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Community Flyer
Wednesday, June 3, 2020



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Community Information	Current Programs	Tie Blanket Kits
Contacts & Resources	COVID-19 Update	Employment Opportunities
Current Programs	Community Clean up	Maamwesying Health Services
Shine Through the Rain	ATV-Off road vehicles	Norpro Group Job Opportunity
Traditional Tobacco	Virtual Wellness Group	Dilico: June Calendar

Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th	Monday 8th	Tuesday 9th
17°C	18°C	17°C	16°C	18°C	20 *C	24°C
7°C	8°C	9°C	9°C	9°C	12°C	14°C
13NW	10SW	13SW	13N	18SW	13S	15SW
2-4mm	2-4mm	5mm	—	—	~5mm	-

COMMUNITY INFO



Meals on Moccasin



Delivered every Thursday to Elders & disabled citizens on reserve.
For more information, contact Lena Andre at: (705) 856-1993 ext. 224

RENT

Members: To pay your rent, please contact Roberta Day by phone at:
(705)856-1993 #233
She will arrange a time to meet at the Band Office.



Information on Wawa's Businesses

Please visit the link below for a list of Wawa's businesses and community services. The link offers their hours of operation and contact information.



<http://edcwawa.ca/wp-content/uploads/2020/05/Business List 2020 CVD19.pdf>

Walking Poles



For anyone wanting to walk for exercise, we have the Urban Poles available for members of the Community.

To sign them out contact Lena at the medical centre!

705-856-1993 ext. 224 or 705-943-0816



Contacts & Resources

Kids Help Phone Line

1-800-668-6868| *24/7 services*

Website: kidshelpphone.ca

Children's Aid Society Wawa

705-856-2960| *24/7 services*

The North East Mental Wellness
and Crisis Team

1-866-209-9582| *24/7 services*

Facebook: facebook.com/NorthEastWCT

First Nation Inuit Hope for Wellness
Help Line

1-855-242-3310 | *24/7 services*

Online chat: hopeforwellness.ca

Chadwic Home Women's Shelter

1-800-461-2242 | *24/7 Services*

Website: <https://chadwichome.com/>

Melody Hawdon—Maamwesying
Registered Psychotherapist

705-904-4158| *Monday-Friday 830-6*

Email: Melody.hawdon@nmninoeyaa.ca

*Please email or call if you are interested in
making appointments outside of the above
hours*

Dilico Anishinabek Family Care

Emergency child welfare line

1-855-623-8511 | *24/7 services*

Dilico Mental Health and Addictions

807-629-7554 | *Mondays, Wednesday &
Fridays 9:00am – 4:30pm*

807-624-7908| *Tuesdays and Thursdays
12:00pm – 7:30pm*

Box 1, Site 8, RR 1, Wawa, ON P0S 1K0
Phone (705) 856-1993 Toll Free 1-888-303-7723 Fax (705) 856-1642
www.michipicoten.com



MICHIPICOTEN FIRST NATION

Tia Kusic—MFN Family Support
Worker

<https://ca.portal.gs/>

705-914-0430 | *Monday-Thursday 8-4:30;
Friday 8-1:30*

Email: t.kusic@michipicoten.com

Joanne Wilson—Band
Representative

705-914-0004 | *Monday-Thursday 8-4:30;
Friday 8-1:30*

Email: j.wilson@michipicoten.com

AA & NA Online Meetings &
Support Chatrooms

2 Step Online

12step-online.com/meetings/online-aa-meetings/

AA Chat

<https://aachat.org/>

Step Chat

<https://stepchat.com/>

Wellness Together

Government of Canada—Mental Health &
Substance Use Support

Box 1, Site 8, RR 1, Wawa, ON P0S 1K0
Phone (705) 856-1993 Toll Free 1-888-303-7723 Fax (705) 856-1642
www.michipicoten.com



**Shine
Through
the Rain**
Foundation

Supporting
families through
life threatening
illnesses.

Rainy Day Fund

Please Contact Lena Andre if you believe you qualify and would like to apply

l.andre@michipicoten.com (707)-856-1993

Details found here: <https://www.shinethroughtherain.ca/rainydayfund/>

People suffering illness often face financial difficulties. Suddenly, household bills become overwhelming; utilities are in jeopardy of being shut-off or an eviction notice is received. The Rainy Day Fund provides emergency payments directly to the utility companies and landlords, ensuring that each patient has a warm, safe place to call home while recovering.

The Rainy Day Fund also provides grocery gift cards & hospital transportation and parking costs. Shine Through The Rain also reviews special requests for consideration above and beyond the scope of services already covered.

Program Guidelines

The Rainy Day Fund is a monthly program that works directly with your Community Health Worker. They will work with you and your family to complete the application and to include the additional documentation needed.

*All Applications are due on the 15th of each month.

If you are interested in applying for funding through the Rainy Day Fund, here are a few guidelines to consider. A full set of instructions will accompany the actual application.

- The Rainy Day Fund is a monthly distribution program.
- Deadline for applications is the 15th day of each month.
- All patients must be currently receiving active treatment to qualify for consideration.
- A maximum of \$1,000 may be approved per family, per year.
- You can apply for funding to help with transportation, rent, utility, phone costs, and to get a grocery card.

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- Transportation is defined as parking, taxi, bus, and train expenses. Please provide proof of original receipts and record of appointments which must correspond to the date on the original receipts. STTRF reserves the right to reimburse for transportation expenses for the current year and up to January of the following year.
- Only utility and rental fee bills 30 days overdue will be considered. A utility request is defined as a heating, electrical or water bill.
- Cell phone bills are NOT eligible for funding unless it is the ONLY phone being used in the home. Cable payments, mortgage payments, car payments, insurance or tax bills and medical payments are not eligible for funding.
- Copies of all bills or rental agreements being requested must be submitted with application.
- A brief narrative describing the patient's situation and the family's need must be included and written by the social worker or hospital personnel.
- If the application is approved, cheque(s) will be made payable to each utility company and mailed directly to the family on or before the last day of each month.

Traditional Semaa (Tobacco)

Traditional Semaa (tobacco) is a medicine, which is a way to promote physical, spiritual, emotional, and community well-being. It is used as an offering to the Creator or to another person, place, or being. A gift of traditional Semaa is a sign of respect and is offered when asking for help, guidance, or protection. Traditional Semaa is used directly for healing in traditional medicine. It is burned in a fire or smoked in a pipe.

Elders are offered Semaa every time you ask them to share their knowledge and it is very important to be specific in making your request.

When an Elder accepts Semaa, they are accepting the request and will do their best to help you and if they cannot do what you are asking, they will say so and not accept the Semaa.

The exchange of Semaa is a contract between yourself and the Elder when agreeing on what is asked.

The offering of Semaa has obligations tied to the request. Those are to respect the Teachings and the Teacher. It is important that you are specific with what you are requesting or asking the Elder to speak about or share with you before handing over the Semaa.

If the Elder can't assist with the request it is appropriate to ask for a referral to another person who may be able to fulfill your request.

When giving Semaa, place it in your left hand as this is closest to the heart and in front of the Elder to state your request. The Elder's acceptance of your request is done by picking up the Semaa, this applies to the helper as well.

Semaa can be given in a pouch, wrapped in a piece of cloth or even in the form of a cigarette. The minimum amount of Semaa is the amount needed for use in a Ceremonial Pipe, but a pouch of Semaa is still the most common form.

Semaa is a sacred medicine and its natural form (mishkiki) is most common, but commercial Semaa is also acceptable.





Current Programs

Michipicoten First Nation Health & Social Services

Drum Circle—Tuesday Nights, 6pm-8pm

- ⇒ Learn traditional songs and connect with the community with host Ashley Berry, Family Wellbeing Worker
- ⇒ To join please go to the Facebook group <https://www.facebook.com/groups/1640707029411065/?ref=share>

or, contact Ashley at a.berry@michipicoten.com, 705-297-0392

Live Ojibwe Lessons & Pre-recorded Story Telling—Wednesday Nights, 6pm-7pm

- ⇒ Learn our language with Brian Outinen, Ojibwe Teacher and Translator
- ⇒ Live lessons will be offered once a week from May 13th – June 17th
- ⇒ Story telling will be pre-recorded for you to listen to whenever you like!
- ⇒ To join, please contact our Community Health Promotor, Nancy Andre at nandre@michipicoten.com, 705-852-1094

Wellness Group—Thursday Nights, 6pm-8pm

- ⇒ A private group sharing circle for community members hosted by Ashley Berry, Family Wellbeing Worker
- ⇒ To join please contact Ashley at a.berry@michipicoten.com, 705-297-0392

Dilico Anishinabek Family Care

Please see the attached June 2020 calendar for programs including:

<http://tiny.cc/uxs6nz>

OR the Bimaadiziwin Wildookaagewin Facebook Page

<http://tiny.cc/vvs6nz>



Current Programs

For programs including:

- ⇒ Morning Smudge and Prayer
- ⇒ Body Mindfulness
- ⇒ Craft Corner
- ⇒ Grandfather Drum Teachings
- ⇒ Children's Programming
- ⇒ Men's Group and More!!

Red Table Wisdom

- ⇒ Join Elder Diane Longboat—ceremonial leader, traditional teacher and healer—Thursdays at 8pm for Indigenous teachings through Zoom
- ⇒ To participate, please go to the website below and click on the zoom meeting link
<https://www.reachyogalifestyle.ca/red-table-wisdom-talks-2/>



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www.michipicoten.com

Community Clean-up

Tuesday June 9th

Domestic Garbage, Furniture, Wood Products

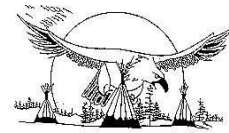


All materials need to be placed along the road in your driveways by 10:30 am

For cars, heavy metals and appliances, contact Andy in advance at

705-941-0964





**Attention ATV, 4 Wheelers &
Side by Side Drivers**

**Council has received many noise complaints late at night
from recreational vehicles.**

**We are asking all recreational vehicle riders not to drive
in the community after 10:00pm.**

**Miigwetch,
Gimaa Kwe & Council**





Virtual wellness group



During COVID-19 we will be continuing our Thursday night wellness group through Zoom.

To participate in the virtual wellness group Download Zoom and create an account, a link will be sent every week to everyone who would like to join us Thursday nights from 6PM-8-PM.

To join us Thursday night or for more information contact

Ashley Berry @705-297-0392
a.berry@michipicoten.com

OR

Gretchen Weicht @ 705-856-7208 ext. 6008



Tie Blanket Kits

Staying home to stop the spread of Covid-19 can be challenging. Thank you for doing your part.

In order to help with the stress, boredom and isolation, The North East Mental Wellness and Crisis Team is providing 15 Tie Blanket Kits to MFN community members on a first come first serve basis. Please contact Nancy Andre 705-852-1094 or nandre@michipicoten.com to reserve your kit!



The North East Mental Wellness and Crisis Team



MICHIPICOTEN CITIZENS:

ARE YOU LOOKING FOR EMPLOYMENT? WE WANT TO HEAR FROM YOU!

Chief and Council know the value of developing the skills of our citizens. We know that providing you opportunities to gain valuable work experiences, builds our community.

We are developing a number of positions and want to make sure that your skill sets, and interests, are considered in the planning process.

If you are looking for work, don't wait for a posting! **Please submit your resume and your areas of interest to:**

Lisa Belanger, Interim Manager, Human Resources
hr@michipicoten.com

Areas of interest may include, but are not limited to:

- Office Administration
- Communications
- Project Management
- Accounting/Finance
- Health & Social Services
- Natural resources (energy, mining, forestry)





MICHIPICOTEN FIRST NATION EMPLOYMENT OPPORTUNITY

LIBRARIAN

(Internal/External Posting – May 28, 2020)

Michipicoten First Nation is a vibrant Ojibway First Nation community located on the white sands (north east shores) of Lake Superior. The registered population is approximately 1,100 with 70 members living on reserve. With a strong sense of community and cultural identity, Michipicoten First Nation strives to maintain harmony and balance with Mother Earth, neighbouring First Nations and surrounding communities.

Reporting to the Executive Officer, the **Librarian** will manage the library ensuring citizens have a safe and comfortable space to access community computers, borrow books, DVD's and other resources, work on personal crafts, and to participate in various programs and activities. This position is also responsible for designing print publications, updating MFN's website, and utilizing social media to ensure MFN citizens receive up to date information about programming, events, gatherings and traditional ceremonies offered through all departments.

RESPONSIBILITIES

Manage daily operations of MFN library

- Act as a first point of contact within library and provide general information to MFN citizens and staff relating to their questions, concerns, or suggestions
- Keep the library organized and have items easily accessible for patrons
- Work with the JASI software to locate and track book loans
- Rotate books based on the interests of patrons
- Order new books, research upcoming authors, research new Indigenous authors etc.
- Check books /library material in and out to patrons
- Purchase program and library materials
- Attend training that enhances knowledge regarding cultural traditions, library systems, programs, networking etc.
- Act as a liaison between MFN and Ontario Library Services – North
- Network with organizations, schools and online businesses
- Present a positive and professional image of the organization when interacting with employees, MFN citizens and other external stakeholders
- Assist with the progress of the Artifact Project

Administration and Reporting

- Compile data and prepare various reports
- Organize, maintain, and coordinate office records and files
- Prepare funding applications and reports
- Monthly reports of library status
- Keep a daily record of library usage (patrons, visitors, program attendees) and report monthly on library status

Provide computer support to MFN staff and citizens

- Maintain library equipment: computers/printers/scanners
- Monitor equipment usage and assist citizens with computer-related tasks: research, letters, resumes etc.

Communications

- Design, create and edit content for the Community Weekly Flyer and quarterly Newsletters
- Create flyers/posters to promote various events
- Coordinate distribution of Newsletters and Flyers through print, email, online and social media.
- Update MFN website, Facebook and Twitter
- Photocopy and organize documents for distribution, mailing, binding, and filing
- Network with organizations, schools, local service providers, etc. for details on community programming

Lead and support the facilitation of community programs

- Coordinate the logistical aspects of library meetings, seminars, workshops, special projects, and events
- Work both independently and collaboratively with MFN Health Staff, to design and implement programming for citizens

QUALIFICATIONS:

- Minimum High school diploma, GED, or equivalent
- Diploma in Office Administration preferred
- Clean vulnerable sector check
- Three years of experience in a similar role
- High level of proficiency with a variety of software applications: MS office, Graphic design, website administration, Outlook
- Experience with Social media: Facebook, Twitter
- Excellent writing skills, including proper spelling, grammar, editing and proofreading
- Ability to adapt to new technology
- Ability to deal with people sensitively, tactfully, diplomatically, and professionally
- Ability to work individually as well as part of a team

JOB TYPE: Full-time, permanent

WAGES:

Michipicoten First Nation offers a comprehensive employee benefit package and competitive salary based upon experience and qualifications.

TO APPLY:

Interested persons may submit their cover letter & resume **as one document** by email to Lisa Belanger hr@michipicoten.com. This position will remain open until filled. **Please include the job title in the email subject line.**

Michipicoten First Nation (MFN) is an equal opportunity employer. MFN will attempt to provide reasonable accommodation for known disability for an applicant or employee if requested. Since this position is engaged primarily in serving the interests of Aboriginal people, Michipicoten First Nation shall give preference to MFN citizens or Aboriginal people who possess the requisite skill sets and experience.

NORTHERN CLINIC

Feeling Overwhelmed? Confused? Angry? Battery Low?



Reach out to **Melody Hawdon, Mental Health Wellness Worker**

Melody is available by phone or use of technology for face to face appointments with extended hours Monday to Friday 8:30 am to 6:00 pm

Contact Melody directly @ 705-904-4158 or melody.hawdon@nmninoeyaa.ca

Appointment Line: 1-833-564-2726 x 241

Do you have any questions about COVID-19 screening or require information?

Call: Diedre Dupuis, Client Care Coordinator:

705-856-0129 x 241 or/ 705-914-0296 or/ Toll free 1-833- 564-2726

If you are experiencing symptoms of COVID-19 Contact:

<p>Telehealth Ontario 1-866-797-0000 Algoma Public Health: 705-759-5404 or 1-866-892-0172 Ext 5404</p>	<p>CHAPLEAU COVID-19 Assessment Centre. By appointment only: 1-705-864-2568 Mon. to Fri. 9:00am – 5:00pm</p>	<p>WAWA & AREA COVID-19 Assessment Centre. By appointment only: 705 856 2244 ext. 244 or 246 Mon. to Fri. 8:30am – 4:30pm</p>
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June

Ode-miini-Giizis – Strawberry Moon

The sixth moon of Creation is the Strawberry Moon, where all plants display their spirit sides for all the world to see. This life giving energy is one of the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our spiritual essences. (Ontario Native Literacy Coalition 2010)



2020




Anishinabek Family Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 *Morning Smudge & Prayer @ 10am *Body Mindfulness @ 11am	2 *Craft Corner @ 3pm *Grandfather Drum Teachings @ 6pm	3 *Hand Drumming @ 3pm (lead PM to register) *Teachings & Tea with Grandma Bea @ 6pm	4 *Children's Story Time & Song @ 4pm *Men's Group @ 7pm (lead PM to register)	5 *Body Mindfulness @ 11am *Ojibwe Words at Home @ 2pm *Full Moon Ceremony Teachings @ 4pm - ZOOM	6
7	8 *Morning Smudge & Prayer @ 10am *Body Mindfulness @ 11am	9 *Craft Corner @ 3pm *Grandfather Drum Teachings @ 6pm	10 *Hand Drumming @ 3pm (lead PM to register) *Teachings & Tea with Grandma Bea @ 6pm	11 *Children's Story Time & Song @ 4pm *Two Spirit Teachings @ 7pm	12 *Ojibwe Words at Home @ 2pm *Two Spirit Sharing Circle @ 7pm - ZOOM	13
14	15 *Morning Smudge & Prayer @ 10am *Body Mindfulness @ 11am	16 *Craft Corner @ 3pm *Grandfather Drum Teachings @ 6pm	17 *Hand Drumming @ 3pm (lead PM to register) *Teachings & Tea with Grandma Bea @ 6pm	18 *Children's Story Time & Song @ 4pm *Rattle making @ 7pm (see calendar for details)	19 *Body Mindfulness @ 11am *Ojibwe Words at Home @ 2pm	20
21 ABORIGINAL DAY	22 STAT STAFF HOLIDAY *Morning Smudge & Prayer @ 10am *Body Mindfulness @ 11am	23 *Craft Corner @ 3pm *Grandfather Drum Teachings @ 6pm	24 *Hand Drumming @ 3pm (lead PM to register) *Teachings & Tea with Grandma Bea @ 6pm	25 *Children's Story Time & Song @ 4pm	26 *Body Mindfulness @ 11am *Ojibwe Words at Home @ 2pm	27
28	29 *Morning Smudge & Prayer @ 10am *Body Mindfulness @ 11am	30 *Craft Corner @ 3pm *Grandfather Drum Teachings @ 6pm				

All programs accessed via Facebook

****Note: Virtual Programming may be subject to change****

Be sure to add Bimaadiziwin Wiidookagewin as a friend on Facebook to view our updated calendar weekly!



Dilico
Anishinabek Family Care

DISTRICT

CALL IN COUNSELLING AND CULTURAL SERVICES NOW AVAILABLE

1-833-919-4240

Mondays, Wednesdays & Fridays
9:00am – 4:30pm
(last call begins at 3:30pm)

Tuesdays and Thursdays
12:00pm – 7:30pm
(last call begins at 6:30pm)

YOUR REQUEST FOR SUPPORT WILL BE PASSED ALONG TO A COUNSELLOR OR CULTURAL WORKER ON A FIRST CALL-FIRST SERVE BASIS.