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Community Flyer

Wednesday, March 26, 2020



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Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th	Monday 30th	Tuesday 31st
-2°C	3°C	5°C	9°C	5°C	2°C	5°C
-3°C	-8°C	-4°C	3°C	-1°C	-5°C	-4°C
11SW	16NE	15SW	10E	25E	21N	6NE
—	—	—	—	10-15mm	—	—



COMMUNITY INFO



IMPORTANT

**ALL MFN PROGRAMS
AND EVENTS WILL BE
CANCELLED UNTIL
FURTHER NOTICE!**



John's Valu-Mart Store Hours

**Monday to Saturday 9am-10am for
seniors & disables only.**

**Monday to Saturday 10am-5pm for
the general public.**

**Sunday 10am-4pm for the general
public.**

**Hours are subject to change at
any time!**

The Chief & Council
Meeting scheduled for
March 26th is now
cancelled.



MFN citizens, stay safe!

Wednesday Night Bible Study at The Complex



**Note: Monthly "Songs and Praise" will be at
7:00 pm (no meal) on the 4th Wednesday.**





MEMO TO: All MFN Citizens

FROM: Gimaa Kwe Patricia Tangie

CC: Council, Diane Purser, Interim Finance Director, Jessica Labranche, Executive Officer, Lisa Belanger, Human Resources

DATE: March 24, 2020

SUBJECT: COVID-19 – Modified Services For Citizens

COVID-19 or the corona virus is having us rethink the way to service our community while keeping citizens and staff safe. Council met via conference call yesterday afternoon and a decision was made to have all MFN staff work from home until April 6, 2020.

HOW DOES THIS AFFECT YOU?

Reaching Staff

Staff who can work from home will be on call. You can call their regular work number and it will be forwarded to their cell phones or call their cell numbers. Whichever number has worked best for you in the past will continue to allow you to reach them in the future.

Medical Van

There will be a modified schedule for the medical van. Lena will be the driver. If you have a medical appointment or need to pick up prescriptions, please call Lena for a ride to town. Lena and her team will also call you during the week to ensure you are ok.

Medical Cheques

If cheques are required, they will be prepared every Wednesday. Please continue to send your requests to Lena.

Essential Service Staff

- Call the Toll Free Phone 1-888-303-7723 or the cell numbers below. You can also text to the cell numbers listed.

<i>Staff Leads</i>	<i>Phone</i>	<i>Department</i>	<i>Duties</i>
Chris Buckell	705-542-4496 cbuckell@michipicoten.com	Water Treatment/PW	Water plant will continue to be monitored daily
Andy Neyland	705-914-0964 Email not required, please call	O&M	Roads & emergency housing repairs will continue
Aaron Bumstead	705-992-4489 a.bumstead@michipicoten.com	<u>L&EcDev</u>	As required by MFN
Lena Andre	705-943-0816 landre@michipicoten.com	CHR	Regular calls to Elders to ensure their needs are met Driving the medical van as required
Paula Penno	1-888-303-7723 ppenno@michipicoten.com	Administration	Taking messages and redirecting calls from the 1-888 number
Joanne Wilson	705-914-0004 j.wilson@michipicoten.com	Band Representative	As required by clients/legal system/MFN
Tia Kusic	705-914-0430 t.kusic@michipicoten.com	FSW	As required by clients/MFN
Nancy Andre	705-852-1094 nandre@michipicoten.com	CHPW	As required by MFN
Diane Purser	289-214-2870 finance@michipicoten.com	Finance	As required by MFN
Roberta Day	No Cell rday@michipicoten.com	Finance	Roberta will continue to do the cheque run
Chief Tangie	647-201-3246 ptangie@michipicoten.com	Overall	As required

There continues to be no reported cases of COVID-19 in the Wawa/Michipicoten area. Overcoming this pandemic might take a long time and it can be a very slow process to return to our normal day-to-day operations.

The following information is accurate as of today. Please be advised that it could easily change. If it does change, we will send out an updated memo.

In the meantime, we encourage you to self isolate at home and continue to practice safe hygiene and safe distancing with your family and friends.

SMUDGING AND THE FOUR SACRED MEDICINES

Many things have been placed on the earth for our use. One of the major tools given to us are the plant medicines.

TOBACCO (SEMAH)



Sacred tobacco is used to make smoke and is one of the most sacred of plants for Native people. It is said to be the main activator of all plants. It was given to us so that we can communicate with the Spirit world and when you use it, all things begin to happen. Tobacco is always offered before picking medicines. When you offer tobacco to a plant and explain your reasons for being there, the plant will let all the plants in the area know your intentions and why you are picking them, tobacco is used first as an offering for everything and in every ceremony. Going to ceremonies you would offer tobacco to the Elder leading those ceremonies along with an honoring gift. This announces your intention and the Elders may ask you of your intentions with this offering.

SWEET GRASS (WEENGUSH)

Sweet grass is the sacred hair of Mother Earth. Its sweet aroma reminds people of the gentleness, love and kindness she has for the people. This is why Native people pick it and braid it in 3 strands representing love, kindness and honesty. Sweet grass is used for smudging and purification of the spirit. When Sweet grass is used in a healing or talking circle it has a calming effect. It is said that it attracts the good Spirit, so use it to call in the Spirit.



CEREMONIAL SAGE(SUKODAWABUK)



Sage is used in many different ways. It helps the people prepare for ceremonies and teachings. Because it is more medicinal and stronger than Sweet grass, it tends to be used more often in ceremonies, it also has physical healing properties, you can boil sage and drink it as a tea. Sage is for releasing what is troubling the mind and for removing negative energy, it is used for cleansing homes and sacred items. There is male and female sage.

Ceremonial use of Cedar (Keezhik)



Like Sage and Sweet grass, cedar is used to purify the home, it also has many restorative medicinal uses. When mixed with sage for a tea, it cleans the body of all infections, cedar baths are also very healing. When cedar mixed with tobacco is put in the fire it crackles, this is said to call the attention of the Spirits to the offering that is being made. Cedar is used in sweat lodge and fasting ceremonies for protection, cedar branches cover the floor of many sweat lodges and some people make a circle of cedar when they are fasting. It is a guardian spirit and chases away the bad spirits.

Since it is believed, in many cultures, that the plants we use to burn and purify ourselves provides us with access to their soul and power, it is essential that we ask their permission before gathering these plants. Take only what we need without damaging the plant and give thanks for what we took. If you did not pick these plants yourself, know that someone else did that for you and that you could still give thanks for the life of those plants and the people who did pick them.

WELLNESS AND CRISIS TEAM

The North East Mental
Wellness and Crisis Team
is offering 24/7 mental
health crisis support as
well as telephone
counseling

1-866-209-9582

Pays Plat, Biigtigong
Nishnaabeg, Pic Mobert,
Michipicoten

This service is available to all members Pays Plat, Biigtigong Nishnaabeg, Pic Mobert, Michipicoten.

An operator will ask for contact information and a mental health counselor will return the call promptly to offer support.



Please Read

Do you have a fever, cough or difficulty breathing, AND any of the following within 14 days before the first symptoms appeared:

- Travel history to an area affected with COVID-19 (novel coronavirus)
- Close contact with a confirmed or probable case of COVID-19
- Contact with a person with acute respiratory illness who has travelled to an area affected with COVID-19

If you answer YES to any of the above:

Please go home and call Algoma Public Health at
(705)759-5404 or 1-866-892-0172# 5404

For free Medical Advice call Telehealth 1-866-797-0000

Michipicoten First Nation

