



WEEKLY COMMUNITY FLYER

Week Ending: August 5, 2021

What Is in This Edition?

2	Community Info
3	Spirit Talker
4	Michipicoten In the News
5	Health Department
6	MFN Employment Postings
8	Education
9	For Your Information
10	Kid's Page

New Meaning to Dining In



~2021~	Niiyo giizhigad	Naano giizhigad	Ishkwaa anokii giizhigad	Aamiie giizhigad	Ishkwaa anammiie giizhigad	Niizho giizhigad	Aabitoose
	Thursday August 5	Friday August 6	Saturday August 7	Sunday August 8	Monday August 9	Tuesday August 10	Wednesday August 11
Weather Conditions 6am-6pm							

Community Information

PRECAUTIONARY MEASURES

Covid 19 precautionary measures for everyone's safety will continued to be followed to keep our Citizens, Staff, Residents and Visitors safe:

- All must sign in and out
- 6 feet social distancing
- Mask always required
- Regular use of hand sanitizer
- Chairs and Tables are disinfected after each use

MFN Office Hours

Michipicoten First Nation Community Centre and Administrative Offices are open:

Monday to Thursday 8:00 am to 4:30pm

Friday 8:00 am to 1:30pm

Closed weekends and Statutory Holidays

MFN Chief and Council Meeting Friday August 27, 2021 @ 6:00pm

Please contact Jessica Labranche, Executive Officer to arrange for item(s) you wish to speak to Chief and Council about.

(705) 856-1993 Ext. 213

Medical Transportation

MFN will not be resuming the regular shuttle service until further notice.

On-Call please provide at least 24 hours notice so we can arrange for Driver for those who have scheduled appointments.

Pharmacist - John Dupuis

Next visit to Michipicoten

When: Pending

Home Visits or MFN Health Center

To make an appointment call Cheryl at 1-855-623-8511 Ext. 5249

LIBRARY HOURS

Monday to Thursday

8:30 am to 4:00 pm

Friday

8:30 am to 1:30 pm



Rent Payments

To pay your rent contact Jenny

Fletcher by phone at:

(705) 856-1993 Ext. 210

Miigwetch

REMINDER

Dog Owners please tie up or pen your dog. For safety please have them on a leash when out walking. Help us keep our community safe, especially for the little ones.

CHILDRENS BOOK CLUB

We have experienced a delay as we shuffle Staff and Workloads.

Look for us next week – Thursday - on the Michipicoten Web Site next week.

COMING TO MICHIPICOTEN

August 5-8, 2021

Shawn Leonard - *Spirit Talker*



Spirit Talker is a documentary series that follows Mi'kmaq medium Shawn Leonard as he travels from coast to coast using his psychic abilities to connect the living with the dead and bring hope, healing, and closure to indigenous communities.

Shawn, named White Eagle Spirit Talker by a Mi'kmaq elder, has built a reputation as one of North America's most gifted and accurate mediums.

The Spirit Talker Production Team will be in the Michipicoten area from August 5-8, 2021

There are four reading opportunities for you or your immediate family (up to three people), to receive a reading from Shawn Leonard for those who applied for tickets at Eventbrite [Spirit Talker Season 3 Entry -Michipicoten 1st Nation Aug 5th - 8th Tickets, Thu, 5 Aug 2021 at 12:00 AM | Eventbrite](#). If you receive a call from a 902-area code, it may be one of the production team telling you that you have been chosen for a reading.

August 7, 2021 - Michipicoten Community Day **Reminder to bring your Sacred Bundles, Feast Bags and Chairs**

6:24 am	Sunrise Ceremony on our beach
10:30 am	Medicine Cave visit
Noon	Feasting our Sacred Bundles Ceremony

For more information go to <https://shawn-leonard.com/spirittalker> or contact ptangie@michipicoten.com

Michipicoten First Nation Demands Accountability for Decades of Chemical Contamination in Chapleau



Michipicoten First Nation (MFN) is calling for immediate action by pulp and paper giant, Domtar, and the Government of Ontario to resolve the continued chemical contamination of the First Nation's traditional lands. The First Nation is preparing for legal action unless the necessary remediation and accommodation strategies can be agreed to, it announced today.

According to scientific reports, contaminated leachate has been running offsite from Domtar's Martel Wood Waste Site into the local aquatic and terrestrial environment for several decades. Records show that Domtar has been in violation of its permit since 2013; a fact that was acknowledged in a joint letter from both the Ministry of the Environment, Conservation and Parks (MECP) and the Ministry of Natural Resources & Forestry (MNR) to Michipicoten First Nation.

Says Michipicoten Chief, Patricia Tangie; *"It is unconscionable that Domtar, as well as the MECP, have known about this contamination for decades but have not stopped or remedied the problem. Domtar continues to leak contaminated leachate into the environment, damaging our natural resources for First Nations people and other residents in and around Chapleau. We are putting Government and industry on notice that First Nations people will no longer stand for the environmental contamination and degradation of our homelands. We are going to hold you accountable."*

Ontario has twice delegated consultation to Domtar to resolve the contamination issue; first in September 2019 and the second time in May 2020. Despite a joint

Ministry Task Force to compel Domtar to consult with Michipicoten, Domtar has neither seriously consulted with the First Nation, nor resolved the continuing contamination problem.

Despite continued efforts from Michipicoten First Nation to work cooperatively and in good faith with all parties to develop proposed solutions, Domtar has avoided meaningful engagement with the First Nation. Requests for scientific and technical data, mitigation options and environmental monitoring solutions have been deflected, gone unanswered, or ignored by Domtar. Meanwhile, the leachate is spreading and contaminating new areas of land and water systems in and around Chapleau and includes Michipicoten's traditional lands.

Concludes Chief Tangie: *"Ontario and Domtar have left us with no other choice but to prepare for legal action. Our Nation is committed to protecting and preserving our lands for use by current and future generations. Caring for Mother Earth is the foundation of our traditional teachings and ways of life. These Ancestral teachings have been passed through our families for generations. Our teachings tell us that even a butterfly flapping its wings in Australia will come to have an affect on us here in Northern Ontario. We are experiencing an era of reconciliation in Canada, and we intend to end negative actions affecting our homelands and people. Our future generations are counting on us to pass on our collectively shared lands, waters and natural resources in good condition for them."*

Credit: wawa-news.com, Aug. 4/21

B I N G O				
7	26	40	58	73
14	22	34	55	68
4	24	FREE	46	72
9	20	36	52	74
6	28	35	49	64

Diabetes Bingo

Date: Monday August 16, 2021

Time: 6:30 pm

Location: Complex

HOW CAN WE SERVE YOU BETTER?



LET US KNOW ...

by completing the
Community Health Survey
between June 7th & Friday, August 13th
2021 & be entered to win up to \$2000.00
worth of Cash Prizes!

Look for the survey with instructions and a Wellness Package in the mail or find them here:

Youth 12 & Under: <https://www.surveymonkey.com/r/MFNchild>
Youth & Adults 13 & Over:
<https://www.surveymonkey.com/r/MFNadult>

Your answers will be anonymous and confidential!
You will receive a survey code in the mail or you can contact Wendy Peterson at 705-856-1993 ext or wpeterson@michipicoten.com after June 7th 2021.

NORTH EAST MENTAL
WELLNESS & CRISIS TEAM

*COUNSELLING SERVICES
AND
MENTAL WELLNESS SUPPORT*

**WHERE: MFN HEALTH CENTER
WHEN: EVERY WEDNESDAY
BETWEEN 9:30AM - 3:00PM**

Reach out to Laryssa Simpson by
Telephone: 1-807-228-0749
or

Email: Laryssa.Simpson@picriver.com
with any questions or to schedule an
appointment.

All services are free and confidential



MFN EMPLOYMENT POSTINGS

Forestry Compliance Officer Intern(s) – 2 Positions

Term: 52 Weeks, 40 Hrs Per Week

Includes Training for Certification

POSITION SUMMARY

Reporting to the Manager, Lands & Environmental Stewardship, the incumbents will receive support and training that will be provided by First Resource Management Group Inc. (FRMG). The Forestry Compliance Officer Intern(s) will play a key role in ensuring the sustainability of Michipicoten First Nation's lands and resources; and MFN's interests in Crown Forest. Environmental Stewardship is the inspection of all forest operations communicated via reports to the MFN Lands & Environmental Stewardship Committee.

MAIN FOCUS

Ensure that compliance with rules, standards and requirements that are designed to protect the forest ecosystem while allowing for the realization of benefits which do not compromise the long-term health of the forest ecosystems this includes:

- forest operations conducted on both First Nation and Crown land conform to both traditional practices and government standards, guidelines, and rules
- action is taken to correct negative impacts to the forest when these occur

DESCRIPTION

Interns will have to complete seven (7) online modules and an exam in the MNRF Learning Compass.

QUALIFICATIONS - EDUCATION, TRAINING, & EXPERIENCE*

Minimum is an Ontario Secondary School Diploma or equivalent supported with related experience. Preferred is a post secondary diploma in forestry and/or related field(s) of study.

The ability to act in a confident and professional manner under stressful situations, including the potential situation of providing evidence in court.

Willing to develop the ability to communicate effectively with the public, peers, supervisory staff, other departments, and other agencies, both verbally and in written form, in responding to inquiries and/or complaints.

Willing to enhance abilities such as learning to conduct investigations/inspections including the preparation of written reports, briefs, evidence and other related documents and correspondence.

Proficiency in map reading and compass use.

Experience working in a computerized environment with a working knowledge of computer applications such as Microsoft Office including Outlook, and Word. Previous experience with database management software would be an asset.

Must obtain, possess, and maintain a valid Class "G" Driver's License, ATV Certification, Boating License in the Province of Ontario.

First Aid, CPR, and basic rescue.

TO APPLY Interested persons may submit their cover letter & resume as one document by email to Laura Day-Corbiere hr@michipicoten.com

For further information please contact Laura Day-Corbiere at 705-856-1993, Ext. 231

These positions will remain open until filled.

MFN EMPLOYMENT POSTINGS

Position: **Employment Advisor**

Term: March 2022/ Part Time, 24 Hours Per Week

Reports to the Manager, HR & Administrative Operations, with support and training provided by Anishinabek Education & Training Service (AETS).

Position Summary

the Employment Advisor will provide guidance and support for Michipicoten citizens seeking employment opportunities and/or training. This is a temporary part-time role until March 2022. Remote work may be considered.

Qualifications • High School Grade 12 Diploma or equivalent • Post-Secondary Diploma/Degree in related fields preferred • Previous experience in an advisor role • Excellent interpersonal skills • Strong working knowledge of Microsoft Office including Excel, PowerPoint, Publisher, and Outlook; • Previous experience in working with First Nation clients

The successful candidate will be required to complete a criminal reference check.

TO APPLY Interested persons may submit their cover letter & resume as one document by email to Laura Day-Corbiere hr@michipicoten.com.

This position will remain open until filled.



Position: **Executive Assistant**

Term: October 2022/Full Time

New -> Work Remotely from Home

Reports directly to the Chief and indirectly to the Executive Officer, the Executive Assistant is responsible for providing high-level administrative support, including incoming and outgoing document control to the Chief and Council and Committees, as well the senior management team and staff. The Executive Assistant will represent the Chief, Council, and organization professionally and confidentially while maintaining a good rapport with the community, citizens, advisors, stakeholders, partners, municipalities, government agencies, and all other organizations affiliated or associated with Michipicoten First Nation. Will be required to prepare for meetings and record and document meeting minutes.

Qualifications • Administrative Assistant and (or) Business Administration Certificate or Diploma • Minimum of five (5) years' executive level administrative experience • Knowledge of standard administrative management practices and procedures • Knowledge of business and management principles • Highly proficient with MS office • Knowledge of First Nations administration and management practices (asset)

WAGES: Based on qualifications and work experience.

TO APPLY Interested persons may submit their cover letter & resume as one document by email to Laura Day-Corbiere hr@michipicoten.com

This position will remain open until filled.

SHARING OF KNOWLEDGE

Youth Workshop

August 10, 11, and 12th, 2021



Tuesday, AUG 10

8am-9am
Breakfast- Complex

9am-2pm
Teepee Teaching- Fire
Arbour

12pm-1pm
Lunch- Complex

2pm-3:30pm
Nature walk- Beach

3:30pm-4pm
Participation feedback &
closing prayer

Wednesday, AUG 11

8am-9am
Breakfast- Complex

9am-11am
4 Medicine Teachings-
Complex

11am-12pm
Sharing circle- Complex

12pm-1pm
Lunch- Complex

1pm- 3:30pm
Bannock making- Complex

3:30pm-4pm
Participation feedback &
closing prayer

Thursday, AUG 12

8am-9am
Breakfast- Complex

9am-10am
Sweetgrass picking- Wendy's

10am-12pm
Braids- Complex

12pm-1pm
Lunch- Complex

1pm-2:30pm
Sage picking- Up the bush

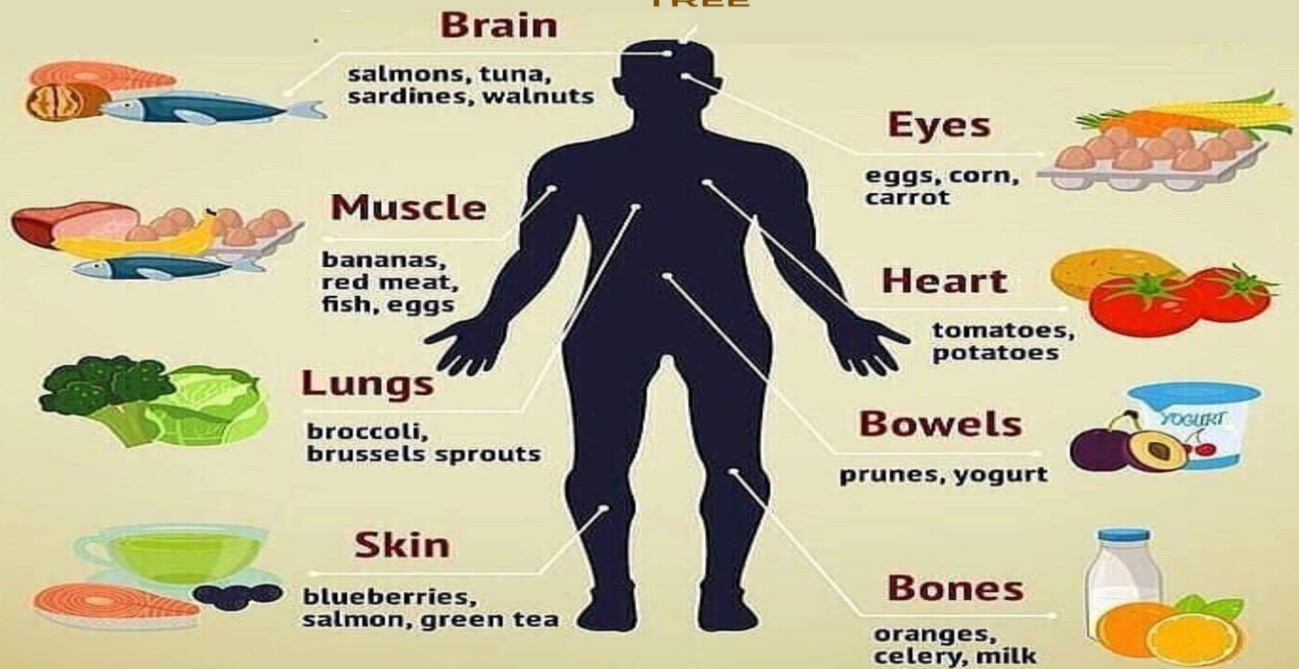
2:30-3:30pm
Dreamcatcher making- Complex

3:30pm-4pm
Participation feedback &
closing prayer

Register with Wendy
705-856-1993
Ext. 221



MY HEALTHY TREE



8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.

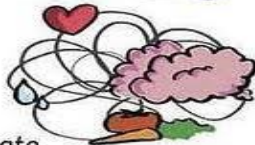


7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



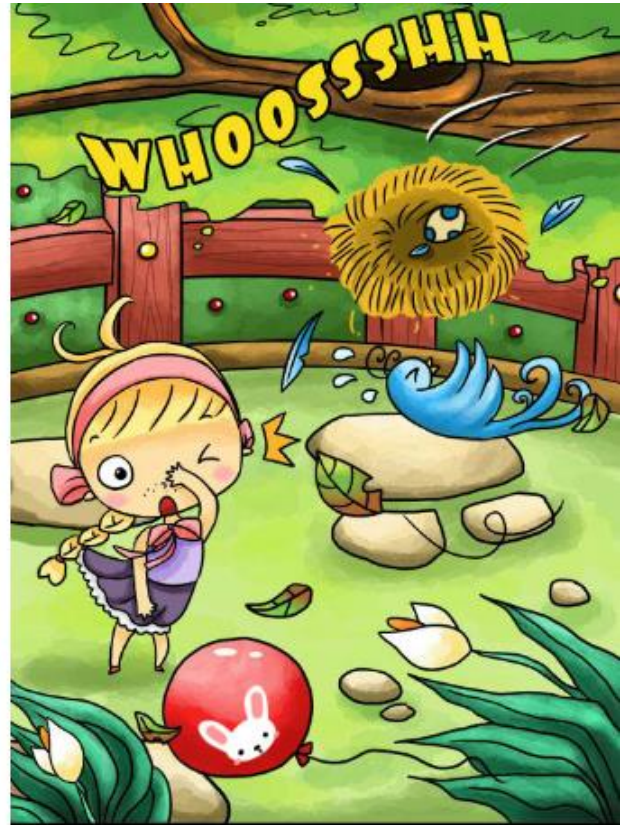
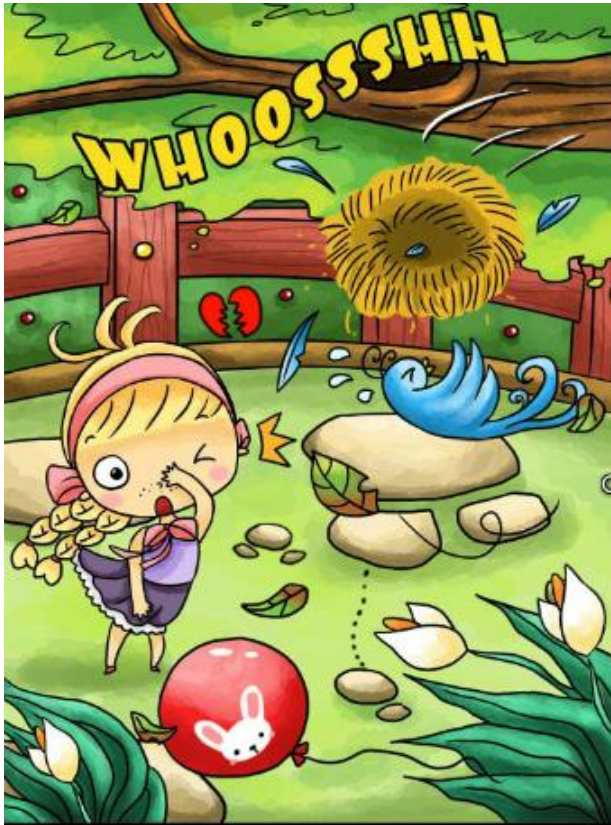
8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



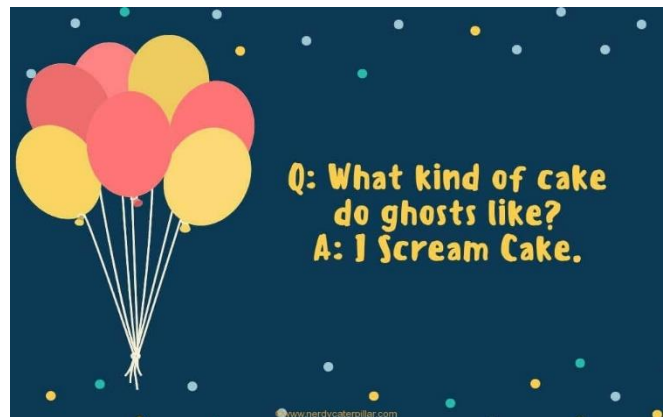
gozen.com

FIND THE DIFFERENCES BETWEEN THE TWO IMAGES (Total of 6)



Q. Why did the bicycle fall over?
A: It was two tired.

Q: How does a cow do math?
A: With a cow-culator!



Anishinaabin Words of the Week

Ojibwe language

Anishinaabemowin

Welcome/Greetings

Boozhoo/Pooshoo

Come In

Biindigen/Piindigen