



# EAGLEPRESS NEWSLETTER

## CHIEF STACEY LAFORME: ADDRESS TO THE MISSISSAUGAS OF THE CREDIT FIRST NATION AMID COVID-19 PANDEMIC



March 2020 - I want to talk a little bit about the Coronavirus that is going around, the crisis we are in, the pandemic we're in. The first thing I want to say is that we are going to get through this. We are going to be ok because that's what our people do. We overcome, we adapt to situations.

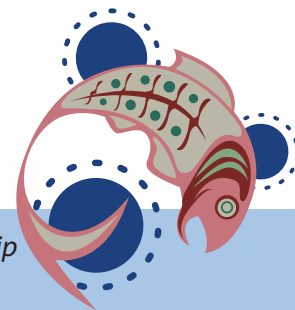
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## Vision Statement in Ojibwe:

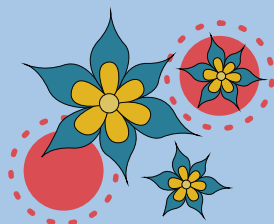
*Ezhi niigaan waabjigaayewaad Mississaugas of the Credit endaawaad (the vision of these people). Ezhip mino maadzijig (living a joyful life), ezhi waamji-gaazwaad (their identity, how people have identified them), ezhi debwedmowaad (their beliefs), ezhi mimiingaazwaad (what was given to them by Creation, what they always had, their heritage), niigaabminunkiwaad Anishinaabek (is how they always lived as Anishinaabek).*

*Translated by: Nimkew Niinis, N'biising First Nation.*



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Media and Communications Department  
Office: 905-768-5858  
Email: [communications@mncfn.ca](mailto:communications@mncfn.ca)



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The original artwork (pictured below) is located in the Library at Lloyd S. King Elementary School.





## A Message From Chief R. Stacey Laforme

I want to let membership know that we are taking the necessary precautions, we are having daily meetings to discuss the issue and will be reporting back to you on a continual basis. This is a difficult time, a time of confusion and fear, in a time of crisis, yet first Nation people were born in crisis. We were raised in crisis and we overcome obstacles on a daily basis. To me and to us, this is just another crisis, another obstacle to overcome and we shall.

I'd like to take a moment and thank Council, staff, the emergency team, the entrepreneurs in our community, and our membership for being so supportive in this time. We can take all of the necessary precautions; we've taken steps to close the schools, the daycare, limited services to essential services, and we meet on a daily basis yet we need the membership support to really go through this difficult time. That's what's happening, so I said chi-miigwech to membership for that. I would like to thank our knowledge keepers for sharing their wisdom and knowledge about medicines, practices, and ceremonies on their websites and on Facebook pages. It is something I would like to upload to our website for information, so thanks for that as well.

It's interesting you know at this moment that we're self isolating, when we are separating from each other, when we're not seeing each other on a daily basis, the feeling of coming together, the feeling of community, feeling of membership has never been stronger. Even the Mississauga Chiefs, who have always had that dream of reuniting our people has been slow. The Chiefs haven't really been able to make that strong connection politically to work together, but now we are calling each other and having a conference every week.

When we are being pulled apart to isolate and separate that we're actually coming together with that feeling of unity is becoming stronger and stronger and I really really appreciate that and like that see that's what separates us from other communities. They may be Tightknit and they may and they may care about each other even love each other but we're family and that's an advantage that no other community has



except first nations.

All the steps that we are taking our to slow this virus down so that it does not overrun the healthcare professionals and institutions and to secure the safety and protection of our people. This will take some time. It will not be easy but we will adapt, we will overcome. I want to say to care for each other, look after one another, take the necessary steps to protect yourself and never forget you're a part of a family, part of a community, part of a Nation.

I hope to follow up with more videos like this in the future, so stay tuned Chi-Miigwech

The following excerpt was taken from Chief Laforme's address to the MCFN Membership and can be viewed on our YouTube channel at: [https://www.youtube.com/watch?v=GAKQF\\_FB05I](https://www.youtube.com/watch?v=GAKQF_FB05I)

### **MONTHLY MESSAGE FROM THE CHIEF**

**This is a difficult time for us and a difficult time for the world.**

The COVID-19 virus continues to spread across this world. It threatens our health and our way of life.

We need to slow the spread of the virus so that it does not overrun the health care professionals, the institutions, the emergency response people. If the

# A MESSAGE FROM THE CHIEF

virus overruns these services we will lose many of our people.

The best way to slow the virus right now is to practice social distancing and to stay home as much as possible, only going out for essential services.

I do not believe in fear, I refuse to live in fear but this virus represents a real threat to us and that must be respected.

Take this time to enjoy your families, connect on social media, pick up a phone.

We will continue to work and take what steps we can to protect our members.

The Mississaugas of the Credit First Nation Chief and Council and the COVID-19 Working Group are working to assist our Membership during the global pandemic. The following is a summary of steps taken to safeguard the MCFN community and members:

## March 12, 2020

- To address the potential impacts of COVID-19 in our community, a working group has been formed consisting of Senior Staff and members of Council.
- MCFN Chief and Council have taken the position that all workplace travel for staff and for Council will be stopped immediately as of March 12, 2020.

## March 13, 2020

1. Cancellation of LSK, ECC, and EarlyOn and non-essential extracurricular programming until April 6, 2020.

- Ekwaamjigenang Children's Centre (ECC) was closed effective March 16, 2020;
- On and off reserve EarlyON programming was cancelled effective March 16, 2020
- Lloyd S. King (LSK) was closed effective after March Break, March 23, 2020. These closures are currently still in effect and will be monitored and reassessed as additional information becomes available.

2. MCFN Community Centre Rentals Notice.

As a proactive approach to reducing exposure to and transmission of COVID-19, effective March 13, 2020 all community centre rentals have been cancelled and booking have been put on hold. The community

centre is currently closed to the public.

3. Notice of all events and programming cancellation until April 3, 2020

As a proactive approach to reducing exposure to and transmission of COVID-19 the following recreational programming has been cancelled: (cancellations currently remain in effect)

Strengthening Connections Camp

March Break Day Camps

March Break Blitz Magic and Bingo

March Break Blitz Connecting to Our Culture

March Break Blitz Movie Night

March Break Blitz Pizza Party and Public Swim

Yoga

Zumba

Anishinaabemowin Classes

Powwow Practice

After School Skate

March Break Public Skate

Paint Your Plate

Service Canada Sessions

Indigenous Film Series – Hunt for Wilderpeople

Moss Bag Workshop

Theatre Club

Beaded Lanyard Workshop

Abinoojinh and the OPP

FASD Awareness Dance with DJ Murray McLean

Stone Soup Reading

MCFN Monthly Gathering

Estate and Matrimonial Real Property Information Session

Euchre

Youth Group

After School Program

## March 15, 2020

COVID-19 update from the Mississaugas of the Credit First Nation. Public Health Contact Information. Screening Information

Information was provided to the community about COVID-19 symptoms and provided the following contact numbers:

- Haldimand Norfolk Public Health – 519-426-6170, ext. 9999
- Six Nations Public Health – 519-445-2672



- Brant County Public Health – 519-753-4937
- Outside of regular business hours, you can contact Telehealth Ontario at 1-866-797-0000.

## March 17, 2020

### 1. Shut Down of Non Essential Services

Effective March 17, 2020 the MCFN Administration shut down all non-essential services and closed the buildings to the public. The following essential services will still continue to be provided to MCFN members:

- Ontario Works – emergencies only
- Community Wellness Payments LMR Department – Revised 2020-2021 Procedure
- Media and Communications
- Public Works
- Home and Community Care – (existing clients only) Meals on Wheels, laundry, personal care, wellness check-in (via telephone), list shopping
- Community Health – Water testing
- Mental Health – supportive counselling available via telephone from 8:30-4:30 with Adult Mental Health Worker 905-536-7863.

### 2. 2020-2021 Community Wellness Notice

This years Community Wellness process was changed and in-person applications are not being accepted. Please visit the MCFN Members only website, or call Lands, Membership and Research at 905-768-0100 for more information. This was posted to the private member portion of the website and the Facebook MCFN Membership group.

## March 18, 2020

### Request to MCFN Food Service Providers

Chief and Council requested that all MCFN food facilities move to take out and delivery services only.

## March 19, 2020

### MCFN Statement Community Assistance

The COVID-19 Working Group is providing support to members in the following manner: •Family Food Packages – consisting of non-perishable and perishable goods Delivery will occur on Saturday March 21st, 2020

- Grocery Gift Cards for off-reserve households

## March 23, 2020

The Mississaugas of the Credit First Nation (MCFN) Public Works Department is implementing the following stipulations on customer services, invoices and payments until further notice:

### Water, Wastewater, Solid Waste and Recycling Service:

- All customers are encouraged to enroll in on-line banking through their banking institution to submit payments.
- Late fees/interest will not be applied to customer accounts.
- No disconnections will take place.
- Public Works staff will be on-call during this time for notification of any Public Works related emergencies.

### Bulk/Household Water Card Holder Process:

Please email the Director of Public Works at Arland.LaForme@mncfn.ca and/or send a text message to (905) 971-2980 to schedule an appointment for loading of water cards.

### Emergency Contact Numbers:

- Brandon Hill, Infrastructure Manager (905) 517-7900
- Matthew Sault, Infrastructure Manager Assistant (519) 757-6228
- Leo LaForme, Infrastructure Maintenance Worker (Roads) (905) 971-2982
- Arland LaForme, Director of Public Works (905) 971-2980

## March 24, 2020

New Credit Variety and Gas Bar Notice (limited hours of operation)

Effective Wednesday, March 25, 2020, the New Credit Variety & Gas Bar operating hours will be: 10:00 a.m. to 6:00 p.m. Monday to Saturday.

The employees are taking precautions such as frequent hand washing/sanitizing, wearing gloves.

## March 26, 2020

Please be advised that a Member of the MCFN COVID-19 Emergency Response Working Group is

# A MESSAGE FROM THE CHIEF

undergoing testing for COVID-19. While awaiting the test results and as directed by the MCFN Community Health Nurse, members of the MCFN COVID-19 Emergency Working Group are self-isolating. A further update will be provided to the Nation upon receiving the results of the test.

Gift card process for Off-reserve MCFN Members.

## March 27, 2020

MCFN Statement MCFN COVID-19 Working Group Precautions Taken

- Precautions taken during the food box preparation:
- All members of the working group have their Food Handler Certification
- All members of the working group participated in the preparation and did not exhibit any symptoms of the virus
- The team performed their work cautiously by taking precautions such as frequent hand washing and sanitizing, frequently sanitizing work stations, and wearing gloves and hairnets where appropriate.

The health and safety of the MCFN members is the number one priority during this time. The COVID-19 group is continuing to meet via teleconference and are closely monitoring the situation and reevaluating plans as additional information becomes available.

## March 30, 2020

### 1. Updates to the Community

#### Neighboring Road Closures

At this point, MCFN will not be restricting access to the community. The team is doing everything that can be done to ensure our community's safety. This includes allowing emergency services quick and unfettered access to the First Nation. In the event that you experience any issues with the checkpoints/stop points, please contact Arland LaForme, Director of Public Works, at 905-971-2980, or via email at Arland.LaForme@mncfn.ca. Arland will maintain contact with the Six Nations Public Works Department and will advocate for MCFN members.

#### On Reserve Establishments

Please note that the MCFN Chief and Council have

mandated that all gas bars, variety stores and smoke shops cease operations as of March 30, 2020 at 5:00 p.m. until April 14, 2020.

#### Public Works

Please be advised that all solid waste and recycling pickups will remain status quo at this time. Bulk pickup dates of April 22 and April 29 will remain in effect. The Community

Clean Up event (and collection bins) scheduled for April will be postponed until further notice. More information will be shared as soon as it is available. For those households scheduled for waterline extension, please note that this construction may be impacted. Please be patient, this is still a priority for the First Nation.

#### Rentals, Housing, RRAP and HRRS Payments

Please note that most MCFN offices are closed. At this time, we are requesting people move towards making payments via on-line banking. Recognizing some households may fall into financial hardships during this unforeseen period, housing fees, including rentals, RRAP and HRRS payments will be deferred on an as-needed basis until May 31, 2020. As previously communicated, there will be no late fees, interest and no disconnections during the MCFN organizational closure for water, wastewater and solid waste services.

#### Playgrounds and Recreational Services

As a reminder, all MCFN playgrounds and recreational services are deemed closed.

Organizational Closure - Due to the ongoing pandemic, all MCFN offices will continue to be closed until May 4, 2020. The MCFN COVID-19 Working Group will meet prior to this date to re-evaluate.

Essential services as previously designated will remain status quo.

On-going Communications - People who have consented to sharing their contact information during the Community Wellness Application process shall be included in the upcoming "all call" communication list. We will continue to post updates to the MCFN website – [www.mncfn.ca](http://www.mncfn.ca) and to our social media pages.

The MCFN Chief and Council will provide updates to



# A MESSAGE FROM THE CHIEF/CULTURE AND HISTORY

the Membership as information becomes available.

## 2. New Credit Variety and Gas Bar Closure

Due to technical issues, the New Credit Variety & Gas Bar is closed today, March 30, 2020 until further notice. An update will be provided when the NCV&GB resumes operations. We apologize for any inconvenience.

## 3. Notice of Closure, New Credit Variety and Gas Bar

To ensure the ongoing safety of our customers, employees and community, New Credit Variety & Gas Bar has made the decision to suspend business operations until further notice. This closure is temporary and effective as of March 30, 2020.

We apologize for any inconvenience and thank our customers for your understanding and ongoing support during this time. Please stay tuned for further

updates as they become available.

## March 31, 2020

On March 26, 2020, it was announced that a member of the Mississaugas of the Credit First Nation (MCFN) COVID-19 Working Group had undergone testing for COVID-19. As a precaution, all of the members of the working group were put into self-isolation while awaiting the test results.

The test results came back NEGATIVE for COVID-19. All members of the MCFN COVID-19 Working Group have been cleared to return to normal duties and their self-isolation period has been lifted.



## Let's Learn Anishinaabemowin: March Words

Wash your hands - gziibiiga niinjii

Hands - ninjii (fingers - ninjiisaak)

Sick - Aakohzeh

Tea - Niibiish Abo

Medicines - mshkikeh

ake care of the old ones - naag'gidiwebaam  
gek'kaahnjik



## HISTORICAL TIDBIT

By Darin Wybenga

If one was going to visit Queen Elizabeth, what would one wear for the occasion? Would you put on your very best attire before approaching her Majesty, or would a casual, relaxed selection from your wardrobe be acceptable. What if you were representing your First Nation- would traditional dress be your choice? Very few people actually get to meet their monarch, but two Mississaugas- one a chief of the Credit River people, and the other a former member of the Credit River band, met their Queen in the 1800s.

*On September 14, 1838, Rev. Peter Jones, missionary and Chief of the Mississaugas of the Credit, arrived at Windsor Castle to have an audience with Queen Victoria, monarch of the British Empire. Jones was to present to the Queen a petition, on behalf of his people, requesting title to their reserve lands at the Credit River. Before actually meeting the Queen, however, a question had to be resolved: What would Jones wear before the Queen? Jones tells of the dilemma in his diary:*

*His Lordship [Lord Glenelg, Colonial Secretary] appeared glad to see us, and gave us a hearty shake of the hand. The conversation was about the costume in which I should be presented to the Queen. His Lordship thought I had better appear in the English dress, as he did not know what the Indian dress was, and therefore did not know if it would be proper to appear in it and asked if it was like the Highland*

# CULTURE AND HISTORY

*Scotch dress? We informed His Lordship that it was not like the Highland dress, but that it was a perfect covering, and that I had appeared in it at large promiscuous assemblies. Lord Glenelg then said he would go and speak to, Lord Melbourne on the subject. He was absent a few minutes, and on his return said that Lord Melbourne thought I had better appear in my English dress. So we left Lord Glenelg with the understanding that I should come up to the Castle in my English dress; but to bring my Indian costume to the Castle. Lord Glenelg came to the inn in about half an hour after we had left the Castle, and said that he called in order to request that I would bring with me the whole of my dress to the Castle. At about half-past 2 p. m. we rode in a close fly to the Castle and on appearing before His Lord ship, I showed him the Indian costume, and when he had looked at it, he said I had better begin to put it on. I said if His Lordship thought it best to put it on I should. He replied that it was, and asked how long it would take me to dress? I said about twenty minutes. His Lordship then left us the use of his room to dress in. I then proceeded with the assistance of Mr. A. to undress and to put on the Indian costume as fast as I could, and finished dressing by the time specified above.*

Although a respected Methodist clergyman, Jones often wore traditional garb in the many speeches he gave throughout Britain to raise money for mission work back in Canada. A showman, as well as a minister, he knew his traditional attire would draw the curious to his talks, and hopefully, he could then convince them to contribute to his cause. In time, Jones would refer to his traditional dress as his “odious Indian Costume”. Why would Jones refer to his traditional dress in such a fashion? Perhaps a clue can be gleaned from a letter written by Nahnebahnwequay (Mrs. Catharine Sutton). “Nahnee” was born at the Credit River Mission Village in 1824 and lived there until she moved to Nawash in 1846. A fierce advocate for her people, she found herself in England on June 19, 1860, to present the grievances of the Nawash people respecting their lands

and rights to Queen Victoria. Like Peter Jones before her, the issue of what to wear before the Queen was an issue. Her people desired that she wear traditional dress before Victoria, but Nahnee would not do so and dressed as would any of her respectable settler neighbours back in Canada. The British press reported her sentiments:

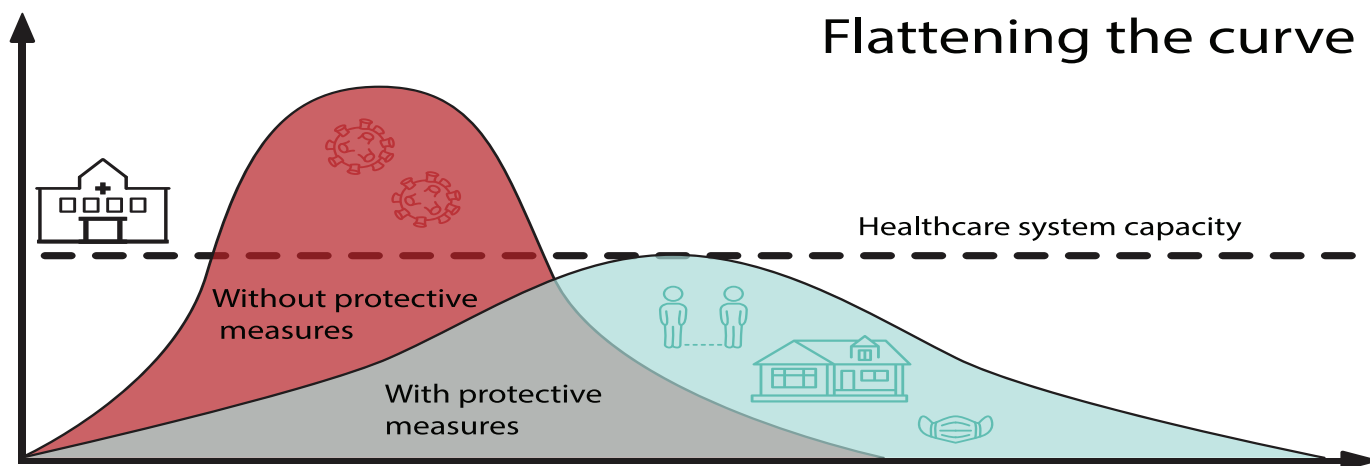
*"This is the way we dress... we are not pagans...we try to be like white people...and do what we can to be civilized people."*

Nahnee was not ashamed of her people when she said, “we try to be like people”, but was articulating that she and her people wanted to enjoy the same respect and rights enjoyed by Her Majesty’s other subjects throughout the Empire.

Jones, at the Credit River Mission Village, had seen his people pulled back from the brink of extinction and transform themselves into highly successful farmers with a village containing mills, mechanic shops, a school, and church. Perhaps wearing his “odious Indian Costume” seemed a symbolic move backwards to a time when his people were faced with a shrinking land base, suffering the collapse of their traditional economy, were ravaged by disease, and afflicted with despair. While the transformation from a traditional lifestyle to an agrarian one had not been an easy one, the Mississaugas could pride themselves on their resiliency and adoptability. Nahnee, who had grown up in the Mission Village, was proud of her people and the way they had shown themselves every bit as capable and worthy of respect as any settler in Canada.

To learn more about Pere Jones or Nahnee, read Donald B Smith’s, *Mississauga Portraits*:

*Ojibway Voices from Nineteenth-Century Canada* and *Sacred Feathers: The Reverend Peter Jones (Kahkewaquonaby) and the Mississauga Indians*.







## Akina Akiing Kwe Giizhigad! International Women's Day



Because of you, March 8, 2020 we celebrated  
Akina Akiing Kwe Giizhigad!

## March 22, 2020



On World Water Day, we continue to pray for our access to clean water for all of our communities. As Anishinabek Nation Chief Water Commissioner, I will continue to use my voice to advocate for our sacred waters and for the ones who need clean drinking water.

We are in a critical time right now with the impact of the Coronavirus 2019 pandemic. A part of me thinks that Mother Earth is hearing our prayers because with all of the isolations and lessened activity, there is evidence that she is breathing. Mother Earth is just showing us how powerful she is. Polluted skies are clearing, waters are self-cleaning in some countries and carbon footprints have been reducing, leaving some positive impacts. In this critical time, keep supporting each other, help one another, check-in on each other, keep praying and always keep Mother Earth as our priority so we can have a future.

**- Autumn Peltier**

Anishinabek Nation Chief Water Commissioner

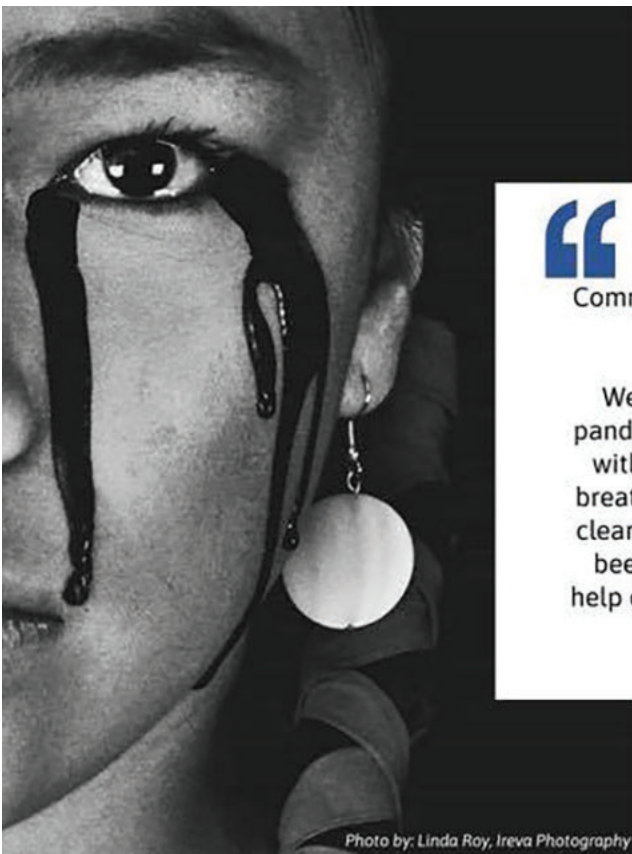


Photo by: Linda Roy, Irevia Photography

# CULTURE AND HISTORY

## Federal Indian Day School Class Updates

March 12, 2020

In response to the pandemic outbreak of Coronavirus (COVID-19) Gowling WLG is cancelling all Community Assistance Sessions until further notice to prevent spread of the virus.

We recognize that many claimants are elders living in remote communities, and bringing everyone together creates a possible risk of exposure. Our team will continue to monitor the situation and we apologize for any inconvenience this may cause.

If you have any questions or would like to arrange video conference presentations and virtual legal support for your community, or would like one-on-one support filling out your Claim Form, please call Class Counsel at 1-844-539-3815 or by email at [dayschools@gowlingwlg.com](mailto:dayschools@gowlingwlg.com).

March 10, 2020

Your Registration Form is Not Your Claim Form  
Survivors have been asking why information provided during the registration form process must be provided again with Claim Forms.

The registration form is independent from the claims process. Registration forms were only used to include Survivors within the class action as part of the opt-in process.

All Survivors are encouraged to complete a Claim Form for compensation and provide as much information as possible, including the narrative and any supporting documentation to verify level of compensation.

If you have any questions or require support through the claims process, please call the Claims Administrator at 1-888-221-2898.

February 21, 2020

SCAM ALERT: Do Not Give Out Your Banking Information

We are hearing that Survivors are being contacted by individuals posing as representatives from Gowling or Deloitte and asking for Survivors' banking information. This is a scam.

Gowling and Deloitte are not asking for and do not need this information from you. In respect of the Indian Day School Claims Process, do not give out your personal banking information.

If you have any questions at all about compensation, please call Deloitte, the Claims Administrator, directly: 1 (888) 221-2898.

CLAIM FORMS can be found on our website at: <https://indiandayschools.com/en/wp-content/uploads/indian-day-schools-claim-form-en.pdf>

## Ontario Enacts Declaration of Emergency to Protect the Public

GROUPS HAVE CHANGED TO 5 PEOPLE  
VISIT [Ontario.ca/coronavirus](https://ontario.ca/coronavirus) to keep updated.

As of March 17, 2020, the Government of Ontario has declared a state of emergency in the province.

**Closures of the following will be legally required:**

- Indoor recreation facilities
- Public libraries
- Child care facilities
- Private schools
- Theatres
- Concert Venues
- All bars and restaurants, excepting those that provide takeout or delivery options

**All organized public events of over 50 people are prohibited, including parades, events and communal services within places of worship.**

**These measures will remain in place until March 31, 2020 unless terminated earlier.**

[Ontario.ca/coronavirus](https://ontario.ca/coronavirus)

Ontario 



## North American Indigenous Games

**March 25, 2020**

### **NAIG 2020 Postpones July Games**

The North American Indigenous Games (NAIG) Council and NAIG 2020 Host Society are announcing to all our athletes, funders, partners and friends that the Games, scheduled to be held July 12 – 18 in Kijipuktuk (Halifax), Aldershot and Millbrook, have been postponed due to the ongoing situation with COVID-19. During the coming weeks, NAIG Council and the NAIG 2020 team, along with funders and partners, will be implementing options around the postponement.

“The collective goal for all of us at this time is to keep everyone safe and healthy,” says Tex Marshall, President of NAIG 2020. “To abide by the recommendations and guidance of the Nova Scotia government and its healthcare professionals is critical to slowing and eliminating this pandemic, even if it means the delay of something amazing. We at NAIG 2020 are proud of Nova Scotia’s remarkable and unfaltering efforts during this crisis.”

The North American Indigenous Games have always been about young athletes, and the opportunity and the change sport and culture can bring to their lives. While there will be much planning ahead, it is our intention to work towards the full experience for these young athletes, in Kijipuktuk (Halifax). Plans include exploring special concessions to ensure that athletes eligible to compete at the Halifax 2020 NAIG remain eligible to participate in the rescheduled Games.

Says Dale Plett, President of the Council, “The magic of the Games, even before they happened, had already

begun to reverberate throughout the beautiful city of Halifax. The focus now is for NAIG Council to work with the Host Society, NAIG funding partners and other key stakeholders to deliver the Games, in Halifax, in 2021. Until then, let’s hold onto the idea of celebration and join together, then—Indigenous and others—next summer.”

About the NAIG 2020 Host Society: The Host Society oversees, develops and implements all planning for the Games. The event is the largest multi-sport and cultural event ever to be held in Atlantic Canada. More than 5000 athletes, coaches and team staff from 756 Indigenous nations will take part in cultural celebrations and compete in 16 sports across 21 venues, with the help of 3000 volunteers. NAIG 2020 was scheduled to take place from July 12 to 18 in Kijipuktuk (Halifax), Millbrook First Nation, and Aldershot, Nova Scotia.

About North American Indigenous Games (NAIG) Council: The NAIG Council is the International Governing Body for NAIG and helps actualize the collective potential of the bodies, minds, and spirit of our people and their hopes and dreams. The Council oversees all matters pertaining to the Games, including the inclusion of purposes and philosophies during the event that are consistent with the cultural, spiritual and traditional values of the peoples represented in the games. In all activities, the Council ensures the promotion and encouragement of holistic, individual development that assures mental, physical, emotional and spiritual growth.

Media contact: [info@naig2020.com](mailto:info@naig2020.com)

**STAY SAFE**  
together we will get through this



## Assembly of First Nations Declares State of Emergency on COVID-19 Pandemic

March 24, 2020

(Ottawa, ON): The Assembly of First Nations (AFN) is officially declaring a State of Emergency for First Nations regarding the COVID-19 coronavirus pandemic. The AFN is pressing for immediate increases in funding for First Nations and full involvement in all discussions with governments on planning and preparedness to ensure the unique needs of First Nations are addressed.

"The AFN is declaring a State of Emergency because First Nations need to be fully supported to meet all of the public health recommendations that this pandemic warrants," said AFN National Chief Bellegarde. "First Nations are the most vulnerable communities in the country and prevention efforts and preparation for critical care must be stepped up now. While the federal funding announced recently is a start, it is inadequate to meet the anticipated needs. This is about the health and safety of First Nations families and communities. We need to act now."

The Assembly of First Nations national Executive Committee, comprised of the National Chief and AFN Regional Chiefs from across the country, held an emergency meeting on March 21, 2020 to assess the current situation and readiness of First Nations. On March 23, the AFN Executive Committee members passed a motion declaring a national State of Emergency. The motion calls for increased resources and support for First Nations, and that funding be provided on a "needs and equity basis," with specific consideration for northern, remote and isolated communities. The motion states that "First Nations leadership be fully and meaningfully involved at the decision-making tables in the development of all plans, legislation, policies, budget allocations and regulations regarding the COVID-19 pandemic federally and provincially." The motion also affirms AFN support for all First Nations that have already declared states of emergency, travel bans and other measures.

National Chief Bellegarde pointed out the unique circumstances First Nations face that require unique approaches noting, for example, that there are 96 remote fly-in First Nations across the country that are not easily accessible. These kinds of situations require increased supports and direct engagement with First

Nations in planning and preparedness.

AFN Yukon Regional Chief Kluane Adamek, who chairs the AFN Chiefs Committee on Health, said: "The crisis we face is serious. We must take the direction of health officials seriously. The time is now to flatten the curve. There is a role and responsibility for everyone – youth, Elders, leadership and our communities – and we must support our most vulnerable. Governments need to respond to this State of Emergency. We need to be coordinated and working together because First Nations need to be prepared and we need to be supporting them."

The National Chief is communicating the AFN Executive Committee decision directly to the Government of Canada and is seeking an immediate response.

The AFN is the national organization representing First Nations citizens in Canada. Follow AFN on Twitter @AFN\_Updates.

For more information please contact:

Michael Hutchinson  
Senior Communication Advisor  
Assembly of First Nations  
613-241-6789 ext. 244  
613-859-6831 (cell)  
mhutchinson@afn.ca

Monica Poirier  
Bilingual Communications Officer  
Assembly of First Nations  
613-241-6789 ext. 382  
613-292-0857 (mobile)  
poirierm@afn.ca

Reference:

[https://www.afn.ca/assembly-of-first-nations-declares-state-of-emergency-on-covid-19-pandemic/?fbclid=IwAR3SYI9gjlPMyb6UcNVKU2fDC0TLazTaQDY\\_xfvVmHa6cHU5zt1NI92ke0](https://www.afn.ca/assembly-of-first-nations-declares-state-of-emergency-on-covid-19-pandemic/?fbclid=IwAR3SYI9gjlPMyb6UcNVKU2fDC0TLazTaQDY_xfvVmHa6cHU5zt1NI92ke0)



## Four Medicines on the Medicine Wheel

**North-Sweetgrass:** Is a calming when burned, tea is used for treating fevers, sore throats, coughs

**West-Sage:**  
Is a natural anti-bacterial.

**East-Tobacco:**  
Offered for prayers and to a fire to go straight to Creator

**South-Cedar:** Is a natural anti-viral and a diaphoretic. High Vit. C. Colds-antiseptic, expectorant, anti-inflammatory, digestive, urinary, antimicrobial, insect repellent.



### Immune Builder Herbs

|              |            |                        |            |
|--------------|------------|------------------------|------------|
| Lemon Balm   | Fir Balsam | Roasted Dandelion Root | Red Clover |
| Nettle       | Astragalus | Squidoh (Wild Ginger)  | Bear Root  |
| White Pine   | Cedar      | Cinnamon Stick         | Red Clover |
| Labrador Tea | Chaga      | Plantain               | Lavender   |

These are some herbals that some use for immune building. One or many of the immune building teas can be used. For making a tea, 1) roughly use a cupped palm full for each herb. When or if using chaga use half that amount. If you do not have the herbals, you can use 1 or 2 tea bags from a store. 2) Put all of your herbals into 4 litres of water. 3) Bring to boil, then simmer for 15 minutes. 4) When cool, strain and put the herbs in a container to reuse later or put back out to Mother Earth. 5) Pour herbal mixture, the strained tea into glass jars. 6) Warm to drink 2 cups a day. Do this for each of the medicines listed here and on the nex page.



# CULTURE AND HISTORY

## Respiratory

Cedar  
Dandelion

White Pine  
Bear Root

Fir Balsam  
Chaga

Coltsfoot  
Catnip

One mixture such as White Pine Needle Tea: has been used by Indigenous people for its healing properties. Early settler in Canada and New England used it as a cure for Scurvy, which is caused by lack of Vitamin C. Pine needle tea is great for colds, chest congestion and upper respiratory illnesses. It is an antioxidant, has high Vitamin C and A. It is also hung up in windows and doors just like cedar for protection.

Cedar: Is a diaphoretic and antiviral.

## Fever

Cedar  
Squidoh

Bear Root  
Linden Flower

Catnip Peppermint  
Dandelion Elder Flowers

## Herbals

As you can see one herbal can address many things. I encourage you to do your own research at this time. I have taken many herbal courses, learned from other herbalists or Indigenous people and I have developed a relationship with various plants because they are our relatives and have a spirit too. I have taken Western based courses and still do. I continue to do my own research and consult with other herbalists. The first protocol is to do your prayer and offer semma (Tobacco) and the plant is awaiting for what your request is. Semma is burnt again when making it for whomever you are making it for and the instructions. The reciprocal relationship is the giving of the prayer and the semma (tobacco).

## Foods

Garlic, ginger, turmeric, maple syrup, honey, cloves, fish, berries, corn

## Essential Oils

1. Topically. Can be used topically with a carrier oil (almond, grapeseed, olive, etc.), immune support, immediate, comfort. Faster if put directly into the belly button area.
2. Aromatically. Used within a diffuser to spread within the air, or rub two drops on palm and inhale. Affects mood, cleanses air, opens airway. If you do not have a diffuser, you can use a pot that you are not going to use anymore and just use for a diffuser and add water to the pan and then add the essential oils up to 15 drops in. Can be a combination of one or more up to 15 drops.

Eucalyptus: bronchitis, Lavender: anxiety, Rosemary: cough, disinfecting, Tea Tree: antiseptic, Cinnamon: pneumonia, Cedar: supports respiratory, Peppermint: headache, asthma, congestion, fever.

Photos of some medicines can be view on the next page.



## Here is a list of where you can purchase some product locally.

Dancingmoon Holistic 519-802-7015 , Owner Valarie King, Chartered Herbalist has premixed immune building teas, essential oils, hand sanitizers, herbals, homemade sanitizers, and diffusers. Contact email: dancingmoonholistic@gmail.com

Ancestral Voices (Six Nations) has herbal teas.

Goodness Me (Brantford) has essential oils, herbal teas.

Most local groceries stores have some herbal teas.

Local areas have abundance of white pine and cedar.

*Miigwech to Valarie King, owner Dancing Moon Holistic for sharing these natural medicines with the Eaglepress!*



nettle



lavendar



plantain



## COMMUNITY INITIATIVES

TO NOMINATE AN INSPIRATIONAL ROLE MODEL, THE RECOGNITION AWARD FORM IS ENCLOSED IN THIS ISSUE OF THE EAGLEPRESS. MIIGWECH

### RECOGNITION AWARDS COMMITTEE



Recognizing MCFN Inspirational Role Models

Who do you admire? Who inspires you? Who brings pride to our Nation?

Help recognize MCFN outstanding achievers.

A Recognition Awards Committee has been established and will need your help to identify members who should be presented with a special recognition award.

Nominees must be Individuals who :

- Are members of the Mississaugas of the Credit First Nation.\*
- Have made an important contribution to our Nation.
- Demonstrate outstanding achievements
- Are a role model for others.

There will be two awards presented in 2020. Nominations will be open April 1st to September 1st. The forms will be available on the website, at community events and in the Newsletter.

#### Trailblazer Award

This award recognizes an individual who has provided service to the MCFN by increasing MCFN profile or status with external communities, influencers and partners.

#### Community Volunteer Award

This award recognizes an individual who has shown outstanding generosity, resulting in service or support to MCFN through their time, actions, talents and dedication.

\*Awards can be made posthumously to family members.

\*Current elected Council members are not eligible



## Things to do while under self quarantine.

Meditate: Take even 5 minutes to be still and breathe.

Get some movement in during the day. Go for a walk. Stretch. Many apps are free do what is best for you.

Go outside and breath some fresh air. Remember social distancing.

Call or FaceTime loved ones. We will get through this together.

Catch up on your sleep.

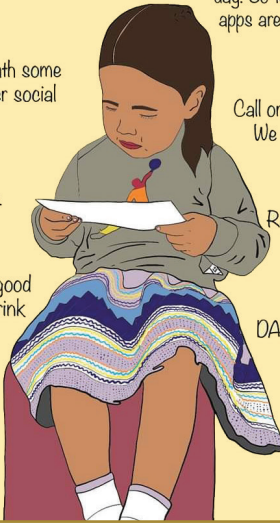
Remember to wash your hands frequently.

Eat good meals. Speak good things into existence. Drink water.

DANCE! Remember to take time to have fun!

Think good thoughts.

Take time away from technology.



TO ALL ESSENTIAL WORKERS,  
**THANK YOU!**

Government of Canada / Gouvernement du Canada

## ENJOY THE OUTDOORS, WITHOUT A TICK

**Lyme disease** is spread by the bite of infected blacklegged ticks. These ticks are often found in and near areas with trees, shrubs, tall grass or piles of leaves.

Follow these tips when heading outside:



01

### PREVENT

- ☒ Use bug spray with DEET or icaridin (always follow directions).
- ☒ Wear closed-toe shoes, long sleeves and pants.
- ☒ Tuck your shirt into your pants, and your pants into your socks.
- ☒ Walk on paths.



02

### CHECK

- ☒ Do a daily full body tick check on yourself, your children, your pets and your gear.
- ☒ Shower or bathe as soon as possible after being outdoors.
- ☒ Put your clothes in a dryer on high heat for at least 10 minutes.



03

### TAKE ACTION

- ☒ Use tweezers to immediately remove attached ticks by slowly pulling them straight out. Try not to twist or squeeze the tick.
- ☒ Wash the bite area with soap and water or alcohol-based sanitizer.
- ☒ Contact your health care provider if you're not feeling well or if you are concerned after being bitten by a tick.
- ☒ Keep the tick in a closed container and bring it with you if you go see your health care provider.

For more information, visit  
[Canada.ca/LymeDisease](https://Canada.ca/LymeDisease)

Canada

**PLAYER OF THE GAME**

HEART. HUSTLE. HARD WORK.

OFFENSE. DEFENSE. TEAM WORK.

There were two things people were worried about at the 2020 HoopDome U14 Tourney this year. The corona virus, and if #13 from the Huskies was guarding you. Ivany's defensive play has been on the rise all season, and it was on point against the Stingers in the final pool game on Saturday. Whether it was boxing out opponents all the way back to Oakville, or his steals and jumped passes, Austin was a big part of the Huskies shut down defense this weekend. And we will always take those points that come from hard work on the offensive boards as well, so thanks for those AI., Fantastic work #13, and on to the semi finals!

**AUSTIN IVANY 13**

Whenever you need to talk, we're open.



Call 1-800-668-6868

Chat at [KidsHelpPhone.ca](https://KidsHelpPhone.ca)

Text 686868

Kids Help Phone



## Statement from the Chief Medical Officer of Health

March 30, 2020 12:40 P.M.

TORONTO — Today, Dr. David Williams, Chief Medical Officer of Health, issued the following statement in response to COVID-19:

"The Government of Ontario continues to take decisive action to respond to the 2019 Novel Coronavirus (COVID-19) to help contain its spread and to protect the public. This has involved some unprecedented measures, and I know many of you continue to undertake great efforts to protect your families, friends, neighbours, clients and patients, and communities.

However, we must do more.

Everyone has a role to play in reducing the risk of spreading COVID-19 - there is no option for anyone to opt out.

The lives of many Ontarians, especially our community's most vulnerable citizens, are in your hands and will depend on your actions over the coming days and weeks.

I strongly recommend you and other members of your household stay home except for essential reasons, such as to:

- Access health care services;
- Shop for groceries;
- Pick-up medication at the pharmacy;
- Walk pets when required; and
- Support vulnerable community members with meeting the above needs.

To the fullest extent possible, you should also limit the number of these essential trips. However, when you are out in public you must adhere to physical distancing by reducing your exposure to other people outside of your household by keeping two metres from other people.

Given the greater risk of severe outcomes to Ontarians who are elderly, I am also strongly recommending that individuals over 70 years of age self-isolate. This means only leaving home or seeing other people for essential reasons. Where possible, you should seek services over the phone or internet or ask for help from friends, family or neighbours with essential errands. This also applies to individuals who have compromised immune systems and/or underlying medical conditions.

**Statement from the Chief Medical Officer of Health**

March 30, 2020 12:40 P.M.

As we have been saying repeatedly, it is critically important to wash your hands regularly (or use alcohol-based hand sanitizer if soap and water are not available), practice proper cough and sneeze etiquette, and avoid direct contact when greeting people.

In addition, as previously communicated and mandated by the federal government, all individuals who are returning from travel outside of Canada must self-isolate for 14 days when they return. You must not go to work, grocery stores or on walks. You should also monitor yourself for symptoms of COVID-19 for 14 days after returning and contact your primary care provider or Telehealth Ontario (1-866-797-0000) if you experience symptoms of COVID-19.

I also ask that family members, individuals, neighbours, and services in our communities look at how they can support others by taking these necessary actions. This would allow seniors, other at-risk populations, and returning travellers to remain at home.

The government is continuing to support all of the dedicated health care providers and front-line workers who are focused on keeping Ontarians healthy and safe.

We need to remember that we all have an obligation to reduce the risk of spreading COVID-19 to our families, friends, neighbours, and communities. Please do not underestimate the impact that your actions will have in helping to stop the spread of this virus.

For more information on COVID-19, including the current status of the outbreak, the online [self-assessment tool](#) to help determine how to seek further care, how Ontario is responding, and how to self isolate, please visit [Ontario's COVID-19 web page](#).

Thank you for your ongoing action and commitment."

**David Jensen** Communications Branch  
media.moh@ontario.ca  
416-314-6197

**Hayley Chazan** Senior Manager, Media Relations  
hayley.chazan@ontario.ca

[Available Online](#)  
[Disponible en Français](#)

# CORONAVIRUS

## Case Characteristics

Table 1. Summary of cases of COVID-19: Ontario, January 15, 2020 to March 31, 2020

|                             | Number | Percentage     |
|-----------------------------|--------|----------------|
| Number of cases             | 2,392  | N/A            |
| Change from previous report | 426    | 21.7% increase |
| Gender: Male                | 1,189  | 49.7           |
| Gender: Female              | 1,189  | 49.7           |
| Ages: 19 and under          | 55     | 2.3            |
| Ages: 20-39                 | 724    | 30.3           |
| Ages: 40-59                 | 850    | 35.5           |
| Ages: 60-79                 | 608    | 25.4           |
| Ages: 80 and over           | 152    | 6.4            |

Note: 14 cases did not specify male or female. The age of three cases were unknown.

Data Source: integrated Public Health Information System (iPHIS) database

## Exposure

Table 2. Confirmed cases (n=2,392) of COVID-19 by exposure type: Ontario, January 15, 2020 to March 31, 2020

|                             | Number | Percentage |
|-----------------------------|--------|------------|
| Travel*                     | 567    | 23.7       |
| Contact of a confirmed case | 254    | 10.6       |
| Neither                     | 386    | 16.1       |
| Information pending         | 1,185  | 49.5       |

\* Travel within the 14 days prior to becoming ill; travel locations are provided in [Appendix A](#).

Data Source: integrated Public Health Information System (iPHIS) database

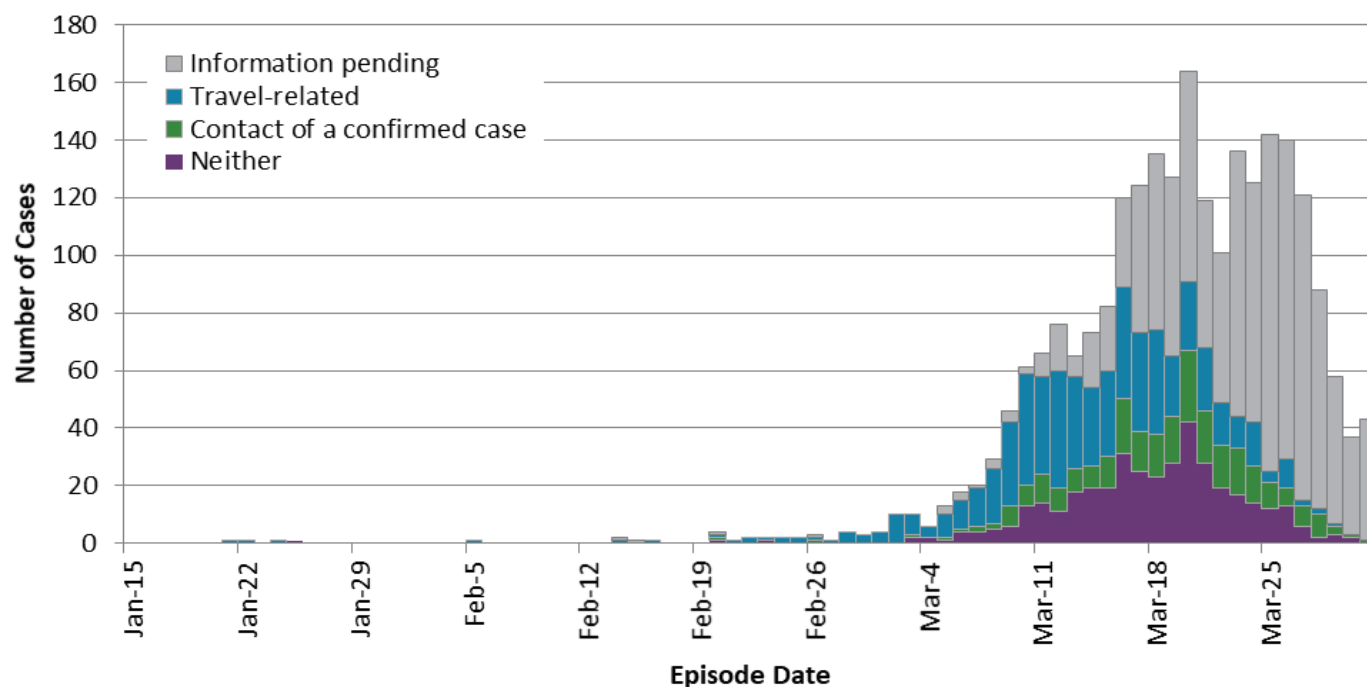
## Severity

Table 3. Confirmed cases (n=2,392) of COVID-19 by severity: Ontario, January 15, 2020 to March 31, 2020

|   | Number | Percentage |
|---|--------|------------|
| Cumulative hospitalized   | 270    | 11.3       |
| Cumulative intensive care   | 91     | 3.8        |
| Cumulative deaths reported (please note there may be a reporting delay for deaths in iPHIS) | 37     | 1.5        |

Data Source: integrated Public Health Information System (iPHIS) database

Figure 1. Confirmed cases (n=2,392) of COVID-19 by episode date and exposure: Ontario, January 15, 2020 to March 31, 2020\*



Note: Travel-related refers to travel within the 14 days prior to becoming ill.



## Long-Term Care Homes

**Table 4. Confirmed COVID-19 outbreaks reported in long-term care homes and total number of associated cases**

| Indicator  | Count |
|--|-------|
| Number of confirmed COVID-19 outbreaks in long-term care homes (LTCHs)                 | 12    |
| Total number of cases** reported as part of the confirmed COVID-19 outbreaks in LTCHs  | 230   |
| In residents   | 135   |
| In staff   | 92    |
| Total number of deaths** reported as part of the confirmed COVID-19 outbreaks in LTCHs | 12    |
| In residents   | 11    |
| In staff   | 0     |

**Data Source:** Integrated Public Health Information System (iPHIS) database

\*\*Includes all outbreak-related cases and deaths, regardless of whether the case was laboratory confirmed (deaths among non-laboratory confirmed cases reported here are not included in table 3). May include cases other than residents or staff, such as volunteers.

## CORONAVIRUS DISEASE (COVID-19)

Symptoms are usually mild to moderate and can include:



FEVER



COUGH

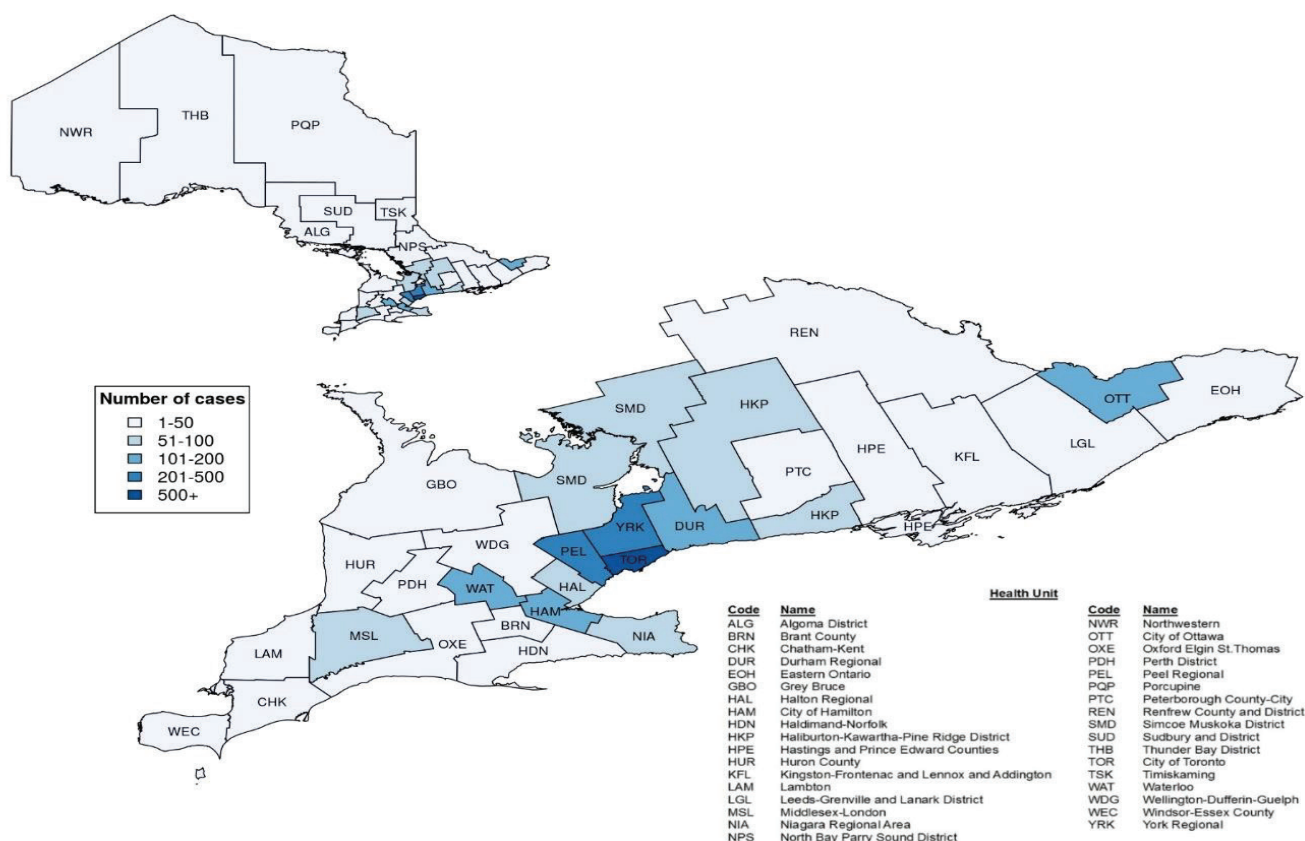


DIFFICULTY BREATHING

[CANADA.CA/CORONAVIRUS](https://canada.ca/coronavirus)

Canada

**Figure 2. Confirmed cases (n=2,392) of COVID-19 by public health unit: Ontario, January 15, 2020 to March 31, 2020**



# CORONAVIRUS

## Canadian epidemiology

**Table 1.** Summary of COVID-19 cases reported in Canada by location, March 31, 2020, 11:00 AM EST.

| Location               | Total Cases  | Total Confirmed | Total Probable | Total Deaths | New cases    | % change   | People tested per 1,000,000 | People Tested  |
|------------------------|--------------|-----------------|----------------|--------------|--------------|------------|-----------------------------|----------------|
| BC                     | 970          | 970             | 0              | 19           | 86           | 10%        | 6,895                       | 34,969         |
| AB                     | 690          | 690             | 0              | 8            | 29           | 4%         | 10,536                      | 46,057         |
| SK                     | 176          | 176             | 0              | 2            | 20           | 13%        | 7,980                       | 9,372          |
| MB                     | 96           | 83              | 13             | 1            | 24           | 33%        | 6,080                       | 8,326          |
| ON                     | 1,966        | 1,966           | 0              | 33           | 611          | 45%        | 3,838                       | 55,909         |
| QC                     | 3,430        | 3,430           | 0              | 25           | 590          | 21%        | 7,960                       | 67,540         |
| NL                     | 148          | 148             | 0              | 1            | 13           | 10%        | 6,571                       | 3,427          |
| NB                     | 68           | 68              | 0              | 0            | 2            | 3%         | 3,218                       | 2,500          |
| NS                     | 127          | 127             | 0              | 0            | 5            | 4%         | 6,809                       | 6,614          |
| PE                     | 18           | 18              | 0              | 0            | 7            | 64%        | 3,511                       | 551            |
| YK                     | 5            | 5               | 0              | 0            | 1            | 0%         | 16,840                      | 688            |
| NT                     | 1            | 1               | 0              | 0            | 0            | 0%         | 16,508                      | 740            |
| NU                     | 0            | 0               | 0              | 0            | 0            | 0%         | 4,074                       | 158            |
| Repatriated travellers | 13           | 13              | 0              | 0            | 0            | 0%         |                             | NA             |
| <b>Total</b>           | <b>7,708</b> | <b>7,695</b>    | <b>13</b>      | <b>89</b>    | <b>1,388</b> | <b>22%</b> | <b>6,301</b>                | <b>236,851</b> |

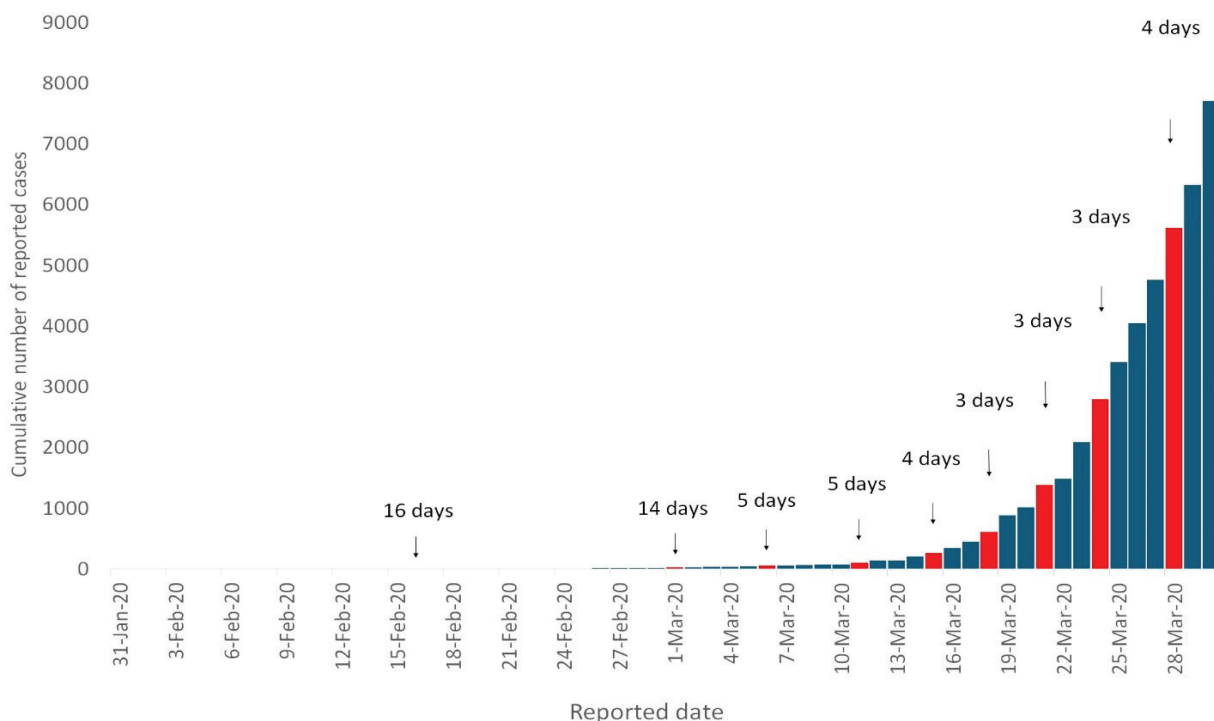
**Notes:** New cases are those reported since the previous report. Probable cases have tested positive at a provincial laboratory and are awaiting confirmatory testing results from the National Microbiology Laboratory. Laboratory testing numbers may represent an underestimation due to reporting delays and may not include additional sentinel surveillance or other testing conducted in the P/T. For QC, the significant increase in confirmed cases is explained by the fact that since March 22, 2020, cases tested positive by hospital laboratories are now considered confirmed. They no longer need validation by the Laboratoire de santé publique du Québec (LSPQ).

A total of 236,851 people have been tested for COVID-19 in Canada. This corresponds to a test rate of 6,301 per million population.

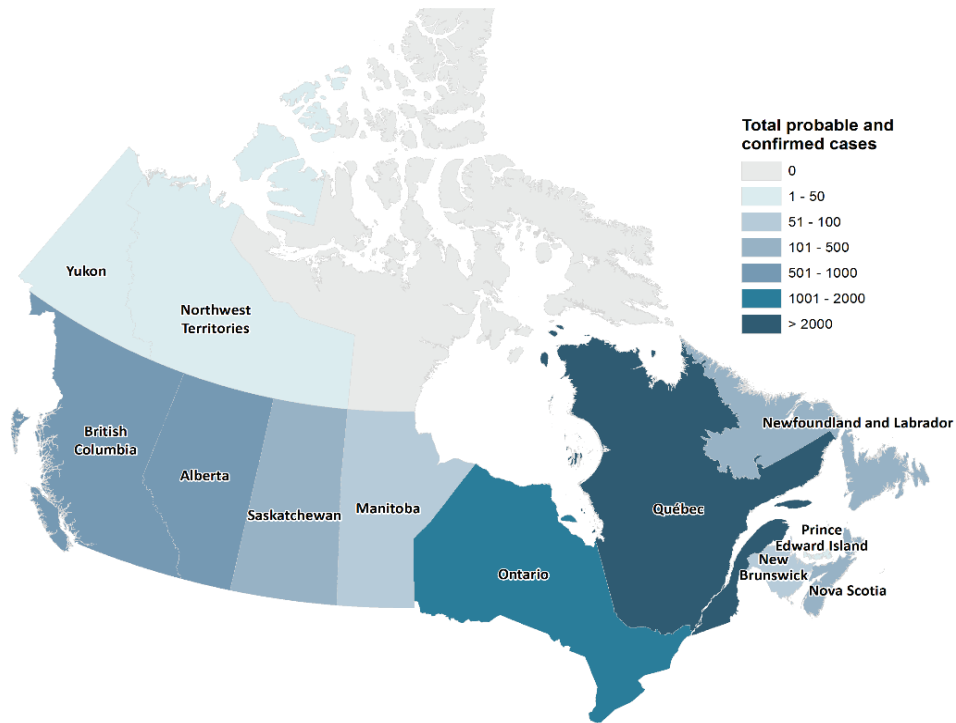
- Testing volumes vary across the country.
- Percent positivity is 3.5%.

Real-time data on the distribution of cases and deaths in Canada can be found in the [interactive map of COVID-19](#).

**Figure 2.** Doubling time of cumulative number of reported COVID-19 cases in Canada by date of report, March 31, 2020, 11:00 AM EST (n=7,708)



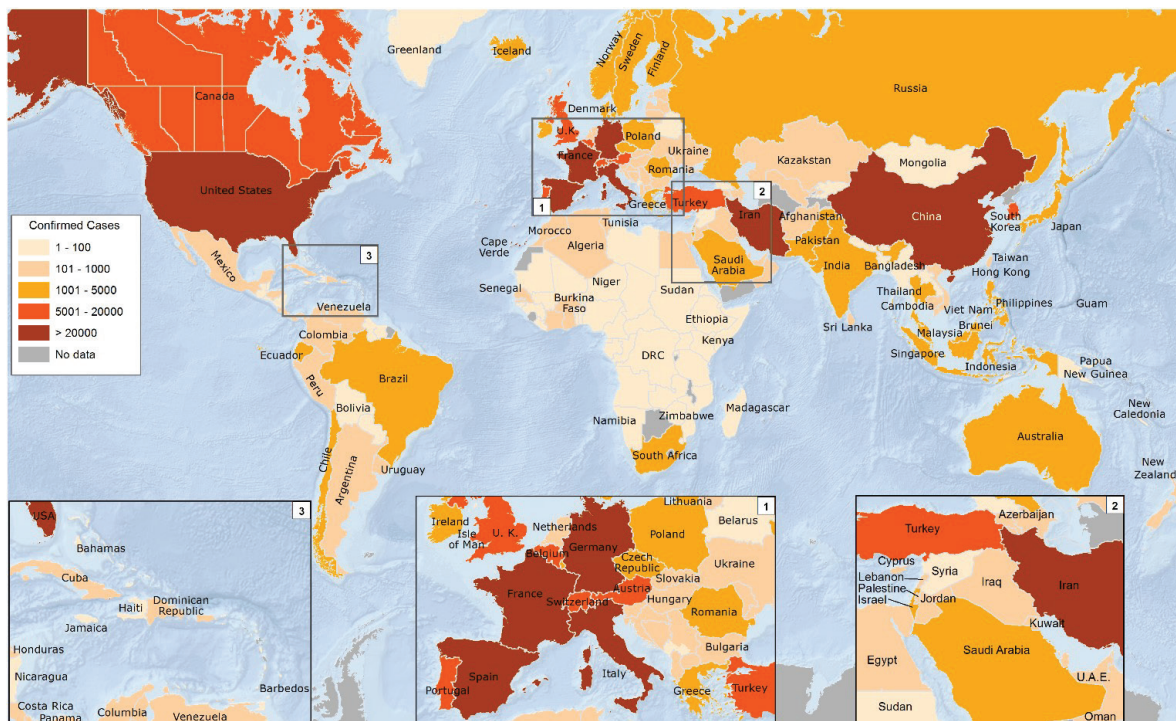
A summary of the cumulative cases of COVID-19 in Canada compared to other countries by date of report can be seen in **Figure 3**.



*Data source: Surveillance and Risk Assessment, Epidemiology Update. Map Created by NML, Geomatics*

The distribution of cumulative number of cases by report date (using publicly available PT data) can be seen in **Figure 2**.

- The epidemic doubling period of COVID-19 cases in Canada, defined as the number of days between doubling of cumulative case counts is marked with red bars.
  - Reported cases double at a rate of every three to five days since March 1.



\***Information Sources:** Hong Kong Centre for Health Protection, Chinese Center for Disease Control and Prevention, Health Commission of Hubei Province, Iran MOH, Spain MOH, Germany MOH, France MOH, Norway MOH, Netherland MOH, Italy MOH, US CDC, and ECDC Situation update.



## COVID-19

### Haldimand Norfolk Health Unit TESTING SITE IN HAGERSVILLE BY APPOINTMENT ONLY

Testing site in Hagersville is by appointment only.  
The Haldimand Norfolk Health Unit is arranging testing for clients who  
meet the Novel Coronavirus (COVID-19) case definition.  
Call hotline: 519-426-6170 x 9999

The first reported case of #COVID19 reported in Canada displayed symptoms on January 15, 2020. Since then, the number of cases has increased significantly. Do your part to #flattenthecurve by staying home if possible and taking all necessary precautions if you need to leave your house. Visit our epidemiological summary page for more statistics, including a breakdown of the number of new reported cases per day: <http://ow.ly/3F1E50z03W1>

## COVID-19 data at your fingertips

CANADA.CA/CORONAVIRUS

Canada

## Coronavirus Disease 2019 (COVID-19)

### How to wash your hands



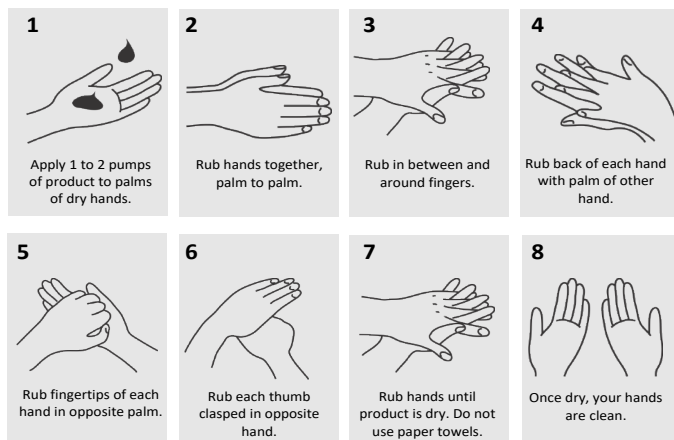
Wash hands for at least 15 seconds



### How to use hand sanitizer



Rub hands for at least 15 seconds



#### Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

The information in this document is current as of March 16, 2020.

©Queen's Printer for Ontario, 2020



## Coronavirus Disease 2019 (COVID-19)

### Self-isolation: Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a 'close contact'.

Your local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

#### Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



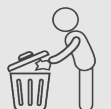
#### Wear mask and gloves

- Wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).



#### Dispose of gloves and mask after use

- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.



#### Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.



#### Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes.



#### Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



#### Wash laundry thoroughly

- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.



#### Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.



#### Contact your public health unit:

#### Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus)



## ABOUT CORONAVIRUS DISEASE (COVID-19)

### WHAT IT IS

**COVID-19 is an illness caused by a coronavirus.**

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

### SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



FEVER



COUGH



DIFFICULTY BREATHING

### HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

### PREVENTION

The best way to prevent the spread of infections is to:



- ▶ wash your hands often with soap and water for at least 20 seconds



- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands



- ▶ avoid close contact with people who are sick



- ▶ when coughing or sneezing:
  - cover your mouth and nose with your arm or tissues to reduce the spread of germs



- immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards



- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.



- ▶ stay home if you are sick to avoid spreading illness to others

### IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:



- ▶ stay home to avoid spreading it to others
  - if you live with others, stay in a separate room or keep a 2-metre distance



- ▶ call ahead before you visit a health care professional or call your local public health authority
  - tell them your symptoms and follow their instructions



- ▶ if you need immediate medical attention, call 911 and tell them your symptoms.

## FOR MORE INFORMATION ON CORONAVIRUS:

☎ 1-833-784-4397

@ [canada.ca/coronavirus](https://canada.ca/coronavirus)

✉ [phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada



# BE PREPARED (COVID-19)

## PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

### Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
  - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
  - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
  - Have backup childcare in case you or your usual care provider become ill.
  - If you care for dependents, have a backup caregiver in place.
  - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
  - Shop and use public transit during off-peak hours
  - Exercise outdoors instead of in an indoor fitness club

## COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

## STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



## SHOPPING LIST

### FOOD

- ☐ dried pasta and rice
- ☐ pasta sauces
- ☐ canned soups, vegetables and beans
- ☐ pet food

### HYGIENE

- ☐ toilet paper
- ☐ feminine hygiene products
- ☐ diapers
- ☐ facial tissue
- ☐ soap
- ☐ alcohol-based hand sanitizer

### HEALTH CARE

- ☐ thermometer
- ☐ fever-reducing medications (acetaminophen or ibuprofen for adults and children)

### CLEANING

- ☐ paper towels
- ☐ plastic garbage bags
- ☐ dish soap
- ☐ laundry detergent
- ☐ household bleach
- ☐ household cleaning products

## CORONAVIRUS DISEASE (COVID-19) HOW TO CARE FOR A PERSON WITH COVID-19 AT HOME: ADVICE FOR CAREGIVERS



If you are caring for a person who has been diagnosed with COVID-19, follow this advice to protect yourself and others in the home, as well as those in your community.

### Limit contact

- ▶ Only one healthy person should provide care.
- ▶ Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- ▶ Use a separate bathroom from the ill person if possible. If not possible, the ill person should put the toilet lid down before flushing.

### Protect yourself

- ▶ If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19. These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems
- ▶ If you need to be within 2 metres of the ill person, wear a mask, disposable gloves and **eye protection**.
- ▶ Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- ▶ Do not re-use masks or gloves.
- ▶ Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, masks and eye protection.
- ▶ Dry your hands with disposable paper towels. If not available, use a reusable towel and replace it when it becomes wet.
- ▶ You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- ▶ Avoid touching your eyes, nose and mouth with unwashed hands.

### Keep your environment clean

- ▶ Place used masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- ▶ Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water (60-90°C), and dry well. Clothing and linens belonging to the ill person can be washed with other laundry.
- ▶ At least once daily, use household disinfectants or diluted bleach (one part bleach and 9 parts water) to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes.

### Monitor yourself for symptoms

- ▶ If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person.
- ▶ If you have had direct contact with body fluids of the ill person (e.g. were coughed or sneezed on when you weren't wearing a mask), contact your local **Public Health Authority** for further instructions.
- ▶ If you develop symptoms, isolate yourself as quickly as possible and contact your local **Public Health Authority** for further instructions.



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada



**Maintain these supplies**

- ☐ Surgical/procedure masks (do not re-use)
- ☐ Eye protection
- ☐ Disposable gloves (do not re-use)
- ☐ Disposable paper towels
- ☐ Tissues
- ☐ Waste container with plastic liner
- ☐ Thermometer
- ☐ Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen)
- ☐ Running water
- ☐ Hand soap
- ☐ Alcohol-based sanitizer containing at least 60% alcohol
- ☐ Dish soap
- ☐ Regular laundry soap
- ☐ Regular household cleaning products
- ☐ Bleach (5% sodium hypochlorite) and a separate container for dilution (one part bleach to nine parts water)
- ☐ Alcohol prep wipes



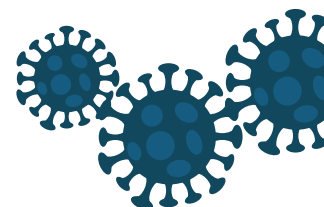
**WE CAN ALL DO OUR  
PART IN PREVENTING  
THE SPREAD OF  
COVID-19. FOR MORE  
INFORMATION, VISIT**

**Canada.ca/coronavirus**  
or contact  
**1-833-784-4397**

**Social distancing now =  
We get summer.**

**No/slow social distancing =  
We don't get summer.**

**#CHOOSESUMMER**



## KNOW THE FACTS

### ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

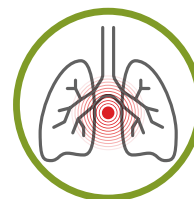
Symptoms of human coronaviruses may be very mild or more serious, such as:



**FEVER**



**COUGH**



**DIFFICULTY BREATHING**

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

#### For more information on coronavirus:

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)

[phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

# KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

## SYMPTOMS OF COVID-19






FEVER



COUGH

DIFFICULTY  
BREATHING

| SELF-MONITORING   | SELF-ISOLATION   | ISOLATION   |
|---|--|---|
|  <p>You have:</p> <ul style="list-style-type: none"> <li>no symptoms</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days</li> </ul>   | <p>You have:</p> <ul style="list-style-type: none"> <li>no symptoms</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19</li> </ul>   | <p>You have:</p> <ul style="list-style-type: none"> <li>symptoms, even if mild</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>you have been <b>diagnosed with COVID-19</b> or are waiting for the results of a lab test for COVID-19</li> </ul>   |
|  <p><b>SELF-MONITOR</b> means to:</p> <ul style="list-style-type: none"> <li><b>monitor yourself</b> for 14 days for one or more symptoms of COVID-19</li> <li>go about your day but <b>avoid crowded places</b> and increase your personal space from others, whenever possible</li> </ul>  | <p><b>SELF-ISOLATE</b> means to:</p> <ul style="list-style-type: none"> <li><b>stay at home</b> and monitor yourself for symptoms, even if mild, for 14 days</li> <li><b>avoid contact with other people</b> to help prevent the spread of disease in your home and in your community in the event you become symptomatic</li> </ul> | <p>To be <b>ISOLATED</b> means to:</p> <ul style="list-style-type: none"> <li><b>stay at home</b> until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others</li> <li><b>avoid contact with other people</b> to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people</li> </ul> |
|  <p>You need to <b>self-monitor</b> if:</p> <ul style="list-style-type: none"> <li>you have reason to believe you have been <b>exposed to a person</b> with COVID-19</li> </ul> <p><b>OR</b></p>  <ul style="list-style-type: none"> <li>you are in <b>close contact</b> with older adults or medically vulnerable people</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>you have <b>been advised to self-monitor</b> for any other reason by your Public Health Authority</li> </ul> | <p><b>Self-isolate</b> if:</p> <ul style="list-style-type: none"> <li>you have travelled <b>outside of Canada</b> within the last 14 days</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>your Public Health Authority has identified you as a <b>close contact</b> of someone diagnosed with COVID-19</li> </ul> | <p>You need to <b>isolate</b> if:</p> <ul style="list-style-type: none"> <li>you have been <b>diagnosed</b> with COVID-19</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>you are <b>waiting to hear the results</b> of a laboratory test for COVID-19</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>you have been <b>advised to isolate at home</b> for any other reason by your Public Health Authority</li> </ul>          |
|  <p>If you develop symptoms, <b>isolate yourself from others immediately</b> and contact your <b>Public Health Authority</b> as soon as possible</p>   | <p>If you develop symptoms, even if mild, <b>stay home, avoid other people</b> and contact your <b>Public Health Authority</b> as soon as possible</p>   | <p>If your symptoms get worse, immediately contact your healthcare provider or <b>Public Health Authority</b> and <b>follow their instructions</b></p>  |



## **Important Message for Indigenous Communities regarding COVID-19**

- The Public Health Agency of Canada is actively monitoring the situation regarding COVID-19 - the novel coronavirus.
- We all have a role to play to prevent the spread of germs within our communities – to protect ourselves, our families, and those at higher risk.
- Together, we can take the following steps to slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other:
  - Avoid crowded places;
  - Avoid non-essential community and cultural gatherings;
  - Avoid handshakes;
  - Keep a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible;
  - Limit contact with people at higher risk (e.g. older adults and those with other health conditions).
- Also, wash your hands often, cough and sneeze into your arm, throw out used tissues right away, clean and disinfect shared surfaces and avoid touching your eyes, nose or mouth.
- For more information about the novel coronavirus visit [Canada.ca/coronavirus](https://Canada.ca/coronavirus) or call the Government of Canada's toll free line at 1-833-784-4397.
- A message from the Government of Canada



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

### **CORONAVIRUS PREVENTION**

**WASH YOUR  
HANDS**



**DON'T TOUCH  
YOUR FACE**



**COVER YOUR  
COUGH**



**AVOID CLOSE  
CONTACT**



**CLEAN AND  
DISINFECT**



**STAY  
HOME**



## CLEAN



**Wash Hands with Soap and Water**



**Clean Surfaces**



**Rinse Produce**

## Wash Hands and Surfaces Often



**Foodborne bacteria can't be seen, tasted or smelled.** These microorganisms can make you sick if ingested, and they spread through contact with cutting boards, utensils, countertops and food – so ready, set, **CLEAN!**

## Wash your hands with warm water and soap for at least 20 seconds!

### How?

- Wet your hands with warm running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing hands for at least 20 seconds – about the time it takes to sing the "Happy Birthday" song twice.
- Rinse your hands well under running water.
- Dry your hands using a clean cloth or paper towel.

### When?

- Before eating food
- Before, during and after preparing food
- Before and after treating a cut or wound
- Before and after caring for someone who is sick
- After handling uncooked eggs or raw meat, poultry or seafood (or their juices)
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After touching garbage
- After using the toilet



### DID YOU KNOW?

In a recent study, 65 percent of consumers did not wash their hands before starting meal preparation.

Bruhn, C. (2014). Chicken Preparation in the Home: An Observational Study. Food Protection Trends, 34, 318-330.

## Partnership for Food Safety Education, 2016

We develop and promote effective education programs to reduce foodborne illness risk for consumers.

**FIGHTBAC.ORG**

@Fight\_BAC



## STATEMENT FROM THE MISSISSAUGAS OF THE CREDIT FIRST NATION (MCFN) ON COVID-19

March 31, 2020

On March 26, 2020, it was announced that a member of the Mississaugas of the Credit First Nation (MCFN) COVID-19 Working Group had undergone testing for COVID-19. As a precaution, all of the members of the working group were put into self-isolation while awaiting the test results.

**The test results came back NEGATIVE for COVID-19.** All members of the MCFN COVID-19 Working Group have been cleared to return to normal duties and their self-isolation period has been lifted.

The MCFN Chief and Council and the MCFN COVID-19 Working Group would like to remind everyone to take personal precautions to reduce the spread of COVID-19 in our community. These include:

- Regular hand washing with soap and warm water or an alcohol-based hand cleanser.
- Avoid touching your eyes, nose and mouth.
- Maintain social distancing and ensure you practice good respiratory hygiene. Cover your cough or sneeze with your bent elbow or tissue, then dispose of the tissue immediately.
- Be cognizant of travel advisories and limit your exposure to large gatherings.
- If you feel ill, stay home. If you have a fever, cough and difficulty breathing, seek medical attention and follow their instructions.

If you are experiencing symptoms, contact the following Public Health Offices and follow their instructions:

- Haldimand Norfolk Public Health – 519-426-6170, ext. 9999
- Six Nations Public Health – 519-445-2672
- Six Nations Assessment Centre- 226-446-9909
- Brant County Public Health – 519-753-4937 press 1
- Outside of regular business hours, you can contact Telehealth Ontario at 1-866-797-0000.

Miigwech,  
Mississaugas of the Credit First Nation Chief & Council and the COVID-19 Working Group



### Chief and Council

Mississaugas of the Credit First Nation  
2789 Mississauga Road, R.R. #6 Hagersville, Ontario N0A 1H0



Phone: (905) 768-1133  
Fax: (905) 768-1225







## STATEMENT FROM THE MISSISSAUGAS OF THE CREDIT FIRST NATION ON COVID-19

March 30, 2020

The Mississaugas of the First Nation (MCFN) Chief and Council and the MCFN COVID-19 Working Group are actively taking precautions and actions to address the potential impacts of COVID-19 in our community. Please see the following updates from the meeting this morning.

1. **Neighbouring Road Closures** – At this point, MCFN will not be restricting access to the community. The team is doing everything that can be done to ensure our community's safety. This includes allowing emergency services quick and unfettered access to the First Nation. In the event that you experience any issues with the checkpoints/stop points, please contact Arland LaForme, Director of Public Works, at 905-971-2980, or via email at [Arland.LaForme@mncfn.ca](mailto:Arland.LaForme@mncfn.ca). Arland will maintain contact with the Six Nations Public Works Department and will advocate for MCFN members.
2. **On Reserve Establishments** - Please note that the MCFN Chief and Council have mandated that all gas bars, variety stores and smoke shops cease operations as of March 30, 2020 at 5:00 p.m. until April 14, 2020.
3. **Public Works** – Please be advised that all solid waste and recycling pickups will remain status quo at this time. Bulk pick up dates of April 22 and April 29 will remain in effect. The Community Clean Up event (and collection bins) scheduled for April will be postponed until further notice. More information will be shared as soon as it is available. For those households scheduled for waterline extension, please note that this construction may be impacted. Please be patient, this is still a priority for the First Nation.
4. **Rentals, Housing, RRAP and HRRS Payments** – Please note that most MCFN offices are closed. At this time, we are requesting people move towards making payments via on-line banking. Recognizing some households may fall into financial hardships during this unforeseen period, housing fees, including rentals, RRAP and HRRS payments will be deferred on an as-needed basis until May 31, 2020. As previously communicated, there will be no late fees, interest and no disconnections during the MCFN organizational closure for water, wastewater and solid waste services.
5. **Playgrounds and Recreational Services** – As a reminder, all MCFN playgrounds and recreational services are deemed closed.

.../2



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6. **Organizational Closure** - Due to the ongoing pandemic, all MCFN offices will continue to be closed until May 4, 2020. The MCFN COVID-19 Working Group will meet prior to this date to re-evaluate. Essential services as previously designated will remain status quo.
7. **On-going Communications** - People who have consented to sharing their contact information during the Community Wellness Application process shall be included in the upcoming "all call" communication list. We will continue to post updates to the MCFN website – [www.mncfn.ca](http://www.mncfn.ca) and to our social media pages.
8. **The MCFN Chief and Council** will provide updates to the Membership as information becomes available.

The MCFN Chief and Council and the MCFN COVID-19 Working Group would like to remind everyone to take personal precautions to reduce the spread of COVID-19 in our community. These include:

- **Regular hand washing with soap and warm water or an alcohol-based hand cleanser.**
- **Avoid touching your eyes, nose and mouth.**
- **Maintain social distancing and ensure you practice good respiratory hygiene. Cover your cough or sneeze with your bent elbow or tissue, then dispose of the tissue immediately.**
- **Be cognizant of travel advisories and limit your exposure to large gatherings.**
- **If you feel ill, stay home. If you have a fever, cough and difficulty breathing, seek medical attention and follow their instructions.**

If you experiencing symptoms, contact the following Public Health Offices and follow their instructions:

- **Haldimand Norfolk Public Health – 519-426-6170, ext. 9999**
- **Six Nations Public Health – 519-445-2672**
- **Six Nations Assessment Centre- 226-446-9909**
- **Brant County Public Health – 519-753-4937 press 1**
- **Outside of regular business hours, you can contact Telehealth Ontario at 1-866-797-0000.**

Please note that MCFN Chief and Council are responsible for making decisions that impact the MCFN Membership. If you have any concerns, please contact any member of the table.



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## **STATEMENT FROM THE MISSISSAUGAS OF THE CREDIT FIRST NATION ON COVID-19**

March 27, 2020

There have been questions about the preparation of the food packages that were provided by the MCFN COVID-19 working group. Please be advised that all members of the working group have their Food Handler Certification. All members of the working group participated in the preparation and did not exhibit any symptoms of the virus. The team performed their work cautiously by taking precautions such as frequent hand washing and sanitizing, frequently sanitizing work stations, and wearing gloves and hairnets where appropriate.

Health Canada explains how COVID-19 is most commonly transmitted: (source: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/assumptions.html>)

### Transmission:

- Symptomatic cases of COVID-19 are causing the majority of transmission.
- Person-to-person transmission is mostly occurring via infectious respiratory droplets.
- Respiratory droplets and contact transmission are considered to be the most important routes of transmission of COVID-19 viruses, but do not fully account for the occurrence of all COVID-19 cases previously known as novel coronavirus pneumonia (NCP), and the reasons for the rapid spread of this virus.

The virus enters a person's body either:

- By large respiratory droplets containing the virus that adhere to mucous membranes of a person's eyes, nose or mouth or,
- By touching a surface or an object contaminated with the virus and then proceeding to touching one's eyes, nose and mouth.

Please note that only one member met the criteria to be tested for COVID-19. All individuals who have been in direct contact with this individual, including the rest of the MCFN COVID-19 Working Group, have been advised to self isolate. Due to the precautions taken over the past week and the presenting symptoms, the risk of transmission to the MCFN Working Group is deemed low.

To stop the transmission of COVID-19, it is important to be mindful of frequent hand washing, coughing sneezing etiquette, social distancing and cleaning high traffic areas. Report any symptoms you are experiencing to your Health Practitioner or Public Health Official.

The results of the test will be posted to the community immediately once received.

For further information please check our website – [www.mncfn.ca](http://www.mncfn.ca)

Kailey Thomson  
Chief Operating Officer  
Mississaugas of the Credit First Nation



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2789 Mississauga Road, R.R. #6 Hagersville, Ontario N0A 1H0



Phone: (905) 768-1133  
Fax: (905) 768-1225





## **STATEMENT FROM THE MISSISSAUGAS OF THE CREDIT FIRST NATION ON COVID-19**

March 26, 2020

Please be advised that a Member of the MCFN COVID-19 Emergency Response Working Group is undergoing testing for COVID-19. While awaiting the test results and as directed by the MCFN Community Health Nurse, members of the MCFN COVID-19 Emergency Working Group are self-isolating. A further update will be provided to the Nation upon receiving the results of the test.

We want to reassure the Membership that everything will continue on as previously planned and posted, the Working Group will simply be interacting from home.

All essential services will continue as identified.

The Community Wellness process will continue as outlined on the MCFN Website.

Remember you can protect yourself and help prevent spreading the virus to others if you:

- Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub.
- Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze.
- Avoid close contact (1 meter or 3 feet) with people.
- Stay home and self-isolate from others in the household if you feel unwell.

Most importantly remember to stay home and only venture out for essential needs as this is our best chance at slowing the spread of COVID-19.

There is a gift card process for off reserve Members:

- if you are a MCFN member who would like to register for an off-reserve gift card, requests will only be accepted via email. Please email [Kailey.Thomson@mncfn.ca](mailto:Kailey.Thomson@mncfn.ca) or [Kerri.King@mncfn.ca](mailto:Kerri.King@mncfn.ca) to request a card for your household. All callers will need to identify who resides in their household, their registry number and current mailing address.

For further information please check our website – [www.mncfn.ca](http://www.mncfn.ca)



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## STATEMENT FROM THE MISSISSAUGAS OF THE CREDIT FIRST NATION ON COVID-19

March 19<sup>th</sup>, 2020.

The MCFN Chief and Council and the COVID-19 Working Group are working to assist our Membership during the global pandemic. Recognizing the immediate need of assistance to our members during the COVID-19 crisis.

The COVID-19 Working Group is planning on providing support in the following manner:

- Family Food Packages – consisting of non-perishable and perishable goods- Delivery will occur on Saturday March 21<sup>st</sup>, 2020.
- Grocery Gift Cards for off-reserve households

All MCFN offices are closed. For general inquiries please contact Lands, Membership and Research Department 905-768-0100.

If you are in self-isolation as directed by your Health Care provider or a Public Health Official and would like a wellness check-in, please contact Leslie Maracle at [leslie.maracle@mncfn.ca](mailto:leslie.maracle@mncfn.ca)



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March 18<sup>th</sup>, 2020

To: All MCFN Food Service Providers;

As you are aware, we are currently in the midst of a global pandemic. As a proactive approach to reducing the spread of COVID-19, the Mississaugas of the Credit First Nation are taking steps to keep our Members and community safe.

As per the recommendation of the Environmental Health Officer, we are requesting that all MCFN food facilities move to take out and delivery services only.

Thank you for your understanding.

Miigwech,

Chief R. Stacey LaForme

Cc: Administration, Office Clerk



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Fax: (905) 768-1225



## FOR IMMEDIATE RELEASE

### MCFN Shutdown of Non-Essential Services



MARCH 17, 2020

As COVID-19 spreads across Canada, the Mississaugas of the Credit First Nation COVID-19 Working Group continues to monitor the unfolding pandemic. As a proactive approach to reducing exposure to COVID-19 in this critically evolving situation, effective March 17, 2020 at 4:30 p.m., the Mississaugas of the Credit will be shutting down all non-essential services.

The following essential services will still be provided to MCFN members:

- Ontario Works – emergencies only
- Community Wellness Payments LMR Department - Revised 2020-2021 Procedure
- Media and Communications
- Public Works
- Home and Community Care – (existing clients only) Meals on Wheels, laundry, personal care, wellness check-in (via telephone), list shopping
- Community Health – Water testing
- Mental Health – supportive counselling available via telephone from 8:30-4:30 with Adult Mental Health Worker 905-536-7863

This situation is being closely monitored and reassessed by the MCFN COVID-19 working group on a daily basis as new and updated information becomes available.

For general inquiries please contact the Band Administration Office at 905-768-1133



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## UPDATE FROM THE MISSISSAUGAS OF THE CREDIT FIRST NATION ON COVID-19

March 15, 2020

From the most up to date case definition for the Novel Coronavirus (COVID-19)

### A Probable Case

- Is a person with a fever (over 38 degrees Celsius) and/or onset of (or exacerbation of chronic) cough AND any of the following within 14 days prior to onset of illness;
  - Travel to an impacted area or
  - Close contact with a confirmed or probable case of COVID-19 or
  - Close contact with a person with acute respiratory illness who has been to an impacted area and
  - In whom laboratory diagnosis of COVID -19 is not available, recommended inconclusive or negative (if specimen quality or timing is suspect)

Please refer to the link below for the Ontario Ministry of Health self-assessment guide lines.

<https://www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment>

If you have the symptoms outlined above, contact the following Public Health Offices and follow their instructions:

- Haldimand Norfolk Public Health – 519-426-6170, ext. 9999
- Six Nations Public Health – 519-445-2672
- Brant County Public Health – 519-753-4937
- Outside of regular business hours, you can contact Telehealth Ontario at 1-866-797-0000.

For more information on COVID-19, please check our website – [www.mncfn.ca](http://www.mncfn.ca)

\*\*\*The working group have been monitoring this situation over the weekend and have been in contact with one another. Updates will be posted on the website and on social media as they become available.



### Chief and Council

Mississaugas of the Credit First Nation  
2789 Mississauga Road, R.R. #6 Hagersville, Ontario N0A 1H0



Phone: (905) 768-1133  
Fax: (905) 768-1225





## STATEMENT FROM THE MISSISSAUGAS OF THE CREDIT FIRST NATION ON COVID-19

March 13, 2020.

The MCFN COVID-19 Working Group met today to discuss additional precautions to curb the spread of this virus in our community.

As a proactive approach to reducing exposure of COVID-19, MCFN has implemented the following steps, effective immediately:

- Closure of the LSK Elementary School until April 6, 2020.
- Closure of the Ekwaamjigenang Children's Centre until April 6, 2020.
- Closure of all EarlyON Programming until April 6, 2020.
- Cancellation of all non-essential, extra-curricular programming until April 6, 2020.

Regular day to day programming will remain status quo at this time. As an additional precautionary measure, every MCFN workplace will have a hand sanitizing station at the entrance point. Please ensure you take the time to protect yourself and others.

While the risk of contracting COVID-19 is low, MCFN Chief and Council would like to remind everyone that precautions include:

- Regular hand washing with soap and warm water or an alcohol based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Maintain social distancing and ensure you practice good respiratory hygiene. Cough or sneeze into a tissue then dispose of the tissue immediately. Alternatively cough or sneeze into your bent elbow.
- Be cognizant of travel advisories and if necessary, limit your exposure to large groups.
- If you feel ill, stay home. If you have a fever, cough and difficulty breathing, seek medical attention and follow their instructions.

Please rest assured that the MCFN Chief and Council are taking all steps necessary to ensure the safety, health and wellness of our Members, our community and our employees. This situation will be continuously monitored and reassessed by the COVID-19 working group.

A statement will be released on Monday March 16, 2020 regarding Community Wellness.

Please refer to the MCFN website and social media for regular updates.



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## PUBLIC WORKS FOR IMMEDIATE RELEASE COVID-19



### MCFN Community Centre Rentals

As a proactive approach to reducing exposure to and transmission of COVID-19, discussions have taken place on March 13, 2020 with the newly formed COVID-19 Working Group. It has been determined to cancel all previously booked rentals at the Community Centre from the date of Saturday, March 14, 2020 until Sunday, April 5, 2020 or unless otherwise communicated.

These cancelled bookings can be rescheduled at a later date if desired by the renter. All future inquiries and bookings will continue to stream through the Economic Development Department.

Information on the Community Wellness application process will be available on Monday, March 16, 2020.



**Public Works Department**  
Mississaugas of the Credit First Nation  
2789 Mississauga Road, R.R. #6 Hagersville, Ontario N0A 1H0



Phone: (905) 768-1133  
Fax: (905) 768-1225

## FOR IMMEDIATE RELEASE COVID-19



As a proactive approach to reducing exposure to COVID-19, effective March 23, 2020 to April 3, 2020, Lloyd S. King Elementary School (LSK) will be closed.

- Ekwaamjigenang Children's Centre (ECC) will be closed from March 16, 2020 to April 3, 2020.
- EarlyON programming, both on and off reserve, will be closed effective March 16, 2020 to April 3, 2020.
- LSK, ECC and EarlyON programs will reopen on April 6, 2020.

This situation will be closely monitored and reassessed by the MCFN COVID-19 working group as more information becomes available.

Please visit our website and social media regularly for updates.



Chief and Council  
Mississaugas of the Credit First Nation  
2789 Mississauga Road, R.R. #6 Hagersville, Ontario N0A 1H0



Phone: (905) 768-1133  
Fax: (905) 768-1225





## STATEMENT FROM THE MISSISSAUGAS OF THE CREDIT FIRST NATION ON COVID-19

March 12, 2020

The MCFN Chief and Council are actively taking precautions and actions to address the potential impacts of COVID-19 in our community. A working group has been formed and met this afternoon to discuss precautions to curb the spread of this virus.

We are aware of the many closures and interruptions to service that have taken place in Ontario and in the surrounding communities. At this time, all MCFN programs and services will remain status quo, with additional precautions in place. This includes March Break programming. Chief and Council have taken the position that all workplace travel for staff and for Council will be stopped immediately, until the end of March. At that point, it will be reassessed.

While the risk of contracting COVID-19 is low, MCFN Chief and Council would like to remind everyone that precautions include:

- Regular hand washing with soap and warm water or an alcohol based hand cleanser.
- Avoid touching your eyes, nose and mouth.
- Maintain social distancing and ensure you practice good respiratory hygiene. Cover your cough or sneeze with your bent elbow or tissue, then dispose of the tissue immediately.
- Be cognizant of travel advisories and if necessary, limit your exposure to large groups.
- If you feel ill, stay home. If you have a fever, cough and difficulty breathing, seek medical attention and follow their instructions.

Those infected with COVID-19 may have little to no symptoms. Symptoms may take up to 14 days to appear. COVID-19 is diagnosed by a health care provider, confirmed through laboratory testing.

For more information on COVID-19, please check our website – [www.mncfn.ca](http://www.mncfn.ca)

The working group will be meeting tomorrow and will determine how the MCFN will move forward with protecting our community. Updates will be posted on the website and on social media as they become available.



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# SOCIAL DISTANCING

## What does it mean?

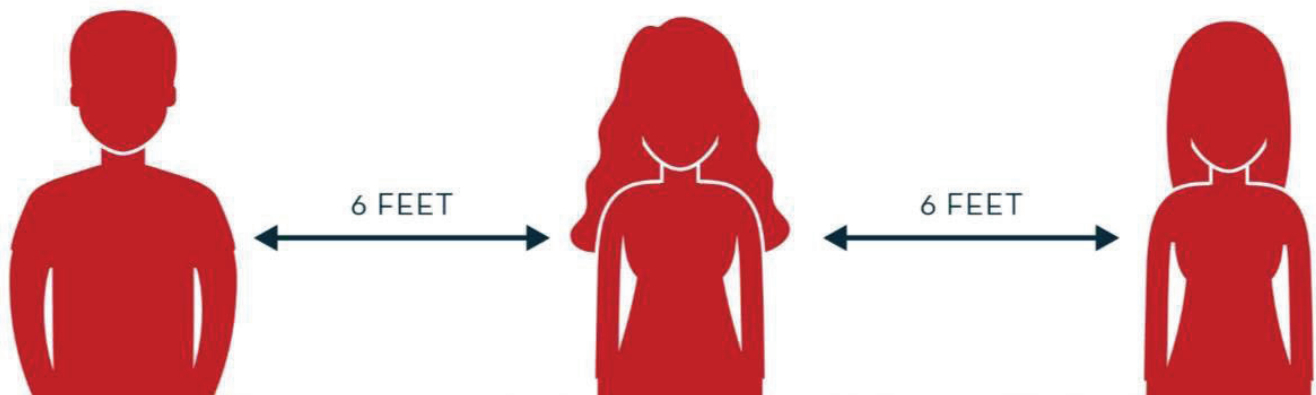
Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases.

Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.

**HAVE TO GO OUT?** Keep 6 feet of distance between you and others whenever possible.

**WHY DOES IT MATTER?** It can help limit the spread of coronavirus (COVID-19).

**WHAT IS IT?** Remaining out of congregate settings, avoiding large crowds & gatherings.



## AVOID

Group gatherings  
Sleepovers  
Playdates  
Concerts  
Theater outings  
Traveling  
Athletic events  
Crowded retail stores

Malls  
Workouts in gyms  
Church Services  
Visitors in your house  
Non-essential workers in your house  
Mass transit systems



## KEEP YOUR DISTANCE

Visit a local restaurant to get take out  
Visit grocery store

Pick up medications  
Play tennis in a park



## SAFE TO DO

Take a walk  
Go for a hike  
Yard work  
Play in your yard

Clean out a closet  
Read a good book  
Listen to music  
Cook a meal

Family game night  
Go for a drive  
Group video chats

Stream a favorite show  
Check on a friend or elderly neighbor



# POLITICS AND GOVERNANCE

## Councillor Veronica King-Jamieson, Pillar Four, Education and Awareness

### Message from Veronica King-Jamieson, Lead Councillor for Pillar 4 Education and Awareness:

In light of COVID-19, I worry about my community and our health, please keep safe.

Michi Miigwetch to everyone taking an active role where needed during this difficult time, and especially the MCFN COVID-19 TEAM in planning, implementing and continuing to monitor and plan what needs to be done for our members to keep us safe.

All MCFN Board of Education meetings face to



face postponed until further notice however, zoom and/or telephone conference will continue including email communication as required.

Members are calling, texting, and messaging through facebook, I welcome the dialogue, please keep them coming and we will do what we can to get an answer back to you and your family.

Take care.,  
Miigwetch (Thank you)  
Veronica King-Jamieson, B. Ed.  
MCFN Councillor  
Pillar 4 Education and Awareness

~~~~~

March 31, 2020

### Good Afternoon Grand Erie Families,

This is Brenda Blancher, Director of Education at the Grand Erie District School Board. I'm reaching out today with another update on how we're dealing with COVID-19.

This afternoon, Ontario Premier Doug Ford and Minister of Education Stephen Lecce announced that all publicly-funded schools in the province will remain closed to students until at least May 4 due to COVID-19. This includes all Grand Erie elementary and secondary schools.

While schools are closed, learning will continue for all Grand Erie students. Since the first COVID-19 school closures were announced, learning at home has been family-led. Beginning in the near future, learning from home will be teacher-led, with minimum requirements for each student, outlined by grade by the Ministry of Education.

Grand Erie started preparing for this next phase of learning yesterday as teachers began reaching out to students to determine the tools and resources available at home, including internet access and devices. Grand Erie recognizes that in many areas of the board, there is very limited access to the internet, if any at all. Collecting this data will help teachers design the appropriate materials for all students to be successful. This could mean using online tools, emailing information or other ways of distributing materials to students.

In the coming days, you will receive more information regarding next steps for student learning. Until then, we have a number of resources available on our website, including Literacy and Numeracy guides for [elementary](#) and [secondary](#) students, a link to the Ministry of Education's [Learn at Home](#) platform and [weekly literacy, numeracy and physical education tasks](#) for elementary students.

For the latest updates, visit: [www.granderie.ca](http://www.granderie.ca). You can also contact the Board via email at [info@granderie.ca](mailto:info@granderie.ca) or by phone at 519-756-6301 or Toll Free: 1-888-548-8878.



## Councillor Erma Ferrell, Pillar Five Lead, Cultural Awareness, Communication and Outreach

### March 2020 – Monthly Report

#### Councillor Erma Ferrell

*DURING THE COVID-19 PANDEMIC, STAY SAFE AND PRACTICE SOCIAL DISTANCING. A CORONAVIRUS COMMITTEE WAS PUT IN PLACE TO MAKE RECOMMENDATIONS TO ENSURE OUR MEMBERS ARE RECEIVING THE ASSISTANCE THEY NEED.*



Beauvais, I had the privilege of watching the Kindergarten Students make their trip to the Sugar Bush. We were also assisted by classroom staff members Jenny LaForme and Lacy King-Smith.

#### HYDRO ONE – March 10

On Mar. 10, Councillor Evan Sault and I met with members of Hydro One for an Advisory meeting. Jeffrey Smith from Hydro One presented us with an update on the Niagara Reinforcement Line for 2019 and projections for the 2020 calendar year. This revenue will be added to our Toronto Purchase Trust. The presentation would have been part of the monthly gathering on Mar. 28; however due to the pandemic, a full update will be provided at a later date. Our agreement with Hydro One will last for twenty years with the option of a renewal.

#### MISSISSAUGAS OF THE CREDIT ARTIFACTS

As per a direction of the Mississaugas of the Credit Chief and Council, Councillor Veronica King-Jamieson and I have been instructed to work on a protocol on bringing our artifacts back to our First Nation. On Mar. 12, staff members Mark LaForme and Megan Devries provided an update on the current legal rules we must follow. Councillor Veronica and I will be scheduling future meetings to begin the terms of reference and how we can proceed on the objective of bringing our artifacts back to our First Nation. This is a task that will require political support and funding to ensure our First Nation has a secure climate controlled area to store our artifacts.

May I take this time to tell our Membership to keep your family safe during this alarming time and practice all of the necessary measures provided by the health professionals. Many are included in the newsletter.

#### MEETINGS ATTENDED

Council meetings attended – Feb. 24, Mar. 2, Mar. 9, Mar. 16.

#### Special meetings

- Feb. 27: Major Events Committee meeting,
- Mar. 3: Visited the Sugar Bush with our Kindergarten class
- Mar. 4: Telephone conference with the Toronto Mayor's assistant and Chief Laforme. Delivered two MCFN flags to Oakville MP Pam Damoff's office.
- Mar. 5: Meeting in St. Catharines for the Canada Summer Games 2021 event.
- Mar. 10: Meeting with Hydro One Advisory Committee.
- Mar. 12: Meeting with Mark LaForme and Megan Devries at the Duty of Accommodation and Consultation Department.
- Mar. 12: Major Events Committee Meeting.
- Mar. 19: Conference call with Pam Damoff, M.P.

#### Pam Damoff, M.P.

M.P. Pam Damoff is acknowledging the land her office is on as the Treaty Lands of the Mississaugas of the Credit First Nation. On Mar. 19, Pam reached out to Chief Laforme and I via conference call, to offer her assistance to our First Nation during this pandemic and in the future.

#### SUGAR BUSH – March 3

Chi Miigwech to our Knowledge Keeper Mark Sault and former Chief Bryan LaForme for taking the time to share the process of taping Maple Trees with students of Lloyd S. King Elementary School. On Mar. 3, accompanied by my daughter, the Kindergarten Classroom Teacher Tammy





## Councillor Craig King, Pillar Six Lead, Infrastructure and Community Development

Aanii, Hello to the Membership.

I hope this update finds you all healthy and safe in these trying times. Apologies for not reporting on the previous month, I have been trying to focus on some attainable goals for my elected term. My update thus far consists of attending all meetings with the exception of the Monthly Gathering as I had other previous commitments outside the community.



Given the current situation of COVID-19, a committee has been formed consisting of some senior staff and elected Councillors (myself included) to address the situations of our membership on and off Reserve. Focus has always been the health and safety of the Membership and keeping the virus off the territory. We have been meeting daily to address situations as they present themselves and try to be proactive with situations which may arise. Meetings will become less necessary as the structure is formed and the process to maintain function of the organization is more defined. Formal announcements from the Committee will be posted to our website. We are trying to relay as much information as possible to Membership and reach those who do not have access to internet or mailing addresses available. We ask you to communicate to those known in this situation if possible. As all buildings are currently closed with a few exceptions, we have contractors trying to

complete tasks throughout territory. They are doing daily screenings by their employer and are told to stay home if showing signs or symptoms related to Coronavirus. We will monitor as needed.

I have been kept up to date by our public Works department on current projects. The waterline expansion is on schedule with residential connections soon to follow. The Rumpus Hall/Library renovation has been moving along with a few minor hold ups, but

hopefully it will be completed soon. LSK Expansion has submitted applications for funding and await response. Current focus has been on the need for fiber optics in the community and implementing some master planning to the former Green Willow property as well as Business Development Park. I have also attended meetings and forum related to Indigenous housing and infrastructure as well as land claim discussions this month.

Although my attention will be on our current situation with the virus, I still make myself available to you to answer any questions or concerns you may have. I still seek individuals to form a committee under the Infrastructure and Community Development Pillar as well. I can be reached at 905-869-5805 or email; [CraigK@mncfn.ca](mailto:CraigK@mncfn.ca)

Be Safe...



Councillor Cathie Jamieson Lead for Pillar Three, Environment Sustainability Stewardship of Land, Air, Water, and Natural Resources address in an opening to the Environmental Defence Gala of Inspiring Change at the Toronto Reference Library on Feb. 27, 2020.

"The world facing new challenge that puts our ecosystems, economies, and civilizations as we know it all at stake: Climate change. Questions of can we revamp and redirect how our capitalist economy works, to chart a new and better path for ourselves?"

## Councillor Cathie Jamieson, Pillar Three Lead, Environment and Sustainability, Stewardship for Land, Air, Water, and Natural Resources



Whitehorse, YT) – The Assembly of First Nations (AFN) hosted a successful National Climate Gathering in Whitehorse, YT, that brought together over 380 First Nations leaders, Elders, women and youth to discuss First Nations-led solutions to address the Climate Crisis.

AFN Yukon Regional Chief Kluane Adamek welcomed delegates to the territory and spoke about the need to use a First Nations Climate Lens to address the crisis.



"We need to look at climate change with a holistic perspective and the understanding that everything is interconnected. From health to housing to the economy, it is all connected to Mother Earth and climate," Regional Chief Adamek said. "The north is experiencing the effects of the Climate Crisis at a rate two to three times greater than any other region in Canada. The north continues to show leadership on Climate Action and recently gathered to formalize a Yukon First Nations Climate Declaration that outlined a path forward. First Nations must be seen as the leaders in finding solutions and moving to green energy solutions. We will continue to come together amongst our nations, regionally and nationally, to discuss these innovative solutions and set the path moving forward. There needs to be a massive shift in the way we live if we want to save our planet for our future generations. This leadership was shown by committing to plant a culturally relevant tree for all 380 participants at the Gathering to offset the carbon footprint of the event."

The power of place based knowledge and the stewards seen with the landscape is what combined the minds in the gathering. Each break out session placed value on the depths of indigenous knowledge and the ways of planning together in models of adaptations and crisis remediation. It is known that every time there is displacement there is adjustment made on the landscape, but the narrative going forward is to also question can there be a balance within the ways natural laws are continual and the intersection which brings vast systemic impacts of human law in western systems of process. The anthropogenic impacts accumulates into the environmental landscapes based on human function of behaviors and continued operations. The Indigenous nations are the conduits of the place based environmental landscapes, they advocate for the lands and now that Indigenous perspective is making strides into western context of what it really means to think in generation succession and interconnected systems of effects.



"Everything I know about how we belong to the Earth has been taught to me by Indigenous peoples." - Keynote speaker at #AFNClimateGathering, Dr. David Suzuki





## Employment Opportunities

### Childcare Casual RECE and EarlyON Facilitator

The RECE will supervise the children in the assigned classroom in accordance with the philosophy and program statement of the Ekwaamjigenang Children's Centre, maintaining compliance with all provincial and federal legislation requirements. The EarlyON Facilitator will be responsible for creating the development and delivery of inclusive and culturally responsive and appropriate learning environment that reflects effective practices; facilitating developmentally appropriate, educational, supportive and interactive programs that address unique community needs.

Closing Date: Open Call

### Casual Supply Teacher

The teacher is responsible for ensuring that each child has an opportunity to reach his/her maximum potential through the creation and implementation of suitable programs and teaching styles to meet individual student needs. The teacher will treat all students in a fair and equitable manner. The teacher will adhere to the Ontario College of Teachers Foundations of Professional Practice, including Ethical Standards for the Teaching Profession, Standards of Practice for the Teaching Profession and the Professional Framework for the Teaching Profession.

Closing Date: Open Call

### After School Program Assistant

The After School Program Assistant is responsible for assisting the Community Wellness Worker with the afterschool care of attendees of the MCFN afterschool program.

Closing Date: Open Call for Resumes

### Casual Receptionist Updated January 2019

Provides central reception to staff, Council, and guests at the Band Office, maintain the reception area, mail room and communications room (logging incoming/outgoing mail, distributing mail to relevant departments and updating general information materials in the office, orders office supplies as required, maintaining inventory, logging and distributing general materials such as purchase orders, expense claims and invoice requests.

Closing Date: Open Call

### Casual Registered Early Childhood Educator – Afterschool Program

The Registered Early Childhood Educator – Afterschool Program worker is responsible for providing afterschool care for the five year old attendees of the Afterschool Program.

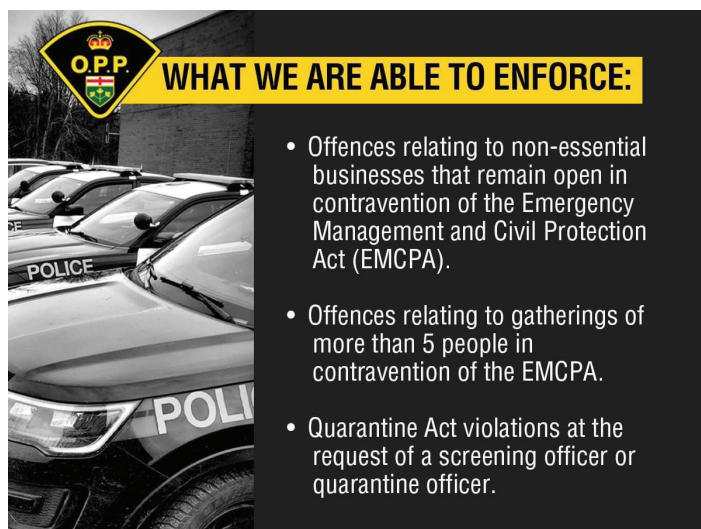
Closing Date: Open Call

***For detailed job descriptions and to apply, please visit [www.mncfn.ca/job-board](http://www.mncfn.ca/job-board)***

## The safety of all Ontarians is the OPP's top priority.

When going out in public, including grocery stores, keep two metres away from others. Physical distancing is key to reducing your risk of transmission and flattening the curve.

This photo is a list of Provincial and Federal Emergency Legislation amidst COVID-19. If you wish to file a report regarding a non-essential business remaining open, contact your police service of jurisdiction. If that is the OPP, call 1-888-310-1122 or 911 in case of emergency. If you wish to file a report regarding non-compliance under the Quarantine Act, contact Public Health Agency of Canada: [www.canada.ca/en/public-health](http://www.canada.ca/en/public-health).



**WHAT WE ARE ABLE TO ENFORCE:**

- Offences relating to non-essential businesses that remain open in contravention of the Emergency Management and Civil Protection Act (EMCPA).
- Offences relating to gatherings of more than 5 people in contravention of the EMCPA.
- Quarantine Act violations at the request of a screening officer or quarantine officer.



## MCFN Education Notice to All Post-Secondary Students and Graduating High School Students Application Deadline

RE: FALL/WINTER POST-SECONDARY APPLICATION DEADLINE

March 26, 2020 (Please read through carefully)

Post-Secondary applications for the 2020/21 Fall and Winter semesters are due to our office by April 30, 2020.

We prefer if you email the application to: [educationassistant@mncfn.ca](mailto:educationassistant@mncfn.ca) or fax to 905 768 7311 (by April 30, 2020). Please mail your original application and supporting documents to: Mississaugas of the Credit First Nation, 2789 Mississauga Road, Hagersville, Ontario. N0A 1H0 (by July 1, 2020).

Members who live on reserve can also hand deliver applications through the drop box located at our office (6 First Line Road), and ensure our envelope is clearly marked EDUCATION DEPARTMENT: POST-SECONDARY.

Please ensure you fill in as much information as possible and sign wherever required. Note: you must provide proof of residency which can be 12 utility bills with your address and name clearly visible, a letter from your parent or landlord is also acceptable. Please indicate whether you will be staying on residence or not and include letters of acceptance and transcripts or continuing grades.

NOTE: TO ALL GRADUATING HIGH SCHOOL STUDENTS GOING ON TO POST-SECONDARY: PLEASE EMAIL ANY QUESTIONS TO [EDUCATIONASSISTANT@MNCFN.CA](mailto:EDUCATIONASSISTANT@MNCFN.CA) AND INDICATE YOU ARE A GRADUATING HIGH SCHOOL

STUDENT. SHE WILL GET IN TOUCH WITH YOU AND ANSWER ANY QUESTIONS YOU MAY HAVE ABOUT THE PROCESS.

For those who have already submitted an application, please disregard this notice.



**WELCOME TO KINDERGARTEN**

**Wednesday, May 13, 2020**  
**5:00 p.m. - 6:30 p.m.**  
**Lloyd S. King Elementary**  
 659-3 New Credit Road, Hagersville

To register your child for the 2020/2021 Kindergarten school year, please come to our "Welcome to Kindergarten" or visit LSK from 8:30 a.m. - 4:00 p.m. Monday to Friday. This is open to residents of Mississaugas of the Credit First Nation.

Please bring your child's

- \* Birth Certificate
- \* Immunization records
- \* Status Card
- \* Proof of MCFN residency
- \* Health Card

\*\*\* This registration is for children born in 2015. Each student will receive a "Welcome to Kindergarten" bag. Light refreshments available.

If you require further information, please contact Tiffany Racette or Danielle MacDonnell at 905-768-3222





The Infants have been enjoying the great outdoors by exploring the playground.



The Preschool 3 children have been taking care of each other pretending to be doctors.

The JK's made a mini mud kitchen and mixed up some gooey creations.



The Toddlers were busy helping tidy the room. Pictured here is Gracie sweeping the floor



## Apply for Canada Emergency Response Benefit (CERB) with CRA

The CERB supports Canadians by providing urgently needed financial support to employed and self-employed Canadians who have been directly affected by COVID-19. It provides a payment of \$2,000 for a 4 week period (equivalent to \$500 a week) for up to 16 weeks.

### Who can apply

The CERB will be available to workers:

- residing in Canada, who are at least 15 years old;
- who have stopped working because of COVID-19 or are eligible for Employment Insurance regular or sickness benefits;
- who had income of at least \$5,000 in 2019 or in the 12 months prior to the date of their application; and
- who are or expect to be without employment or self-employment income for at least 14 consecutive days in the initial four-week period.

The income of at least \$5,000 may be from any or a combination of the following sources: employment; self-employment; maternity and parental benefits under the Employment Insurance program and/or similar benefits paid in Quebec under the Quebec Parental Insurance Plan. The Benefit is only available to individuals who stopped work and are not earning employment or self-employment income as a result of reasons related to COVID-19. If you have not stopped working because of COVID-19, you are not eligible for the Benefit.

Once you apply, you can expect to get your payment in 3 business days if you have signed up for direct deposit, and approximately 10 business days if you haven't signed up for direct deposit.

If your situation continues, you can re-apply for a payment for multiple 4-week periods, to a maximum of 16 weeks (4 periods).

### How to apply

Applications for the CERB will begin the week of Monday, April 6, 2020.

There are two ways to apply:

- Online with CRA My Account
- Over the phone with an automated phone service

Although you can't apply yet, you can get ready now to ensure your application will be as easy and quick as possible. If you are applying online:

- You will need a CRA My Account to apply

If you are applying online or on phone:

1. Your payment will be delivered by direct deposit or by cheque
2. Determine the best day of the week to apply once the system is available

Whether you apply online or by phone, we want to provide the best service possible to everyone. To help manage this, we have set up specific days for you to apply. Please use the following guidelines:

### Day to apply for the Canada Emergency Response Benefit

| BORN IN         | APPLY ON   | BEST DAY |
|-----------------|------------|----------|
| Jan, Feb, Mar.  | MONDAYS    | April 6  |
| Apr, May, June, | TUESDAYS   | April 7  |
| Jul, Aug, Sep,  | WEDNESDAYS | April 8  |
| Oct, Nov, Dec   | THURSDAYS  | April 9  |

Apply Online: READY APRIL 6

After you apply

If you are eligible for the CERB, you can expect \$2,000 (\$500 per week) for a 4-week period.

It is a single payment for a 4-week period.

If your situation continues, you can re-apply for a payment for multiple 4-week periods, to a maximum of 16 weeks (4 periods)

Note: These benefits are taxable and you will need to report any payments received on next year's tax filing. An information slip will be made available for the 2020 tax year in My Account under Tax Information Slips (T4 and more).

Understand the payment periods

Each payment of the Canada Emergency Response Benefit (CERB) covers a 4-week period, beginning March 15, 2020. When you apply, it is for a single payment for the 4-week period. If your situation continues, you can apply for an additional 4-week period, up to a maximum of 16 weeks (4 periods in total).

When to expect payment

If you are getting your payment by direct deposit, expect your payment within 3 business days from the day you submitted your application

If you are getting your payment by cheque, expect to get the cheque within 10 business days from the day you submitted your application.

Apply again every 4 weeks

You will need to apply and confirm your eligibility for the Canada Emergency Response Benefit every 4 weeks (to a maximum of 16 weeks) if your situation continues.



# LAND, MEMBERSHIP, AND RESEARCH

## IMPORTANT CHANGES FOR COMMUNITY WELLNESS 2020-2021

Chief and Council have approved the 2020-2021 Community Wellness allocation in the amount of \$2500.00.

### **THE FOLLOWING CHANGES IN PROCEDURE WILL ONLY APPLY TO THE 2020-2021 COMMUNITY WELLNESS PROCESS DUE TO THE COVID-19 PANDEMIC.**

The 2020-2021 Community Wellness applications will be available starting March 20, 2020. Applications will be available via the [mncfn.ca](http://mncfn.ca) website, monthly newsletter or call the LMR office and we will mail or email you an application. Contact information listed.

Application Forms and 2 Pieces Of Identification (see below)

- Will be accepted starting March 23, 2020 via mail, fax, email or drop off via our mail slot at the Lands, Membership & Research office at 6 First Line.
- Families who are applying for minors will receive one (1) payment (which includes minors)
- Direct deposit is the preferred method of payment, your name must appear on your void cheque or direct deposit form NO EXCEPTIONS. If your name is NOT on your void cheque or direct deposit form, a cheque will be mailed to you. Not applicable if there are no changes to your banking information.
- If you have requested a cheque, it will be mailed to you. Please ensure your address is up to date and complete.
- You do not need to submit a quote, receipt or estimate this year only.
- All payments will start after April 10, 2020.

**AS A SAFETY PRECAUTION NO ONE WILL BE ALLOWED INTO THE LANDS, MEMBERSHIP & RESEARCH OFFICE TO DROP OFF THEIR APPLICATIONS OR TO PICK UP CHEQUES.**

Acceptable Valid ID (MUST BE PROVIDED A COPY OF THE FRONT & BACK OF ID)

- Birth certificate
- Status card
- Health card
- Driver's license
- Employee ID, with digitized photo
- Student ID, with digitized photo
- Firearms license
- Passport or Nexus card

Contact information:

Phone: 1-905-768-0100

Fax: 1-905-768-7311

Email: [Margaret.Sault@mncfn.ca](mailto:Margaret.Sault@mncfn.ca)  
[Charlene.Thomas@mncfn.ca](mailto:Charlene.Thomas@mncfn.ca)  
[Delainie.King@mncfn.ca](mailto:Delainie.King@mncfn.ca)

Mailing Address:

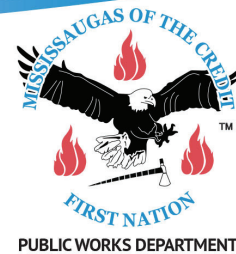
Lands, Membership & Research  
2789 Mississauga Rd  
Hagersville, ON  
N0A 1H0

If you have any questions please call the LMR office Monday to Friday 8:30 a.m. to 4:30 p.m.

APPLICATION FORMS CAN BE FOUND AT:

<http://mncfn.ca/lrm-2/community-wellness-policy-3/>

## Public Works Special Statement



As decided by the COVID-19 Working Group the following have been deemed as essential services: **water, wastewater, solid waste and recycling (Wednesday before 8:00 a.m., unless otherwise notified) will be maintained during this pandemic.**

The Mississaugas of the Credit First Nation (MCFN) Public Works Department is implementing the following stipulations on customer services, invoices and payments until further notice:

### Water, Wastewater, Solid Waste and Recycling Service:

1. All customers are encouraged to enroll in on-line banking through their banking institution to submit payments.
2. Late fees/interest will not be applied to customer accounts.
3. No disconnections will take place.
4. Public Works staff will be on-call during this time for notification of any Public Works related emergencies.

### Bulk/Household Water Card Holder Process:

1. Please email the Director of Public Works at [Arland.LaForme@mncfn.ca](mailto:Arland.LaForme@mncfn.ca) and/or send a text message to (905) 971-2980 to schedule an appointment for loading of water cards.

### Emergency Contact Numbers:

Brandon Hill, Infrastructure Manager (905) 517-7900  
 Matthew Sault, Infrastructure Manager Assistant (519) 757-6228  
 Leo LaForme, Infrastructure Maintenance Worker (Roads) (905) 971-2982  
 Arland LaForme, Director of Public Works (905) 971-2980

**Please be safe and take care of your family.**



**Public Works Department**  
 Mississaugas of the Credit First Nation  
 2789 Mississauga Road, R.R. #6 Hagersville, Ontario N0A 1H0



Phone: (905) 768-1133  
 Fax: (905) 768-1225

This resource can be found and downloaded at:  
<http://mncfn.ca/tolerance-for-uncertainty-a-covid-19-workbook/>

# Tolerance for Uncertainty: A COVID-19 Workbook

A guide to accept your feelings,  
tolerate distress, and thrive

Please be advised that the  
MCFN Spay/Neuter Clinics for the MCFN community  
are **September 28, 29, 30/2020.**

If you are in need of this service, please see below.

**SPAY YOUR MAMA DOG FOR FREE**



We understand that sometimes "oops" litters happen. While it may be tempting to put an ad online and sell the puppies, that usually means that your pet's puppies could go to homes unvaccinated or unaltered, and continue the breeding cycle. But we can help! Surrender your litter of puppies at no charge to the Hamilton Burlington SPCA and we will provide a FREE spay to get their mom fixed at our spay/neuter clinic. We will also ensure that your pet's puppies are vaccinated, microchipped, spayed/neutered, and vet checked before going to their forever home. For more information about Spay Your Mama, or to arrange to surrender your puppies and get your mama dog spayed for free, please email Becky at [bcollins@hbspcan.ca](mailto:bcollins@hbspcan.ca)



OPEN TO EVERYONE  
\$10 per pet  
registered MCFN Members  
\$25 per pet  
for non MCFN Members

## PET WELLNESS EVENING CLINICS - DOGS ONLY

May 12, 13, 19 & 20, 2020 | 5:00 p.m. - 7:45 p.m.

PLEASE CALL 905-768-0141 TO BOOK AN APPOINTMENT

LOCATION: MCFN Community Centre  
659 New Credit Road, Building #4  
Hagersville, On.

Get a vet examination, microchip, rabies shot and all appropriate vaccines to bring your pet up to date along with a test for heartworm and a de-wormer medication!

Flea/tick and Proheart medication available at an extra cost.

CASH ONLY CHARGED AT THE DOOR.

PLEASE BRING CASH AND PET HEALTH RECORD IF YOU HAVE.  
For any inquiries, please contact Janice Mt.Pleasant or Laura-Lee Kelly at 905-768-0141



## Indigenous Women Leaders Gathering



heart disease.

So far the project team has held research Storytelling Circles with members from each of the partner communities: Lake St. Martin First Nation, Mississaugas of the Credit First Nation, and De Dwa Da Dehs Nye>s Aboriginal Health Centre. This provided an opportunity for any members, including men, to share their thoughts and experiences around heart health and wellbeing.

At the beginning of March we had the Indigenous Women Leaders' Gathering to bring together stories of resilience and strength, and the community partner Coming Together event at MCFN Community Centre, where leads from each of the partner communities came together to discuss some challenges and opportunities around community health and sharing information about wellness. It was a fun, inspiring, and grounding two days of knowledge sharing and connection around what keeps us well. We were blessed by the timing of this event as an opportunity to discuss how we stay well as people, families, and communities.

MCFN is taking part in the Mending Broken Hearts research project lead by Dr. Bernice Downey at McMaster University. The goal of the study is to help Indigenous women take care of their heart health and overall well-being by educating healthcare providers about Indigenous women's lives and how they think about health and well-being. This is important because Indigenous people, especially Indigenous women, are more likely than other people in Canada to suffer from

## Traditional Teachings and Anishinaabe Smoke Medicine Making



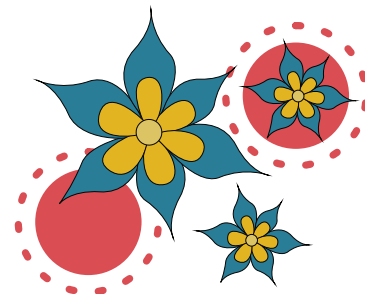
On Mar. 9 and 10, Joe Pitawanakwat visited MCFN to enlighten MCFN Members to Traditional Teachings and Anishinaabe Smoke Medicine Making. His favorite thing is to make sure every participant has the opportunity to experience as many different smells, textures and tastes. At MCFN, participants learned all about medicines to stop smoking. Ishkodewaabagonii, Cardinal lobelia, and Ishkodewaabagoniihns,

kalms lobelia, are the medicines we use to remove the physical addiction to nicotine.

Time was also spent learning about medicines to heal lungs, lowering cancer risk, among others.

Participants also learned their responsibility to the plants themselves.

Miigwech to Joe Pitawanakwat for sharing his knowledge with the MCFN community.



## COVID-19 AND PREGNANCY QUESTIONS AND ANSWER

### **I am pregnant, will I have the same symptoms as non-pregnant individuals?**

Symptoms during pregnancy are similar to those in the general public and can range from mild to severe. Symptoms of COVID-19 infection can include:

- **Dry cough**
- **Sore throat**
- **Fever**
- **Diarrhea**
- **Fatigue**

### **I am pregnant, am I at higher risk of contracting COVID-19?**

Information is limited, but right now there is no evidence that you are at higher risk of severe illness than the general population.

However, due to changes in your body and immune system during pregnancy, you can be badly affected by some respiratory infections.

It is important that you take precautions to protect yourself against COVID-19, and report possible symptoms (including fever, cough or difficulty breathing) to your healthcare provider.

### **I am pregnant, how can I protect myself?**

You can help protect yourself by:

- **Washing your hands frequently** with an alcohol-based hand rub or soap and water.
- **Keeping space between yourself and others** and avoiding crowded spaces.
- **Avoiding touching your eyes, nose and mouth.**
- **Practicing respiratory hygiene.** This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

**If you have fever, cough or difficulty breathing, seek medical care early.** Call **811** before going to a health facility, and follow the directions of your local health authority.

### **I am pregnant with COVID-19, what happens now?**

If you are pregnant with a mild case typically you can monitor your condition at home. Symptoms can be treated with over-the-counter medications such as acetaminophen for fever and muscle aches. Although Tylenol is safe for use during pregnancy, call 811 or your health centre to speak with a health professional before taking any medications.

Stay in touch with your Primary Health Care Provider and seek medical care right away if symptoms worsen, particularly shortness of breath.

Content source: Centre for Disease Control and WHO International



Indigenous Services  
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Autochtones Canada

Canada



## COVID-19 AND PREGNANCY QUESTIONS AND ANSWER

### What effect does COVID-19 have on my unborn child or my newborn?

We do not know at this time if COVID-19 would cause problems during pregnancy or affect the health of your baby after birth. We still do not know if a pregnant woman with COVID-19 can pass the virus to her fetus or baby during pregnancy or delivery. To date, the virus has not been found in samples of amniotic fluid or breastmilk.

Studies have looked at women who had infections in the second and third trimester. Women who have been infected in the first trimester have not delivered yet. More research is needed to provide conclusive evidence.

### Can I touch or hold my newborn if I have COVID-19?

Yes. Close contact and early, exclusive breastfeeding will help your baby to thrive. You should be supported to:

- Breastfeed safely, with good respiratory hygiene;
- Hold your newborn skin-to-skin, and
- Share a room with your baby

### Can I breastfeed with COVID-19?

Yes. If you have COVID-19, you can breastfeed if you wish to do so. There is no evidence that the virus is found in breastmilk.

You should:

- Practice respiratory hygiene during feeding, wearing a mask where available;
- Wash hands before and after touching your baby;
- Routinely clean and disinfect surfaces you have touched.

### I have COVID-19 and I am too unwell to breastfeed my baby, what can I do?

If you are too unwell to breastfeed your baby due to COVID-19 or other complications, you should be supported to safely provide your baby with breastmilk in a way possible, available, and acceptable to you. This could include:

- Expressing milk;
- Re-lactation;
- Donor human milk

Content source: Centre for Disease Control and WHO International



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada



## SOCIAL DISTANCING:

### What does it mean?

Social distancing means reducing close contact between people to slow the spread of infectious diseases.

Slowing the spread of the virus will help our hospitals be able to care for patients. If too many people get sick at once they might not be able to care for everyone who needs help.



| <b>AVOID</b>                                                                                                                                                                                                       | <b>USE CAUTION / LIMIT</b><br>wash hands or use hand sanitizer after, keep space from others                                                             | <b>SAFE TO DO</b><br>keep space from others, wipe down plastics and wash hands after touching packaging                                                              |                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| Playdates<br>Playgrounds<br>House Parties<br>Bars<br>Non-essential travel<br>Museums, Arcades, Malls<br>Church Services<br>Sleep Overs<br>Concerts, Sporting Events, Theater<br>Gyms<br>Group Hangouts<br>Weddings | Grocery Stores<br>Take Out Food<br>Pick Up Medications<br>Contact a Neighbor, Friend or Relative to ask if you can drop off groceries/medication at door | Watch TV or Movie (at home)<br>Read a Book<br>Play Video Games<br>Listen to Music<br>Game Night<br>Yard Work<br>Take a Walk*<br>Go for a Hike*<br>Play in your yard* | Video Chat<br>Take a Class Online<br>Virtual Tour a Museum<br>Paint<br>Cook<br>Offer Your Skills to Others Electronically<br>Be Creative |

\* Do these things alone or with members of your household



## NOTICE OF CLOSURE NEW CREDIT VARIETY & GAS BAR

To ensure the ongoing safety of our customers, employees and community, New Credit Variety & Gas Bar has made the decision to suspend business operations until further notice. This closure is temporary and **effective as of March 30<sup>th</sup>, 2020**.

We apologize for any inconvenience and thank our customers for your understanding and ongoing support during this time. Please stay tuned for further updates as they become available.



**Sustainable Economic Development**  
Mississaugas of the Credit First Nation  
2789 Mississauga Road, R.R. #6, Hagersville, Ontario N0A 1H0



Phone: (905) 768-1133





# CONTACT INFORMATION

Mississaugas of the Credit First Nation

2789 Mississauga Road, Hagersville, ON N0A 1H0



<https://www.facebook.com/mississaugasofthecreditfirstnation/>

[www.youtube.com/channel/UCLl\\_99l\\_p8-aAmCM4SEXkgQ](http://www.youtube.com/channel/UCLl_99l_p8-aAmCM4SEXkgQ)



@mcfirstnation

mcfirstnation

## Chief R. Stacey Laforme

905-979-9254

Email: [Stacey.Laforme@mncfn.ca](mailto:Stacey.Laforme@mncfn.ca)

## Councillor William Laforme

905-869-5798

Email: [BillL@mncfn.ca](mailto:BillL@mncfn.ca)

## Councillor Cathie Jamieson

905-869-5761

Email: [CathieJ@mncfn.ca](mailto:CathieJ@mncfn.ca)

## Councillor Erma Ferrell

905-869-5760

Email: [ErmaF@mncfn.ca](mailto:ErmaF@mncfn.ca)

## Councillor Evan Sault

905-869-5767

Email: [EvanS@mncfn.ca](mailto:EvanS@mncfn.ca)

## Councillor Julie Laforme

905-869-5763

Email: [JulieL@mncfn.ca](mailto:JulieL@mncfn.ca)

## Councillor Veronica King-Jamieson

905-869-5753

Email: [VeronicaK@mncfn.ca](mailto:VeronicaK@mncfn.ca)

## Councillor Craig King

905-869-5805

Email: [CraigK@mncfn.ca](mailto:CraigK@mncfn.ca)

## DEPARTMENT CONTACTS

### Administration, Culture and Special Events:

Phone: 905-768-1133

### Consultation and Accommodation:

Phone: 905-768-4260

### EarlyON Child and Family Program:

Phone: 289-758-5599

### Education:

Phone: 905-768-0100

### Ekwaamjigenang Children's Centre:

Phone: 905-768-5036

### Employment and Training:

Phone: 905-768-1181 ext. 223

### Housing:

Phone: 905-768-1133 ext. 227

### Lands, Membership and Research:

Phone: 905-768-0100

### Media and Communications:

Phone: 905-768-5858

### Ontario Works:

Phone: 905-768-1181 ext. 225

### Public Works:

Phone: 905-768-1133

### Social and Health Services:

Phone: 905-768-1181

### Sustainable Economic Development:

Phone: 905-768-1133, ext. 244

## EMERGENCY CONTACTS

### Brandon Hill, Infrastructure Manager:

905 517-7900

### Matthew Sault, Infrastructure Assistant:

905 971-2982

### Raymond Hill-Johnson, Technical Resource Manager

519-865-3883

Fire Department: 905 318-5932

Police Department (Cayuga): 905 772-3322

Roads Garage: 905 768-1133 ext 243