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Community Flyer

Wednesday, April 1, 2020



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Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th	Monday 6th	Tuesday 7th
5°C	8°C	8°C	3°C	5°C	6°C	7°C
1°C	4°C	-1°C	-6°C	-4°C	-2°C	1°C
11SW	17NE	10NE	13SW	12SW	12SW	15NE
—	—	—	1-3mm	—	—	5-10mm



COMMUNITY INFO



IMPORTANT

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



John's Valu-Mart Store Hours

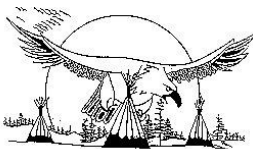
**Monday to Saturday 9am-10am for
seniors & disables only.**

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

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

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

Please read all content
carefully to keep you
and your loved ones
safe and healthy.



Wednesday Night Bible Study at The Complex



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



Update from Chief & Council

We are happy to report that we continue to be blessed in this changing time. There are no positive cases of COVID-19 reported by Michipicoten citizens.

Please remember that throughout the history of our Nation, we have experienced great illnesses and pandemics. Our Ancestors survived those illnesses and at some point, this too shall pass. Until it does, we need to look out for each other. Our staff are working to keep people safe in a number of ways.

We are developing a Neighbourhood Watch program. As soon as our coloured bristol board arrives, staff and volunteers will be bringing citizens coloured bristol board to give us a visual for people to put in their windows. One colour will signal that everything is ok, the other colour will mean you need help. Everyone in the community is encouraged to watch for these signs in the windows.

A sign has been put up at Black Thunder before entering the community, advising that MFN is asking people not to enter the community, residents only. Council is looking to keep our people safe.

We have been sourcing suppliers to stock our shelves of food supplies. Care packages went out last week to our Elders and disabled people. Next week, care packages will be delivered to every household on reserve.

We are also looking at providing laptops or tablets and internet services to school aged children so they can go online to do their school work. More to come on this next week.

Social distancing is a concept we don't normally align ourselves with however, in this instance, it's imperative that we avoid contact with anyone other than our immediate family members. We also need to maintain the proper distance between people when tending to needs that may take us into public settings. We remind everyone to only venture out when absolutely necessary.

Elders, please use the modified shopping hours provided by Valu Mart, taking place between 9am-10am. MFN departments are doing their best to ensure all Elders are provided with essential items needed and have been delivering staples when appropriate.

We cannot stress enough the importance of hand-washing before eating, before leaving the house, returning home and after any human contact. As well as social distancing and self-isolating as often as possible.

All of our community events have been cancelled until further notice, although we will still be providing essential services which are by appointment only. As well, we will be doing daily wellness checks on our Elders and those who are vulnerable within our communities.

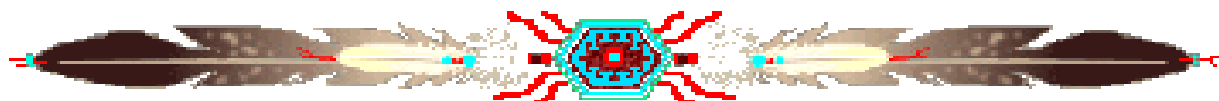
We will continue with regular communication updates and encourage you to visit our website www.michipicoten.com and Facebook page.

In closing, I want to encourage you to get out on the land as an alternative to social isolating. Our Mother the Earth would appreciate that.

Essential Service Staff

- Call or text the cell numbers listed below for the services you need.

<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 <u>Neyland</u>	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
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



SERVICE CANADA MESSAGE – APPLYING FOR EI and OTHER BENEFITS DURING COVID-19

In response to the Covid-19 situation, the federal government has introduced the new **Canada Emergency Response Benefit** as part of [Canada's Economic Response Plan](#).

[The Canada Emergency Response Benefit](#) will provide a taxable benefit of \$2,000 a month for up to 4 months to:

- workers who must stop working due to COVID-19 and do not have access to paid leave or other income support.
- workers who are sick, quarantined, or taking care of someone who is sick with COVID-19.
- working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures.
- workers who still have their employment but are not being paid because there is currently not sufficient work and their employer has asked them not to come to work.
- wage earners and self-employed individuals, including contract workers, who would not otherwise be eligible for Employment Insurance.

Important information for workers who have lost their jobs or are unable to work:

- Workers should continue to apply for [Employment Insurance](#) benefits.
- Individuals who have already applied for Employment Insurance will be automatically enrolled for the Canada Emergency Response Benefit.
- The Canada Emergency Response Benefit will be accessible through a secure web portal starting in early April. Applicants will also be able to apply via an automated telephone line or via a toll-free number.
- Visit the [Canada Revenue Agency](#) website for additional information on how the **Canada Emergency Response Benefit** will help workers.

Employment Insurance and Pension applications can be made online at:

<https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>

If an individual that you support requires assistance with one our critical services and benefits they can complete a service request form at: [Canada.ca/service-canada-e-service](#). Once the service request is submitted, a Service Canada representative will contact the individual within 2 business days at the phone number they indicate.

ATTENTION!

SERVICE CANADA READY TO HELP

Please access our many online services at:
Canada.ca/service-canada-home

If you require assistance accessing services,
please complete an online request at:
Canada.ca/service-canada-e-services



A Service Canada officer will contact you
within 2 business days.

Follow the infection prevention and control guidance provided by
the Public Health Agency of Canada available at:

Canada.ca/coronavirus

If you experience these symptoms, please contact your health care
provider or your local public health unit.

Canada

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

