

**Community Flyer**  
**Wednesday, January 20, 2021**



MFN Shutdown Notice
Community Info
Contacts & Resources
Congratulation Nominees!
Chief & Council Nominees List
Election Polling Notice
Addictions Education Campaign

Wawa Outreach Program
COVID-19 Update
COVID Vaccinations
Feb. Contact Tracing Calendar
Language Survey
Dilico Travelling Team
Virtual Tea Hour

Full Moon Ceremony
Dilico Pharmacist Visit
Contact North Opportunities
Valard Job Posting
*Multiple MFN Job Postings*
MFN Comm. Energy Job Posting

“To appreciate the beauty of a snowflake,  
it is necessary to stand outside in the cold”  
*- Aristotle*

Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th	Monday 25th	Tuesday 26th
-7°C	-4°C	14°C	-14°C	-6°C	-8°C	-14°C
-10°C	-17°C	-24°C	-18°C	-12°C	-18°C	-21°C
25 S	20 W	12 N	9 N	12 SE	13 NE	13 NE
15-20 cm	< 1 cm	-	< 1 cm	2-4 cm	-	-

# Attention Citizens:

## Update: MFN responds to Provincial COVID-19 Emergency Order

Aniin Citizens,

In light of the current provincial shut down for non-essential services, Michipicoten First Nation is implementing the following changes to our operations and services, until further notice:

***Effective Monday January 18, 2021 until Monday February 22, 2021***

The **Band Hall** will be closed to the public. Operations will still continue. **3 Maple** is closed to the public. Programming at 3 Maple is suspended until further notice.

The **Health Centre** will be open by appointment only. Please contact the person the you would like to schedule an appointment with directly using the contact information below.

- Tia Kusic (Family Support Worker)  
[t.kusic@michipicoten.com](mailto:t.kusic@michipicoten.com) 705-914-0403
- Nancy Andre (Community Wellness Worker)  
[nandre@michipicoten.com](mailto:nandre@michipicoten.com) 705-852-1094
- Lena Andre (Community Health Representative)  
[landre@michipicoten.com](mailto:landre@michipicoten.com) 705-943-0816
- Sadie Puddister (Manager, Health & Social Services)  
[s.puddister@michipicoten.com](mailto:s.puddister@michipicoten.com) 705-914-0967
- Marylou Kobzick (Community Health Nurse)  
[maryloukobzick@dilico.com](mailto:maryloukobzick@dilico.com) 705-852-0243

# COMMUNITY INFORMATION

If you have any news, announcements, upcoming events you want to share with the community,

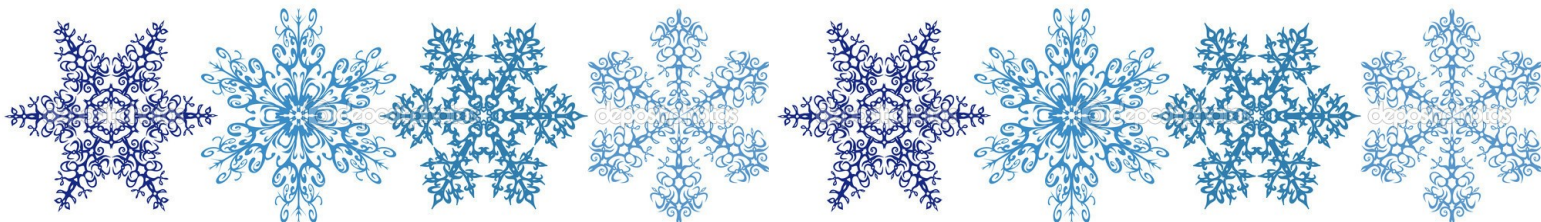
please contact **Andrea Hewson** in the library or by email  
[library@michipicoten.com](mailto:library@michipicoten.com)

## Attention Citizens:

### PLEASE DO NOT FEED THE COYOTES.

We need to be mindful of the fact that we have small children, dogs and Elders in the neighborhood. Let's not attract anything that might harm their ability to go outside.

-Miigwetch!



### 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.



### Meals on Moccasins

Delivery will be every Wednesday to Elders & disabled citizens on reserve.

For more information, contact Lena Andre at: (705) 856-1993 ext. 224



**MICHIPICOTEN FIRST NATION**

# **CONTACTS AND RESOURCES**

## **Wawa Family Health Team**

705-856-1313

Monday—Friday 8:30AM—4:30PM

## **Algoma Public Health**

705-856-7208

Monday-Friday 8:30AM—4:30 PM *\*Closed for Lunch 12:00PM-1:00PM\**

## **Northern Vision Care—Wawa**

705-856-2345

Wednesday 10:00AM—7:00PM & Thursday 8:00AM—3:00PM

## **Fenlon's Pharmacy**

705-856-2800

Monday—Friday 9:00 AM—5:30PM & Saturday 9:00AM—2:00PM

## **Wawa Pharmacy**

705-856-0555

Monday—Friday 9:00AM—6:00PM, Saturday 9:00AM—3:00PM, Sunday 10:00 AM—1:00PM

## **Wawa Dental Centre**

705-856-2804

Monday-Thursday 8:00AM—5:00PM, Friday 8:00AM—1:00PM *\*Closed for Lunch 12:00PM-1:00PM\**

## **Algoma Family Services**

705-856-2252

Monday—Friday 9:00AM—5:00PM *\*Closed for Lunch 12:00PM-1:00PM\**

## **CHADWIC Home**

Toll Free: 1-800-461-2242

Business line: 705-856-2848

TTY: 1-855-856-4342

## **ANP Office Supply**

705-856-2267

Monday—Friday 9:00AM—4:00PM

## **Regional Employment Help Centre—Wawa**

705-856-1648

Monday—Friday 8:30 AM—4:30PM

## **Municipality of Wawa**

705-856-2244

Monday-Friday 8:30AM—4:30PM

## **North Algoma Literacy Coalition (Adult Learning Centre)**

705-856-4394

Monday—Thursday 9:00 AM—4:00PM , Fridays 9:00AM—12:00PM

**Wawa**



## *Congratulations 2021 Election Candidate Nominees!*

If you are choosing to let your name appear on the ballot for the March 20, 2021 election, please send your candidate platform to:

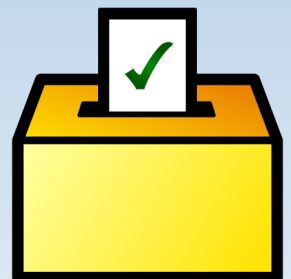
Andrea Hewson at [library@michipicoten.com](mailto:library@michipicoten.com).

We will be publishing a special newsletter featuring the 2021 election candidates and their platform so that Michipicoten citizens can get to know their candidates.

The *deadline* to submit your platforms, along with a photo, is *noon (12:00pm) on Tuesday, January 26, 2021*.



# VOTE



# Michipicoten First Nation General Election 2021 (Revised)

The following candidates have been nominated for the position of Chief during the Nomination Meeting held on January 16, 2021.

<b>Chief Nomination</b>		
<b>Candidate Name</b>	<b>Nominated By</b>	<b>Seconded By</b>
Irene Armstrong	Jane Monica Demary	Daniel John Wynne
Patricia Tangie	April Anne Carrier	Anna Elizabeth Chaloux
Sandra Donney Fraser	Daryl Belanger	Wanita Chapman
Laverne Lewis	Leona Swanson	<b>Withdrew</b>
Mishele – Lee Lapham	William Swanson	Myrtle Swanson
Christopher Laverne Lewis	Christine Kakapshe-Lewis	Leona Swanson
Ryan Lesage	Brandon Andre	Mike Peterson

The following candidates have been nominated for the position of Councillor during the Nomination Meeting held on January 16, 2021.

<b>Councillor Nomination</b>		
<b>Candidate Name</b>	<b>Nominated By</b>	<b>Seconded By</b>
Fern Ellen Pantilla	Donald A. Humphries	Irene Armstrong
Donnie Humphries	Dennis Humphries	Jessica M. Gauvin
Connie Deluco (O’Leary)	Donald Humphries	Colleen Harris
Janet Demary	Irene Armstrong	Patricia Lynn Wilson
Laura Panhuyzen	Emily Panhuyzen	Ethan Panhuyzen
Genevieve Linda Peterson	Gustav Douglas Peterson	Colleen Harris
Marilyn Brown	Genevieve Linda Peterson	Pamela Black
Sandra Donney – Fraser	Alice Charlet Donney	Colleen Harris
Irene Armstrong	Connie Deluco (O’Leary)	Robin Joannis
Kathryn Coleen Hiebert	Colleen Eva Harris	Derrick D. E. Boissoneau
Myrtle Swanson	Mishele-Lee Lapham	<b>Withdrew</b>
William Phillip Swanson	Mishele-Lee Lapham	<b>Withdrew</b>
Christopher Willson	Marlene Biron	<b>No Secunder</b>
Christine Lewis	Leona Swanson	Rachel Elie
*Jeannette Lapham	Myrtle Swanson	William Swanson
Verlyn Robinson (Edgars)	Ida Swanson	Myrtle Swanson
Diedre Boissoneau (Dupuis)	Joanna Boissoneau	Kathryn Hiebert
Denise Churchill	Kathryn Hiebert	Colleen Eva Harris
Sherry Moreau	Verlyn Robinson	Deborah Seppala
**Valyne Price	Deborah Seppala	Wanita Chapman
Martin Andre	Brandon Andre	Mike Peterson
Evelyn Stone	Agnes Stone	Delphis Stone
Dan Perrault	Delphis Stone	Agnes Stone
Judy Chapman Price	Valyne Price	Evelyn Stone
Wanita Chapman	Valyne Price	Evelyn Stone

# Michipicoten First Nation General Election 2021 (Revised) cont.

\*Missed on original list.

\*\* Membership confirmed by Michipicoten First Nation January 15, 2021.

**\* Please Note:**

If you have been nominated for either Chief or Councillor a Nominee Package is available for you and will be mailed out to the address provided by the First Nation. Nominees may also contact the Electoral Officer at [scott.jacobs@sympatico.ca](mailto:scott.jacobs@sympatico.ca) and electronic copies of all documents will be sent out to you.

Please contact Scott Jacobs at (705) 875-8650 to notify him of how you wish your name to appear on the ballot before midnight on Thursday January 21, 2021. Should you **not** contact the Electoral Officer; your name will appear as listed on the membership list as Surname/First Name/Middle Initial.

Any candidate wishing to remove his/her name from the ballot **must** submit a completed withdrawal form to Scott Jacobs prior to **midnight on Thursday January 21, 2021**. Candidates may withdraw after January 21, however, it will be the sole responsibility of the Candidate to advertise their withdrawal. The Electoral Officer cannot confirm or deny the standing of any candidate during this process.

Thank You,  
Scott Jacobs, Electoral Officer



MICHIPICOTEN FIRST NATION

**Polling Notice - General Election**

Notice is hereby given to eligible voters of the Michipicoten First Nation Indian Band that a General Election poll will be held Saturday March 20th, 2021 to elect one (1) Chief and six (6) Councillors of the Band, and that such poll will be open from nine (9:00) o'clock a.m. local time until eight (8:00) o'clock p.m. local time at the **Michipicoten First Nation Band Hall, 107 Hiawatha Drive, Michipicoten First Nation.**

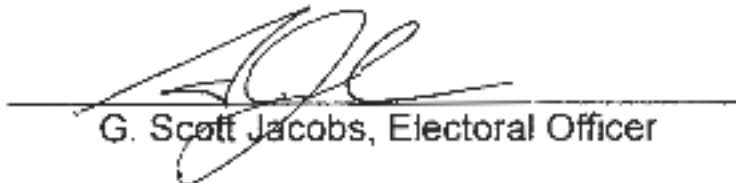
I will count the votes that same day, Saturday March 20<sup>th</sup>, 2021, at the same location immediately after the close of the poll and declare the results of the election.

All members of Michipicoten First Nation, whether they are living on-reserve or off-reserve, who are eighteen (18) years of age or older on Saturday the 20<sup>th</sup> day of March 2021 are eligible voters and may cast a ballot in person or by mail-in.

Eligible voters living on and off-reserve, for whom a last-known address is made available to the Electoral Officer by the Michipicoten First Nation, shall be sent a mail-in ballot package.

Eligible voters who receive a mail-in ballot package may attend the poll and vote in person but, in doing so, shall forfeit the count of their mail-in ballot.

Given under my hand at Michipicoten First Nation, January 16<sup>th</sup>, 2021.

  
G. Scott Jacobs, Electoral Officer

If you have any questions, please call me or Karen Jacobs at (705) 741-3773, or by e-mail at [scott.jacobs@sympatico.ca](mailto:scott.jacobs@sympatico.ca).

# Addictions Education

## Tips for parents/ caregivers to talk to their children about drugs and alcohol

### When to talk about drugs?

*Lots of parents wonder how old their child should be before starting a conversation.*

**START EARLY** The onset of adolescence often brings major emotional, physical and psychological changes in your children, often resulting in behaviours that at times can be challenging for you as a parent. In short, they are finding their way, but you the parent should be involved. Today's pre-teens and teens are exposed to so much more in contemporary culture; they are constantly bombarded with adult issues like drugs, drinking and sex. It may seem to you that they are growing up much faster than you did, with a greater need for parental guidance and love. Pressures around school, dating and friendships become more important to them than ever before. All these changes your child experiences will powerfully affect your role as a parent. Your kids need to hear from you that substance use by pre-teens or teens is not accepted in your family. Most importantly, they need to be held accountable for their actions with drugs and alcohol use.

### How to talk about drugs?

*It's not an easy topic to discuss – Here are some ways to get yourself ready for that conversation with your kid.*

#### **HAVE A PLAN**

Go for a walk; sit where you can't be disturbed, and think. Organize your thoughts. Decide what you want to say to your teen. Find resources that can help.

#### **BE FLEXIBLE**

It's best to try to engage your teen in dialogue by respecting his or her preferences about when to talk. If he or she doesn't want to talk now, show respect by being flexible—within reason.

**MAKE IT SAFE** Teens may become defensive during your crucial conversations less because of what you're saying than because of why they think you're saying it. Remind your teen of your support.

### You've had the conversation, now what?

#### **ACTIVELY LISTEN**

After presenting the facts as you see them, ask your teen about what he or she knows about drugs and where they may have been exposed to them, what they did. Listen to your pre-teen or teen. Hear what he or she is saying.

#### **DISCUSS**

The next step is to discuss the shared information. This may be difficult, as the tendency may be for your teen to respond defensively or in anger. Be steady and consistent in your approach. Don't get lulled into "looking the other way" because it's easier. Know that you are doing the right thing.

#### **CONTINUE THE CONVERSATION**

Determine a time when you and your teen will have the next talk. Talking to your kids about drugs should be a continuous process— not a singular event.

#### **EVALUATE THE DIALOGUE**

You're aiming for a two-way, face-to-face conversation that gives your teen room to disagree with you and communicate a different point of view. After the conversation, ask yourself who did most of the talking. If your teen didn't do at least 25 percent of it, you didn't ask enough questions—or you didn't create enough safety to allow your teen to participate fully. If that's the case, try again keeping in mind that you want your teen to feel they were heard.

#### **BUILD YOUR COMMUNITY**

Get to know your child's friends and their parents. Get to know their teachers, coaches, and other adults who interact with your child and have them let you know of any changes in your teen's behaviour.

Please see pdf. for a brochure on more information regarding speaking to your child/teenage around Cannabis  
[https://www.drugfreekidscanada.org/wp-content/uploads/pdf/Cannabis-Talk-Kit\\_EN.pdf](https://www.drugfreekidscanada.org/wp-content/uploads/pdf/Cannabis-Talk-Kit_EN.pdf)

# Supports & Resources

## Addictions Education

- ♦ **Algoma Public Health- Community Alcohol and Drug Assessment Program**  
705-856-7208
- ♦ **Algoma Public Health- Community Mental Health Program**  
705-856-7208
- ♦ **Rapid Access Addiction Medicine Clinic**  
**Lady Dunn Health Centre**  
705-856-1313
- ♦ **North Algoma Counselling Service**  
**Lady Dunn Health Centre**  
705-856-2335 ext. 3142
- ♦ **Northern East Mental Wellness and Crisis Team**  
1-866-209-9582
- ♦ **Dilico Mental Health and Addictions and Health Services**  
1-807-623-8511
- ♦ **Dilico Primary Care Traveling Team**  
1-855-623-8511 ext. 5249
- ♦ **Biidaaban Healing Lodge**  
1-807-229-3592  
**First Nation and Inuit Hope for Wellness Help Line**  
1-855-242-3310
- ♦ **Mental Health Helpline**  
1-866-531-2600
- ♦ **Kids Help Phone**  
1-800-668-6868
- ♦ **Alcoholics Anonymous and Narcotic Anonymous**  
<https://aachat.org/>
- ♦ **Wellness Together- Mental Health and Substance use Support**  
<https://ca.portal.gs/>

*Please see attached pdf. For more Mental Health and Addictions services in the Algoma District.*

<http://www.algomapublichealth.com/media/2911/mental-health-and-addictions-support-services-in-algoma-2.pdf>



# **WAWA COMMUNITY OUTREACH PROGRAM**

## **Navigating People In A Community That Cares**

### **Who are we?**

We are a service connected with various community organizations that can navigate and provide support to people in their homes during the COVID-19 pandemic. This response to the COVID-19 pandemic by all of Wawa's community social programs is cohesively created to assist those who were impacted negatively by the pandemic, and to ensure that everyone has access to the social programs they require. We also want to identify any services not available and pursue any recommendations that may be identified within our community.

### **What is the service that is provided?**

One on One Consultation. Not everyone has the coping mechanisms to navigate their needs or the needs of others. With an initial telephone conversation using a standard questionnaire, we ask questions about how you are coping, your health conditions, whether you need help getting access to groceries, meals and prescriptions.

We try to get an understanding of what your living situation is like and what might make it better. When we have this information, we decide together what supports you might need. The information we collect is all confidential.

To continue ensuring your safety and with your permission, we will schedule you an appointment to meet with our program coordinator at your earliest convenience. You may be referred from another agency, or you may be seeking assistance individually. You also may be contacted by the Program Coordinator when support you are not aware of may benefit you during the pandemic.

### **Who is this service for?**

This service is available for residents of Wawa and the Algoma Catchment area. Anyone who would benefit from the program is eligible. We also accept self-referrals and referrals from organizations that think our service would benefit you.

At all times, but in particular during this COVID-19 crisis, we are concerned that the most vulnerable in our community including; the aged, those who are unemployed/underemployed, those living in poverty, those living with chronic physical illness or disability, those living with mental/emotional illness, and those who may require additional services such as childcare, are able to connect them with the services they need.

### **How do I contact the service?**

You may contact the service to make a self-referral by calling: **705-914-0421**



# COVID-19 Weekly Update

MICHIPICOTEN FIRST NATION - COVID 19 - PANDEMIC PLANNING WEEKLY UPDATE January 20, 2021 (variation +/- previous weekly report)

AREA	TOTAL CASES	RESOLVED	DECEASED	TOTAL ACTIVE	NOTES
Algoma and District	143 (+15)	118 (+33)	1 (+1)	25 (-18)	As of Jan. 19/21 6:00 p.m.
Thunder Bay and District	755 (+66)	656 (+73)	26 (+3)	73 (-10)	As of Jan. 20/21 11:00 a.m.
Sudbury and District	402 (+30)	337 (+36)	6 (+4)	65 (-6)	As of Jan. 19/21 4:00 p.m.
Porcupine Health Unit	189 (+22)	151 (+23)	9	29 (-1)	As of Jan. 20/21 10:30 a.m.
Ontario	244932 (+19948)	212897 (+22676)	5568 (+440)	26468 (-3168)	As of Jan. 19/ 21

It is **MANDATORY** to wear a face mask in enclosed public spaces in Algoma and on MFN. People under the age of 2 or those that suffer from breathing, cognitive, hearing/communication difficulties or are unable to remove their mask on their own are exempt from this rule.

COVID cases are increasing in Algoma. You may be feeling scared, anxious or stressed. We can't control the pandemic, but we can control our own actions. Follow the guidelines, be kind to yourself and others and make a plan. Think about what you need to do in the next few months to stay mentally and physically healthy.

### Some ideas include:

- Make a check in schedule with friends and family.
- Schedule something each day that makes you feel good.
- Get connected to a counsellor over the phone or computer.
- Make sure you have enough face masks and hand sanitizer.
- Schedule any in person appointments—doctor, nurse, optometrist, etc.
- Find out what your options are for phone appointments.
- If you need support please don't hesitate to reach out to the MFN Health & Social Services Team.

### If you have one or more of the following symptoms:

#### **Most Common Symptoms:**

*Fever, dry cough, tiredness*

#### **Less common symptoms:**

*aches and pains, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on skin, or discolouration of fingers or toes*

#### **Serious symptoms:**

*difficulty breathing or shortness of breath, chest pain or pressure, loss of speech or movement*

**Please SELF-ISOLATE and call either of the following persons so we can support you in your isolation and get you tested as soon as possible.**

**MFN Health & Social Services Manager, Sadie Puddister**  
at 705-914-0967

**MFN Community Health Representative, Lena Andre**  
at 705-856-1993 ext. 224



## Covid 19 Vaccinations

**Vaccinations will be available in the near future to Michipicoten First Nation residents.**

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette.

Source: World Health Organization



A vaccine protects an individual...



Community vaccination protects the whole community, even those who can't vaccinate.

Vaccination is one of the most effective ways to prevent the spread and reduce the impact of infectious diseases, whether it's seasonal flu or childhood infections. Safe and effective vaccines for COVID-19 will protect us against the virus and are an important step to safely resume normal life in Canada and around the world. The Government of Canada is working on all possible fronts to secure access to safe and effective vaccines and related supplies for Canadians.

Source: Government of Canada: <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/what-you-need-to-know-covid-19-vaccine/what-you-need-to-know-covid-19-vaccine-eng.pdf>

'Herd immunity', also known as 'population immunity', is the indirect protection from an infectious disease that happens when a population is immune either through vaccination or immunity developed through previous infection. WHO supports achieving 'herd immunity' through vaccination, not by allowing a disease to spread through any segment of the population, as this would result in unnecessary cases and deaths.

Vaccines train our immune systems to create proteins that fight disease, known as 'antibodies', just as would happen when we are exposed to a disease but – crucially – vaccines work without making us sick. Vaccinated people are protected from getting the disease in question and passing on the pathogen, breaking any chains of transmission.

Achieving herd immunity with safe and effective vaccines makes diseases rarer and saves lives. Please visit the World Health Organization to find out more on Herd Immunity.

Source: World Health Organization <https://www.who.int/news-room/q-a-detail/herd-immunity-lockdowns-and-covid-19>

\*As in all vaccinations there can be side effects or rare reactions, we encourage you to visit the Health Canada website to learn more about the Covid 19 Vaccine and speak to your Health Care provider to get direction on whether you should be vaccinated or not. <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines.html>

MFN is in the process of planning COVID-19 vaccine distribution. Please email any inquiries to [covid19@michipicoten.com](mailto:covid19@michipicoten.com) or call: Sadie Puddister, Health and Social Services Manager (705) 856-1993 ext. 218

**Notice to Citizens:**

For the next while, you'll notice blank calendars for each month that we approach. We are asking that you use these calendars to keep track of your 'close contacts' and mark those people down for each day you may be in contact with them.

For those of you wondering what a '**close contact**' is, *a close contact is defined as a person who has had a high-risk exposure to a confirmed or probable case during their period of communicability. This includes household, community and healthcare exposures.*

Please remember to wear your masks and continue to practice proper hand washing & social-distancing.

# February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

## Naadmaadaa Wii Nishinabe Gaagiigadayin (NWNNG) Language Revitalization Project

The Naadmaadaa Wii Nishinabe Gaagiigadayin (NWNNG) Language Revitalization Project seeks to engage members of Aundeck Omni Kaning, Michipicoten, Sheshegwaning, Whitefish River, and Zhiibaahaasing to learn about the status of Anishinaabemowin in the 5 communities. The first step in the NWNNG Language Revitalization Project is to understand the current knowledge and use of Anishinaabemowin among community members. Knowing the status and health of the language in our communities will enable language planners and others to provide direction on language revitalization strategies, provide evidence for the urgent need to act and inspire communities to act quickly on language revitalization, and to provide a much-needed baseline of data to inform longer term language revitalization planning.

Following an initial survey (language assessment) process, a final report will be prepared that will provide language planners, educators and communities with baseline data on the current status and use of Anishinaabemowin in each community and where opportunities exist to focus future strategies for revitalizing and sustaining Anishinaabemowin.

Are you interested in participating in the (NWNNG) Language Revitalization Project? If so...

### WE NEED YOUR FEEDBACK!



To help us better understand the status of Anishinaabemowin across the 5 communities, we've developed a Language Assessment Survey.



To complete the online Language Assessment Survey, please go to:

<https://forms.gle/GxWEGbRv2KiNEm2R9>

If you want to complete the Survey over the phone, please email or call Linda Sullivan, Community Language Surveyor at [sully.on.the.lake@gmail.com](mailto:sully.on.the.lake@gmail.com) or (705)774-2453 to schedule a day and time for your phone interview.

**The Deadline for Completion of Online & Telephone-based Surveys is**  
**FRIDAY, JANUARY 29, 2021**





Anishinabek Family Care

# DILICO PRIMARY CARE TRAVELLING TEAM

## Upcoming Clinics in MFN

<b>WHO:</b>	<b>WHEN:</b>	<b>LOCATION:</b>
<b>Sharron Ashley Olivier - NP</b> <b>Gerry Maggrah - NP</b> <b>Raphaelo Catalan - RPN</b> <b>Kristin Clearwater - RPN</b>	<b>February 2<sup>nd</sup> &amp; 3<sup>rd</sup>, 2021</b>	Health Centre
<b>Hayley Lindsey –</b> Chiropodist <b>Jen Moore –</b> Dietitian <b>Madeleine McKitrick -</b> SLP	<b>February 9<sup>th</sup> &amp; 10<sup>th</sup>, 2021</b>	Health Centre
<b>Darren Lillinton –</b> SW <b>Elaine Toombs –</b> Physiology Resident <b>Margarita Szymczak-</b> <b>Grzyb –</b> SW	<b>February 16<sup>th</sup> &amp; 17<sup>th</sup>, 2021</b>	Health Centre

To Make an Appointment: Contact Dilico CHN, or the PCTT Administrative Assistant at: 1-807-626-5249 or 1-855-623-8511 (ext. 5249) for specific dates, times and services

### Services Include:

Physical Assessments  
Treatments and Referrals  
Chronic Disease Management  
Foot Care  
Programming to Support Healthy Lifestyles  
Advice and Counselling on Diet and Nutrition  
Medication Review and Adherence  
Individual, Family and Group Counselling  
Assessment, Diagnosis and Treatment of Psychological Problems



PRESENTED BY THE NORTH  
EAST MENTAL WELLNESS &  
CRISIS TEAM

# Virtual Tea Hour with Laryssa & Carm

*If you have any questions please  
contact Carmela:*

*carmela.moses@picriver.com*

*(807)229-1836 Ext 618*

*Help with Zoom can be provided.*

ZOOM  
MEETING ID#  
868 013 4662  
PASSWORD  
478739

Starts  
Wednesday  
January 20th  
1:30 - 2:30pm

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Every  
Wednesday!!

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New Topics  
Every Week

# January's Virtual Full Moon Ceremony

## MANIDOO-GIIZIS (SPIRIT MOON)

Friday, January 29, 2021 @ 7pm  
Conducted by: Carmela Moses



Do Not forget your Water Bottles, Bundles and Prayers

Zoom ID# 872 6679 5649

Password - 411760



Contact Carmela for more information  
[carmela.moses@picriver.com](mailto:carmela.moses@picriver.com) or (807)229-1836 Ext 618

**DILICO PRIMARY CARE TRAVELLING TEAM**

# **PHARMACIST:**

## **Jonah Dupuis**



### **Services Available:**

- Med reviews
- Home visits
- Recommendations to doctors
- Analyze Drug Interactions
- Side effect management
- Insurance Coverage
- Advice and Counselling on Vitamins and Over-the-counter remedies
- Synchronize refills
- Medication reconciliation
- Safe disposal of expired drugs
- Hospital discharges

## **Next in MICHIPICOTEN:**

**When: TUESDAY  
FEBRUARY 23rd**

**HOME VISITS or AT THE HEALTH  
CENTRE**

**To Make an Appointment:**

Contact PCTT Administrative Assistant (Jaimie) at:  
1-855-623-8511 (ext. 5249)

# Learning at HOME



## Learning at home can be stressful for everyone!

Learn more about the 20+ online programs and courses on learning at home, supporting children at home, balancing school-work-life commitments, prevention and intervention strategies, as well as children's mental health.

## CALL

If you are currently in a mental health crisis, call 911, go to your nearest hospital, contact your doctor or call Telehealth Ontario at 1-866-797-0000. If you are looking for mental health support options in your community, please visit <https://www.connexontario.ca/search>.

Contact North | Contact Nord does not provide advice or treatment for any mental health issues.

Get your degree, diploma or certificate or upgrade your skills online without leaving your community.

Ontario 

Contact North | Contact Nord is funded by the Government of Ontario

# Mental health FOR TEACHERS



## Teaching can be stressful!

Learn more about 60+ online programs and 300+ courses on creating a positive learning environment, developing learning programs, teaching students with exceptionalities, mental health issues in the classroom, anxiety disorders and helping students cope with everyday stress.

## CALL

If you are currently in a mental health crisis, call 911, go to your nearest hospital, contact your doctor or call Telehealth Ontario at 1-866-797-0000. If you are looking for mental health support options in your community, please visit <https://www.connexontario.ca/search>.

Contact North | Contact Nord does not provide advice or treatment for any mental health issues.



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Contact North | Contact Nord is funded by the Government of Ontario

Valard Construction LP ("Valard") is seeking experienced individuals with a valid G drivers license to run camp maintenance. Rate of pay is \$21.88/hr base rate. Room and board will be covered by Valard. Schedule is 20 days on and 8 days off. Required to join the CUSW Union.

**Job Description**

Under the direction of the Camp manager, the Camp Maintenance person performs basic camp maintenance and preventive maintenance tasks, while ensuring to do it effectively, safely and in an environmental responsible manner to keep the camp fully operational. The camp maintenance person is responsible for all maintenance including building maintenance, kitchen equipment maintenance, plumbing, electrical, carpentry, janitorial, water and sewage management, consumables (fuel, propane, garbage) management and camp lands maintenance.

**Job Requirements**

- Physically demanding
- Prepared to match work with a high pace, deadline driven work environment
- Prepared to work outdoors in adverse/severe weather conditions
- Prepared to work overtime, on call, nights, split shift
- Prepared to work at heights and confined spaces
- Prepared to haul and work with raw sewage
- Prepared to haul water and work with water treatment systems
- Be able to source manuals/parts online
- Working knowledge / understanding of camp electrical systems- 1/3 phase
- Working knowledge / understanding of camp water/sewer systems
- Working knowledge / understanding of diesel generators
- Carpentry skills
- Basic mathematical skills
- Be able to work in a team environment, or unsupervised
- Be able to follow instructions / communicate with others
- Must be willing to participate in training programs
- Proficient with usage of electronic devices including tablets, computers and cellular phones, multi-meters, etc.
- Adhere to Valard Policies

**ADDITIONAL DUTIES AND RESPONSIBILITIES:**

- Must be able to provide/share technical data and knowledge, as needed to support project
- Must be able to identify possible problems and take preventative measures.
- Should have own tools, have previous experience working away in a camp.

**EDUCATION AND EXPERIENCE:**

- Minimum 3-year experience remote camp maintenance – (preferred)
- Required – Full G Driver's license in province of Ontario
- Experience with diesel motors
- Experience with generator operation/maintenance/trouble shooting
- Experience in carpentry, construction, renovation
- CSTS
- Experience building camps
- Knowledge of Microsoft Office Word and Excel
- Fall Protection
- Confined Space
- First Aid w/AED
- WHMIS-GHS
- Transport Dangerous Goods
- Power Hazard
- Heavy Equipment Operator Certificate

**KSA'S (KNOWLEDGE, SKILLS, AND ABILITIES, and PERSONAL ATTRIBUTES):**

- Excellent interpersonal skills
- Analytical and problem-solving skills
- Ability to improvise
- Decision making skills
- Effective verbal and listening communications skills
- Attention to detail and high level of accuracy
- Be honest and trustworthy
- Be respectful
- Possess cultural awareness and sensitivity
- Read and Print Legibly
- Be flexible
- Demonstrate sound work ethics

Indigenous Community members are strongly encouraged to apply and self-identify.

If you are interested in this opportunity, please send your resume to [resumes@supercomindustries.com](mailto:resumes@supercomindustries.com).



# TEMPORARY EMPLOYMENT OPPORTUNITY EDUCATION COORDINATOR

Internal/External Posting - January 20, 2021

## **MICHIPICOTEN FIRST NATION**

Under the supervision of the Manager, Health and Social Services, the **Education Coordinator** provides counselling, guidance, referrals, and funding support, to all Michipicoten's elementary, secondary, and post-secondary students, both on and off reserve. This role is key in the retention, transition, and graduation practices for Michipicoten students, with the goal of enabling Michipicoten citizens to participate fully in society, with strength, pride & unity, through education and culture. Part of this role will involve overseeing the schedules and reporting of Michipicoten's Aboriginal Education Support Workers (AESWs) that directly support students within the schools.

*This is a full-time temporary position until April 2, 2021, with the possibility of extension.*

## **PRIMARY RESPONSIBILITIES**

### **Post Secondary Education Support**

- Provide information and support to MFN post-secondary students on and off reserve including, full, part-time, and continuing education
- Receive and review applications for post-secondary education support
- Review and recommend applications as per education policy and in consideration of annual funding allocations
- Maintain regular contact with students confirming registrations
- Monitor student progress and prepare all necessary reports
- Make recommendations for continued funding
- Requisition and distribute the monthly student allowances and tuition payments
- Update monthly pay records
- Prepare and track financial forecasts of support commitments
- Track graduation results and obtain copies of certificates, diplomas, and student graduation awards
- Submit nominal roll to KEB
- Complete, verify and submit nominal rolls to KEB for all students

### **Elementary & Secondary Student Support**

- Oversee the Michipicoten's Aboriginal Education Support Workers (AESW) in the delivery of programs
- Review and consolidate AESW reports
- Provide guidance on programming goals and budget allocation
- Network with the schools' principals and teachers.
- Work with schools to plan and provide cultural programming and projects (i.e., Medicine Gardens and teepees)
- Identify cases involving domestic abuse or other family problems affecting students' development and make referrals to the MFN Family Support Worker as needed
- Act a liaison between parents and the School Van driver to coordinate services

### **General Administration**

- Maintain accurate and complete student records as required by laws, district policies, and administrative regulations
- Check and respond to voice mail and emails daily
- Submit weekly work plans and time sheets
- Attend weekly Health & Social Services Team meetings
- Ensure client files are maintained, organized, and updated on a regular basis
- Protect files and case information to ensure confidentiality
- Complete monthly and quarterly statistical reports



**MICHIPICOTEN FIRST NATION**

# TEMPORARY EMPLOYMENT OPPORTUNITY EDUCATION COORDINATOR *cont.*

Internal/External Posting - January 20, 2021

## ***QUALIFICATIONS***

- Post-Secondary (Diploma or Degree) in education, counselling, social work, social sciences, or a related field and/or appropriate combination of education and experience
- Previous supervisory experience
- Experience working within an educational setting preferred
- Experience working with First Nations and understanding of the educational challenges faced by Indigenous students
- Strong knowledge of Anishinaabe culture and history
- Proficiency in MS Office applications, various software, and internet
- Proven ability to exercise discretion in handling confidential subject matter
- Must possess a valid driver's license and own vehicle
- Current Criminal Reference Check with Vulnerable Sector Search (if position offered)
- Strong written and oral skills

**TERM** *Full-time, Temporary until April 2, 2021, with possibility of extension*

## **WAGE RANGE**

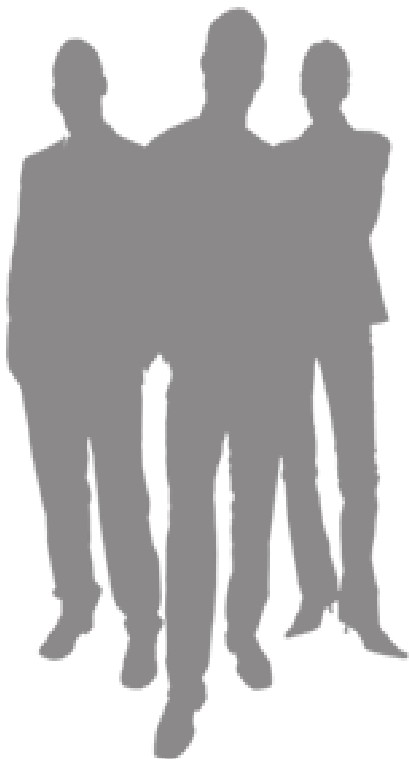
\$19 - \$23/hr based on education and experience.

## ***TO APPLY***

Interested persons may submit their cover letter & resume **as one document** by email to Lisa Belanger [hr@michipicoten.com](mailto:hr@michipicoten.com) no later than **January 31, 2021**. **Please include the job title in the email subject line.**

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*Michipicoten First Nation is dedicated to promoting equity and diversity and serving the interests of their citizens. The successful candidate will be primarily engaged in serving the interests of Michipicoten citizens and Michipicoten will give preference to citizens and Indigenous candidates who possess the necessary qualifications.*



# ***Job Opportunities***



# EMPLOYMENT OPPORTUNITY FAMILY SUPPORT WORKER

Internal/External Posting - January 12, 2021

## MICHIPICOTEN FIRST NATION

Under the supervision of the Manager, Community Health and Social Services, the Family Support Worker assists Michipicoten citizens facing personal challenges by linking them to programs and services available to address their situation. In this role, you will identify client needs, assist with the establishment of action plans, and act as a systems navigator to ensure clients are able to access required support, whether that be within an Indigenous culturally competent framework, or a best practice model. This is a full-time, permanent position. Some travel and work outside of office hours may be required.

### PRIMARY RESPONSIBILITIES

#### Client Support

- Conduct needs assessments for at-risk individuals and families dealing with personal challenges, including but not limited to, substance abuse, mental health, family violence, grief, poverty, housing, and legal issues
- Assist clients with setting goals and establishing action plans to address challenges, and provides ongoing advocacy/support
- Respect and protect the rights of clients, including but not limited to their right to independence, autonomy, and self-determination; their right to choose and practice individual values, beliefs, religion, and culture
- Provide clients with referrals to applicable internal and external program partners and acts as a liaison between client and the support agencies (Social Workers, Legal Aid, Probation, Doctors, Counsellors, etc.)
- Assist clients with information gathering and applications (filling out forms) as needed (i.e., housing, Jordan's Principle, etc.)
- Maintain strong relationships with partners and service providers and stays up to date on programs and services offered by partners

#### Administration

- Prepare and submit accurate reports and timely reports for management and funders
- Monitor client progress, keeping records, reports, etc. up to date
- Maintain and update Family Support Worker records
- Communicate information as appropriate, to clients, supervisor, co-workers, service providers and partners

#### Networking & Development

- Participate in professional development activities
- Collaborate with members of an interdisciplinary team to plan, implement, coordinate, and evaluate client care and support in consultation with individuals and their families
- Seek opportunities and partnerships to maximize community-based supports for families
- Work with Michipicoten's Health and Social Services Team to plan and coordinate community events, workshops and educational activities that address the physical, emotional, spiritual, and mental health needs of Client-Families

### QUALIFICATIONS

- Post-secondary degree/diploma or equivalent in Family Support Worker, Social work, Social Sciences or related
- Experience with a First Nation's Community in the social services field is preferred
- Proficiency in MS Office applications, various software, and internet
- Knowledge and understanding of the Child, Youth and Family Services Act
- In-depth knowledge of Health and Social issues affecting First Nation Communities
- Valid Ontario driver's license and access to personal vehicle
- Clean vulnerable sector check
- High level of integrity and work ethic

**TERM** Full-time, Permanent

### WAGES

Michipicoten First Nation offers a comprehensive employee benefit package and competitive wage 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](mailto:hr@michipicoten.com) no later than **January 24, 2021**. **Please include the job title in the email subject line.** (A full job description is available upon request).

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**MICHIPICOTEN FIRST NATION**

## **EMPLOYMENT OPPORTUNITY BAND REPRESENTATIVE and CHILD ADVOCATE**

Internal/External Posting - January 12, 2021

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.

Under the supervision of the Manager, Health and Social Services, the **Band Representative and Child Advocate** is a highly motivated individual with exceptional advocacy skills, possessing critical knowledge of the *Child, Youth and Family Services Act* (Ontario), Part IV. The Band Representative and Child Advocate acts on behalf of Michipicoten First Nation (MFN) as a party under the *Child, Youth and Family Services Act*, to advocate for the best interests of children affiliated with MFN and involved with Child Welfare Agencies, both on and off reserve. The Band Representative and Child Advocate ensures that the rights of children and their families are respected throughout the planning process and court proceedings, and works to ensure a culturally appropriate disposition of the case. Flexible hours and ability to travel is required. This is a full-time permanent position.

### **PRIMARY RESPONSIBILITIES**

#### **Provide support to MFN families in all Child Welfare matters**

- Complete intake form within 24 hrs of case assignment
- Accompany Child Welfare Agencies during investigations and home visits
- Develop relationship with family and supporting Agencies
- Assist with the development and implementation of a service plan, in which all parties agree regarding family and child welfare services: recommendations for placement, family mediation, access visits, home visits, repatriation, counselling, treatment, and cultural support
- Ensure that MFN families are fully aware of their rights and understand the child and family service system
- Advocate to maintain family units, and community and cultural ties
- Follow up with family and child welfare workers to stay up to date and to ensure service plans/plans of care are being implemented, and identify the need for changes or potential solutions
- Update case files after each interaction with client and/or partnering agency involved
- Provide culturally based support and education to child(ren) and family

#### **Present MFN's interests in Child Protection Proceedings or Hearings**

- Schedule and plan meetings, court dates and travel arrangements
- Meet with family, child welfare workers and lawyer to discuss proceedings
- Gather evidence, prepare arguments, produce, and prepare witnesses and draft orders
- Communicate with Executive Officer and Manager to finalize proposals for plans of care
- Prepare statement outlining MFN's position on case proceedings
- Prepare, respond to, and process legal documents as required by Ontario Court rules and regulations
- Attend court appearances to provide oral and written presentations on MFN's position
- Prepare, serve, and file additions or amendments to the member's Plan of Care
- Prepare for and attend settlement conferences as set out by new Court Rules

#### **Maintain strong knowledge of the Child, Youth & Family Services Act, the policies and procedures of the Ministry of Children, Community and Social Services, and alternative options to apprehension**

- Establish and maintain an active working relationship with all Child & Family Services agencies and other First Nation Band Representatives/Child Advocates
- Collaborate with MFN Health & Social Services Team to support mutual clients
- Stay up to date on support services available for clients



**MICHIPICOTEN FIRST NATION**

## **EMPLOYMENT OPPORTUNITY BAND REPRESENTATIVE and CHILD ADVOCATE cont.**

Internal/External Posting - January 12, 2021

### **General Administration**

- Check and respond to voice mail and emails daily
- Submit weekly work plans and time sheets
- Attend weekly Health & Social Services Team meetings
- Ensure client files are maintained, organized, and updated on a regular basis
- Protect files and case information to ensure confidentiality
- Complete monthly and quarterly statistical reports

### **QUALIFICATIONS**

- Minimum Post-Secondary (Diploma or Degree) in Social Work, Social Science, or related field
- Successful completion of the First Nation Child Welfare Advocate (FNCWA) Certificate Program is preferred
- Minimum three years working experience with a First Nation's Community in the social services field
- Extensive knowledge and understanding of the Child, Youth & Family Services Act including part IV, the Ministry of Child, Community and Services, Child, Youth & Family Services Act
- Proven ability to exercise discretion in handling confidential subject matter
- Must possess a valid driver's license and own vehicle
- Current Criminal Reference Check and Vulnerable Sector Search (if position offered)
- Strong knowledge of Anishinaabe culture and history
- Able to interpret legislation and legal documents
- Knowledge of court proceedings involving Indigenous Children and Family Matters
- Knowledge of Case Management techniques
- Strong written and oral skills
- Strong demonstration of negotiation skills, techniques, and advocacy
- Willing to work flexible hours and travel with minimal notice
- Proficiency in MS Office applications, various software, and internet
- High level of integrity and work ethic

**TERM** Full-time, Permanent

### **WAGES**

Michipicoten First Nation offers a comprehensive employee benefit package and competitive wage 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](mailto:hr@michipicoten.com) no later than **January 24, 2021**. **Please include the job title in the email subject line.**

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*Michipicoten First Nation is dedicated to promoting equity and diversity and serving the interests of their citizens. The successful candidate will be primarily engaged in serving the interests of Michipicoten citizens and Michipicoten will give preference to citizens and Indigenous candidates who possess the necessary qualifications.*



# MICHIPICOTEN FIRST NATION EMPLOYMENT OPPORTUNITY

## COMMUNITY ENERGY CHAMPION

(Internal/External Re-Posting – July 29, 2020)

We are seeking a **Community Energy Champion** to coordinate the development and implementation of a long-term community energy plan. The goal is to improve energy efficiencies in Michipicoten First Nation homes and buildings through reduction of electricity consumption, and incorporation of green energy solutions. This position offers a great opportunity for recent graduates to gain hands-on experience through a variety of green energy projects.

### Reporting to the Public Works Supervisor, you will:

- Visit local businesses, landlords, homeowners and tenants as appropriate.
- Conduct baseline studies of 29 houses and 8 buildings in the community, documenting past and current energy usage.
- Identify cost-effective solutions to reduce energy costs and incorporate green energy options .
- Research funding programs to assist with costs of energy analysis, feasibility studies, and retrofits/repairs.
- Organize community engagement events to apprise citizens on options and to solicit input for the community energy plan.
- Attend regional meetings and events. Promote energy conservation awareness via events such as presentations, workshops and conservation projects, preparing and distributing publicity materials, promoting energy conservation schemes (such as energy efficiency housing grants)
- Promote awareness of energy efficiency and green energy initiatives .
- Coordinate the retrofit and weatherization activities needed to increase the energy efficiency of the buildings.
- Utilize baseline studies to measure energy reduction and costs, once repairs and retrofits are completed.
- Take a lead role with community green energy projects, including the implementation of a Solar Energy Generation System to be placed on the Fire Hall Building.
- Develop proposals, plans and reports, producing specifications, estimates, drawings, feasibility studies, tender documents and work schedules.
- Liaise with contractors, council services and voluntary/community groups.

### Qualifications:

- Bachelor's degree with focus on GIS and Green energy markets
- Strong knowledge of energy efficiency initiatives and green energy options
- Health and safety training
- Proficient in Microsoft Office programs
- Professional presence and strong communication skills
- Ability to succeed in a fast-paced office environment
- Excellent verbal and written communication skills

Valid Driver's license

- Ability to build effective relationships with MFN citizens and external stakeholders
- High degree of confidentiality
- Valid driver's license and access to a reliable vehicle
- Experience working with First Nations preferred

**Job type:** Full-time, 3-year contract

**Wages:** Michipicoten First Nation offers a comprehensive employee benefit package and competitive salary based upon experience and qualifications. This position is a salaried position with flexible hours as some travel and extended hours may be required based on activity.

**To apply:** Interested persons may submit their cover letter & resume **as one document** by email to [Lisa Belanger hr@michipicoten.com](mailto:Lisa.Belanger@hr@michipicoten.com). This posting will be active until position is 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 Indigenous people, Michipicoten First Nation shall give preference to MFN citizens or Indigenous people who possess the requisite skill sets and experience.*