



AUGUST 2020: ISSUE 01

MISSISSAUGA NATION MONTHLY



MIIN-GIIZIS

Berry Moon

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COVID-19 UPDATE

We are aware the coronavirus presents a significantly heightened risk to our communities and we have been meeting on a weekly basis to discuss our plans. We are proud to acknowledge everyone's participation in keeping our families safe. We are still ensuring safety measures are in place for our communities. Media releases have been disbursed to our communities communicating how serious the COVID-19 situation is. We emphasize the requirement for members to practice social distancing measures, hand washing and hand sanitizing, and to make sure you wear a mask if you must go out.

We wish you and your families well. May the creator see us all through to the other side of the pandemic crisis, keeping us all healthy. Please stay home and stay safe!

Miigwech and Baamaapii!

The Mississauga Nation Chiefs

Vision Statement

NDI WIIDSEMAAG
NDANWENDAAGNAG OMAA
MICHI SAAGIIG. NDI AAPTO
MAADMIN, KINAA GAA
ZHIWEBAK MINWA NIW
WIIDMAAGEWNAN, MIINWA
NIW MNO BMAADZIWIN,
MINWA NIW GIIGDOWIN.
MAANOO GI
MSKOWZIIYANG, MIINWA GI
GNWEDAMANG NAKE EZHI
BMAADZIYANG GE GI
MIINDWAA GIW EBI YAAWAD.

Translation by Mary Alice Taylor
Curve Lake First Nation



We the Michi Saagiig walk together with our ancestors as one Nation. Through our collective efforts we ensure our shared history, stories, ceremonies, culture, language and values remain strong, resilient and preserved for our Nation and future generations.

GOVERNANCE

The goal of nation rebuilding is to develop governance that has the capacity to deliver the shared vision of the Mississauga Nation and include:

- being engaged in the economy and stewardship of our traditional lands
- governing according to customs and traditions
- having true nation to nation relations
- renewing community pride

Rebuilding can start when community members and leaders support and are ready for change, understand what it means and are fully prepared to implement



Engaging the membership is a key step, where we plan to:

- Involve citizens in building a vision and strategy
- inform citizens, families, clans and communities of key issues and involve them in the engagement process
- include all in decision-making process with collective decision-making and support throughout implementation

As the Mississauga Nation, we recognize the key role of families in engagement outcomes. Unless the whole family is involved and is thriving, through various social programs and supports, the legacy of past governmental failures will continue and must be overcome. This can only be achieved by ensuring our families have access to the programs and services they need.

The Mississauga Nation is approaching their strategy development stage on governance. Regular updates will be provided to our communities as we begin this process.

For more information, please reach out to Veronica King-Jamieson at 289-440-8672 or at veronicakj.mncoordinator@outlook.com

NATION LAUNCHES CULTURAL INITIATIVES

The Mississauga Nation has deepened their commitment to the revitalization of Michi-Saagiig culture and language by launching three brand new community-based, online initiatives.

The first initiative is a **Cultural Learning Series**. This flagship project is dedicated to educating and connecting Mississauga People, of all learning levels, to the many beautiful, diverse characteristics and elements of Mississauga culture. Local elders and knowledge keepers come together to share their wisdom, skills and expertise across the Mississauga Nation. This initiative will journey into language, storytelling, hunting, fishing, gathering, Anishinaabe cooking, history, medicines and more.

The first two videos in the series have recently been released online. Dorothy Taylor, from Curve Lake First Nation, introduces followers to the third medicine, cedar, where she explains its significance in Michi-Saagiig culture through storytelling and a teaching.

Caleb Musgrave, of Hiawatha First Nation, introduces the Mississauga Nation community to summer birch bark harvesting, with a focus on cutting and peeling methods.



An extension of the Cultural Learning Series, the **Workshop Series** was also introduced. This series focuses on interactive group experiences through virtual workshops. Mississauga Nation community members will be able to create incredible indigenous pieces as well as learn and discuss some of the history, stories or teachings behind each work.

Lastly, the Mississauga Nation has also launched the **Niizho Kendaaswidaa Initiative | Let's Learn Together Initiative**. Once a month, illustrated, colourful flash cards and labels will be released that feature Anishinaabemowin words. Each set will also be supported by a list of commonly used phrases to enhance the everyday use of the Anishinaabemowin language in homes across the Mississauga Nation. This initiative is perfect for children and beginners alike.

To learn more about these initiatives, visit the Mississauga Nation Facebook Page, @MichiSaagiig.

LAIDLAW FOUNDATION SPONSORS KITIGAN PROJECT

MNO
BIMAADIZIDAA

Together we can
move forward
and live well

In partnership with the Laidlaw Foundation, Mississauga Nation youth are taking part in garden creation. Key elements of the program include learning to save seeds, understanding the environment, and learning the plant cycle and seasons while out on the land.

The thirteen moon teachings, grandfather teachings, medicine wheel teachings and Michi-Saagiig ways of knowing will play a key role in learning about gardening through an Indigenous perspective.

This program hopes to rebuild a strong connection and relationships within and across Michi-Saagiig community families and youth.

The Kitigan Project hosted it's first zoom meeting with Elder Peter Schuler and Dr. Andrew Judge. They shared their stories on how they became interested in and learned about medicines and plants, who inspired them and shared gardening tips.

To learn more about this project, contact Veronica King-Jamieson at 289-440-8672 or veronicakj.mncoordinator@outlook.com





THE KITIGAN PROJECT

FEATURING LUKE ROUILLARD

Aaniin | Hello,

Waawaashkesh Nini n'dijnakaas, Migizi n'dodem, Mississaugas of the Credit nidoonjibaa.

My name is Luke Rouillard, I am Eagle clan and from the Mississaugas of the Credit First Nation. I am a Michi-Saagiig Anishnaabe, father of four, traditional fisherman, knowledge keeper, fire keeper, flag carrier, feather keeper, wood carver, archer and gardener.

I've had a fascination and interest in gardening since my teens, when I worked in a food processing plant and on vineyards. I seen first hand what happens to our food and from then, i've always wanted a big enough garden to provide food for my family that is safe from GMOs, pesticides and other chemicals.

My interest in mshkiki (medicine) plants and wild foraging started at a very young age. Intuitively, I knew that some plants were medicine. While I was growing up, my parents would take me out to pick wild berries and

preserve them. However, most of my mshkiki plant knowledge came later. In my mid-20's I started actively learning more about plants, including benefits and how to process them.

This is my first year growing a garden that is the size I need. I made two long mounds, approximately 4 feet wide by 1.5 feet high.

In the longer mound, I planted Anishnaabeg blue flint corn, Kentucky pole beans and sugar pumpkins. In the shorter mound, I have the same corn and beans.

I planted butternut squash as a setup of a three sisters garden. The beans are planted close to the corn, which acts as a trellis. The beans convert nitrogen in the soil into a nitrogen version the corn can better use.

The corn I have, I recieved from Elder Mark Sault. My beans and gourds were store bought packs, organic and non-GMO. The mshkiki and sunchokes came from Kayanase greenhouse.

The pumpkins and squash have multiple uses. They not only act as a spiny barrier against garden pests but also act similar to a mulch, where they keep the sun from directly hitting the soil and drying it out too fast. Weeds are also kept to a minimum.

In a Tuppermade, I have sun chokes (Jerusalem artichokes) which is a part

of the Anishnaabeg Four Sisters Garden. They can be planted as a barrier in high-wind areas and used in place of corn as a trellis for beans.

Alot of my Four Sisters Garden knowledge is thanks to the help of a friend in Hiawatha, whom i bug constantly when I have a gardening question.

I planted roses to act as a thorned barrier, to draw in pollinators, and so I could collect petals for medicines such as salves.

Because I am a fire keeper, I need the four sacred medicines. I also planted sweet grass, prairie sage, semaa and a couple cedars this year.

My garden is 100% organic, using only fish and hardwood ash for fertilizer; no pesticides, chemicals or GMO.

With the advent of the pandemic, I took the opportunity to teach my kids about sustainable food and medicine growing practices, as well as food security.

We planted many plants this year and everything has a purpose. Next year, I am hoping to plant heirloom gourds and beans. I also want to add wild roses and wild raspberry cones, expand the mounds to grow more corn as well as add two more mounds for other fruits and vegetables.

Miigwetch and good luck with your gardens!

MSHIIKENH



ORANGE SHIRT DAY

This year, the Mississauga Nation will be doing its part to raise awareness about the legacy and impact of residential schools in Canada.

As a part of our efforts, Mississauga Nation community members can reserve their orange shirts starting August 7th. Please note that you must be able to pick up your order in one of the six Mississauga Nation communities.

Reach out to a community liaison or visit this link to get started:
[SurveyMonkey.com/r/OSD2020](https://www.surveymonkey.com/r/OSD2020)

Casey Jonathan, Credit FN:
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Kim Muskratt, Hiawatha FN:
MississaugaNationhood@hiawathafn.ca
705-931-6510

Sean Conway, Curve Lake FN:
CurveLakeMNCL@outlook.com
705-559-8739

Interested in purchasing shirts for yourself or your organization? Visit nishtees.ca

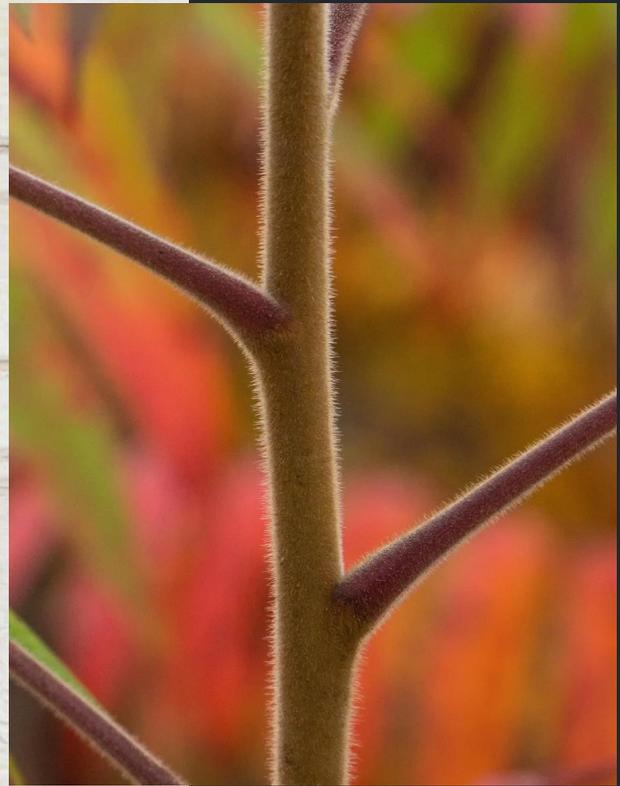
FORAGING STAGHORN SUMAC

Staghorn sumac is a unique shrub, named for its fuzzy bark that looks like velvet deer antlers. On average, it grows to be 5-15 feet tall. You can find it on roadsides, forest edgings and in fields.

Sumac is well-known for its red seed clusters, which are slightly sticky when ripe. Sumac can be used as a spice, salad topping or can even be made into cough syrup.

What to look for:

Compound leaf structure, leaves that have serrated edges, smooth and fuzzy bark, and red, tightly knit, cone-shaped seed clusters that grow at the top of branches and point toward the sky.



NATURE'S LEMONADE

1. Gather 12 large, deep-red sumac clusters
2. Gently pull back and break off clean, individual bundles of seeds from cluster
3. Remove and discard as much of the stem as you can from these smaller clusters
4. Add remaining seeds to a bowl with one gallon of water
5. Let soak anywhere from 1 hour to overnight depending on how much tartness you like
6. Drape cheesecloth over a bowl and strain the liquid
7. Add honey or maple syrup to sweeten
8. Enjoy!

BLUEBERRY FREEZER JAM



Ingredients

2 cups fresh blueberries

1 teaspoon lemon juice

1/2 teaspoon cinnamon

1 1/4 cups granulated sugar

2 tablespoons + 2 teaspoons no sugar needed pectin

Yield: ~3 cups

THE EASIEST JAM EVER

RECIPE BY AMY JOHNSON

1. Place blueberries, lemon juice and cinnamon in a medium saucepan. Use a potato masher or flat bottom glass to mash the berries.
2. Bring berries, juice and cinnamon to a boil
3. Add granulated sugar; return to a boil. Continue to boil for 2 minutes, stirring occasionally
4. Stir in pectin, bring to a full boil and boil hard for 1 minute. Only 1 minute. Remove from heat.
5. Transfer to canning jars leaving 1/2-inch space at top. Seal jars and let stand at room temperature until cool.
6. Refrigerate up to 3 weeks or freeze up to 6 months.

Upcoming Events

August | Miin-Giizis

12

Cultural Learning Series:
Michi-Saagiig
Anishinaabemowin
with Jonathan Taylor

20

Workshop Series:
How to Make a Medicine
Pouch with Dianne Sault

26

Cultural Learning Series:
Sky Teachings
with Tom Cowie

September

Manoominike-Giizis | Waatebagaa-Giizis

09

Cultural Learning Series:
Wild Rice | Manoomin

17

Workshop Series:
How to Make Ojibwe Style
Moccasins

23

Cultural Learning Series:
Transplanting Strawberry
Runners and Raspberry
Canes



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