 21 ES, RSL	ITC Special Committee Meeting Feb. 24 EF	Economic Development Meeting Feb. 28 MS
COO Climate Change and Water Security Meeting Feb. 21 ES	Ganawenjigijik Niibi Bemaadiziwin (Water Committee) Meeting Feb. 24 CJ, MS	AFN Education Forum Feb. 28 to Mar. 2 CJ
Kairos Blanket Exercise - Ontario Public Services Feb. 21 CJ	Treaty and Aboriginal Rights Committee Meeting Feb. 24 CJ, RSL	Chiefs of Ontario Health Forum Feb. 28-Mar. 2 VKJ, SL, RSL, ES
Economic Development - Energy Conservation Engagement Session Feb. 21 CJ	Hydro One Meeting Feb. 24 CJ	Sharing Our Lands Conference Mar. 1-2 MS
	Negotiations Meeting Feb. 24 CJ	

POLITICAL GATHERINGS

Teleconference with Faculty of Education at University of British Columbia
Mar. 3
VKJ

Water Committee Meeting
Mar. 3
MS

Signing of MOU with Wilfrid Laurier University
Mar. 3
RSL

Ganohkwasra Board Meeting
Mar. 3
MS

Improving Health Care for Indigenous People
Mar. 3
CJ

Wealth Creation Meeting - Toronto
Mar. 3
SL

Community Discussion on Education
Mar. 4
CJ, VKJ

Infrastructure and Development Council Meeting
Mar. 6
ES, CJ, MS, VKJ, SL, RSL

Meeting with OPP
Mar. 7
ES

Major Events Committee
Mar. 7
ES, SL

Economic Development Meeting
Mar. 7
MS, SL

Negotiations Team Meeting
Mar. 7
CJ

Media Training Session
Mar. 8

CJ, EF, MS, VKJ, RSL

Rouge Park Meeting with DOCA
Mar. 8
EF

Hagersville Food Bank Meeting
Mar. 9
ES

Wealth Creation Meeting
Mar. 9
MS

Business Incubator Training
Mar. 10
MS

Brant FACS Protocol Meeting
Mar. 10
CJ, RSL

Ganawenjigejik Niibi Bemaadiziwin (Water Committee) Meeting
Mar. 10
CJ

Education and Social Services Council Meeting
Mar. 13
ES, CJ, MS, VKJ, RSL

Aboriginal Labour Force Development Circle
Mar. 14-15
CJ

Strategic Planning Meeting
Mar. 17
ES, CJ, MS, VKJ, SL, RSL

Peter Atkinson's Clan Systems and Governance Structures
Mar. 18
CJ

Legend

RSL - Chief R. Stacey Laforme
CLJ - Councillor Casey Jonathan*
CJ - Councillor Cathie Jamieson
EF - Councillor Erma Ferrell
ES - Councillor Evan Sault
MS - Councillor Margaret Sault
SL - Councillor Stephi LaForme
VKJ - Councillor Veronica King-Jamieson

*Calendar of meetings not available

Wellness Group

Wednesday April 12th, 2017

1:30PM – 3:00PM, 6:00PM – 7:30PM

Social and Health Services (Lower Level)

This group is open to everyone who wishes to increase their knowledge of diabetes. Diabetes effects everyone in different ways. Sharing experiences/knowledge is most welcome! Light refreshments will be available.

Childcare can be arranged for the evening session with 24 hour notice.
Please contact Leslie at 905-768-0141 for more information.



Executive Finance Council, Feb. 27, 2017

Food Handling Certificate and Kitchen Inspection Report

Provincial regulations require caterers to have a 'Food Handling' certificate and Kitchen Inspection (must be commercial kitchen vs. home kitchen); however the regulations are not applicable on reserve. The MNCFN Executive Finance Council hereby requires all Council and staff preparing or serving food as well as caterers and their employees to provide a valid 'Food Handling Certificate' effective April 1, 2017.

Community Discussion on Education

MNCFN E&SS Council authorized the signing of the Letter of Agreement between MNCFN and Chiefs of Ontario in the amount of \$9,000 for the purpose of hosting Community Discussions on Education.

Financial Statements

MNCFN Executive Finance Council accepted the Financial Statements as of January 31, 2017.

INAC Notice of Budget Adjustment

MNCFN Executive Finance Council accepted and authorized the signing of INAC Amendment #015 which provides set and fixed funds for the 2017/18

fiscal as follows:

MNCFN Education:

Fixed Funds:

Instructional Services	\$17,100
Student Transportation	\$39,100

Set Funds:

Enhanced Teachers Salary	\$33,500
Tuition Agreements	\$16,200
High Cost/Special Education	\$84,500

MNCFN Social and Health Services

Fixed Funds:

Income assistance	\$3,400
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Set Funds:

Basic Needs	\$4,700
OW and Employment Support	\$600
Special Needs	\$400

Infrastructure & Development Council, March 6, 2017

Border Crossing

The Minister's Special Representative (MRS) on border crossing issues has been instructed to engage with First Nations in border communities and with national First Nations organizations to: Obtain a comprehensive picture of concerned First Nations' Canada-United States border crossing challenges; hear about the impacts on their communities; and collect their views on potential solutions. The MRS will report findings to the Minister of INAC. MNCFN I&D Council approved the appointment of Councillor Margaret Sault as the MNCFN delegate and Councillor Erma Ferrell as the alternate.

Water Claim

MNCFN I&D Council approved the MNCFN Water Claim Fact Sheet as supporting documentation for the MNCFN Water Claim.

MNCFN/INAC Exploratory Discussions (Governance)

On December 23, 2016 a letter, work plan and budget were sent to INAC for the purpose of entering into exploratory discussions focusing on Mississauga Nation Governance and for planning an Anishinabe Nation Gathering as part of the Canada 150 celebrations. A letter was received from INAC offering

Infrastructure & Development Council, Continued

\$75,000 for the 2016/17 fiscal year for funding support. MNCFN I&D Council assigned the administrative and financial responsibility of the project to the Department of Consultation and Accommodation with dollars coming from INAC.

INAC Amendment No. 14

The MNCFN I&D Council accepted and authorized the signing of INAC amendment #014 which provides set and fixed funds for the 2016/17 fiscal as follows:

MNCFN Council/Admin:

-Indian Government Support (Strategy) Fixed Funds of \$75,000

MNCFN Department of Sustainable Economic Development:

-Economic Development/Community Development (Wealth Creation) Fixed Funds of \$880,878

MNCFN Department of Consultation and Accommodation:

-Treaties and Aboriginal Government Set Funds of \$75,000

Indigenous Art Space

Deloitte Canada would like to work collectively with MNCFN on creating an inclusive Indigenous Art Space on the client floor of the Deloitte building in Toronto. Direction was given to Councillor Cathie Jamieson to work with a Deloitte representative on the project.

Emergency Housing

Currently there is an application into INAC proposing funding for a 5-plex housing unit. The housing committee agrees that the best recommendation would be to designate 2 of these units as emergency housing using a similar point system to that already in place for Townline Estates. MNCFN I&D Council gave direction to the Housing Director that should the funding be approved by INAC for a 5-plex, the Director will move forward with the project. A housing policy will also be developed.

Replacement of Gasoline and Diesel Storage Tanks

MNCFN I&D Council approved MNCFN Public Works to purchase 2 double-lined fuel storage tanks for fuel storage to supply various organization assets used for snow removal equipment and day-to-day duties for staff. A dedicated supplier was approved to address the emergency situation in the amount of \$8,234.

Aboriginal Business Match

MNCFN I&D Council gave approval to co-host Aboriginal Business Match (ABM) East 2017. ABM connects Indigenous communities with the private sector to create opportunities for business. The event will be held in Toronto or Niagara Falls. No financial contribution will be required of MNCFN.

Native Horizons Treatment Centre

MNCFN's current lease with Native Horizons Treatments Centre ends in July, 2018. Council has previously agreed to enter into another 25-year lease and directed the Lands, Research and Membership (LRM) Department to forward the lease for legal review. MNCFN I&D Council directed the LRM department to make the required changes to the lease as per legal council's comments.

Nanfan Project – Elder Interviews

Joan Holmes and Associates were asked to complete interviews with Elders regarding their knowledge of the Nanfan Deed and the Dish With One Spoon. MNCFN I&D Council accepted the final deliverables from the 1701 Nanfan Treaty Project.

Subdivision Survey

MNCFN I&D Council directed LRM to forward an invoice to the Housing department for a survey that was conducted on the housing subdivision located near the corner of New Credit Road and Second Line.

Minor Capital Application

INAC has previously approved funding for a School Ex-

Infrastructure & Development Council, Continued

pansion Feasibility Study in the amount of \$81,000. INAC identified additional work required along with funding associated with the additional work increasing the total to \$101,000. By way of process, Council approved an amended Minor Capital Fund application to reflect the increase. MNCFN I&D Council approved the signing of a Band Council Resolution to support the project and application.

Dolly Parton Imagination Library

The MNCFN I&D Council supported the MNCFN Early Childhood Development Worker in approaching the Community Trust to request \$4000 for the continuation of the Dolly Parton Imagination Library. 60 children are currently enrolled in the program through MNCFN. The program delivers a new book each month to children from birth to age 5.

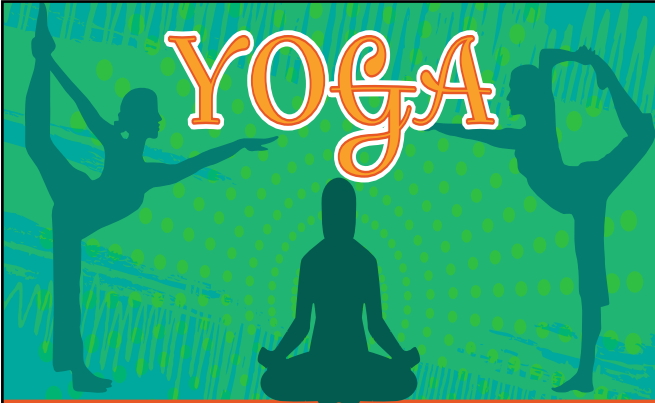
Education and Social Services Council, March 13, 2017

Toronto Purchase Trust

MNCFN E&SS Council accepted the financial statements for 2016 including the performance report and interim report for the Toronto Purchase Trust from Peace Hills Trust. The Toronto Purchase Trust Transactions Report as of Feb. 28, 2017 as prepared by the Finance Director was also approved.

Engagement of a New Audit Firm

MNCFN E&SS Council appointed MNP LLP as the MNCFN external auditor for the price of \$38,000 per annum which includes all reporting.




YOGA

Every Tuesday Evening
5:00 – 6:00 pm

Lloyd S. King Elementary School – Gym

Drop in for a relaxing and great workout!

Contact Leslie or Janice at 905-768-0141
for more information!



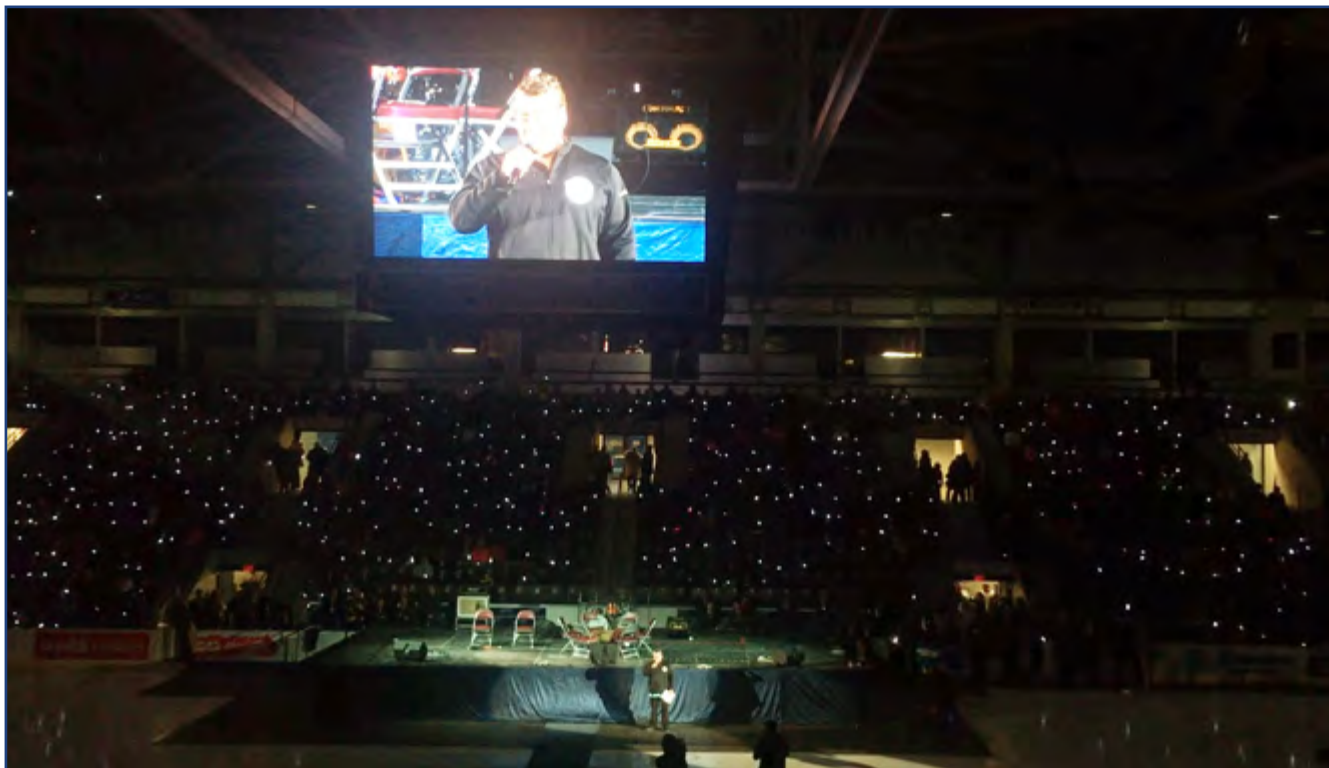
ZUMBA CLASSES

Every Monday and Thursday evening
6:00 – 7:00PM
MNCFN Community Centre

New Credit Community Health
is offering free Zumba classes!

Drop in to have fun and get a great workout!
Make sure you wear comfortable
clothing and shoes!

MNCFN Outreach Activities



MNCFN

Chief R. Stacey Laforme brought greetings to thousands during the Lil NHL tournament at the Hershey Centre in Mississauga.

Chiefs of Ontario Health Conference

Date: Feb. 28 to Mar. 2

Location: Toronto

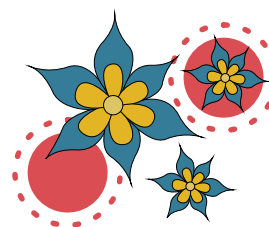
Elder Garry Sault brought greetings to the territory during the COO health conference.

Honouring Our Students Pow Wow and Indigenous Festival

Date: Mar. 11

Location: Toronto

Chief R. Stacey Laforme welcomed guests, students and staff to the annual festivities on traditional Mississauga Territory.



Lil NHL Hockey Tournament

Dates: March 12 to 16

Location: Mississauga

Chief R. Stacey Laforme brought greetings to thousands of guests and welcomed them to Mississauga Traditional Territory at the Hershey Centre. MNCFN had a booth at the LNHL and gave toques and t-shirts to some of our guests.

MNCFN Outreach Activities



Chief Laforme brings greetings at the 5th National Indigenous Women's Summit.



Chief Laforme with Lieutenant Governor Elizabeth Dowdeswell at the LNHL.



Chief Laforme meeting with Indigenous Affairs Minister Carolyn Bennett.





INDIGENOUS DISTRICT Open House – Update



**April 18 and Wed April 19, 2017
4:00 PM – 7:00 PM each day
MNCFN Community Centre**

Feasibility study work on the Toronto Indigenous District concept has progressed. Please plan to attend one of the sessions to hear the feasibility study results.

Or stop by the Council House building to meet with Carolyn King, Special Project Officer assisting with community engagement on this project.



Employment Opportunities

Casual Custodian

Cares for the Mississaugas of the New Credit First Nation's buildings and equipment to ensure the health, safety and security of the public and staff by performing custodial duties, minor maintenance and other miscellaneous duties in order to ensure that the Mississaugas of the New Credit buildings and facilities are maintained in a healthy, safe and sanitary manner.

Closing Date: Open Call

Casual Supply Teacher

The teacher is responsible for ensuring that each child has an opportunity to reach his/her maximum potential through the creation and implementation of suitable programs and teaching styles to meet individual student needs. The teacher will treat all students in a fair and equitable manner. The teacher will adhere to the Ontario College of Teachers Foundations of Professional Practice, including Ethical Standards for the Teaching Profession, Standards of Practice for the Teaching Profession and the Professional Framework for the Teaching Profession.

Closing Date: Open Call

Casual/on-call Reception Relief

Provide central reception to staff, Council and guests at the Band Office. Maintain the reception area, mail room and communications room (logging incoming/outgoing mail, distributing mail to relevant departments).

Closing Date: Open Call


Custodian Trainees (Two - Permanent)

Cares for the Mississaugas of the New Credit First Nation's buildings and equipment to ensure the health, safety and security of the public and staff by performing custodial duties, minor maintenance and other miscellaneous duties in order to ensure that the Mississaugas of the New Credit buildings and facilities are maintained in a healthy, safe and sanitary manner.

Closing Date: April 6, 2017 at 12:00 pm

A copy of detailed job descriptions may be obtained at the MNCFN Agimaw Gamig Administration Building or via email at Kerri.King@newcreditfirstnation.com.

Internet Safety Information Session
Tuesday, May 16th, 2017
5:30 – 7:30 pm
MNCFN Community Centre
659 New Credit Road, Building #4



Everyone is welcome to attend this free information session on Internet Safety!

5:00 – 6:00 pm **Dinner and light refreshments**
 6:00 – 7:30 pm **Information Session for adults and movie night for the children**
Enter for your chance to win Ipods and gift cards!
To register or for more information contact
Erin Clarke at Social and Health Services at 905-768-1181.

MNCFN Field Liaison Representatives Attend Burial Training



Field Liaison Representatives learned about proper protocols when discovering Indigenous burial grounds out in the field during archaeological monitoring.

MNCFN's Field Liaison Representatives attended a burial information session on March 17th and 18th, 2017, organized by the Department of Consultation and Accommodation.

Nancy Rowe Henry opened up the Roundhouse for the teaching and it was led by Peter Atkinson, an Elder from the Roseau River Anishinaabe Nation in Manitoba.

FLRs were instructed on proper protocol when human remains are encountered during archaeological assessments.

Elder Peter Atkinson shared the Creation Story and outlined the Seven Teachings.

Following a discussion on the importance of Treaties, the FLRs learned about traditional clan governance.

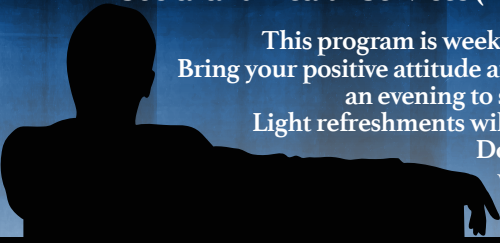
Elder Atkinson led the FLRs in an exercise demonstrating decision-making by consensus within the clan system.

Men's Program

April 5th – May 8th, 2017
(Wednesday Evenings) 6:00 – 8:00 PM
Social and Health Services (Lower Level)

This program is weekly for all men!
Bring your positive attitude and drop in for
an evening to share & learn!
Light refreshments will be available.
Door prizes and weekly draws!

Childcare is available –
please call before 12 pm on day of if required.
Contact Stephanie D. Laforme at 905-768-1181 ext 224



Education Updates

Dates to Remember

Hagersville Secondary School Upcoming Dates to Remember:

April 12 - Parent Council - 5:30 pm
 April 14 - April 17, Easter - no school
 April 20 - Term Two begins
 April 21 - Crime Stoppers Breakfast 7 am - 9 am
 April 26 - SOSSA Senior Badminton
 April 27 - Mid-term Reports
 April 28 - PD DAY

Lloyd S. King Elementary School Upcoming Dates to Remember:

April 5 to 7 - Book Fair
 April 8 - Spring Fling Mom to Mom Sale at MNCFN



**MNCFN
MONTHLY GATHERING**

MNCFN Monthly Gathering
Saturday, April 22nd, 2017
10:00 am – 1:00 pm
MNCFN Community Centre

Toronto Purchase Trust



Standard First Aid and CPR Course
Wednesday, April 19th, 2017
9:30am – 3:30pm
Social and Health Services (Lower Level)

New Credit Community Health is offering this one-day comprehensive course to MNCFN band members for FREE!

Training includes CPR, AED and First Aid with topics such as:

- wound care
- head & spine injuries
- sudden medical conditions
- environmental emergencies and poisons

Please bring your own lunch and refreshments as well as paper and a pen to take notes.


Registration required. Must present a valid status card.
 Please call Laura-Lee to register at 905-768-0141 Ext 241
 or email LauraLee.Kelly@newcreditfirstnation.com

Community Centre, hosted by LSK Home & School
 April 10 & 11 – Round House visits
 April 14th - Good Friday, school closed
 April 17th - Easter Monday, school closed
 April 18th to 21st – Earth Week activities all week
 April 21st – Drum Feasting at 9:15 am. All welcome.

Reminders from the MNCFN Education Department:

The deadline for fall/winter 2017-2018 applications is April 30th.

Post-secondary students are reminded to send in their winter 2017 transcripts, due May 13, 2017.



Community Kitchen
Thursday April 20th, 2017,
1:00 - 3:00 PM
Social & Health Services (Lower Level)

Community Kitchen is a great program for anyone who would like to eat healthier or who would like to learn how to cook.

Healthy eating is a prevention for diabetes!
 Come out to learn new recipes and tips for cooking, to share your knowledge with others and try something new!

Please bring a container so you can take your delicious, healthy meal home.

To register or for more information contact Leslie Sault at (905)768-0141

Winter Open House at LSK



Genevieve Sault spreads her wings!



Genevieve Sault and Wiley and Manny LaForme at the book reading station.



The school was handing out free books.



Kids and their parents cozy up to read fun books.



Delainie King and her daughter playing a board game.



Now Accepting Applications for All Summer Student Positions

MNCFN Employment and Training (E&T) is offering a number of summer student placements.

The following opportunities have a deadline of April 28 2017 at 4:30 pm. Applications are to be handed in to the Employment and Training Department at 659 New Credit Road, Hagersville, ON:

- Heritage/Cultural Coordinator 16 weeks
- Special Projects Coordinator (TRCDC) 12 weeks
- Clerical/Administrative Support (SHS) 12 weeks
- Senior Childcare /Office Assistant 12 weeks
- Community Library & Storyteller Calendar Project 14 weeks
- Finance/Administrative Support 12 weeks
- Communications Assistant 16 weeks
- OPP P.E.A.C.E (Police Ethnic and Cultural Exchange) Program 9 weeks

The following opportunities have a deadline of June 16 2017 at 4:30 pm. Applications are to be handed in to the Employment and Training Department at 659 New Credit Road, Hagersville, ON:

- Heritage/Cultural Coordinator Assistant 8/9 weeks (1)
- Junior Childcare Assistant 8 weeks (1)
- Grounds Maintenance Workers 8/9 weeks (2)
- Community Health Assistant 8/9 weeks (1)
- Social & Health Services Summer Day Camp Assistants 8 weeks (3)

Submit your completed package with resume, cover letter, and copy of status card.

All applications require a social insurance number, a resume, copy of status card and signed E&T student intake package.

Contact Michele King at Employment & Training for more information at 905-768-1181 ext. 223 or michele.king@newcreditfirstnation.com.

Employment and Training Seeking Input on Survey

Take 10 minutes to complete our survey and be entered into a draw to win \$500

Requirements:
 Participants must be New Credit band members. Survey must be fully completed and signed.
 Previously completed the survey?
 Update your survey and you will also be entered into the \$500 draw.
 Must be 18 years of age or older
Surveys must be received by March 31, by 4:00 pm.
 Phone: (905) 768-1181 ext. 223
 Email: michele.king@newcreditfirstnation.com
<http://www.newcreditfirstnation.com/newsevents>

Principal Goal:
 To establish and continuously update a database that reflects the education and employment experience of the Mississaugas of the New Credit First Nation (MNCFN) band members.

What is this for?
 The information helps MNCFN to better understand the skills, education and training that members have to offer. This helps to plan for future economic development opportunities.

Why should I do it?
 This is a chance to show your skills and abilities to help grow your community.
 This may lead to new training and employment opportunities for you.

Where does the information go?
 Your personal information stays at Employment and Training and it will not be released without your consent.

Who sees the information?
 Only those authorized by the Chief and Council will see the information.

When is the draw?
 The draw will take place on April 3rd.

Where do I get a survey?
 Online at <http://www.newcreditfirstnation.com/newsevents>
 Request a copy of the survey by contacting michele.king@newcreditfirstnation.com

Community Volunteer Income Tax Program

Need a hand to prepare your tax return?

Volunteers can help you prepare your income tax and benefit return if you have low income and a simple tax situation. Volunteers are not employees or volunteers of the Canada Revenue Agency. Remember to bring all your tax slips and forms with you.

Tax clinic:

Please contact Stephanie D. LaForme - Mississaugas of the New Credit First Nation Social & Health Services Department
 905-768-1181 EXT 224 to set up your appointment.
 Appointments available Tuesday & Friday
 from 8:30AM - 4:30 PM.
 659 New Credit Road - Building # 2
 Hagersville, ON
 N0A 1H0

www.cra.gc.ca/volunteer
 1-800-959-8281

Gaa Kiin Oohmawaag

(And this is how learning happens...)

This month has passed by so quickly! The children are eagerly waiting for spring. Hendrick King and Ethan King are wondering how to get their bikes over the snow!

Hudson Bennett was spring cleaning in preparation for our Spring Celebration on March 20th, 2017. We will be celebrating the coming of spring with Elder Garry Sault. Elder Sault will be drumming, dancing, and singing traditional songs and telling stories to all our children. The children were wearing regalia and learning new songs.

We had LSK Girl's Handrumpers visit us to teach us new songs like, *Proud to Be Anishinabe*, *Strong Women's Song*, and the *Travelling Song*.

Kleoh King (big sister) from LSK Hand Drummers and Kaiah King (little sister) were wearing regalia and singing Scooby Doo. Keeping the traditions alive is very important to Ekwaamjigenang Children's Centre.

We will be starting our gardening very soon and would love to have some volunteers/Elders come and share their wisdom with us. We would like to



Hudson Bennett got to work getting ready for spring cleaning!

plant some vegetables, strawberries, blueberries and maybe some herbs. The children enjoy eating fresh cherry tomatoes straight off the vine and munching on green onions!

We are looking forward to the warm weather and spending more time outside!



No matter the weather, Hendrick King and Ethan King are ready to ride their trikes!



Kleoh King and Kaiah King keep the traditions alive through drumming.



Canada Mortgage and Housing Corporation And MNCFN Housing

MNCFN Housing does a lot of work helping people not only obtain mortgages for their homes, but with repairs and renovations, too.

Each year a portion of the funding for renovations and repairs comes from the Canada Mortgage and Housing Corporation (CMHC).

MNCFN Housing Director Lorraine LaForme acts as the agent for CMHC - program delivery.

“Under CMHC, we have what’s called RRAP (Residential Rehabilitation Assistance Program).”

The funding has increased substantially for this year but will revert to the basic amount the following year.

The program is intended to renovate homes to extend their lifespans by 15 years. MNCFN members are approved based on CMHC funding availability.

CMHC programs are forgivable programs. One must be a MNCFN member and meet the criteria for a low-income household to be eligible for a RRAP loan.

CMHC, through housing, also offers the HASI program

(Home Adaptation for Seniors’ Independence). It helps low-income seniors live longer in their homes by making modifications and installing things such as ramps and grab bars. That grant is about \$3,500 and is also forgivable, meaning people don’t have to pay it back.

The third program CMHC offers through MNCFN housing is the Emergency Repair Program (ERP).

The newly offered ERP program is for homes that are in serious need of repair regarding roofs, shingles, broken windows, etc.

That program offers as much funding as needed to fix the emergency issue based on CMHC criteria.

Applications can be processed throughout the year.

If you have any questions about MNCFN Housing programs, please contact the department at 905-768-1133 ext. 235.

Updates and tips from the Technical Resource Manager

Roof covering repairs and replacements

The days have been windy and cold. Some roof coverings have been damaged, or lifted, losing adhesion to form a weatherproof layer. Some roof coverings can be repaired and some have to be replaced.

Your insurance company can provide the necessary funds for repair or replacement per your coverage. They can assess your damage; otherwise a qualified roofer can provide a quote and what items need repair and replacement, such as roof vents and bathroom vent flashings/systems etc.

A qualified roofer can also provide a quote on weatherproofing your roof covering, or provide advice on alternatives such as steel roof coverings and the maintenance required.

2017/2018 Community Wellness

It's that time of year again, when financial relief is provided to community members through the Community Wellness Policy.

Applications will be accepted April 3rd and onwards throughout the fiscal year.

The Community Wellness Policy was developed to provide financial relief for members through a reimbursement approvals application process which should not be subject to taxation as income and should not impact on any form of social assistance received by members. This policy came into effect April 1, 2011 and operates on the MNCFN fiscal year (April 1 to March 31).

Provided there are sufficient funds through contributions from the Toronto Purchase Trust, the policy remains in effect annually with the approval of the budget.

The program is not funded by any government agency and is fully administered by the Mississaugas of the New Credit First Nation.

Any MNCFN member 18 or older, regardless of place of residency, is entitled to receive a maximum amount of \$1,500 per year, as a reimbursement against receipts and/or invoices, quotes and esti-

mates for, but not limited to, the following types of expenditures:

- Necessities of life
- Medical/dental/therapeutic/orthopedic and vision care expenses/equipment (not covered under other plans)
- Property/building/maintenance/rent/transportation/housekeeping/personal care
- Contractual services
- Recreational, traditional and healthy lifestyle memberships and activities

Similarly, any person caring for a MNCFN member eighteen years or younger, regardless of place of residency, is entitled to receive a maximum amount of \$1,500 per policy year, as a reimbursement against receipts and/or invoices for caring for the minor.

To submit a claim: please visit www.mncfn.ca/lrm/community-wellness-policy for 2017/2018 application forms.

The community wellness amount this year has been increased to \$2,000 per person for the 2017/2018 fiscal year.

Contact the Lands, Research and Membership office at 905-768-0100 for more information.

Reminder: Status Cards

PLEASE BE ADVISED THAT ON THE FOLLOWING DAYS:

April 6th, 7th, 13th and 14th, 2017

STATUS CARDS WILL NOT BE ISSUED DUE TO 2017/2018 COMMUNITY WELLNESS

SORRY FOR ANY INCONVENIENCE

If you have any questions please call the Lands, Research & Membership office at 905-768-0100

Wanted - One Acre of Reserve Land to Buy

Serious buyer looking to purchase 1 acre of land immediately with access to water line, sewer and gas.

Financially-secure, professional MNCFN member ready to buy now.

Serious sellers only.

Please contact Trevor Stratton at sofreeradical@yahoo.ca or 1.416.999.3250



MATRIMONIAL REAL PROPERTY UNIT

In case you didn't know:



1. As of December 16, 2014 the Provisional Federal rules relating to Matrimonial Real Property (MRP) automatically apply to all First Nations.
2. The MRP Act only applies to married and common-law partners living on the reserve where at least one person is a First Nation Member.
3. The purpose of the Law is to provide Spouses or Common-Law partners with rights and remedies during a conjugal relationship when that relationship breaks down OR on the death of a Spouse or Common-Law partner in respect of:
 - The use, occupation and possession of the family home
 - The division of the value of any interests that they hold in structures on Reserve land.

For More Information please Contact:

Kelly Szczesniak-MRP Assistant

905-768-1133 EXT. 234

Kelly.Szczesniak@newcreditfirstnation.com



Revitalization of Indigenous Legal System Through the Naakinagewin Project

On March 23 and March 24, knowledge holders, youth and community members gathered at Curve Lake First Nation to revitalize the Mississauga legal system.

The Mississauga Naakinagewin Project (MNP) has gathered people together in each Mississauga community since November 2016 to have focused sessions on the traditional legal structures of governance and methods of dispute resolution.

The regional session in Curve Lake brought together knowledge holders from the six Mississauga communities to discuss their findings and consider implementation opportunities.

Indigenous communities across Canada and within Ontario are working to revitalize Indigenous legal systems. This involves the challenging task of identifying Indigenous legal principles and revitalizing Indigenous legal systems that were harmed during the process of colonization.

The three main goals of the project are:

- Reclamation of Mississauga Legal Knowledge
- Integration of Legal Knowledge into Institutional Practices
- Increased cooperation of Mississauga Nations

The ultimate goal of the project is the revitalization of the Mississauga legal system, especially with regard to dispute resolution and governance.

A representative from each of the six Mississauga First Nations was appointed to a working group that is guiding the project.

Each is responsible for helping to gather knowledge holders together in each First Nation to have a focused session on the structure of governance and methods of dispute resolution.

These sessions will be led by a facilitator and an Indigenous legal traditions expert.

A web site will be built for communication to continue on beyond the scope of the project. A final report will be written and delivered to each First Nation.

Caitlin LaForme, culture & events coordinator with the MNCFN Media and Communications Department, is coordinating MNCFN input in the project.

Some questions that need to be answered:

Governance research questions:

- What are the qualities of a good leader?
- How were leaders chosen?
- What clans do you recognize in your territory?
- What type of structure?
- Who were the advisors?
- What are the limits?

Dispute resolution research questions:

- What principles of Anishinabek law do decision-makers follow during adjudication?
- Who did decision-makers make decisions about?
- What kinds of conflicts may need resolution?
- What are some of the methods of conflict resolution?

Information from traditional stories, traditional teachings, oral and written accounts and modern stories and process are being used to guide the project.



Lunch & Learn

Tuesday April 18th, 2017 12:00 – 1:00 PM
Social & Health Services (Lower Level)

Light lunch provided!
Bring your feast bag if you have one!

Contact Leslie to register as limited space is available – (905)768-0141

The poster features a blue sky background with a green grassy field at the bottom. On the left, two stylized figures are walking. On the right, there is a beach ball and a small house icon. The text is in various colors and fonts, with the title 'Lunch & Learn' in large, colorful letters.

Updates from Public Works

Grass Fires & Cemetery Maintenance

To reduce the number of fire calls caused by uncontrollably-set grass fires, the Infrastructure & Development Council meeting held on June 7, 2010 resolved (Motion #8) that the Mississaugas of the New Credit First Nation Infrastructure & Development Council agrees that it is the policy of the First Nation that the property owner(s) will be

financially responsible for the fire call and any damage that may occur within the road allowance on any grass fire (open land) started by the property owner(s) and/or a property owner(s) allows/permits another person(s) to start a grass fire on their property that gets out of control.

It's Spring Clean-up Time; are you ready?



(905) 768-3067

New Credit Cultural Committee



(905) 768-1133 (905) 768-0100



(905) 336-9084

EARTH WEEK IS COMING TO YOUR COMMUNITY

WHEN: April 17th – 28th, 2017

WHERE & WHAT CAN YOU DROP OFF?

450 New Credit Rd (Enterprise Building)

all scrap metal including appliances & electronics
car and truck tires

2789 Mississauga Rd (Core Area)

regular household garbage
construction material

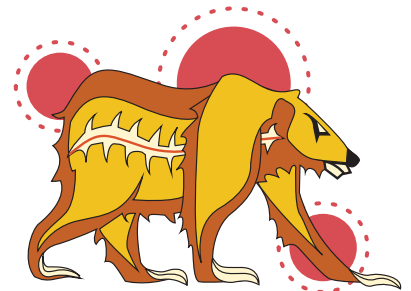


On regular collection days **April 19th and 26th** Emterra Environmental will collect up to a **maximum of 5 bulk items** per household (placed at the curb with regular waste and recycling) such as chairs, tables, desks, beds, couches

Clean up runs from April 17th - 28th

Spring Cleanup Kick-off Event: Monday April 17th 2017 4:30-6:30pm

Get supplies of garbage bags & gloves
At 2789 Mississauga Road at the Old Council House (Bldg # 2)
Monday – Friday 9 am – 4 pm
After hours, get supplies at the New Credit Public Library (Bldg # 3)
Monday – Thursday 4 pm – 9 pm



Daily pickups of roadside garbage bags only

Also, annual grounds maintenance will occur at the Mississaugas of the New Credit First Nation Cemeteries (1st Line & Indian Line) during the month of April 2017.

This maintenance will include the removal of trees and the clearing of the properties to the visible fence line due to the invasion of the noxious weed, poison ivy.

If you have any questions and/or concerns please contact the Public Works Department at 905-768-1133.

Learning About

Fetal Alcohol Spectrum Disorder

It was a humbling evening learning about Fetal Alcohol Spectrum Disorder (FASD) at the MNCFN Community Centre on March 21.

Presenter Jeff Noble, of Noble Initiatives, is an on-line educator, author and speaker on FASD, and he helped dispel a lot of myths surrounding FASD.

For instance, 90 per cent of those with FASD have no distinguishing facial features previously associated as common in all those who have the disorder.

A person with FASD won't develop its stereotypical facial features unless the mother drinks on days 19, 20, and 21 of pregnancy.

It was new information for a lot of the attendees at the "FASD Forever" presentation, organized by MNCFN Social and Health Services - Community Health Unit.

But what is FASD? FASD is a neurodevelopmental disorder that results from alcohol intake during pregnancy. More babies are born with FASD than with autism spectrum disorders. Alcohol damages the growing baby's neurons and other body cells.

The cells are damaged forever. People with FASD can have varying symptoms, including:

- Trouble following simple instructions or remembering things
- They're small and don't grow normally
- Their faces sometimes have distinct features such as small eyes and thin lips
- They're often colicky babies and hyperactive children
- They might have trouble seeing, hearing or speaking
- They might have heart or kidney trouble.

When they get older, they have trouble controlling



*Jeff Noble
is a
sought-
after
FASD
speaker.*

how they act and get along with other people.

They have trouble paying attention and learning at school. They struggle with depression and may have drug and alcohol problems. They have trouble holding down a job. They often get into trouble with the law.

If you drink when you're pregnant, your baby drinks, too. Alcohol passes right from your body to your baby's body. The alcohol can hurt your baby before you feel its effects. And it stays longer in the baby than it does in you.

Alcohol can damage a growing baby's brain, organs and body. This can affect how the baby thinks, acts, looks and learns as a child and adult.

No one has found an amount of alcohol that is safe to drink when you're pregnant, according to the Canadian Centre on Substance Abuse. To be completely safe, the centre advises you never drink when you're pregnant or planning to become pregnant.

Most people with FASD do not know they have it. FASD is the biggest reason people are born with developmental disabilities. You do not need to be an alcoholic to have a child with FASD.

(Continued on next page)

FASD affects all cultures. One out of every 100 babies is born with FASD. Most people with FASD have mental illness.

Alcohol causes more damage to the developing baby's brain than any other substance, including cocaine, methamphetamine and heroin. Alcohol is the leading known cause of birth defects, intellectual disabilities, and neurobehavioral disorders.

Noble has been an FASD foster parent and developed a passion for helping kids with FASD and educating the public about the disorder. He now helps caregivers understand those with FASD and to work with them more effectively.

"My goal is to teach you these kids are not bad; they are just misunderstood," said Noble.

The number one success factor for a kid with FASD is being provided a stable home; if they're able to come back to a place that's safe after dealing with the harsh realities of the cold, cruel world.

Noble emphasized that the brains of those with FASD do not function like brains without it.

The group did an exercise and wrote out all the steps they took in getting ready every morning. For a person with FASD, those steps are overwhelming, and all the while they are getting ready, they are oblivious to the time on the clock.

One participant likened a person with FASD as, "A 10-second child living in a one-second world."

The expectations placed on them are too high, and in the end, caregivers resent them or assume they're being "bad" on purpose, said Noble.

Noble encouraged participants to focus on the brains of people with FASD, not the behaviour.

"Brain first," he said. "It's brain, not behaviour."

Noble explained the reason alcohol is so damaging to a developing fetus is because it hits them 10 times harder than a fully grown adult. It crosses the placenta and be-



Facilitator Jeff Noble had participants listening intently to his witty insights on FASD.

cause the developing baby has no liver to filter the alcohol like an adult, the alcohol directly attacks and damages developing fetal cells.

Aside from observable developmental symptoms, people with FASD can also have central nervous system issues, heart issues, vision impairments, hearing problems, speech and language delays, memory problems, developmental dysmaturity, sensory issues, slow cognitive or auditory pace, difficulty abstracting and predicting, and are often very literal and concrete in their thinking.

For more information, you can visit Noble's web site at www.fasdforever.com.

Home & Community Care Programming

- **Client care:** April 4, 5, 7, 10, 11, 12, 13, 17, 18, 19, 21, 24, 25, 26, 27, 28
- **Foot care:** April 3, 4, 5, 7
- **Laundry:** April 4, 11, 18
- **Women's all-day shop:** April 4
- **List shop:** April 5, 12, 19, 26
- **Men's all-day shop:** April 6
- **Euchre:** April 7, 28
- **Craft day:** April 11
- **Seniors' outing:** April 20
- **Seniors' social:** April 25

Mental Wellness Pamper Day

It was a time to relax, a time to unwind, and a time to “pamper” yourself at the MNCFN Community Centre for Mental Wellness Pamper Day on Friday, March 10th.

About a dozen booths were set up at the Community Centre where guests were able to treat themselves to a massage, a manicure, up-dos, make-up application,

reflexology, readings and even self-portraits by a caricature artist.

Dozens of community members came out to enjoy a nice day of pampering.

The event was organized by MNCFN Social and Health Services - Mental Health Unit.



Carol Tobicoe poses with her charming caricature.



Participants enjoyed pampering manicures.



Fawn Sault gets a facial at the Mental Wellness Pamper Day.

Community Energy Survey & First Nations Conservation Program

Since the beginning of the New Year, Sustainable Economic Development (SED) has been asking community members to participate in two new energy projects which could potentially help community members reduce their energy consumption, and better the community's wellness and self-sufficiency.

Community members were asked to complete a 26-question survey on energy use, which will assist in the development of an ongoing Community Energy Plan (CEP) with the help of Cambium Aboriginal.

The data collected from the surveys identifies current energy use patterns in the community, and finds ways that the community can reduce energy consumption and cost.

MNCFN residents who completed the survey also had a chance to win an iPad Mini and a \$50 iTunes Card.

Another SED project that was presented was *The First Nation Conservation Program (FNCP)*, which was offered to First Nation communities across Ontario by Hydro One.

Just for being a Hydro One customer, MNCFN members were eligible for energy efficient upgrades to their homes for free, such as: insulation, draft proofing, a programmable power bar and thermostat, fridge and freezer, air conditioning, and dehumidifier, etc.

In addition to that, every light bulb in the home would be switched to the LED bulbs, which can save up to 75 per cent of lighting costs.

Since appointments started being scheduled in mid-March, this program has already been helping many community members. Appointments will continue to be scheduled into April.

The final report is expected to be completed by this fall.

SED also held its Community Energy Launch on February 21, 2017 which included two current energy programs being rolled out in the community.

Guest speakers from First Nation Engineering Services and Cambium Aboriginal both came to present information about the energy projects and answered questions and concerns related to energy or the projects.

It was a great turnout. SED would like to thank everyone who came out.

Shayne Hill from Cambium Aboriginal was able to answer some of the most common questions asked from the event:

Question: How do I choose the most energy efficient appliances for my home?

Answer: Look for the EnerGuide label. The EnerGuide rating system rates the energy consumption and efficiency of household appliances, heating and cooling equipment, new homes and vehicles. An EnerGuide label provides the estimated annual energy consumption of an appliance in kilowatt hours along with a scale showing how the unit compares with similar models.

Question: How can the use of a faucet aerator save energy?

Answer: A faucet aerator is a device that can be attached to a faucet that regulates water flow by mixing water with air. This helps to reduce the amount of water being used without compromising water pressure. A faucet aerator can save energy by limiting the amount of hot water used in your home, thereby reducing the energy and costs associated with water heating.

COMMUNITY INITIATIVES

New Credit Biodiversity Team Gears Up For Busy Season

The New Credit Cultural Committee oversees Life of the Grove and NC Biodiversity projects with funding from the Hydro One Bruce to Milton Biodiversity Initiative Fund and our (previous) MNCFN Chief and Council.

Please note this addition to the Sept/Oct 2016 MNCFN EaglePress newsletter: The Green Team was started by the Lands, Research and Membership (LRM) Department and the Department of Consultation & Accommodation, which was a part of LRM before it became a department of its own. Walker Industries supplies all the bins (garbage, recycling and food compost) and picks them up after the powwow. They also have a few of their employees on-hand to volunteer over the powwow. This August 2017 will be the 5th year of this environmentally-aware and sustainable project.

Our second-year partnership with the Home and Community Care Unit, a branch within MNCFN's Social and Health Services Department, began in September 2016 with the successful grant award from the Ministry of Ontario called *Ontario Seniors Community Grant 2016-17*. The grant asks for learning opportunities for our seniors.

We have taken on this learning opportunity with a biodiversity learning twist and keeping in mind that our seniors have knowledge of their own. Our reserve has many animal and plant species that live here. Each species has their own unique habitats and require woodlots, waterways, and open meadows. This is what biodiversity is. Human and weather interaction influences affect this biodiversity.

The focus of this year's grant has been on bees, butterflies and invasive plants. Two speakers came to our reserve. Norton Farms came to speak on bees. Norton Farms has 13 hives being maintained with a staff bee keeper. Balls Falls Conservation, part of Niagara Conservation, came to speak on invasive plants.

Printed resources on invasive plants can be ordered from Ontario Invasive Plant Council, Peterborough.

In January, our seniors went to the Cambridge Butterfly Conservatory in Cambridge. We welcome new seniors to join.

Coming Event:

Spring Clean-up during Earth Week, Apr 17-28th. See page 25 for more details.

It's time to start your untreated (no chemicals) vegetable, wildflower, and tobacco seeds indoors. Watch for our flyer (late May) on our 3rd annual seed workshop.

Snake Hibernaculum sign dedication event is tentatively scheduled for May. Watch for the flyer.

To contact NC Biodiversity please call 905-786-3067 or email us at ncbiodiversityteam@gmail.com. We also have a Facebook page, NC Biodiversity. Check it out!

EMBRACING OUR NEW LIFE

Are you looking to keep yourself occupied in your recovery or seeking recovery?

April 6th, 2017 - Hand Drum Making 6:30 PM - 9:00 PM

April 20th, 2017 - Feast 6:30 PM - 9:00 PM

Social & Health Services Building (Lower Level)

Embracing Our New Life is a great program to help you succeed by offering coping skills/strategies and cultural activities to celebrate living a clean lifestyle.

Child Care can now be provided!

Please call the day before by noon to register for child care.

This program is on-going and held every other Thursday!

Healthy Refreshments Available! Drop Ins are Welcome! Door Prizes to be won!

Contact Tanya at 905-768-1181 Ext 230 or

email: Tanya.Laforme@newcreditfirstnation.com



CONTACT INFORMATION

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EVENT CALENDAR

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Mississaugas of the New Credit First Nation

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