



# EAGLEPRESS NEWSLETTER

## NAIG 88 Days Out Event in Toronto!



Council-  
lors Evan  
Sault, Stephi  
LaForme,  
Veronica  
King-Ja-  
mieson and  
Chief R. Sta-  
cey Laforme  
at the NAIG  
88 event.



MNCFN council celebrated the “88 Days Out” countdown to the much-anticipated North American Indigenous Games this summer.

The Games will take place in Toronto, with the Mississaugas of the New Credit First Nation hosting the Games on our Treaty Lands and Territory.

Elder Garry Sault provided a traditional opening before Chief R. Stacey Laforme welcomed the crowd of dignitaries and guests to the event.

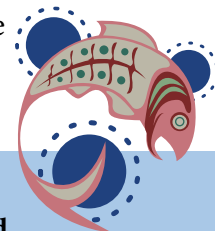
Dignitaries included Carolyn Bennett, Minister of Indigenous and Northern Affairs Canada; Toronto Mayor John Tory; and Eleanor McMahon, Ontario Minister of Tourism, Culture and Sport.

## 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 mimiingaaazwaad (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.

April 19 was a day full of excitement, hope and optimism as guests, dignitaries, and members of

The Chief thanked the Creator (continued  
on page 24)



# Eaglepress Newsletter

The Eaglepress newsletter is available for download at [newcreditfirstnation.com](http://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.

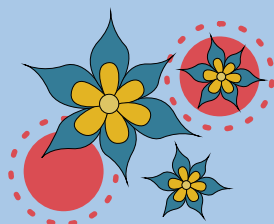
The Eaglepress will continue to evolve with new features and information. If you have suggestions for the newsletter, please contact:

**Donna Duric**

Media and Communications Department

Office: 905-768-5858

Email: [donna.duric@newcreditfirstnation.com](mailto:donna.duric@newcreditfirstnation.com)



*Chief Laforme greets kids at Nathan Phillips Square during the NAIG 88 Days Out event.*



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## Message From

## Chief R. Stacey Laforme

On behalf of Chief and Council and our entire community we express our condolences to the families of Waagosh Secord and Gracie King.

On March 29th there was a tragic accident that affected everyone in our nation. To all the families and members impacted, Chief and Council wish to offer our sincere condolences.

On behalf of the entire membership, we would like to express our thanks to all our friends and neighbours for the outpouring of love and support this First Nation received in our time of need.

We will always remember this time in our history, as a tragic moment, a moment of pain, a moment of support, a moment of change.

A moment where we changed the direction of our people. Where we recognize and value one another, where respect isn't just about tolerance, it's about love and understanding.

I pledge to always strive to be better today than I was yesterday in honour and memory.

**Chi Miigwetch,  
Chief R. Stacey Laforme**





### Let's Learn Anishinaabemowin: Mother's Day words...

**Mom** - Niimaamaa

**Grandma** - Nookmis

**Aunt** - Inzhigos

**Daughter** - Daanis

**Niece** - Niidoozhimis

**Woman** - Kwe

**Sister** - Niimisenh

**Strong** - Zoogizi

**Precious** - Gaakanadag

**Caregiver** - Bamenim

**Nurturer** - Ganaawemin

**Support** - Niwejiiyaa

**Sacrifice** - Kchitwaa

**Life** - Bimadziwin

**Translations provided by Tena Sault**



## Historical Tidbit

By Darin Wybenga

May 2017 marks the 170th anniversary of our ancestors' move from the River Credit to New Credit. Rev. Peter Jones, in an article in the January 12, 1848 edition of the Christian Guardian, provides an account of our ancestors' progress at their new home.

According to Jones, scarcely eight months after their move:

"They are now settling, some on 100, and others on 50 acre lots, with every prospect of doing well. During the past summer they have worked nobly; some families have cleared from two to six acres, which they have sown to wheat; they have also erected a neat and comfortable place of worship, which will serve also for a school-house; and best of all, several of the young people have become steady and joined the Church."

Jones also took time to recall how they had flourished at the River Credit. When the mission village had been established in 1826, the people had no domestic animals, scarcely any household furniture, and could

carry most of their possessions on their backs. Leaving the Credit River, some twenty years later, our ancestors left prosperous farms, and a village with homes furnished better than many of their settler neighbors, a hospital, mechanic's shops, a sawmill, and even a schooner.

Upon the move to New Credit, some of our ancestors even had to make two trips back to their old village to walk all their domestic animals to the new location. In short, our ancestors had prospered.

As Jones pointed out, the move to New Credit was made with mingled feelings. There was a sense of optimism among our people, but also a sense of sorrow at leaving family members behind in the village graveyard. Many of our ancestors also felt sorrow recognizing they were leaving the place where they had embraced the Christian religion and with it a new lifestyle.

Jones closed his article by asking his readers to take "an interest in the prayers of all who love the Credit Indians, for their spiritual and temporal prosperity in their new settlement."



# Elder Garry Sault Talks Wampums

Wampum belts tell history through symbolism and interpretation.

There are many wampum belts made by various Indigenous groups in Canada and the United States. Wampum shells were named after the Wampunum people.

Wampum belts can be described as visual interpretations of covenants and agreements made of beads fashioned from the shells of wampum.

During the annual MNCFN Historical Gathering in February, Elder Garry Sault explained the meaning and significance of some of the more well-known wampum belts in existence.

Sault spent his childhood learning about culture and history from his grandparents.

He explained in depth one belt of particular importance: the “Chief Yellowhead Belt.”

The belt is of special significance to the Anishinaabe people.

It consists of five diamonds, each one representing a council fire.

“The first council fire is represented by this diamond,” he said, pointing to the end of the belt. “It represents Lake Superior and is still burning.”

The second council fire is on Manitoulin Island, where a beautiful whitefish was placed to keep the sacred fire going until the end of time.

The third council fire represents an island off of Penetanguishine, where a beaver was placed to look after that council fire and he represented wisdom.

The fourth council fire is at the narrows with a white reindeer keeping an eye on that fire. He is the symbol of strength. It was there that the dish with many ladles was given.

“[Chief] Yellowhead said our people then placed a large round wampum that symbolized the sun; that people



*Elder Garry Sault explains the Chief Yellowhead Belt.*

would remember where this dish with many ladles was made. We have our own spoons.”

The fifth and last council fire is represented by a great, bald headed eagle who sits on top of a tall tree at the mouth of the Credit River and there he watched all of the other council fires so no winds blew upon the land. If there was a disturbance in them, he was to fly to all the other council fires and warn them of the disturbance.

“These are the dodems (clans) that were present in the 1600s. They were the dominant dodems.”

Sault said, “This belt signifies that we had possession of the land because this belt gave those dodems that area and when you match up the paper treaties, the signatories on there match up to this belt.”

To view Elder Sault’s presentation, please visit [www.mncfn.ca](http://www.mncfn.ca).

## An Indigenous District Proposes to Generate Wealth and Share Arts and Culture

Aanii Everyone,

As an extension of the work on strategic planning and wealth creation, our journey with the Indigenous District continues to see great progress. As you will recall, MNCFN is leading the way in carving out a space in downtown Toronto where we can celebrate our culture and history as well as showcase Indigenous business and entrepreneurship.

The Indigenous District will be the first of its kind in Canada. Centrally located at a proposed Dundas East site, the District will be in close proximity to major transportation hubs and sites in the City of Toronto, and will become a premiere destination for tourists and businesses alike.

For the Indigenous District, we saw a range of factors that make us think the time is right to launch this initiative. In particular, there is an opportunity to build on the current momentum and leverage government and community support to establish an Indigenous footprint in Toronto.

Also, an Indigenous District will help to re-affirm MNCFN's historical ties to Toronto as part of MNCFN's Treaty Lands. The district offers opportunities to co-locate Indigenous businesses, allowing for mentorship and training opportunities to develop. In addition, the MNCFN members that participated in our process were highly supportive of a district, at 81%.

To help inform the development of the Indigenous District strategy, a robust, multi-step process was undertaken with Deloitte. In the initial stages of work, perspectives were gathered from multiple sources to identify key priorities. Following this initial information gathering, a series of workshops were conducted to determine an overall vision and strategy for the District that aligned with MNCFN's goals and objectives.

For MNCFN, the proposed District offers a number of benefits, including: the opportunity to create Indigenous jobs and support local businesses, promote Indigenous arts, culture and education to non-Indigenous visitors, strengthen MNCFN's ties with the urban Indigenous community and showcase the historical significance of Toronto as First Nations land, and generate wealth that can be reinvested back into the community.

Once validated, key findings and recommendations will be shared. This is, of course, only the first step in a long and exciting journey that we are looking forward to continuing.

Miigwetch,  
Councillor Casey Jonathan  
Chair, Wealth Creation Strategy Committee

### Wellness Group

Wednesday May 10th, 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 affects everyone in different ways. Sharing experiences knowledge is most welcome! Join us as we will be giving out and talking about hypoglycemia kits! 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.

House for sale or rent

on one acre of land.

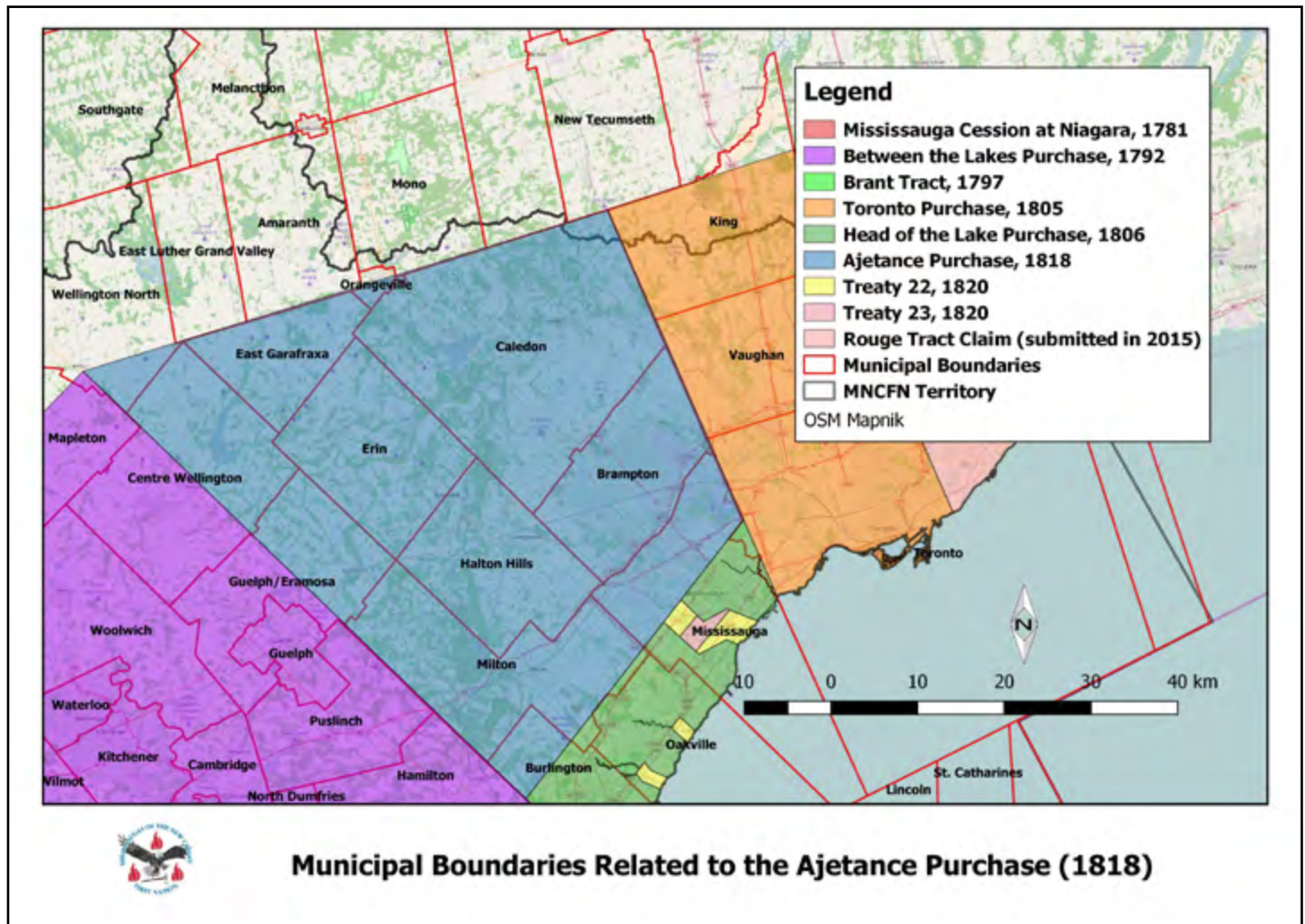
8975 Indian Line Rd.

New roof, furnace, windows within the last three years.

Please call Betty LaForme for more information at 905-765-2541.

Serious enquiries only.

# Ajetance Purchase (Treaty 19), 1818



In addition to their three small reserves located on the Lake Ontario shoreline, the Mississaugas of the Credit held 648,000 acres of land north of the Head of the Lake Purchase lands and extending to the unceded territory of the Chippewa of Lakes Huron and Simcoe.

In mid-October, 1818, the Chippewa ceded their land to the Crown in the Lake Simcoe-Nottawasaga Treaty and, by the end of October, the Crown sought to purchase the adjacent lands of the Mississaugas of the Credit.

The Deputy Superintendent of the Indian Department, William Claus, met with the Mississaugas from October 27-29, 1818, and proposed that the Mississaugas sell their 648,000 acres of land in exchange for an annual amount of goods.

The continuous inflow of settlers into their lands and fisheries had weakened the Mississaugas' traditional economy and had left them in a state of impoverishment and a rapidly declining population.

In their enfeebled state, Chief Ajetance, on behalf of the assembled people, readily agreed to the sale of their lands for £522.10 of goods paid annually.

Major cities found within the lands of the Ajetance Purchase of 1818 include Brampton and Milton.



# 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 March 18th to April 14th, 2017.

Mar. 18 North American Indigenous Games Board Meeting VKJ	Mar. 21 Economic Development Committee Meeting CLJ	Mar. 27 Meeting with Colin Salter, lawyer on the ITC Project MS
Mar. 20 Economic Development Committee Meeting MS	Mar. 21-24 AFN Energy Forum - Ottawa SL	Mar. 27 Negotiations Team Meeting CJ
Mar. 20 Special Council Meeting ES, VKJ, CJ, CLJ	Mar. 22 Seneca College Presentation/Toronto Purchase claim MS	Mar. 28-Mar. 30 Wealth Creation Strategic Planning Meeting VKJ
Mar. 20 Meeting with MNCFN youth about Youth and Elders Gathering/Youth Exchanges VKJ	Mar. 22 Special Council MS, VKJ	Mar. 29 Negotiations Team Meeting CJ
Mar. 20 Regular Council Meeting ES, SL, CJ	Mar. 23 Wealth Creation - Workshop #3 MS, CLJ	Apr. 4 Wealth Creation Wrap Up Meeting MS, CLJ
Mar. 21 Cemetery Meeting EF	Mar. 23-Mar. 24 Mississauga Nation Meeting VKJ, CJ	Apr. 4 Schulick business presentation of MBA students VKJ, CJ
Mar. 21 Mental Health/OPP Meeting ES	Mar. 24 Water Committee MS	Apr. 5 University of Toronto Law Introductory Meeting RSL
Mar. 21 Education Meeting ES	Mar. 24 Treaty and Aboriginal Rights Committee MS	Apr. 5 Scotiabank Meeting RSL
Mar. 21 Mississauga Nation Meeting VKJ	Mar. 25 Monthly Gathering MS, SL, EF, VKJ, CJ, CLJ	Apr. 6 Lake Erie Region Source Protection Meeting CLJ
	Mar. 27 Strategic Planning Training Session MS, SL, EF, CJ, VKJ	

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Chief R. Stacey  
Laforme and  
DOCA  
Director Mark  
LaForme visit  
MNCFN Justice  
Harry LaForme  
and University  
of Toronto Law  
school staff.

Apr. 6  
Canada C3 Initiative  
RSL

Apr. 7  
Water Committee  
MS, CJ

Apr. 7  
Wealth Creation Meeting  
CLJ

Apr. 10  
Executive Finance Council  
MS, VKJ

Apr. 10  
Infrastructure and Development  
Council  
MS, VKJ

Apr. 10  
Education and Social Services  
Council  
MS, SL, VKJ, CJ

Apr. 10  
Employment and Training Board  
Meeting  
MS, VKJ

Apr. 10  
Conference Call with Economic  
Development, re: Gaming  
MS

Apr. 11  
Ontario Place Site Visit  
RSL

Apr. 11-Apr. 12  
Meeting with Mississauga Nation  
SL, VKJ, CJ, CLJ, RSL

Apr. 11  
INAC - Mutual Transparency and  
Accountability Engagement Session  
EF

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

# Regular Council, March 20, 2017

### OPP Monthly Report

19 Incidences were reported for the Month of February, 2017. This compares to 32 incidences in 2016, 13 in 2015, and 24 in 2014.

### Ontario Command for the Royal Canadian Legion

Regular Council approved the purchase of advertising in the Royal Canadian Legion Ontario Command "Military Service Recognition Book". Purchase will be a full page in the amount of \$1,195.00. Dollars will come from Events funding.

### Master Drainage and Flood Remediation Plan

Regular Council authorized the Public Works Director to proceed with a cost share agreement for the benefit of Mississaugas of the New Credit and Six Nations of the Grand River to address a Master Drainage and Flood Remediation Plan for Boston Creek and Rogers Creek in the amount of \$42,258.13 which translates to 34% of the total project cost.

### Donations and Lessons Reimbursement

Regular Council agreed to fund the 2017/18 fiscal year Donation Policy in the amount of \$25,000 (\$10,000 reimbursement and \$15,000 donation), and further that the Council directed the Lands, Research, and Membership department to submit an application to the MNCFN Community Trust in the amount of \$25,000 for the 2017/18 fiscal year.

### INAC Amendment for School Feasibility Study

Regular Council accepted and authorized the signing of Indian Affairs and Northern Development Amendment #0107 which provides flex funds in the amount of \$62,976 to the Education Department for the 2016/17 fiscal; that is "Infrastructure and Capacity-Schools-New Credit School Feasibility Study.

# Executive Finance Council, April 10, 2017

### US Tax Savings for Canadian Aboriginal Communities

Executive Finance Council gave direction to Chief Laforme to invite Peace Hills Trust to meet with Council to discuss U.S. Tax Savings for Canadian Aboriginal Communities, Zoompass (formerly Paymobile) and WeedMD.

### Ministry of Education Health and Safety Funding

Council agreed to accept funding from the Ministry of Education Health and Safety Funding in the amount of \$2,767.00 for replacement of Ekwaamijigenang Children's Centre cribs.

### Lifetime Achievement Awards for Outstanding Volunteerism

Executive Finance Council approved a \$2500 sponsorship package for the Lifetime Achievement Awards for Outstanding Volunteerism held on April 24, 2017 at the MNCFN Community Centre.



## Pet Wellness

May 15, 17, 24, & 25, 2017  
5:30 pm - 8:00 pm

MNCFN Community Centre  
659 New Credit Road, Building #4, Hagersville, ON

It's that time of year again to bring your cat(s) and/or dog(s) in to get their vaccines up-to-date!  
There is a \$5.00/animal fee for New Credit members living on-reserve which covers a consultation with a Vet and includes the following:

- \* Rabies shot
- \* Heartworm test
- \* De-wormer
- \* Micro-chip

Also available on site for additional fees will include but not limited to:

- \* Distemper Booster Parvo - \$10.00
- \* Pro-Heart - \$15.00

Please contact Community Health at 905-768-1181 to register your pet!



# Infrastructure and Development Council, April 10, 2017

## **Water Claim Communications Strategy**

The MNCFN Water Committee prepared the document titled “Aboriginal Title to Water Claim within the Mississaugas of the New Credit Territory Communications Strategy” which was approved by the MNCFN Treaty and Aboriginal Rights Committee and brought to I&D Council with a recommendation for Council to direct the Media and Communications Department (MCD) to implement the strategy. Council made a direction for the MCD to publish the communications strategy on the website.

## **Elder Engagement**

The Department of Consultation and Accommodation brought forward a recommendation for the Media and Communications Department to develop protocols for Elders when they are representing MNCFN at gatherings. I&D Council gave a direction to the MNCFN Cultural Committee, Darin Wybenga and the Public Works director to share notes with the Media and Communications Director and A/LMR Director regarding a protocol for speaking representatives.

## **CN Security**

Council authorized a fee-for-service arrangement with Deloitte, effective April 10-May 15, 2017 to assist in setting up an MNCFN Security Pilot Project. The security services would be provided to CN and will be done in conjunction with the HR Manager. Fees will be reimbursed by CN.

## **Water Hauler Inspections – Truckfill**

I&D Council authorized the Public Works Director to establish a working/inspection process with the Environmental Health Officer to ensure all bulk water haulers are inspected to meet the minimum guidelines of the “Guidance on Trucked Water Delivery in First Nations Communities South of 60” on an annual basis. Direction was also given to provide a list of all approved bulk water haulers to Haldimand-Norfolk to ensure their files are up to date on an annual basis.

## **Kuiper Property Renovations**

I&D Council authorized the Public Works department to proceed with the Kuiper Property Renovations and relocation of DOCA and LRM offices on the basis that MNCFN has already fulfilled the requirements of the Addition to Reserve, therefore all First Nation construction projects are governed by the National Building Code latest addition and shall proceed and be compliant as such.

## **Minor Capital Application to INAC**

I&D Council approved the Public Works Director to finalize the “Minor Capital Application” and authorized the Public Works Department to submit a request to Indigenous and Northern Affairs (INAC) for the Consulting Services for the completion of the waterline to service the First Nation in the amount of \$782,000.

## **Infrastructure Assistant Contract Extension**

A three month contract extension for the Infrastructure Assistant was approved by I&D Council with funds to be provided by the Public Works Department budget and reimbursed by Employment and Training if possible.

## **Fiber Optic Cable Broad Band Connection**

I&D Council approved the application to the Connect to Innovate (CIT) program regarding fiber optic cable. The CIT program is intended to bring high-quality broad band connections to underserved rural and remote communities.

# Education and Social Services Council, April 10, 2017

### **Haldimand/Norfolk Victims Services**

Education and Social Services Council authorized the Director of Social and Health Services to sit on the Board of Directors for Haldimand/Norfolk Victims Services. No financial commitment is expected.

## Regular Council, April 17, 2017

### **OPP Monthly Report**

32 Incidences were reported for the month of March, 2017. This compares to 21 incidences in 2016, 29 in 2015 and 25 in 2014.

### **Rabies Program - Ministry of Natural Resources and Forestry's Rabies Program**

Regular Council authorized the Ministry of Natural Resources to distribute vaccine baits annually for the next five years. It is recognized that MNCFN will receive advance notice of vaccine bait drops.

### **Toronto Purchase Trust Newsletter**

Regular Council accepted the First Quarterly Newsletter of the Toronto Purchase Trust from Peace Hills Trust dated April 2017. This newsletter will be put in the MNCFN website.

### **Permission to Traditionally Hunt and Fish**

Regular Council granted permission for a member of Wahgoshig First Nation to hunt and fish on MNCFN Treaty Lands and Territory.

### **New Paths for Education Project Report**

Regular Council approved the submission to INAC to the New Paths for Education Program. This program funds projects and activities designed to improve the quality of education in First Nation schools and to enhance the educational experiences of students, teachers, administrators, parents and communities.



*Bait traps containing a vaccine will be dropped for the next five years. MNCFN will be provided advance notice when the baits are dropped.*

# MNCFN Outreach Activities



*A Citizenship Ceremony at Fort York featured Chief R. Stacey Laforme and MP Adam Vaughan.*

## **Vimy to Juno Exhibition Opening Reception in Mississauga**

Date: March 22

Location: Mississauga

Councillor Veronica King-Jamieson provided opening remarks for the event.

## **Indigenous Women in Leadership Award and Key-note Design Exchange**

Date: April 6

Location: Toronto

Chief Laforme and Traditional Knowledge Holder Nancy Rowe brought greetings.

## **Indigenous Collections Symposium**

Date: March 23, 2017

Location: Ohsweken

Chief Laforme brought greetings to the symposium which is a partnership project between the Ontario Museum Association, the Indigenous Knowledge Centre at the Six Nations Polytechnic, and the Woodland Cultural Centre.

## **Chiefs' Water Crisis Summit**

Date: April 4

Location: Toronto

Chief Laforme brought greetings to Chiefs and guests from across Ontario.



*Councillor Veronica King-Jamieson provided opening remarks at the Vimy to Juno exhibition in Mississauga.*





# Quotes Wanted

The Sustainable Economic Development Department is requesting quotes from interested individuals for the lawn/landscape maintenance during the 2017 season on the following properties:

**Mississaugas of the New Credit First Nation**

Commercial Plaza  
78 Mississauga Road

**Mississaugas of the New Credit First Nation**

Industrial Park  
6 Mississauga Road

**2645/2653 Mississauga Road**  
(former Willow Park Property)

**Kuiper Property**

**Bids to include:**

**Price per cut per property and anticipated number of cuts per property**

For particulars in regards to the noted properties  
please contact:

**Sustainable Economic Development (905) 768-1133**



**Please submit your quote by May 5, 2017 at Noon to:  
Sustainable Economic Development Department  
“2017 Lawn Maintenance”**

## 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

### Milton Presentation Centre Representative

The Milton Presentation Centre Representative is responsible for central reception and providing support to the representatives of the Milton Logistics Hub Project.

Closing Date: May 4, 2017 at 12:00 p.m.

### Personal Support Worker

Responsible for providing support services to encourage and assist elderly or people with disabilities to remain comfortable and self-reliant in their own home and community for a longer period of time by providing homemaking and personal care services in the homes of clients, maintaining an open communication line with all clients for reassurance and security reasons, providing some assistance with regard to transportation and access to services outside the home and assisting with the general unit administration.

Closing Date: May 8, 2017 at 12:00 p.m.

### Custodian

The Custodian cares for the Mississaugas of the New Credit First Nations 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: May 9, 2017 at 12:00 p.m.

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



**Community Kitchen**  
**Thursday May 18th, 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**

Spring is in the Air...

## Gearing up for a Busy Season

Spring is in the air and with that comes an influx of work, contracts and new hires at the Department of Consultation and Accommodation (DOCA). The Field Liaison Representatives (FLRs) are currently working on several sites throughout the Treaty Lands and Territory, which includes Hamilton, Niagara and Toronto. Those contracts include both archaeological and environmental work. By the looks of things, it's going to be another busy season.

We currently have 23 FLRs on staff at DOCA. They are all proud MNCFN Band Members who are the face of this First Nation while out in the field. Ten of the current FLRs are cross-trained to work on both archaeological sites as well as environmental sites. The remaining thirteen are trained for archaeological sites only. They go to work every day, sometimes in extreme weather conditions, to help recover artifacts from generations past. The FLRs make us proud and DOCA is grateful for what they accomplish every day.

Should you ever have questions or concerns, you are welcome to call our office, drop in, or send us an email. DOCA's office number is (905) 768-4260. Our doors are always open! We will be happy to take a moment out of our day to stop and say hello. Our office is currently located at the Industrial Building at 6

First Line Rd., Unit #1.

Our email addresses are as follows:

**Mark LaForme; Director**

Mark.LaForme@newcreditfirstnation.com

**C. Dale Sault; Office Manager**

Dale.Sault@newcreditfirstnation.com

**Fawn Sault; Consultation Manager**

Fawn.Sault@newcreditfirstnation.com

**Megan DeVries; Archaeological Coordinator**

Megan.Devries@newcreditfirstnation.com

**Darin Wybenga; TK LU Coordinator**

Darin.Wybenga@newcreditfirstnation.com

**Annette Hottinger; Administrative Support**

Annette.Hottinger@newcreditfirstnation.com

Union Gas went out on a limb to make a donation to MNCFN that will be sure to make the community rooted while standing tall and proud...

Watch for more information on the donation in next month's Eaglepress Newsletter.

### Women's Sharing Time Program

April 10th - June 5th, 2017

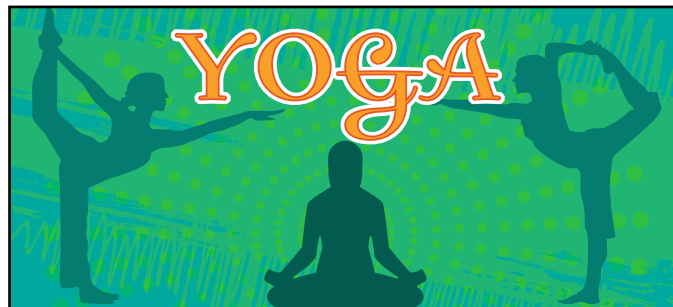
(Monday Evenings)

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



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!



## Education Updates

# Dates to Remember

### Lloyd S. King Elementary School Events

May 3rd & 4th-Book Fair  
 May 5th-Jump Rope for Heart-9:30-10:45  
 May 10th-Open House-5:30-6:45  
 May 10th-Grade 1/2 Taquanyah  
 May 12th-Kindergarten Mothers' Day Breakfast  
 May 17th-Primary & Intermediate Lacrosse  
 May 17th-Kindergarten Registration 5:00-6:00  
 May 18th-Grade-3-Bachas Pioneer Day  
 May 18th-Outdoor Education Day Kindergarten  
 May 19th-Grade4/5 Knights of Valour  
 May 22nd-HOLIDAY-Victoria Day  
 May 23rd-Grade 3 EQAO  
 May 23rd-26th-Grade 7 Humber College  
 May 24th- Junior Co-ed Lacrosse  
 May 24th- Grade 6 EQAO  
 May 25th-Grade 4/5 Haldimand Water Festival  
 May 26th-Grade 6 EQAO  
 May 29th-Grade 3 EQAO  
 May 30th-Grade 6 EQAO  
 May 31st-LSK Track & Field

### Hagersville Secondary School Events

May 10th-School Council 5:30-all welcome  
 May 13th-Spring Fling: crafts, plant sale, car show

May 20th-HSS 125th Reunion  
 May 22nd-HOLIDAY-Victoria Day  
 May 26th-Prom-Greens at Renton

### MNCFN Education Department Reminders

A few high school students have not submitted their first semester report cards. Bring in your report card along with your status card to apply for the high school allowance. You must live on the MNCFN and be an MNCFN member to receive this incentive.

The deadline to apply for post-secondary education assistance is April 30th. This is the final reminder to all continuing students. The applications and policy are on the MNCFN website at [www.mncfn.ca/education/secondary-school-services](http://www.mncfn.ca/education/secondary-school-services). A copy can also be emailed to you by calling the education department at 905-768-7107.

Winter 2017 grades/transcripts are due by May 13, 2017. If you know your transcript will be late, please contact the office to let us know.



**Men's Program**  
 April 5th – May 24th, 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



**MNCFN**  
**MONTHLY GATHERING**

**MNCFN Monthly Gathering**  
 Saturday, May 27, 2017  
 MNCFN Community Centre  
 10:00 am – 2:00 pm

## Braving Change

Thursday, May 4, 2017 10:30 am - 2:30 pm  
Social and Health Services (Lower Level)

Community Health will be bringing in a Registered Dietitian to discuss healthy lifestyle changes as part of the activities for Mental Health Awareness Week!

Get a stamp for your "Passport to Mental Health & Wellness" at this event.

This event is open to everyone but we ask that you please register to guarantee that enough supplies and food are available.

Contact Leslie Sault at  
905-768-0141 to register.



## 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!



## MUSIC TO MOOD

FRIDAY, MAY 5, 2017 5:00 PM - 8:30 PM  
MNCFN COMMUNITY CENTRE  
659 NEW CREDIT ROAD, BUILDING #4,  
HAGERSVILLE, ON

The New Credit Mental Health Unit invites you to come out and enjoy an evening of dancing and fun with New Credit musicians performing to conclude Mental Health Week!

We will be having spot dances, playing musical chairs and freeze games to add to our fun night!  
Wear your most comfortable dancing shoes!

Dinner and refreshments will be available and door prizes to be won!

This is a free event and everyone is welcome,

Come out and enjoy a **substance free** evening!

Please contact Erin Clarke at 905-768-1181 to register for catering purposes

## EMBRACING OUR NEW LIFE

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

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.

May 4th - Concurrent Mental Health and Addiction Education  
6:30 - 9:00 pm at Social and Health Services (Lower Level)

May 18th - Healing Salt Cave in Hamilton, ON  
6:00 - 7:45 pm at #2-25 Redmond Drive  
6:00 pm - Group will begin at Social and Health Services as a meeting point.  
7:00 - 7:45 pm - Healing Salt Cave Session (need to arrive by 6:45 pm to check in)  
Transportation can be provided to the Salt Caves.

MUST CALL TO REGISTER BY MAY 18, 2017 LIMITED SEATING

Child Care can be now be provided! Please call the day before by noon to register for child care.

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

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

Contact Tanya at 905-768-1181 Ext 230 or email: [Tanya.Laforme@newcreditfirstnation.com](mailto:Tanya.Laforme@newcreditfirstnation.com)

Community Health presents:

## Mother's Day Celebration!

Join us as we celebrate Moms with breakfast & pampering!

Chair Massage and Reflexology available. Craft table for the kids! Gifts for all Moms!



Date: Saturday, May 13, 2017

Time: 9:00-10:30 a.m.

Location: Social & Health Services - Lower Level

For more information please contact:  
Beth King or Leslie Sault 905-768-1181  
[beth.king@newcreditfirstnation.com](mailto:beth.king@newcreditfirstnation.com)  
[leslie.Sault@newcreditfirstnation.com](mailto:leslie.Sault@newcreditfirstnation.com)

## Resume and Cover Letter Tips

### Did You Know...

- Employers make specific requests in the job posting to weed out those who do not follow instructions. It is wise to follow exactly the instructions as outlined in a job posting.
- A cover letter is not your resume. It is your opportunity to introduce yourself and provide a snapshot of your skills and qualifications that the employer is looking for. It highlights your specific abilities experiences and talents that make you an ideal candidate for the job.
- Your cover letter is critiqued on length, use of white space, format, use of language (free of spelling and grammar errors, and appropriate context). The cover letter consists of 4 paragraphs at the most, introduction, body and conclusion and always address to appropriate person/department according to the job posting.
- You should always ask your references prior to includ-

ing them on your resume. If the posting asks for job-related references, ensure that you have the current contact information and title for your reference and that you have specifically worked together.

- Your resume is brief and concise - no more than a page or two, a curriculum vitae (CV) is a longer (at least two pages) and more detailed synopsis. A CV is generally utilized for academic, education, scientific, research positions or when applying for fellowships or grants.

For more information, contact:

*Michele King*

*Employment & Training Coordinator*

*Mississaugas of the New Credit First Nation*

*2-659 New Credit Road, RR #6*

*Hagersville, ON N0A1H0*

*Ph: 905 768 1181 ext 223*

*Fax: 905 768 0404*

*Email: michele.king@newcreditfirstnation.com*

**Attention:  
Second Call for Summer  
Job Applications!  
Please visit [www.mncfn.ca/jobboard](http://www.mncfn.ca/jobboard) for available  
positions and instructions  
on how to apply.**

**Also, congratulations to J.  
Secord, who was the \$500  
winner for the Employ-  
ment and Training Data-  
base Survey!**



**ATTENTION JOB SEEKERS!**

Are you looking for employment and training opportunities? We're here to help! Complete the **Mississaugas of New Credit Employment and Training** intake form on HigherMe and a representative will be in touch to discuss your employment goals.

By completing the intake form on HigherMe, you'll be added to our 'talent pool' where algorithms will be created to connect you with opportunities for employment positions advertised by Canada's top businesses!

To complete an intake assessment, text

**MNCET**

to

**+1 647-556-6220**



HigherMe  
[www.higherme.com](http://www.higherme.com)



## ECC Spring Open House!



*Jewel Sault and Ira Martin-Green dressed in traditional regalia.*



*Tena Sault, Language Instructor and Elder; Rownen LaForme; teacher Shelby Riddell RECE; Octavia LaForme; and Hudson Bennett sing and clap hands.*



*Bowen Bacher learns to drum with Elder Garry Sault.*



*Little Hudson Bennett gets an early start learning how to drum.*

**April:**

## The Beginning of a New Season

April can be a very wet month - rainy and dreary; however, bugs and crawlies haven't really started yet and it is a good time to check your house and yard for these pests.

### House

As the snow and ice melt, water can find its way into your home. The location and severity of where the water is finding its way into your home should be noted, so a plan and budget can be developed for repair.

In the meantime:

- Do temporary repairs regarding obvious leaks right away.
- Dry or remove water-damaged items within the first 48 hours to reduce mould growth.
- Throw away items that can't be dried
- Carpets should be pulled and replaced.
- To dry flooring, walls, furnishings and other wet items, open the windows to introduce fresh air on warmer days.

The cooling system should be checked now, however, prior to start-up and for safety reasons, the furnace/heat system should be noted for repair for the following year, if required. A qualified contractor can explain and help with knowledge and direction for required repairs.

### Yard

The yard may have lovely ponds and puddles, amongst items stored or left on the yard temporarily for disposal at the landfill. Stored items on the yard should be stored properly or removed as they can attract pests, mice and rats, as well as snakes.

The grading that surrounds the house should move water away from the foundation. If not properly graded to move water away from the house, it could result in water seeping into your basement/crawlspace. Window wells, under steps, and under porches are particular sources for water draining into the foundation instead of away from the foundation. This standing water can

also provide breeding places for mosquitoes and places for noxious weeds and plants to grow.

Identifying the grading problems is only half the solution; the disposal of the extra water must be directed to the ditch or rear, sides in swales (shallow ditches) that go to a creek, drywell or low area for collection away from your house.

Note: The eaves trough and downspouts need particular attention because they direct water from the roof. That should be checked from the underside of the roof deck, as well as the outside shingle surface, the flashings, and penetrations.

Eaves troughs can be doing their job, just not as they were intended. They must be installed/repared to drain water away from the foundation, so they must be finished with downspouts at least four feet long and splash blocks.

Water management and disposal is a major part of the problems for a house, and these are just a few items to be aware of, but can assist you by giving you a place to start. Remember, it is usually just a matter of asking yourself the right questions.

For more information or clarification please contact the Housing Department-Raymond Hill-Johnson, Technical Resource Manager, at (905) 768-1133 ext. 227.

## WE NEED YOUR COMMENTS!

Voting Regulation. However, Indigenous and Northern Affairs Canada and several First Nations from across the country have developed a new First Nations Elections Act (FNEA), which appears to address many of the outstanding issues First Nations face under the Indian Act Election & Voting Regulations.

The Mississaugas of the New Credit Council now wish to hear from you. Please take the time to review the comparison chart and contact the Lands, Research & Membership Office to voice your comments/concerns, likes/dislikes.

A final report outlining your comments, will be presented to Council in late May 2017. It is expected Council will make a decision on the matter sometime in June 2017.

Lands, Research & Membership  
2789 Mississauga Road, R.R.#6  
Hagersville, ON N0A 1H0  
905-768-0100 or  
email: [julie.laforme@newcreditfirstnation.com](mailto:julie.laforme@newcreditfirstnation.com)

The Mississaugas of the New Credit Council is considering whether to opt into the First Nations Elections Act. Currently Band Council Elections are held pursuant to the Indian Act Elections & Voting Regulations.

For several years past Councils have been reviewing the Indian Act Election & Voting Regulations with the purpose of developing a MNCFN Election &

## MNCFN Estate Policy

The estate policy is part of the Toronto Purchase Trust Agreement, and has been developed to provide financial relief through a disbursement of ten thousand (\$10,000) upon the death of a MNCFN band member. This policy came into effect the day of the Toronto Purchase vote (May 29, 2010).

Provided there are sufficient funds through contributions from the Toronto Purchase Trust, this policy will remain in effect annually with the approval of the budget. This program is not funded by any government agency and is fully administered by Mississaugas of the New Credit First Nation. The Estate Policy provides for \$10,000 per deceased Mississaugas of the New Credit First Nation Member, payable to the deceased Member's estate. The executor, or estate trustee, named in the will of the deceased Member may apply for the funds.

If the Member left no will, then anyone appointed by a court of competent jurisdiction to manage the affairs of the deceased Member may apply for the funds. If the Member left no will and no one has been appointed by a court of competent jurisdiction to manage the affairs of the deceased Member, then

the surviving spouse or closest next of kin may apply. The application must be made within one year of the death of the Member.

The disbursement will not exceed \$10,000 per deceased member. Funds will not be disbursed without required documentation, authorization and approval of the First Nation Funds for this Policy are subject to allocations through the annual Operating Budget as approved by Chief and Council.

Please contact MNCFN Lands, Research and Membership for more information on how to submit a claim:

Estate Policy  
Mississaugas of New Credit First Nation  
R.R. #6  
Hagersville, Ontario  
NOA IHO  
Ph: 905-768-1133

More information on the MNCFN Estate Policy is available on our website at [www.mncfn.ca/lrm/estate-policy](http://www.mncfn.ca/lrm/estate-policy).



## COMPARISON CHART FOR FIRST NATIONS ELECTIONS

INDIAN ACT		FIRST NATIONS ELECTION ACT
Opting In	At discretion of Minister of INAC should he/she "deem it advisable for the good gov't of the Band"	A FN Council can request to come under FNEA by adopting a BCR <b>OR</b> Minister may bring FN under FNEA if a protracted leadership dispute in a FN has significantly compromised the gov't of that FN; or if Governor-In-Council (G-I-C) has set aside an election of the FN under Sec. 79 of Indian Act because there was corrupt practice in connection with an election
Term of Office	2	4
Common election day for groups of FN	No provision	Six or more First Nations can coordinate their terms of office & hold their elections on a common day
Composition of Council	1 Chief & 1 Councillor for every 100 FN members. (Minimum of 2 & maximum of 12 Councillors)	1 Chief & 1 Councillor for every 100 FN members. (Minimum of 2 & maximum of 12 Councillors). Council can decide by BCR to reduce number of Councillor
Electoral Officers	EO is appointed by FN Council with approval of Minister	EO's must be certified thru a training program approved by the Minister. EO is appointed by FN Council & the Minister's approval no longer required. Minister will appoint EO only when Band Council cannot form quorum to make binding decisions
Election Period	Minimum of 79 days	Minimum of 65 days
Qualifications to nominate, & be candidate for Chief & Councillor	Only candidates nominated for Councillor positions must be a member of the FN & be at least 18 yrs. of age on the day of the nomination meeting	Candidates nominated for any position must be a member of the FN and be at least 18 yrs. of age on day of nomination meeting
Rules & Procedures for nomination of candidates	An elector can nominate a candidate in writing prior to the nomination meeting or orally at the meeting	An Elector can nominate a candidate in writing prior to nomination meeting or orally at the meeting. A person can be a candidate for only 1 position. A person cannot nominate more candidates than there are positions to be filled at election. A FN may choose to impose a fee of up to \$250 on each candidate to be refunded if the candidate receives more than 5% of the total votes cast.
Candidate acceptance	Persons nominated automatically become candidates & their names are placed on ballot unless they withdraw in writing	Persons nominated must submit a written declaration & acceptance of nomination, and if applicable, the candidacy fee, or their name will not appear on the ballot.
Qualifications to Vote	To be eligible to vote, a person must be a member of the FN & be at least 18 yrs. Of age on election day	To be eligible to vote, a person must be a member of the FN and be at least 18 yrs of age on election day.
Mail-in ballots	EO sends a mail-in-ballot to all off reserve electors whose addresses appear on the list provided by FN	Electors wishing to vote by mail-in ballot must provide a written request to the EO along with a copy of ID. EO will send mail-in ballot packages to all electors whose request is received on or before the 6th day before the election. After this time, no mail-in ballots will be given out & the elector will have to vote in person either at an advance poll or at the polling station on election day
Advance Polls	No provision	EO may hold advance polls between the 10th & 5th days before the election, on and off reserve.
Proxy Vote	No provision	No provision
Recount	No provision. E.O. currently draws from hat if a tie takes place.	If the margin of votes between a winning candidate and one or more runners-up is 5 or fewer, the EO must recount the ballots for these candidates.
Offences & Penalties	None	Prohibits corrupt activities surrounding the electoral process such as offering & accepting bribes, purchasing & selling mail-in ballots, obstructing the electoral process and breaching the secrecy of the vote. Persons who breach these prohibitions are guilty of an offence that that is punishable by fines & up to 5 yrs in prison Elected officials convicted of any of these offences are removed from office & candidates convicted of certain offences are not eligible to run again for 5 years. The offence & penalty provisions are very similar to those found in the <b>Canada Elections Act</b> .
Removal from	A person ceases to hold office when they die, resign or are convicted of an indictable offence. <b>OR</b> When Minister removes them for having committed corrupt practices in connection with an election or for having missed 3 consecutive meetings of the Council without authorization.	A person ceases to hold office when they die, resign or are convicted of an indictable offence – however, the conviction must be accompanied by a prison sentence greater than 30 consecutive days for the person to lose their position. No ministerial powers to remove elected officials
Appeals	Directed to Minister who may conduct an investigation and report findings to G-I-C. The G-I-C may set aside the election on the report of the Minister	Directed to provincial or federal courts, which can, after hearing the particulars, set aside an election.
Opting Out	No provisions (Removal from the <b>Indian Act</b> election system is guided by the Dept's Conversion to Community Election System Policy)	The FN must develop a community election code which must be approved by the majority of votes cast at a secret ballot vote in which at least 50% of the electors of the FN participate.

## North American Indigenous Games

# 88 Days Out Event

(continued from front page) and acknowledged the ancestors before welcoming everyone to the treaty lands and territory of the Mississaugas of the New Credit First Nation.

“To hold the games in Toronto, a sacred place for many nations of the past and today, is very exciting,” the chief said. “And with only 88 days to go, a short time away, the Indigenous youth of North America will create memories and friendships that can last a lifetime.”

He said because of anticipated media coverage this year, “many Canadians outside of Toronto and Ontario will have the opportunity to witness these exciting games.”

The Games fulfill “Call to Action 88” of the Truth and Reconciliation Commission final report. The commission was implemented to research and document the historical wrongs of the residential school era in Canada. It was also tasked with coming up with recommendations to try and remediate those historical wrongdoings.

“The Call to Action 88, ensuring long-term support for aboriginal development and growth, specifically names NAIG,” said Chief Laforme. “But it is not to be limited to NAIG; it is to be considered a beginning. For one of the greatest things that was taken away from the Indigenous people, was our right to choice, to alternatives.”

“Our right to choose should not be limited to culture and language and education, but is also essential to the area of sports. The Indigenous people need the opportunity to take their place on the world stage. We have a strong history in athletics and a commitment to the physical world as well as the spiritual. We are excited about the gathering of our Indigenous nations in Toronto.”

The Chief said, “It will be a great opportunity to show the world, through athleticism and culture, just who we are. You will see bravery, honesty, wisdom, love, humility, truth, and respect.”

He stressed the important role youth play and why they need to be honoured during the Games.

“The youth are the reason we do everything we do. Sometimes we forget that, but they are the future and they are the reasons we make the decisions we make. There is no resource more important; no person more important than the children, the youth of our nations.”

Councillors Evan Sault, Veronica King-Jamieson and Stephi Laforme also attended the event.

“It’s a chance for youth to interact and socialize with peers across North America,” said Coun. Evan Sault, chair of the Major Events Committee coordinating MNCFN’s involvement in the games. “It’s happening within our treaty lands and territory and it’s the first time that it’s been held in the province of Ontario.”

Chief Laforme urged people to come out and watch the Games this summer.

“Come to Toronto in 88 days and witness firsthand the best North American Indigenous Games you may ever see,” he said.

Watch for updates from the Media and Communications Department on MNCFN-NAIG events in our community as the games approach.

## Food Bank

# Donations Needed

The Mississaugas of the New Credit First Nation, Ontario Works office, wants to remind members that the Hagersville Food Bank is here to help low income individuals, and that they are also seeking donations.

The Hagersville Food Bank has been helping low-income households since December 2012 and serves six designated rural routes including all of MNCFN.

The Food Bank is located at 5 Marathon Street (the old Tim's Tire location) in Hagersville. It is behind Cheerful Charlie's Chip Wagon and directly across Highway 6 from Tim Hortons.

The coordinator of the Food Bank is Janice Schweder, who initiated the start-up of this facility upon her retirement from Hagersville Secondary School.

Janice can be contacted on Thursdays at 289-758-3789 or you can leave her a message.

All clients who wish to access the Food Bank must meet the following criteria:

1. Must be low-income.
2. Must complete the registration process on-site.

3. Provide proof of all sources of income and proof of monthly expenses.

4. Must provide birth certificates and Status Cards for all members of the household.

5. All clients must inform the Food Bank of any changes to their personal information.

6. All clients must re-register at the end of every year.

7. The Food Bank is open every Thursday from 12 p.m. to 4 p.m.

The Food Bank is also seeking donations.

If you wish to make a donation to the Hagersville Food Bank, the Mississaugas of the New Credit First Nation has been requested to donate the following items:

- Red jam (strawberry, raspberry)
- Canned fruit
- Peanut Butter

Donations can be taken directly to the food bank or dropped off with Lindsay Sault at the Social and Health Services building, Monday to Friday 8:30 a.m. to 4:30 p.m. If you have any questions, Lindsay can be contacted at: (905) 768-1181 x. 225.

## Internet Safety Information Session



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.

## Lunch & Learn

Tuesday May 23rd, 2017 12:00 - 1:00 PM  
Social & Health Services (Lower Level)

Come enjoy lunch with us while we discuss the importance of play!



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

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





## Annual Spring Clean-up Earth Week 2017



*A community member drops off scrap materials at the Old Council House during the Spring Clean Up event.*

After the long, cold winter, it's time to clean up.

Plastic bottles, coffee cups, and fast food containers seem to pile up around ditches and fields every winter, making an annual spring clean-up necessary. MNCFN members worked hard cleaning up the community during this year's spring clean-up spearheaded by MNCFN Public Works from April 17th to April 28th.

Carolyn King, a member of the New Credit Biodiversity Group, volunteered during the clean-up, handing out garbage bags and gloves to community members during the kick-off on April 17 at the Old Council House.

The spring cleanup has been an annual event since 2009 but it's grown over the years.

"We started out with just one day of the clean up," said King. "We'd come in on a Saturday and do a ditch clean up and bring it all to the centre to sort it out. Then it just expanded beyond to a whole week.

Last year, when we changed waste management companies - to Emterra - it expanded out much bigger."

The clean up kicked off on April 17th with large bins placed behind the Old Council House and beside the Public Works garage (Enterprise Building) for members to drop off waste. Community members are encouraged to not only clean up their yards, but communal ditches and properties around the community.

"We find out when people sign up how far they're going to (what areas they will clean up) so the biodiversity group can track the miles of ditch cleaned up around the community," said King.

During the spring clean up, on regular waste collection days, community members were also entitled to put out five bulk items on curbsides for pick-up by Emterra.

## Mental Wellness Curriculum Helps Students at LSK

Staff at MNCFN Social and Health Services and Lloyd S. King Elementary School are engaging students in an innovative mental wellness curriculum for the next two months.

Grade seven and eight students will be taught, through various interactive lessons, some basic tenets of mental wellness.

“Our curriculum is based on creating balance in their lives, understanding the connection between thoughts, feelings and actions, using their own gifts, practicing how people think, increasing mindfulness relaxation and fun, and knowing when to seek additional support,” says Karen Campbell, children’s mental health worker at MNCFN Social and Health Services.

Campbell, a registered psychotherapist and art therapist, says the program is much needed.

“The need for this kind of curriculum has been present over time and the teachers...were recognizing that this kind of curriculum could be helpful for that age group.”

The sessions started April 14 and will continue to May 18th.

There are four sessions planned.

The trial program is for the grade 7 and grade 8 age range because typically, natural brain development shifts at that age in adolescence.

“Typically, age 12 and onward, the adolescent brain is able to think about thinking,” said Campbell. “Teens as a whole tend to be sensitive how they socialize, opening bridges to communication. We want to support them.”

They’re also hoping teens will learn to recognize when and if they need to reach out to a trusted adult, like a teacher.

In the first session, they will introduce all of the topics

to the youth, as well as how to take care of their physical health to support their mental health.

The second session will teach the connection between thinking, feeling and behaving and how powerful thoughts are, giving them an introduction into how negative thinking looks.

The third session will focus on mindfulness; owning your thoughts and being in the “driver’s seat” over which thoughts you’re having.

“We can choose (what we dwell on),” says Desiree Bertrand, a supportive counsellor at LSK.

Part four will be a review of what was learned, as well as an art activity and when to access additional support. There will be fun activities and prizes at the end of the program.

Bertrand says the program will entail “experiential learning” instead of just passive listening.

LSK teachers will also be present for the sessions.

“I think it will be nice for the teachers to be present,” says Bertrand. “They can be a support to the kids as well.”

Campbell says teachers can reinforce what was taught during the sessions in the classrooms.

Bertrand said she believes mental wellness needs to be integrated in the classrooms.

“(We’re) trying to normalize (mental illness) and take the stigma away from it,” she says. “We all need help at some point.”

If anyone has any questions related to the initiative please call Karen Campbell, children’s mental health worker at 905-768-1181 ext. 250 or Desiree Bertrand, at LSK, at 905-768-3222.

## Social and Health Services

# Mental Health Week Staff Profiles

As you may be aware, mental health week is the first week of May (May 1-5). MNCFN Social and Health Services is planning a week-long passport event in support of mental wellness and overall well-being.

As part of the event, we are profiling staff members who have struggled with maintaining balance in their lives (due to life stressors, mental health and well-being issues, etc.) and what strategies they use to achieve wellness and find balance in their day to day lives.

### Danielle MacDonnell

I am the principal at Lloyd S. King Elementary School. During my years in secondary school I was a good student, involved in sports and other clubs, and had an active social life but something just didn't feel right. Moving on to college and university, the feeling persisted.

During my first year of university I felt very overwhelmed by the responsibilities of school and life so I reached out to a great professor.

He guided me and suggested that I keep a very detailed planner which helped me feel less overwhelmed. When I finished university I went on to begin my career in education.

During my first year as a teacher, I again felt overwhelmed and went to my family doctor. He diagnosed me with depression and put me on medication.

I realized that I did not feel depressed and felt that I had been misdiagnosed and prescribed the wrong medication. It was only after seeking counselling that I realized that what I was experiencing was anxiety.

Over the years, I have worked to develop strategies that reduce my anxiety and allow me to live a contented and balanced life.

I work hard to ensure that I take care of each part of me through being proactive and reflective of my needs. I participate in physical activities such as yoga and make sure to eat a healthy diet. I have embraced the Anishinabek culture and find great solace in ceremony and tradition. I plan time for activities with family and friends to ensure that I have a healthy social life.

I read and take courses to keep up in my profession and to keep my mind stimulated. By being mindful of my needs and making sure that I keep balance in my life, I am able to manage my anxiety and live my life fully.

**By being mindful of my needs and making sure that I keep balance in my life, I am able to manage my anxiety and live my life fully.**  
-Danielle MacDonnell

### Stephanie LaForme

I have worked in the Social & Health Department since 2005. In my position I have had the opportunity to develop my skills as a Native Social Service Worker, personally and in my career. I have had the opportunity to continue my education, and I have taken an interest in the Mental Health area.

Mental health has been an ongoing journey for me

since it hit close to home when my son was about 9 years of age. Since that time I have been supporting both of my children who have been living with and coping with depression and anxiety.

In dealing with family life and learning how I can assist those also struggling with mental illness, I have gained unbelievable insight into the causes of Mental Illness and ways to support those with Mental Health issues.



# Mental Health Week - Continued

It seems fitting that depression is the buzz word of this year's Mental Health Week, as mental illness touches rich, poor, it doesn't judge, it just takes hold and many will face this in their lifetime. Depression is the most common mental health issue that one can learn to live with, without it interfering with their daily lives, though there may be days of darkness.

With the indigenous Social Service Worker background I have come to understand that most people are not born with Mental Health Issues. Some yes, but not all.

I have learned that depression especially is usually the result of not having the skills to effectively cope with "normal" life events. From the death of a pet to what could be tragic violence or abuse (Physical, emotional, spiritual, sexual and mental) we survive as humans.

In my journey I have learned the importance of support when it comes to Mental Wellness. I have learned the importance of balance in all aspects in life (thinking, feeling, and physical, social & spiritual) to maintain a healthy level of Mental Wellness, for myself and for my children.

## Kari Ann Ivany (Sault)

I have been employed as the full-time Mental Health Worker at Mississaugas of the New Credit First Nation for the past five years. Being a Mental Health Worker has its challenges, especially since I struggle with mental illness, am a member of New Credit and live in the same community as my clients. For most people, it is a lot easier to accept someone's illness when they have a broken leg, a rash, or any other physically noticeable illness, but when it comes to mental health we never know what anyone is going through.

For many years, I thought I was just supposed to feel sad and annoyed all of the time; that was my life. I always wondered how people can act so happy all of the time while I played along pretending to be having fun. I thought I was just rebelling because of the anger from racism and sexual abuse that I experienced as a young child.

There are a wide variety of therapies available to those who suffer. Through hard work and the want to be in balance one can live with Mental Illness.

It is with great hopes that each day is better than the last, as I stand with my children, supporting them, loving them and learning with them the coping strategies to get by in the times that they may feel hopeless, and unworthy of living this beautiful life, to give them that spark of worth, that potential for beauty and the strength to concur anything they can imagine.

It is my hope that we all learn and understand the importance of understanding and offering unconditional love and support to all people, as you just don't know

**I have learned the importance of balance in all aspects in life (thinking, feeling, and physical, social & spiritual) to maintain a healthy level of Mental Wellness, for myself and for my children.**  
-Stephanie LaForme

It wasn't until I went to university that I learned about my own mental illness which is Premenstrual Dysphoric Disorder (PMDD).

PMDD is a condition associated with predominantly severe psychological symptoms which cause disruption of the daily lives of affected women. Dysphoria is derived from the Greek word *dusphoros*, which means hard to bear. The symptoms of PMDD are recurrent. They usually start seven to 10 days before menstruation and decrease within a few days of the onset of menstrual flow. Then, they disappear completely until the next premenstrual phase.

Since being diagnosed in 2009, I have been on different types of medications trying to balance my hormones. Finally, last year my doctor put me on a new medication (Trintellix) which has helped balance my mood more successfully. (continued on page 31)

## What is Mental Health?

We all have mental health! Mental health involves finding a balance in all aspects of life including:

- Physically
- Mentally
- Emotionally
- Spiritually

We notice the lack of balance in our lives when we have difficulty coping with life's challenges, and difficulty managing our emotions. For individuals who have experienced trauma, abuse or neglect it is especially important that they cultivate balance in their lives.

MNCFN Social and Health Services, Mental Health Unit, offers many services, including:

- Individual Counseling
- Group Counseling
- Family Counseling
- Mental Health Workshops and Information Sessions
- Culturally appropriate services for all ages
- Mental Health Workers can help you:
  - Regain balance in your life
  - Learn skills to manage depression and anxiety
  - Develop coping strategies needed in times of stress
  - Process grief and loss
  - Develop anger management and emotional regulation skills
  - Boost your self esteem
  - Provide crisis and trauma counseling

Referrals to other services (e.g. a psychiatrist) will be made as needed. Support will be provided to clients while they are awaiting additional services.

### Signs and symptoms of mental illness:

Signs and symptoms vary depending on the type of mental illness, but any of the following may be cause for concern:

- a growing inability to cope with daily problems and activities
- feeling sad or irritable for more than two weeks
- excessive fears, worries and anxieties
- having strong feelings of anger
- feelings of extreme highs and lows
- major changes in eating or sleeping habits
- having many physical ailments that have no clear cause
- thinking about harming or killing oneself
- spending more time alone or avoiding others
- having strange beliefs not based in reality (delusions)
- hearing or seeing things that aren't there (hallucinations)
- confused thinking
- substance abuse
- not admitting to obvious problems

### Getting Help...

If you are worried that someone you know may have a mental health or substance use problem, it is important to encourage him or her to get help. Here are some places and people that may offer assistance:

- Family service agency
- Community mental health agency
- Counselor or therapist
- Family doctor
- Community health center
- Religious or spiritual leader
- Workplace employee assistance program (EAP)
- Telephone helplines
- Hospital
- Settlement agency (if the person is an immigrant or a refugee)

For more information, please contact the Mental Health Unit:

*Social & Health Services Building*  
 659 New Credit Road, Building #2  
 Hagersville, Ontario  
 N0A 1H0  
 Phone: 905-768-1181  
 Fax: 905-768-0404

# Mental Health Week - Continued

(continued from page 29)

The only downfall of taking the medication is weight gain, so I had to decide whether I wanted to feel angry and be skinny or feel happy and be overweight. I will take being overweight over the feeling of worthlessness and sadness, any day.

Being a Mental Health Worker is extremely strenuous and I understand that SELF-CARE is crucial to be successful. I attend counseling at an outside organization on a regular basis. I also spend much of my time with nature and animals which helps me to relax and rid myself of other people's negative energies.

The individual counseling helps me to be able to stay focused and committed to myself. I'm a true believer that we can only help others as far as we have helped ourselves. I try to keep a positive outlook on life, no matter what life brings me.

When it comes to clients, I always try and put myself in their shoes. I refuse to judge people by the way they dress, look, live or think. People are people and we all need to learn to find the positives in everyone that we cross paths with. If I am not able to provide services to a client, I will refer the client on to someone who can help them.

I truly believe that talking about our mental illness will open other's minds to accept people for who they are.

We just need to open our doors and listen.

**I also spend much of my time with nature and animals which helps me to relax and rid myself of other people's negative energies.**  
-Kari Ivany

Social and Health Services presents

## Mental Health Week

May 1st – 7th is National Mental Health Week!

In an effort to raise awareness and acceptance, Social and Health Services would like to highlight the many programs available to the community that support your mental health and wellness of the body, mind and spirit!

Stop by Social and Health Services to register and pick up your "Passport to Mental Health & Wellness." From May 1st - 5th we will be stamping your passport when you attend various programs.

Get 3 or 4 stamps and be entered to win some great prizes!

Get 5 stamps and be entered to win a Good Food Box (includes a Meat Package, vegetables, fruits and a BBQ!)

We will close up the week on Friday, May 5th at 5:00 pm at the MNCFN Community Centre with "Music to Mood You!"; a substance free dance with more prizes and activities for the whole family!



For more information or to register contact Erin Clarke at 905-768-1181.





## MNCFN Community Centre Rental Rates

### Community Member

\$25.00 per hour - \$200 for basic day - with Kitchen add \$40.00 per day.  
If you have safe food handling course then kitchen rental will be \$30.00 per day.  
Council chambers room is \$15 dollars per hour.

### MNCFN Group (i.e. Public Works)

\$25.00 per hour, - \$200.00 per basic day - with Kitchen add \$40.00 per day.  
Council chambers room is \$20.00 per day.

### Non Profit Rentals

\$30.00 per hour - \$240.00 for basic day - with kitchen add \$50.00 per day.  
Council chambers room is \$20.00 per hour.

### Profit Groups

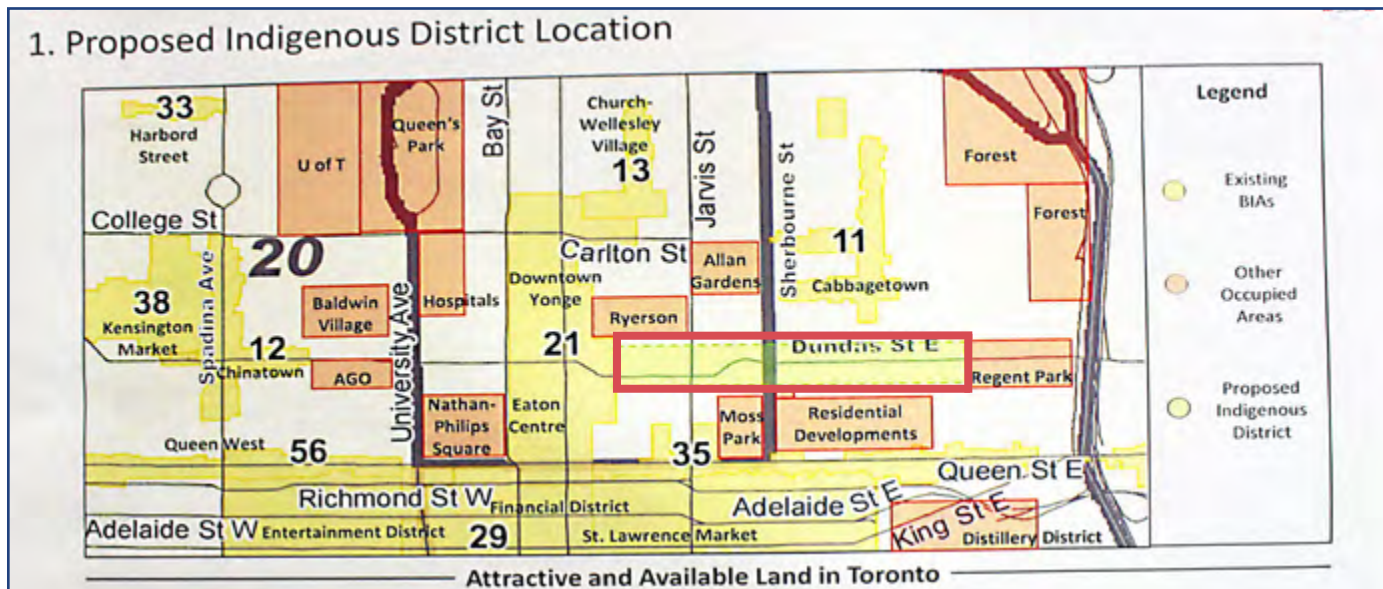
\$40.00 per hour, - basic day \$320.00 - with Kitchen add \$50.00 per day.  
Council chambers room is \$20.00 per hour.

**To rent the Community Centre  
please call 905-768-1133 ext. 244.**



## Open House

# Indigenous Business District



A map of the proposed Indigenous Business District (outlined in red).

In January 2017, the MNCFN Wealth Creation Steering Committee, with the help of Deloitte, embarked on a journey to develop strategic options and a strategic plan for an indigenous business district in the City of Toronto.

An open house on the Indigenous Business District was held at the MNCFN Community Centre on April 18th and 19th.

The committee has been working hard to: identify and prioritize potential wealth creation opportunities for MNCFN within the district, as well as through various student-focused post-secondary investments in Milton and Brampton; develop three-year roadmaps; and, to identify financially feasible, prioritized wealth creation opportunities.

The Indigenous Business District Strategy aims to:

- create a culturally Indigenous space downtown;
- support indigenous jobs and businesses;
- promote indigenous culture;
- engage in education and reconciliation.

Opportunities for the Indigenous Business District include:

- creating wealth for MNCFN in industries aligned to

core values;

- generating a steady revenue stream for investment in MNCFN;
- wealth creation;
- promotion of indigenous communities;
- education and reconciliation.

Other opportunities:

- creating wealth for MNCFN in industries aligned to core values;
- skills development for MNCFN in new industries;
- potential for job creation as opportunities scale in the future.

Through the district, MNCFN Council hopes to strengthen the urban indigenous community and showcase the historical significance of Toronto.

Survey results from earlier this year indicate 81 per cent of community survey respondents said they support the creation of the district, with 36 per cent of those saying the district will help create wealth and 33 per cent of those saying it will strengthen and promote the MNCFN community.



# **COMMUNITY MEETING HUNTING & FISHING**

**TUESDAY, MAY 9, 2017**

**6:00 – 7:30 P.M.**

**Agimaw Gamig (MAIN) Administration**

**Board Room**

**2789 Mississauga Road, New Credit**





## CONTACT INFORMATION

### Chief R. Stacey Laforme

Office: 905-768-1133

Email: [Stacey.Laforme@newcreditfirstnation.com](mailto:Stacey.Laforme@newcreditfirstnation.com)

### Councillor Casey Jonathan

Cell: 905-650-2204

Email: [CaseyJ@newcreditfirstnation.com](mailto:CaseyJ@newcreditfirstnation.com)

### Councillor Cathie Jamieson

Cell: 905-912-8940

Email: [CathieJ@newcreditfirstnation.com](mailto:CathieJ@newcreditfirstnation.com)

### Councillor Erma Ferrell

Home: 905-768-3543

Email: [ErmaF@newcreditfirstnation.com](mailto:ErmaF@newcreditfirstnation.com)

### Councillor Evan Sault

Cell: 519-770-7371

Email: [EvanS@newcreditfirstnation.com](mailto:EvanS@newcreditfirstnation.com)

### Councillor Margaret Sault

Home: 905-768-3615 Cell: 905-807-5377

Email: [MSault@newcreditfirstnation.com](mailto:MSault@newcreditfirstnation.com)

### Councillor Veronica King-Jamieson

Cell: 289-440-8672

Email: [VeronicaK@newcreditfirstnation.com](mailto:VeronicaK@newcreditfirstnation.com)

### Councillor Stephi L. LaForme

Cell: 226-206-0431

Email: [StephiL@newcreditfirstnation.com](mailto:StephiL@newcreditfirstnation.com)

## DEPARTMENT CONTACTS

### Administration:

Phone: 905-768-1133

### Consultation and Accommodation:

Phone: 905-768-4260

### Education:

Phone: 905-768-7107

### Ekwaamjigenang Children's Centre:

Phone: 905-768-5036

### Employment and Training:

Phone: 905-768-1181 ext. 223

### Housing:

Phone: 905-768-1133 ext. 227

### Lands, Research and Membership:

Phone: 905-768-0100

### Media and Communications:

Phone: 905-768-5858

### Ontario Works:

Phone: 905-768-1181 ext. 225

### Public Works:

Phone: 905-768-1133

### Social and Health Services:

Phone: 905-768-1181

### Sustainable Economic Development:

Phone: 905-768-1133

## EMERGENCY CONTACTS

### Brandon Hill, Infrastructure Manager:

Phone: 905-517-7900

### Matthew Sault, Infrastructure Assistant:

Phone: 905-971-2982

### Fire Department: Phone: 905-318-5932

Police Department (Cayuga): Phone: 905-772-3322

Roads Garage: Phone: 905-768-1133 ext 243

# EVENT CALENDAR

DATE	EVENT	LOCATION	TIME	PG.
May 1-5	National Mental Health Week	Various Locations	Various Times	31
May 1	Women's Sharing Time Program	S&HS Services - Lower Level	6-9 pm	16
May 1	Zumba	MNCFN Community Centre	6-7 pm	18
May 2	Yoga	LSK School Gym	5-6 pm	16
May 4	Craving Change w/Registered Dietician	S&SH Services - Lower Level	10:30 am-2:30 pm	18
May 4	Zumba	MNCFN Community Centre	6-7 pm	18
May 4	Embracing Our New Life	S&HS Services - Lower Level	6:30-9 pm	18
May 5	Music to Mood	MNCFN Community Centre	5-8:30 pm	18
May 8	Zumba	MNCFN Community Centre	6-7 pm	18
May 9	Yoga	LSK School Gym	5-6 pm	16
May 8	Women's Sharing Time Program	S&HS Services - Lower Level	6-9pm	16
May 3,10,17,24	Men's Program	S&HS Services - Lower Level	6-8 pm	17
May 9	Hunting & Fishing Community Meeting	Agimaw Gamig Building	6-7:30 pm	21
May 10	Wellness Group	S&HS Services - Lower Level	1:30-3pm; 6-7:30 pm	6
May 11	Zumba	MNCFN Community Centre	6-7 pm	18
May 13	Mother's Day Celebration	S&HS Services - Lower Level	9-10:30 am	18
May 15	Pet Wellness Day	MNCFN Community Centre	5:30-8 pm	10
May 15	Women's Sharing Time Program	S&HS Services - Lower Level	6-9 pm	16
May 15	Zumba	MNCFN Community Centre	6-7 pm	18
May 16	Yoga	LSK School Gym	5-6 pm	16
May 16	Internet Safety Info Session	MNCFN Community Centre	5-7:30 pm	25
May 17	Pet Wellness Day	MNCFN Community Centre	5:30-8 pm	10
May 18	Community Kitchen	S&HS Services - Lower Level	1-3 pm	15
May 18	Embracing Our New Life	S&HS Services - Lower Level	6-9 pm	18
May 18	Zumba	MNCFN Community Centre	6-7 pm	18
May 22	Zumba	MNCFN Community Centre	6-7 pm	18
May 22	Women's Sharing Time Program	S&HS Services - Lower Level	6-9 pm	16
May 23	Yoga	LSK School Gym	5-6 pm	16
May 23	Lunch and Learn	S&HS Services - Lower Level	12-1 pm	25
May 24	Pet Wellness Day	MNCFN Community Centre	5:30-8 pm	10
May 25	Zumba	MNCFN Community Centre	6-7 pm	18
May 25	Pet Wellness Day	MNCFN Community Centre	5:30-8 pm	10
May 27	MNCFN Monthly Gathering	MNCFN Community Centre	10 am-2pm	17
May 29	Women's Sharing Time Program	S&HS Services - Lower Level	6-9 pm	16
May 29	Zumba	MNCFN Community Centre	6-7 pm	18
May 30	Yoga	LSK School Gym	5-6 pm	16

**Mississaugas of the New Credit First Nation**

2789 Mississauga Road, Hagersville, ON N0A 1H0

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 [@mncfn](https://twitter.com/mncfn)

 [www.youtube.com/channel/UCLI\\_99l\\_p8-aAmCM4SEXkgQ](https://www.youtube.com/channel/UCLI_99l_p8-aAmCM4SEXkgQ)

