



EAGLEPRESS NEWSLETTER

MCFN MEMBER ARIELLE MACDONALD OFFERED FULL SCHOLARSHIP TO CONCORDIA UNIVERSITY IN MONTREAL

This past March, MCFN Member Arielle MacDonald committed to the Concordia women's hockey program. MacDonald has played the last 3 seasons for the Cambridge Rivulettes in the Provincial Women's Hockey League and was a stand out with that club. "I am beyond excited to play in their program given that they are one of the top USports programs in the country!" said MacDonald.

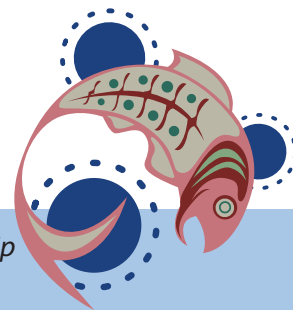
Full story page 10



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.

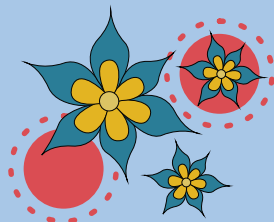


Eaglepress Newsletter

The Eaglepress newsletter is available for download at **www.mncfn.ca**. We encourage members to view the online version rather than subscribing to print to help us care for Mother Earth and save print and postage costs.

The Eaglepress will continue to evolve with new features and information. If you have suggestions for the newsletter, please contact:

Media and Communications Department
Office: 905-768-5858
Email: communications@mncfn.ca



Artwork Acknowledgement

LSK Mural: Eaglepress Newsletter acknowledges artist(s) Philip Cote, Tracey Anthony, Rebecca Baird, for use of their artwork for our identifier, marketing and promotional materials.

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



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A Message From Chief R. Stacey Laforme

It's been a month of self-isolation and social distancing. I want to express my respect and gratitude to all the members who have taken this virus so seriously. I am proud of your commitment and dedication to the protection of this First Nation.

I want to thank our frontline staff/essential services for their continuing hard work during this difficult time. I would also like to express my appreciation to our COVID-19 emergency team for their continuing support. Also a shout out to our Mississaugas Nation brothers and sisters, our neighbours the Six Nations of the Grand, Haldimand and Norfolk for their continuing support.

At this point in time we have one positive case of the Coronavirus and this person is in isolation and being assisted by Public Health.

Chief and Council and the COVID emergency team continue to evaluate and work together to take the necessary steps to ensure the safety of our Members.

Limiting access to the community

Recognizing that gas stations are an essential service and this service will resume on May 1. At this time the sale of tobacco on the First Nation remains prohibited.

All Mississaugas of the Credit organization remains closed until June 1 where it will be reevaluated at that time. Essential services remain in operation and many staff are working from home.

All parks and recreational areas remain closed at this time
The

COVID-19 emergency working team have recently completed an on reserve delivery of foods to every home that did not opt out of the delivery.

Off reserve gift cards to Members were sent out. If you have not received a gift card and you adhered to the information requirement or simply missed the gift card process please contact Kailey at 905-979-2957 or Kerri King at 905-527-0364.

April 23 was recognized as a national day of prayer and as such I participated at home but I also burned tobacco at each of the three fire pits in front of the band office.

We acknowledge the creator the world around us and our place within it

We thank you for the gifts we have been given

The gifts of the this world, the insects, the animals, the plants, the people

We are thankful for the breath of life, the gift of spirit and energy

We ask that you shelter us and guide us in these difficult and challenging times



We ask that you protect our elders, our knowledge keepers,

For they are the keepers of our wisdom our language and our past

We ask that you protect and guide our youth for they seek direction

They were born to run and it is a time of stillness, they are our hope, our future

We ask that you protect the women of the world For they are the bringers of life and the foundation upon which we build our future

We ask that you guide and protect our warriors for they seek direction

They serve the will of the people and struggle without that voice, that guidance

We ask that you calm and comfort our leaders, we need their logic and their compassion

Yet they are overcome with the pain and hurt of the people

We ask that you shelter and guide the other people of these lands They are our brothers and sisters, though at times they fail to see us

Without them we cannot achieve the purpose for what we were set upon this world We understand that we must stand together, that we must face this dark time in unity

We understand that there is a lesson here for all people and we pray that they understand

We acknowledge the creator the world around us and our place within it

Please visit our website at www.mncfn.ca for the latest information.

CULTURE AND HISTORY

Let's Learn Anishinaabemowin:

May Words

WAAWAASKONE GIIZIS (FLOWER MOON) – MAY

The fifth moon of Creation is Flower Moon, where all plants display their Spirit sides for all the world to see. This life giving energy is one of the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our Spiritual essences.

COVID-19 Symptoms

dekwewin	headache
jiisbijaanewin	runny nose
gaagijigondaaginewin	sore throat
gizhiswaapinewin	fever
shagwewin	vomiting
taakonaamiwin	shortness of breath
kaanaapinewin gaagijigo	joint pain
ekwaaziwin	fatigue
dakajiwin	chills
zhaabkaawziwin	diarrhea
skwaajigewin/ziinkiigimewin	phlegm
baate-sosidamowin	dry cough

HISTORICAL TIDBIT

By Darin Wybenga

Social distancing, quarantine, and all manner of other precautions are currently the order of the day as the Covid-19 pandemic assails Canada and the world. The Mississaugas of the Credit First Nation, like other peoples the world over, are working hard to blunt the impact of the pestilence on the community.

The Mississaugas at the Credit River Mission Village soon after its founding in 1826, were also determined to ward off disease and preserve the health of the community. Found within the 1830 Constitution of the Mississaugas of the Credit River is a brief regulation related to community health:

No one shall be allowed to leave wood or timber in the streets of the village; nor to suffer any filth or dead carcasses to remain within the bounds of the village. But it shall be the duty of all householders to see that the village is perfectly free from all filth and dirt, which is necessary in order to preserve health in the place.

Although not Covid-19, the diseases that afflicted the Mississaugas at the Mission village -Small Pox, whooping cough, and tuberculosis were every bit as deadly. Chief and missionary Peter Jones, having officiated at the burials of many band members who has succumbed to disease, was wise to include a provision for public health when he framed the Constitution of 1830. The regulation recognized then, as we do now, that it was the responsibility of all households to preserve the health of the community.

In 1884, under the leadership of Chief Peter E. Jones, like his father the Rev. Peter Jones, framed a set of rules and regulations for the governance of the Reserve. Considering that P.E. Jones was the first Status Indian to obtain a medical degree from a Canadian university, was the band's medical attendant, as well as its chief, it was not surprising that a considerable portion of the Rules and Regulations of 1884 was devoted to public health. By-law No. 2 "As to Care of Public Health" contained 8 sections pertaining to the physical well-being of the Mississaugas and others residing on the reserve.

Sections 1 to 5 of the By-law stated that the medical attendant would be elected by a majority vote of the duly qualified members of the band. It was the duty of the medical attendant, a qualified medical doctor, to treat the members when called upon in times of sickness. Annually, the doctor was to vaccinate members of the band at the Council House on the first Monday of September. The doctor was to deliver an annual public lecture to band members of any matter that seemed best with a "view to the preservation and restoration of health". The doctor's duties included furnishing medical reports to the Indian Department. Just as the medical attendant was elected to office by majority vote, the attendant's services could also be dismissed by vote.

Under By-law No. 2, each July a General Council of the band was to meet with the purpose of selecting a Health Committee of at least three members. The committee, cooperating with the medical attendant was empowered to "remove, or cause to be removed, and destroyed all putrid or other matters which shall tend to injure the public health." Owners or occupants of land that failed to remove any "putrid" or dangerous material in a forthright manner were subject to a fine of between five and thirty dollars.

The Committee, upon the recommendation of the medical attendant was to “provide aid to the sick, aged, disabled, and destitute members of the Band, who are not able to provide for themselves; and such aid shall be paid out of the funds of the Band.” The Committee was also tasked with the establishment of a hospital during an epidemic:

In case an epidemic, malignant, or contagious disease she'll arise and likely to spread among the set band, the said committee, upon the advice of the Medical Attendant, shall erected, or cause to be erected, and maintained in some unfrequented place a temporary hospital, where all persons so afflicted shall be placed, cared and provided for, until such time or times as the Medical Attendant shall permit of their removal; the said hospital to be erected and maintained out of the funds of the Band.

Fortunately, the First Nation was never assailed by

any disease in such a way as to require the building of a hospital, although from time to time strong measures were taken to protect the community. In 1914, Small Pox broke out on the Six Nations and New Credit Reserves. Dr. Macdonald, New Credit's medical attendant, urged people to refrain from congregating in large groups and to avoid travel to the neighbouring Six Nations Reserve. A number of band members were placed in quarantine, with one non-band member removed from the reserve for disobeying quarantine orders.

To read the 1830 Constitution of the Mississaugas of the Credit River read Elizabeth Graham's book, *Medicine Man to Missionary*, Peter Martin and Associates, Toronto, 1975.

A copy of the Rules and Regulations of the Mississaugas of the Credit 1884 may be found at: canadiana.ca.

History of the Jingle Dress Dance | Native American Meaning & Story

Many have viewed the Jingle Dress dances that are viral on social media. If you are wondering why all the dancing, here is the meaning behind the Jingle dress dance.

The Jingle Dress dance is commonly seen in competitive powwows today, performed by women and girls in First Nations and Native American communities.

The dance gets its name from the rows of metal cones – called *ziibaaska'iganan* – attached to their dresses which make a distinctive sound as they dance. The Jingle Dress dance has a rich history, and there are few sights as mesmerizing as watching and hearing the women dance in their Jingle Dresses.

History of the Jingle Dress Dance?

The Jingle Dress Dance began with the northern tribe Ojibwea in the early 1900s and became prevalent in the 1920s in Wisconsin and Minnesota in the US, and in Ontario in Canada.



The story is that the dress was first seen in a dream. A medicine man's granddaughter grew sick, and as he slept his spirit guides came to him and told him to make a Jingle dress for her. They said if she danced in it the dress would heal her.

The Jingle dress was made, and the tribe came together to watch her dance. At first, she was too sick to dance alone and so her tribe carried her, but after a little time she was able to dance alone, cured of her sickness.

It's likely that the sickness she was experiencing was a part of the 1918 flu pandemic, which hit the Native American communities hard close to

the Great Lakes. This was closely followed by a federal ban on ritual dancing in the 1920s on reservations. The dance has since been not only a dance of healing but also one of pride.

The dance is now performed competitively and in ceremonies by women and girls of all ages.

CULTURE AND HISTORY

What Do Jingle Dresses Look Like?

The Jingle Dress, also known as a Prayer Dress, is considered to bring healing to those who are sick. As mentioned above, the dance gets its name from the rows of *ziibaaska'iganan* (metal cones) sowed to the dresses. These cones are traditionally made from rolled snuff can lids and hung from the dress with ribbon close to one another, so they make a melodic sound as the girls and women dance. Nowadays, these cones are often machine-made.

The dresses come in every color imaginable, from yellow to bright blue, to deep red, and accented with sparkles and even neon-colored fabrics. They are often made with shiny and sparkly materials and decorated with fringes, embroidery, beading, and more.

They usually have three-quarter length to full-length sleeves and come down to mid-calf or the ankle. They are secured at the waist with a thick belt, often

made of brown leather. On their feet, the dancers wear decorative moccasins embellished with the same kind of detail as found on their dresses.

Traditionally, the dresses were often made from old formalwear and other repurposed dresses and didn't include the decorative beadwork, or the beaded leggings



we see today on and beneath the dresses.

What are the steps for the Jingle Dance?

As the *ziibaaska'iganan* hit one another it sounds like rain falling, so it's important for the dancers to move their feet in time with the drum and stop when the beat stops. Moving lightly on their feet, they keep their foot movements low to the ground, kicking their heels and bouncing on their toes to the music. Typically, this dance is done in a zigzag pattern, said to represent one's journey through life.

Often, they keep their hands on their hips, and if they are dancing with a feathered fan (full of neutral colors, like eagle feathers) as the more modern Jingle Dress dancers do, they will raise it into the air as they dance to receive healing.

The traditional dance involves low, soft-footed steps, as could be performed by those who were sick, while the modern competitive dancers push the boundaries some as they try to out-dance their competitors.

What are the songs and music for Jingle Dance?

The music for a Jingle Dress dance has a foundation of a solid drumbeat for the women to dance to, and of course, the metal cones make a loud jingling (hence the name) as the women move which contributes to the music you'll hear at a Jingle Dress dance.

Jingle dancers will usually dance to Northern drum groups. Special songs for Jingle Dance include a Side Step or Crow Hop.

Reprinted from PowWows.com at <https://www.powwows.com/jingle-dress-dance/?fbclid=IwAR0fKK4YG8eO9XrfMkaLkLsdEkIREVasHR7e-TjJAHc4mzaHl4KSksqGE>



MCFN King-Green Family Empowering Through Video



Cynthia Jim — with Jai King-Green and Fawn D Wood.

6 mins · 🌐

Night 18 virtual rounddance! ❤️❤️❤️



Mya Celest Helen King-Green is live now — with Jai King-Green and 2 others.

16 mins · 🌐

Virtual round dance



COVID-19 Virtual Rounddance! This Facebook page showcases Indigenous song and drum performances from all across Turtle Island. On April 19, 2020 the Manitou Mkwā Singing group from the Mississaugas of the Credit First Nation were selected to perform and they did not disappoint! If you would like to view their performance, visit and subscribe to our YouTube channel at https://www.youtube.com/channel/UCLI_99I_p8-aAmCM4SEXkgQ?view_as=subscriber

(L-R) Mya King-Green, EdebwedOgichidaa-Val King, Minga King-Green, and Jai King-Green.

Spirituality

Hamilton Regional Indian Centre

28.04.2020

Speakers

Demin'in Kwe Sinebe



EdebwedOgichidaa-Val King



Come join us for your daily virtual smudge, and a powerpoint on spirituality explained by Demin'in kwe our (Community Mental Health Worker) followed by a video by Val King



On April 28, 2020 EdebwedOgichidaa-Val King was asked to video present for the Hamilton Regional Indian Centre's Spirituality series. King-Green provided 2 videos, one that speaks of the intergenerational traumas experienced by families and the impacts on language and culture among others. The second video taught viewers about the drum. These videos are available on Valarie King's YouTube channel at https://www.youtube.com/channel/UCK_f4d7L7i7-gGgHc8xavPA



CYBER THREATS - TIPS AND CONSIDERATIONS

The Assembly of First Nations (AFN) wants you to protect yourself from cyber threats that may be occurring during the COVID-19 pandemic. Highly publicized events such as this can make individuals and organizations the target of email, telephone and cyber scams. During these times of increased vulnerability, learn how to best protect yourself with the information and resources provided below.

What does a scam look like?

Be aware of unexpected emails, texts, and phone calls, especially when they are trying to gather personal, financial, and/or password information. Some examples include:

- Requests for money to raise funds for those affected by COVID-19
- Emails and phone calls that sound urgent or suggest you may owe money
- Attachments from email addresses that you do not recognize or were not expecting
- Spelling errors in the subject line and body of the email
- If you receive a suspicious phone call, voice message or text, do not respond and disengage immediately (hang up or delete the message).

How can I protect myself?

- Be wary of 'official' emails that are sent from non-official governmental or organizational websites
- If an email contains links or attachments, do not click but hover your mouse over the text of the attachment to see where the link might direct you - if the link seems suspicious, close the email and delete it
- If something seems suspicious, trust your instincts and do not engage with the potential scam
- Most importantly, only trust emails from senders you trust

What can I do if I have been scammed?

- Report the incident to the **Canadian Anti-Fraud Centre at 1-888-495-8501** or directly to their Fraud Reporting Center at the Canadian Anti-Fraud Centre
- Contact your bank and credit card company and inform them of the fraudulent encounter
- Reset your email, social media and online banking account passwords

Resources:

Stay up to date on current and active scams at:

- <https://antifraudcentre-centreantifraude.ca/index-eng.htm>
- <https://www.cyber.gc.ca/en/alerts-advisories>

Protect yourself:

- <https://antifraudcentre-centreantifraude.ca/protect-protegez-eng.htm>
- <https://www.getcybersafe.gc.ca/index-en.aspx>



Federal Indian Day School Class Updates/Important Updates on Coronavirus

The Claims Administrator continues to accept and process all Claim Forms. Timelines for claims processing and payments are not expected to be impacted due to COVID-19. The Claims Administrator recommend new claims be faxed or emailed at this time.

April 6, 2020

Update: Community Assistance Sessions by Video Conference

As part of Class Counsel's ongoing response to COVID 19, Community Assistance Sessions will be delivered by video conference starting April 8, 2020. These sessions will provide Claimants with information about the Claims Process and how to complete the Claim Form.

All participants are encouraged to register for the session tailored to their region. The full Community Assistance Session schedule and registration links are available here: <https://indiandayschools.com/en/>

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.

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>

THREE FIRES HOMECOMING



POW WOW

AND TRADITIONAL GATHERING

MISSISSAUGAS OF THE CREDIT

ANNUAL

THREE FIRES HOMECOMING

POW WOW

AND TRADITIONAL GATHERING

**ORGANIZERS REGRET TO INFORM THAT
THE 2020 THREE FIRES HOMECOMING
POW WOW AND TRADITIONAL GATHERING**

**IS
CANCELLED**

For further information contact the
New Credit Cultural Committee @ (905) 768-3067 info@newcreditcc.ca

www.newcreditcc.ca

Stay Home and Grow Vegetables With MCFN Vegetable Garden Kits

Choice of three types available:

Salad Garden

Root Vegetable Garden

Three Sisters Garden

*all plants/seeds dependent on
availability

Eligibility: MCFN Members
residing on reserve.

Call Ekwaamjigenang Children

Centre at 905-768-5036

and leave a message or

email patti.barber@mncfn.ca

to reserve a kit

(one per household).

Please leave your name and best
contact number for kit pick up.

Deadline for orders is Friday, May 15 at 12:00 p.m.

Pick up details to follow.



Charlotte Johnson took time out of her busy schedule to read the April edition of the Eaglepress!

Whenever you
need to talk,
we're open.



Call 1-800-668-6868



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



Text 686868

Kids Help Phone 

COMMUNITY INITIATIVES

MacDonald Commits to Concordia Women's Hockey Program



MacDonald also participated in the 2019 Little NHL with the Six Nations Blackhawks girls midget team where they reached the A division championship against CMO United. They would lose a close match 1-0.

Arielle laced up her first pair of skates at the age of two, just two months shy of turning three. She participated in figure skating for one year to learn skating basics. "She absolutely hated it and wanted to play hockey and that was the bottom line" said mom Marie Sault.

MacDonald started playing hockey the following year. She would continue to play for Six Nations from tyke through atom.

In her peewee year, MacDonald transitioned to girl's hockey and played her peewee years in Stoney Creek before moving to Ancaster to play both of her bantam years.

MacDonald's skill, at the age of 14 enabled her to skip her midget year and play for the Cambridge Rivulettes Junior Women's Hockey Team in the PWHL – Provincial Women's Hockey League. She played for Cambridge for the past three years. MacDonald also played for Brantford Collegiate Institute's school hockey team in grades 9 and 12 capturing the Brant County championship both years. An injury kept her out in grades 10 and 11. She has given back to those that are up and coming by helping with various aged hockey teams within Six Nations Minor Hockey Association as well as helping others by teaching power skating with Sandy Velenosi, both on reserve and off.

As far as hockey is concerned MacDonald has accomplished what most girls can only dream of, a

full scholarship to play university hockey.

Her first school inquiry came at the age of twelve and playing peewee at the time. But later on, there would be over 30 schools that inquired about the talented young hockey player and MacDonald would have her choice of schools after playing in a showcase tournament. After an overwhelming amount of inquiries, MacDonald had decided to commit. She committed to Concordia University on Sept. 19, 2019.

"She could finally breathe again. As a Mom, it was overwhelming for me as well. Helping her to navigate the whole school process was stressful but we managed", says Marie.

Concordia University



approached MacDonald during her rookie year with the Rivulettes. She was sold. Not only was she sold on the school but on the coaches as well. "They just get me. They understand me", says Arielle.

In November of 2019 on an edition of Rogers Hometown Hockey, former NHL Coach of the Year Ted Nolan spoke about her during his interview on national television. MacDonald found that to be pretty cool even though he said she was from Six Nations.

"Concordia has always been one of the schools that stood out to me when deciding where I wanted to go and the coaches were so amazing to me when I went to tour and I just knew that's where I wanted to go, not to mention Montreal is beautiful!" an excited MacDonald said.

MacDonald hadn't really given college hockey a thought growing up until the offers starting coming in peewee. MacDonald and her parents didn't seriously look into any offers until her first year junior, they wanted to see more offers and weigh all options.

MacDonald is glad she committed at the time she did in her last year of junior because she was able to weigh out all the options and pick what was best for her. This year she said she really liked how her new teammates bonded good on and off the ice. "In the dressing room we were all friends with each other and that made communicating on the ice easier." MacDonald said her team played as a team and players were not out there for themselves, after all hockey is a team sport! The team was able to connect on the ice with plays being executed most handily and everyone knew where everyone else was and able to get the plays right.

Although MacDonald was sad to leave Cambridge where she was able to grow as a player and made lasting friendships and memories, she is excited for her newest exciting opportunity.

MCFN would like to congratulate and wish MacDonald all the best and much success in this very exciting new chapter in her life.



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

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

Canada

TOP 10 TICK HIDING SPOTS ON YOUR BODY

Tick checks are one of the ways you can prevent Lyme disease and other infections spread by ticks. **Check your entire body**, especially:

WHAT TO LOOK FOR?

Feel for **bumps** and look for tiny **dark spots**. Look carefully, most ticks are very small!

Don't forget to also check your pets

Found a tick? Remove it immediately to reduce the risk of infection.
Canada.ca/LymeDisease

Public Health Agency of Canada / Agence de la santé publique du Canada

Canada

VIRTUAL MEDICINE WORKSHOP

**LED BY PLANT MEDICINE PRACTITIONERS
HUNTER CASCAGNETTE & NICOLE DAVIES**

AN INTRODUCTORY OVERVIEW OF PLANT RELATIONS' IDENTIFYING CHARACTERISTICS AND THEIR PHYSIOLOGICAL AND SPIRITUAL OFFERINGS

MAY 13, 2020 | 11:00 AM - 12:30 PM
ZOOM: ID 85396977699, PW 022539

QUESTIONS? CONTACT:
b.trzop.goodick@utoronto.ca

Great-Grandma Margaret's Frybread Recipe

Pass the Frybread!

We serve frybread in place of dinner rolls at Thanksgiving Dinner.

We also enjoy it as a dessert, topped with powdered sugar.

It's not pre-contact food, but it's delicious at powwows as an NDN Taco, topped with cheese, meat, beans, lettuce and tomatoes.



Ingredients

- 6 cups all-purpose flour
- 1 teaspoon salt
- Plenty of Corn Oil to Fry It In
- 2 tablespoon baking powder
- 3 cups warm water

Instructions

1. Stir your flour, baking powder, and salt together in a glass mixing bowl.
2. Then, add warm water and stir into dough.
3. Knead the dough on floured wax paper.
4. Flatten the dough into palm-size pieces.
5. Fry the dough in hot oil (about 350 degrees) for 3 minutes, until it is golden brown.

© PowWows.com
<https://www.powwows.com/frybread-power-a-yummy-way-to-celebrate-native-heritage/>

CATEGORY: Food

Ontario

Total Numbers

Location	Confirmed Cases	Deaths
Ontario	21,469	1,751
Canada	70,091	4,991
Global	4,100,543	282,688

- **Where does this data come from?**

All data comes from Johns Hopkins University (JHU). JHU gathers COVID-19 data from the World Health Organization, the European Centers for Disease Prevention and Control, and local health organizations.

- **Confirmed cases**

The total number of people who have been diagnosed with COVID-19 as defined by the Centers for Disease Control and Prevention (CDC).

- **Deaths**

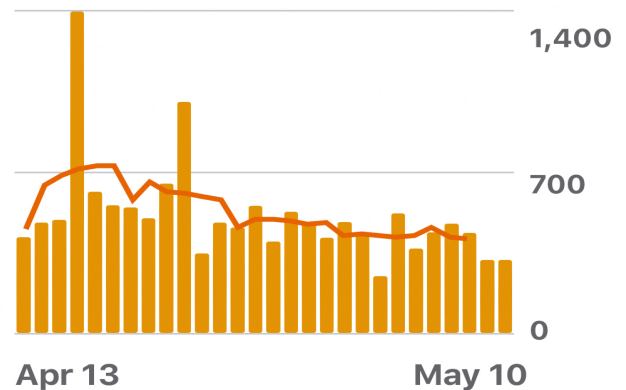
The total number of people who have died due to a confirmed case of COVID-19.

- **New cases**

The number of people diagnosed with COVID-19 since the previous update.

New Cases Over 28 days

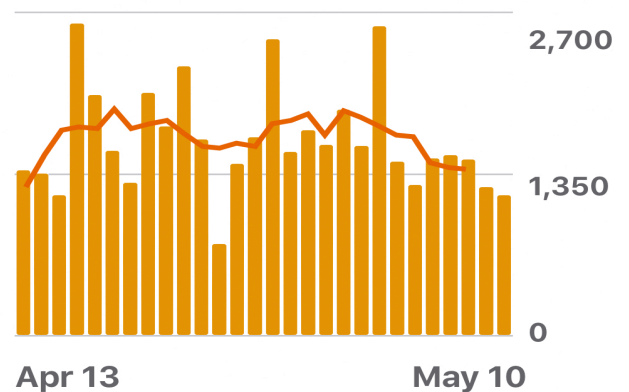
321 new cases today



Canada

New Cases Over 28 days

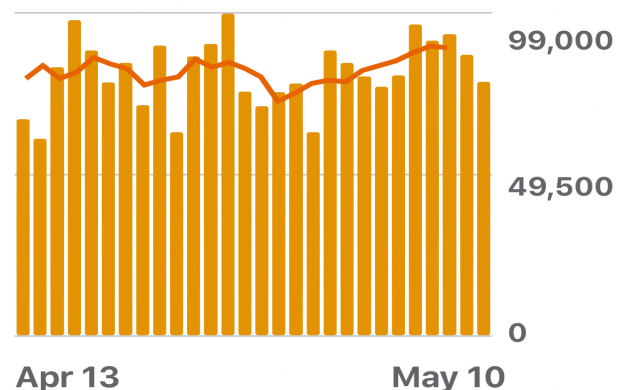
1,173 new cases today



Global

New Cases Over 28 days

77,774 new cases today



COVID-19 Fact Sheet for Indigenous Communities

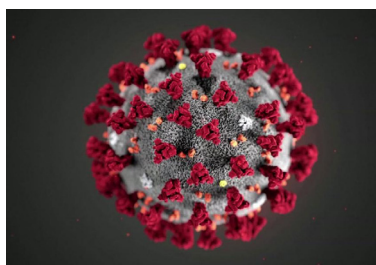


UNIVERSITY OF SASKATCHEWAN
College of Medicine
DEPARTMENT OF COMMUNITY
HEALTH AND EPIDEMIOLOGY
MEDICINE.USASK.CA

© Dr. Carrie Bourassa

What is the Coronavirus?

The Coronavirus is the name of a large family of viruses causing the novel COVID-19 respiratory illness initiating this global pandemic (WHO, 2020).



Who is at risk?

We are all at risk as this is a novel virus. There is an increased risk for Canadians that are: 65 and older, those with compromised immune systems, or with underlying medical conditions (such as asthma, diabetes, or blood pressure issues) (Government of Canada, 2020). There are outliers to those who are at risk, meaning there are exceptions.

Protect yourself and others from getting sick

Wash your hands

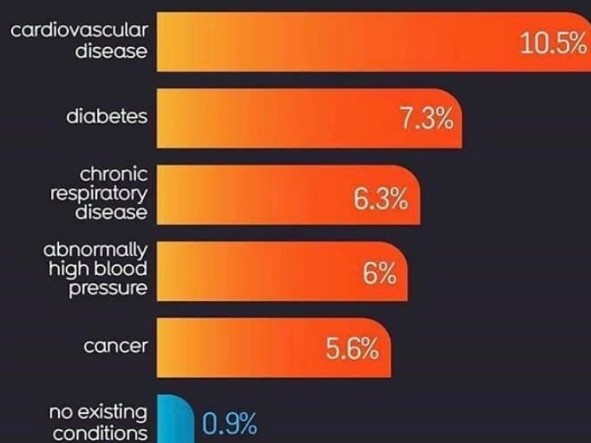


- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Especially Those with Existing Conditions

% with other serious ailments who die



China Centre for Disease Control & Prevention

How many cases are there?

As the number of cases is ever-changing and increasing, to find out how many active cases are present in Canada please visit the following link for accurate information: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html#a1>

How is COVID-19 different from previous Coronaviruses and Influenzas?

This virus is different as it is novel, meaning NO ONE in the world has antibodies to it yet (or is immune) as no one has been infected by it previously (WHO, 2020). COVID-19 has been misrepresented in the media to be "just another flu", but it has had a much worse effect than the common cold or influenza (Li et al., 2020; NYT, 2020; The Atlantic, 2020). The fatality rate of COVID-19 is much higher than the flu.

Spread 3 Main Ways (Government of Canada, 2020):

- 1) **Contact** – Hand to hand contact (shaking hands), close contact (kissing, hugging), sharing items (drinks, foods).
- 2) **Droplets** – Respiratory droplets as a result of sneezing, coughing, laughing, cheering, singing, yelling.
- 3) **Surfaces** – All surfaces both hard and soft including clothing and can be active for hours to days.

The virus infected droplets can enter your body through your mucus membrane (eyes, mouth, or nose). This causes infections in the lungs, nose and throat. These infected droplets are able to stay in the air for up to three hours indoors. It should be made clear that just because you don't have any symptoms, does not mean that you cannot spread the virus to other people that may be more vulnerable for developing the illness than you are. It is because of this risk that all Canadians and Indigenous Peoples in Canada, must practice social distancing. Under ideal conditions, the virus can live for up to 72 hours. Touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands puts you at risk for developing COVID-19. Surfaces that are most often touched should be wiped down with at least 60% rubbing alcohol in order to disinfect the area/surface. The virus attaches itself to all surfaces however, it likes hard surfaces which can hold the virus for hours or days, so cleaning and proper hand hygiene is key (view infographic for proper handwashing protocol).

Call for Submissions



Are you making COVID-19 masks?

Indigenous women are invited to submit photos of their hand made masks. Deadline: June 8, 2020.

A jury of Indigenous women artists will pick 20 of your masks to be exhibited in our presentation of

Okónwara, Okónhsa

Her Mask, Her Face,
Her Indigenous Reality

at the
Indigenous Women's Arts Conference

- We will buy your mask and it will be exhibited during the Indigenous Women's Arts Conference.
- Artists will receive a free page on our artist directory at passthefeather.org.
- Artists will receive a free entrepreneurship branding package including a logo and website.
- One artist will be selected to facilitate mask making workshops at the Indigenous Women's Arts Conference (this is a paid position).
- Selected artists will be commissioned for a large mask order to be used to protect women at our Indigenous Women's Arts Conference.

Artists can complete submission form here:
passthefeather.org/call-for-submissions



contact@passthefeather.org
lehstóseranon:ha (She Keeps the Feathers)



INDIGENOUS NURSES DAY

CELEBRATE WITH US ON MAY 14, 2020



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

May 8, 2020

The Mississaugas of the Credit 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 within our Nation.

There is one confirmed case and two probable cases of COVID-19 in the MCFN Community.

Six Nations Public Health have confirmed 11 positive cases.

- Recovered: 10
- Death: 1

Haldimand Norfolk Public Health have 196 confirmed positive cases.

- Lab-confirmed, positive cases: 196
- Recovered: 58

Brant County Public Health have 99 confirmed cases.

- Confirmed: 99
- Recovered: 80

1. Chief and Council have re-opened access to trails and the track under the following terms and conditions:

- **Practice physical distancing: keep 2 metres apart;**
- **No all terrain vehicles (ATV's) or other recreational vehicles will be allowed on the trails;**
- **Individuals are not allowed to congregate or walk together in groups. Families must stay together;**
- **Limit your time on the trails and track;**
- **Chief and Council have extended the closure of the recreation facilities (playgrounds, basketball court, volleyball nets, and baseball diamond). Please do not use these facilities at this time.**

2. Six Nations Bar Code System. Their system, aimed at restricting access to Six Nations to band members, involves an ID pass with a bar code that can be scanned. MCFN members will be able to access Six Nations of the Grand River territory if they are deemed to meet the requirements set out by Six Nations' Council as providing an essential service, this includes delivery of goods, attending medical appointments and providing essential services to family members (grocery delivery).



Chief and Council

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3. If you are making deliveries to Six Nations residents or businesses you must show proof of work in the form of an invoice or work order.

MCFN members can call the Six Nations COVID hotline 519-717-6639 to register for a barcode. Members must use their status card to register. If your status card is recently expired, MCFN Lands, Membership, and Research Department (LMR) can provide a letter confirming the individual is a registered member of MCFN. If you require a letter, please contact Lands, Membership and Research at 905-768-0100 or by email at Margaret.Sault@mncfn.ca

MCFN and Six Nations will continue discussion on how we can work together to support our communities and members during this pandemic.

4. Province of Ontario Infectious Disease Emergency Leave: In Ontario, employees have the right to take unpaid, job-protected infectious disease emergency leave if they are not performing the duties of their position because of specified reasons related to a designated infectious disease. This leave is available to all employees who are covered by the Employment Standards Act. If you are affected by the ongoing closure of Ekwaamjigenang Children's Centre or Lloyd S. King Elementary School and require documentation to access this leave, please contact Kerri King at Kerri.King@mncfn.ca or call 289-527-0364.
5. The off-reserve gift cards have been mailed. We apologize for the delay, but additional cards were ordered to provide relief for the period of March through June. If you have not registered for the card, please contact either Kailey Thomson via email: Kailey.Thomson@mncfn.ca or Kerri King via email: Kerri.King@mncfn.ca. You will need to provide your full name, registry number, your mailing address and identify the number of people in your household. Please note, one card will be provided per household. In the event that multiple people call in to register from the same household, the gift card will be sent out to the first person who registered.
6. Provincial Support for Families: Eligible parents will receive a one-time provincial grant of \$200 for children aged 0 to 12 or \$250 for children or youth aged 0 to 21 with special needs. Please go to ontario.ca/page/get-support-families for more information. While completing your application, please indicate that your child is not enrolled in either public or private school. Then, select that your child is attending a First Nation operated or federally-operated school.
7. On-reserve food package delivery: On May 21 the MCFN COVID-19 Working Group will be delivering food boxes to all on-reserve households. The box will contain an assortment of fresh produce and personal protective equipment such as reusable masks, gloves, and cleaning supplies. If you do not want a box please call 905-768-1133 and leave a message, please be sure to include your blue tag number.
8. At this time, the Band Administration main line is voice mail only. If you need immediate assistance, please contact Kailey at 905-979-2957 or Kerri at 289-527-0364 and they will be able to refer you to the relevant departmental contact.

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9. MCFN Operations: As previously communicated, MCFN are operating with a much smaller staff load and are only offering essential services at this time. Chief and Council would like to acknowledge our essential workers and our COVID-19 Working Group for helping to maintain some sort of normalcy during these uncertain times. As well, we'd like to show our appreciation for the staff who are working from home and doing their part to help flatten the curve. We've seen some tremendous shows of unity in our community, including classroom Zoom meetings for the children and staff of Ekwaamjigenang Children's Centre, a parade led by LSK Elementary Staff, regular engagement by our EarlyON team and positive outreach by our Mental Health Workers. For all of this, we say chi-miigwech.
10. Group Gatherings: MCFN Chief and Council prohibit group gatherings of 5 or more people. The Ontario Provincial Police (OPP) have agreed to enforce this expectation. If there is a gathering within the MCFN community of 5 or more people, please call the OPP to report: (905) 772-3322.
11. Limiting Access to the Community: In order to ensure the safety of our members and in an effort to discourage outside traffic in the community, MCFN Chief and Council have directed that "Local Traffic Only" signs be placed at all our entry points. These signs have been installed as of April 29, 2020. Please be aware that the MCFN COVID-19 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. Please ensure you are obeying all speed limits and traffic signs, we all play a role in keeping our community safe.

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

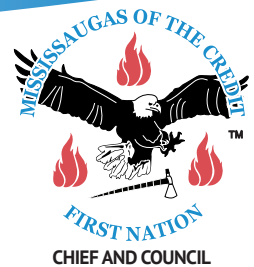


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Self-Screening Tool for COVID-19 for First Nation Visitors or Members Returning to Communities

1. PURPOSE:

In light of the COVID-19 pandemic, Indigenous Services Canada (ISC) is working closely with First Nations partners, the Public Health Agency of Canada, other departments such as Health Canada, Public Safety and provincial and territorial counterparts to protect the health and safety of First Nations and support First Nations communities in responding to public health threats, including COVID-19.

To support the safety and wellbeing of First Nations community members and visitors/members returning to First Nations communities, ISC has developed the following guidance. Using methods such as self-screening in First Nations communities is one way to prevent the introduction of the virus into communities and to decrease the burden of illness resulting from the pandemic.

Travel and entry restrictions may vary by province/territory and community. It is the responsibility of visitors and returning community members to review these requirements. Additional exceptions may be identified for individuals deemed as essential workers, which may include but not be limited to those employed in healthcare, emergency services, and food and beverage industries.

2. PROCEDURES:

All community members and visitors returning to First Nations communities are encouraged to self-screen for exposure and symptoms of the COVID-19 virus prior to visiting or returning to a First Nations community, using the attached self-screening tool (Annex A).

It is suggested that if someone planning to visit or return to a First Nations community meets any of the exposure criteria or symptoms in Annex A, they should delay their travel to the community if possible. They should follow their provincial/territorial public health guidelines. If a community member returning to their First Nations community meets any of the criteria or symptoms listed, it is suggested that they follow public health guidance and self-isolate for 14 days following return to mitigate the spread of COVID-19.

Annex A: Self-screening Tool for First Nation community members and visitors returning to First Nations communities.

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ANNEX A

Self-screening tool

- 1) Self-screening should start at least 12 hours before you plan to travel to the community, and should continue right up to time of departure;
- 2) To begin, complete the questions below in **STEP 1** and **STEP 2**.
- 3) Once you have answered the questions in **STEP 1** and **STEP 2**, follow the decision map below, and from there read the outcome based on responses to determine guidance on returning to a community.

STEP 1: Travel and Contact

Have you...?

YES	NO	<p>Travelled outside of Canada in the last 14 days</p> <p><i>Note:</i> Identify if your community has additional travel restrictions. If you have travelled beyond these restrictions, answer YES to this question.</p>
YES	NO	<p>Had unprotected (i.e. not wearing personal protective equipment) close contact with a confirmed or probable case of COVID-19</p> <p>A close contact is defined as a person who:</p> <ul style="list-style-type: none"> • Provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact without consistent and appropriate use of personal protective equipment; or • Lived with or otherwise had close prolonged contact (within 2 metres) with the person while they were infectious; or • Had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.
YES	NO	<p>Had unprotected close contact with a person with a respiratory illness (cough and/or fever) who has been travelling outside Canada within 14 days, before they were confirmed for COVID-19 and showing symptoms?</p> <p>A close contact is defined as a person who:</p> <ul style="list-style-type: none"> • Provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact without consistent and appropriate use of personal protective equipment; or • Lived with or otherwise had close prolonged contact (within 2 metres) with the person while they were infectious; or <p>Had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.</p>

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STEP 2: Symptoms

Do you have any of the following symptoms?

YES	NO	Fever > 38°C or feeling feverish or have you had shakes or chills
YES	NO	Cough
YES	NO	Shortness of breath
YES	NO	Other symptoms such as fatigue, muscle aches, loss of appetite

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Chief and Council

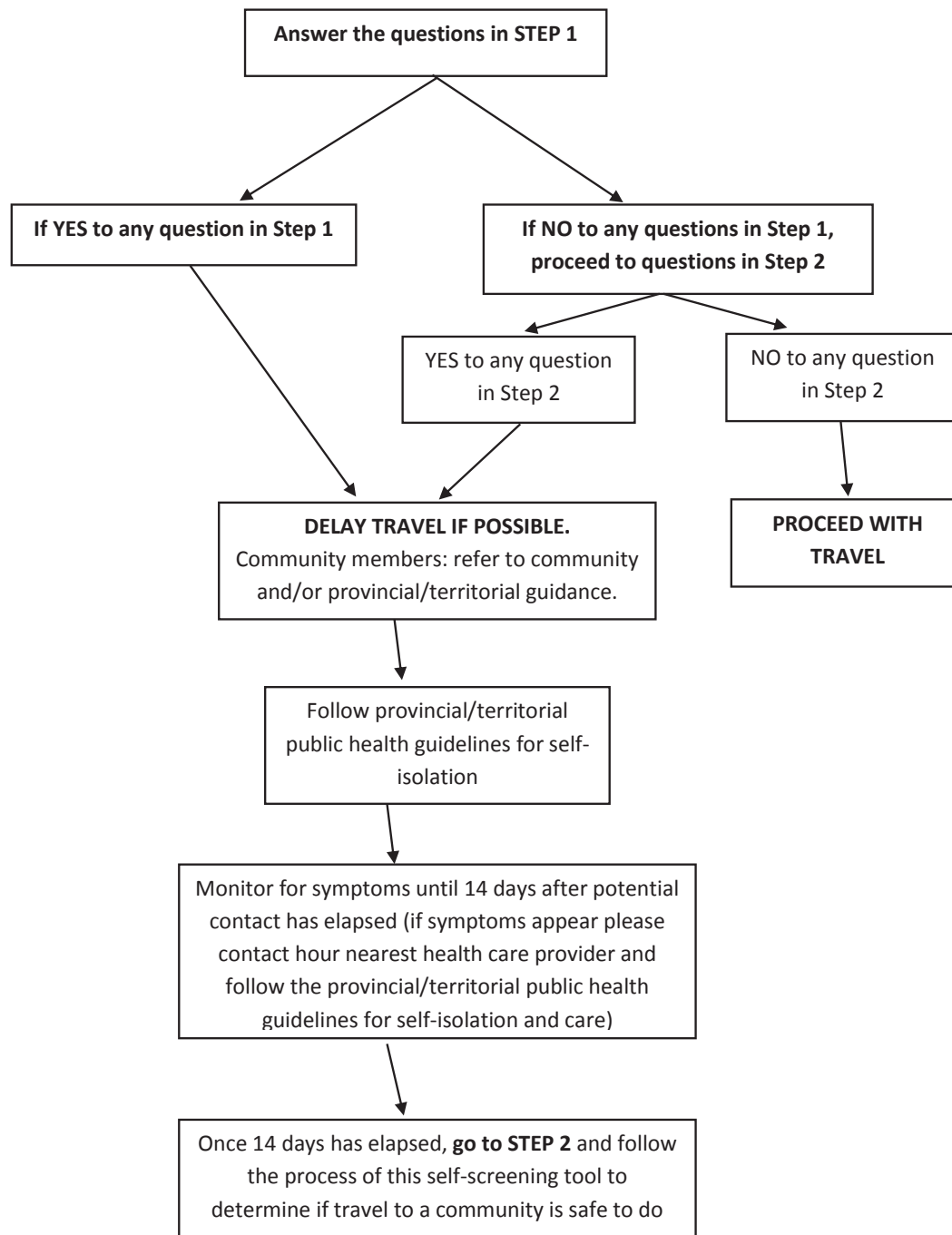
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-4-



References:

For more information: www.canada.ca/coronavirus

PHAC case definition <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/national-case-definition.html>



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Haldimand County Fire Department Provides Update On Burn Permits During COVID-19 Situation

Haldimand County Fire Department is advising residents that open-air burning may continue while the COVID-19 situation unfolds, as long as a proper permit has been acquired and open-air fire burning by-laws are followed. No new burn permits will be issued until further notice due to the closure of the Haldimand County Administration Building, however, staff are working to develop an online permit application and processing tool.

Residents with non-recreational open-air burn permits are reminded that:

- Burns must be conducted between sunrise and sunset
- Burns must be confined to an area which is at least 60m from any buildings, highway, road or wooded area
- The burn area must not exceed 6m x 6m
- Smoke must not have a negative impact on the visibility of motorists or neighbours
- Favourable weather conditions must be present: no fog, no air quality alerts, no burn bans, winds less than 20 km/hr
- The fire must be attended, controlled and supervised at all times
- The fire must be completely extinguished before the site is vacated

An Open-Air Burn Guide & other fire safety resources are available at HaldimandCounty.ca/fire-services/.

For local information about the COVID-19 pandemic – including facility closures, program cancellations, municipal service options & other key details, visit HaldimandCounty.ca/covid-19/.



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April 7, 2020

Update on Financial Assistance from the Ministry of Education

Yesterday the Ministry of Education announced the Support for Families program that provides one-time financial support for families to purchase educational materials during the current school and childcare closures. Under this new program, parents are eligible for a one-time per child payment of:

- \$200 for children aged 0-12, or
- \$250 for children and youth with special needs aged 0-21.

All children within the identified age brackets are eligible for the program. This includes:

- Children enrolled in public school
- Children enrolled in private school (includes on reserve First Nation schools)
- Children attending child care
- Children who are homeschooled
- Children who are not enrolled in school or attending child care

All parents who are residents of Ontario are eligible for funding, including parents of First Nation children attending schools on reserve.

Please use this link and you will see further down a button that takes you to the correct page for families that are applying for the first time. Parents/guardians that had applied for the Support for Parents program during the school strike days are automatically eligible for the Support for Families program and do not have to apply again.

Link to apply can be found here - <https://www.ontario.ca/page/get-support-families>

The Ministry is currently working to add all First Nations schools to the drop down list of schools. Families with children in schools on reserve can still apply. If your child's school does not appear in the drop down menu, parents/guardians should select "My child is not enrolled in either public or private school" and then select the most relevant option from the drop down list.

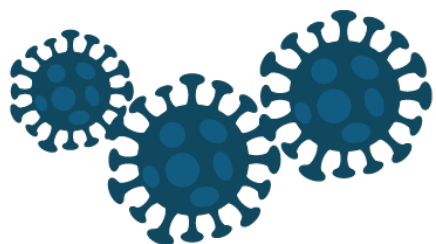


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For more information:
Canada.ca/coronavirus

Information for Indigenous communities:
Canada.ca/coronavirus-info-indigenous

COVID-19 UPDATE

Have you heard of the Canada Emergency Response Benefit?

If you have stopped working because of COVID-19, the Canada Emergency Response Benefit (CERB) may provide you with temporary income support. The CERB provides \$500 a week for up to 16 weeks.

Are you eligible?

The benefit will be available to workers:

- Residing in Canada, who are at least 15 years old;
- Who have stopped working because of COVID-19 and have not voluntarily quit their job or are eligible for EI 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. For subsequent benefit periods, they expect to have no employment or self-employment income.

How to apply

To deliver payments to Canadians in a fast and easy way, the CERB is being jointly delivered by Service Canada and the Canada Revenue Agency. To begin the application process, please answer a few simple questions online. The answers you provide will help us direct you to the service option that best fits your situation. Click on the following link to get started now: [Canada Emergency Response Benefit](#)

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:

Days to apply for the Canada Emergency Response Benefit

If you were born in the month of:	Apply for CERB on:	Your best day to apply is:
January, February or March	Mondays	April 6
April, May, or June	Tuesdays	April 7
July, August, or September	Wednesdays	April 8
October, November, or December	Thursdays	April 9
Any month	Fridays, Saturdays and Sundays	

For more information

Don't hesitate to visit [the Questions and Answers on the Canada Emergency Response Benefit webpage](#) for more details.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



April 10, 2020

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

The MCFN Chief and Council are actively taking precautions and actions to address the potential impacts of COVID-19 in our community.

In an effort to slow the transmission of the COVID-19 virus, the Mississaugas of the Credit First Nation Chief and Council is requesting that all Members please refrain from travel and only venture off the First Nation in an emergency or to access essential services.

This is a necessary precaution for your own safety and the overall safety of our Membership. Your cooperation is much appreciated!

Miigwech,

Chief R. Stacey Laforme
Mississaugas of the Credit First Nation

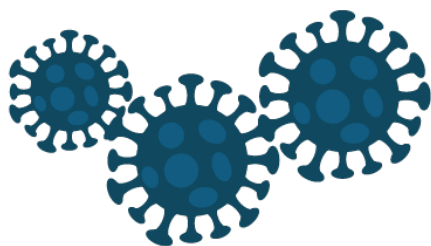


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For more information:
Canada.ca/coronavirus

Information for Indigenous communities:
Canada.ca/coronavirus-info-indigenous

COVID-19 UPDATE

Accessing financial benefits and support during the COVID-19 outbreak

On March 18, 2020, the Prime Minister announced a new set of economic measures to help stabilize the economy during this challenging period. These measures will provide up to \$27 billion in direct support to Canadian workers and businesses.

All Indigenous People have access to these financial benefits.

First Nations, Inuit, Métis, regardless of where they reside

IMPORTANT

Everyone is encouraged to file their 2018 income tax return to ensure they receive the benefits and credits to which they are entitled. To access some of the benefits below, a tax return must be filed. ISC is working with CRA to explore simplified methods of accessing benefits.

Support for individuals and families

Increasing the Canada Child Benefit (must have filed your 2018 tax return)

- If you already receive the Canada Child Benefit payment and have an eligible child under your care in May 2020, you will receive \$300 more per child in addition to your regular payment.
- **No need to re-apply.**
- To apply, click [here](#) or call 1-800-387-1193; or, for Yukon, Northwest Territories and Nunavut: 1-866-426-1527.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

**HAGERSVILLE FOOD BANK****5 Marathon Street, Box 525, Hagersville, Ontario, N0A 1H0**

April 16, 2020

To Residents of Mississauga of the Credit:

The Hagersville Food Bank will be offering service to its registered clients on Fridays at the MCFN Community Centre, 659 New Credit Rd., for the month of May. This service will begin May 1st and run from 11am to 1pm. The food provided will be a prepared hamper along with eggs, milk, meat and what produce and bread we have available. If you were entitled to weekly service in Hagersville, then you can receive that service at the Community Centre. We can only provide this service to registered clients.

For those residents that are not registered with the Food Bank, you can register for service by calling the Food Bank at **289-758-3789** or emailing to hvillefoodbank12@rogers.com. Leave your name and phone number and one of our staff will contact you to register over the phone.

If you want service on the Friday, all clients and new registrants must reserve a hamper by 10am on the Thursday.

This service is only a temporary service until travel restrictions ease or as long as our supplies last. Service will remain open on Thursdays at the Food Bank in Hagersville.

Staff of the Hagersville Food Bank

Registered Charity No.
80590 3887 RR0001

email:hvillefoodbank12@rogers.com

Tel: 289-758-3789



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

April 22, 2020

We want to thank members for being diligent and practising social distancing, yet even with this we have a confirmed case of COVID-19 in our community. We want the community and members to know that this person is in quarantine and under the supervision of Public Health.

Due to confidentiality reasons, we will not be revealing the identity of this person. Public Health is taking all the necessary steps to notify those who have come into contact with this individual, and to assist this individual as needed. This is standard practice when dealing with COVID-19 patients.

We want to assure you that MCFN Chief and Council are actively taking precautions and actions to address the potential impacts of COVID-19 in our community. The COVID-19 Working Group continue to meet regularly to strategize next steps and to discuss precautions to curb the spread of this virus.

We are continuing precautions and adherences to best practices. We must however, remain diligent.

At this time, all gas bars and variety stores in the community remain closed. The MCFN organization is operating with a reduced staff load and only essential services are being provided. This is being constantly monitored and recommendations are being brought to Chief and Council on a weekly basis.

On reserve care packages are being packed and will be delivered on April 24. These packages consist of various non-perishable goods, including oatmeal, canned soup, canned veggies and canned fruit. The COVID-19 Working Group are wearing gloves and masks throughout the process and are following safe food handling practices. Packages will be left at the door of every home. If you DO NOT want one of these food packages, please advise Kailey Thomson at Kailey.Thomson@mncfn.ca or Kerri King at Kerri.King@mncfn.ca as soon as possible. Alternatively, you can leave a message at 905-768-1133.

.../2



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



-2-

The off-reserve gift cards will be mailed this week. We apologize for the delay, but additional cards were ordered to provide relief for the period of March through June. If you have not registered for the card, please contact either Kailey or Kerri at the emails above. You will need to provide your full name, registry number, your mailing address and identify the number of people in your household. Please note, one card will be provided per household. In the event that multiple people call in to register from the same household, the gift card will be sent out to the first person who registered.

At this time, the Band Administration main line is voice mail only. If you need immediate assistance, please contact Kailey at 905-979-2957 or Kerri at 289-527-0364 and they will be able to refer you to the relevant departmental contact. Additional information will be released next week regarding the potential reopening date of May 4.

Reminder that all track, playgrounds and recreational facilities are currently closed. Please practice social distancing and refrain from using these facilities.

If you are showing COVID-19 symptoms please 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 or check our social media sites.



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ATTENTION!

SERVICE CANADA READY TO HELP

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

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



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

If you do not have access to the internet and require
assistance accessing services, please contact us at:
1-877-355-2657

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

Canada.ca/coronavirus

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



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

April 29, 2020

The MCFN Chief and Council and the 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:

- 1) **Limiting Access to the Community** – In order to ensure the safety of our members and in an effort to discourage outside traffic in the community, MCFN Chief and Council have directed that “Local Traffic Only” signs be placed at all our entry points. These signs have been installed as of April 29, 2020. Please be aware that the COVID-19 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.
- 2) **On Reserve Establishments** - After careful deliberation and to ensure the continued safety of our community, the MCFN Chief and Council have deemed gas sales an essential service and will allow gas bars to reopen effective May 1, 2020. All operations are to adhere to the following preventative safety measures:
 - No sale of tobacco products;
 - Limiting staff contact with the public by switching to self-serve (where available);
 - Staff should be using Personal Protective Equipment such as gloves, practice regular hand sanitizing
 - Sanitize gas pumps on a regular basis
 - Access to stores will be limited to up to 2 people at a time
 - Drive through windows will be utilized where available
 - Debit/Credit transactions only (no cash)

Please note that in order to curb the transmission of COVID-19, Tobacco sales are prohibited until further notice. MCFN Chief and Council, MCFN Administration and MCFN business owners will continue to engage in



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discussion in order to determine an appropriate plan to allow the sale of tobacco products in the community.

- 3) **Organizational Closure** - Due to the ongoing pandemic, all MCFN offices will continue to be closed until June 1, 2020. Essential services as previously designated will remain status quo. The COVID-19 Working Group will meet prior to this date to re-evaluate.
- 4) **The off-reserve gift cards have been mailed.** We apologize for the delay, but additional cards were ordered to provide relief for the period of March through June. If you have not registered for the card, please contact either Kailey Thomson via email: Kailey.Thomson@mncfn.ca or Kerri King via email: Kerri.King@mncfn.ca. You will need to provide your full name, registry number, your mailing address and identify the number of people in your household. Please note, one card will be provided per household. In the event that multiple people call in to register from the same household, the gift card will be sent out to the first person who registered.
- 5) **At this time, the Band Administration main line is voice mail only.** If you need immediate assistance, please contact Kailey at 905-979-2957 or Kerri at 289-527-0364 and they will be able to refer you to the relevant departmental contact.
- 6) **Playgrounds and Recreational Services** – As a reminder, all MCFN playgrounds and recreational services are deemed closed.
- 7) **Group Gatherings-** MCFN Chief and Council prohibit group gatherings of 5 or more people. The OPP have agreed to enforce this expectation. If there is a gathering within the MCFN community of 5 or more people, please call the OPP to report: (905) 772-3322.

The MCFN Chief and Council and the 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.**



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

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

**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

POLITICS AND GOVERNANCE

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

ALL SESSIONS ARE CANCELLED



A chance to reflect on Environment Sustainability and climate change planning.

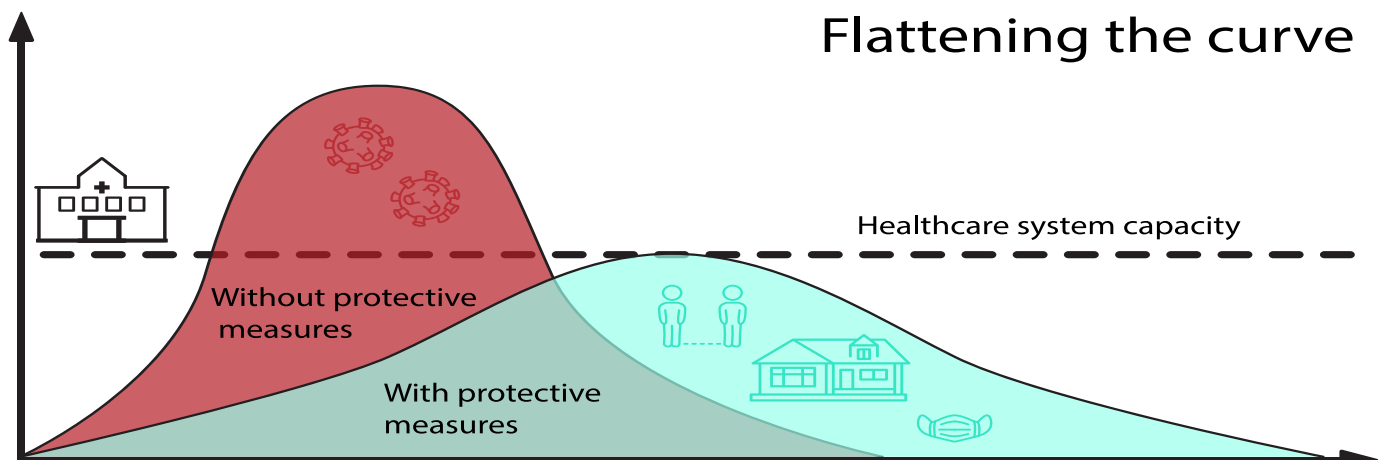
You are invited to informal talks and discussions around environment and climate change. Place for discussions will be held at the MCFN community Centre boardroom - Maanjiwe nendamowinan (659 New Credit Road, Hagersville, ON N0A1H0):

- March 21 10-2pm
- May 16th 10-2pm
- June 20th 10-2pm
- July 18th 10-2pm.

I wanted to talk to people who can help give me some insight and direction they would like to see the First Nation going towards. Let me know if you have a chance to come out and talk or if you would like to meet up in between. I can be reached at my cell 905 869-5761

Councillor Cathie Jamieson

Flattening the curve



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

Community-engaged Learning (CEL): Integrating Anthropological Discourse with Indigenous Knowledge

Sherry Fukuzawa, Veronica King-Jamieson, Nicole Laliberte, Darci Belmore University of Toronto Mississauga, Mississaugas of the Credit First Nation, University of Toronto Mississauga, University of Toronto



for contributing to the development of educational materials that are delivered through a course at UTM. In an era of neoliberalizing academic processes that prioritize efficiency and austerity above all else, funding a course that is built upon relationships is complicated. We have currently procured funding for this course through a community-partnership grant at the University of Toronto, but this grant will only run for three years. We are concerned about what will happen to this project after the completion of this grant.

To read the full essay, please visit: https://www.teachinganthropology.org/ojs/index.php/teach_anth/article/2020 – April 2020 Monthly Report

The first major initiative of the Indigenous Action Group (IAG), following the symposium, was the development of a course that would prioritize Indigenous voices, pedagogies, and ways of knowing. To realize this project, we chose to use a community-engaged learning (CEL) model. A CEL is a “collaboration between institutions of higher education and their larger communities (local, regional, national, global) for the mutually beneficial exchange of knowledge and resources in a context of partnership and reciprocity” (The Carnegie Foundation, 2020). We were drawn to the CEL model in part because community partnerships with an educational institution in this model must be based on the priorities and directive of the community. This means that, in our case, course learning outcomes reflect MCFN community initiatives. The “counter-normative” pedagogy of CEL changes the control and assessment of learning typically valued in traditional Euro-western pedagogy (Howard, 1998). The top-down hierarchical passive transfer of learning from instructors to students is replaced by learning through interconnection and introspection. Student self-reflection and civic responsibility are a part of the learning experience. This reflexive methodology has traditionally been a part of sociocultural ethnographic fieldwork (Marcus, 2008; Segal, 1990). However, the difference is that the community is driving the methodology and determining the parameters of success which moves us away from the EuroWestern authority on what constitutes valuable knowledge (Battiste, 2013; Carter, et al., 2014). An important caveat for CEL is the challenge of equitably distributing resources. In other words, funding a CEL course is not simple. In our case, we needed not only to find funding for weekly guest speakers, but we were also committed to compensating IAG members



POLITICS AND GOVERNANCE

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

MEETINGS ATTENDED

March 16, 2020: Chief & Council meeting – last time council met in at the Community Centre Board Room.

March 23, 30, April 1, April 6, April 9, April 14, April 21 – special Chief & Council conference call. The meetings were focused on updates from the Corona Virus Ad Hoc Committee.



May 5: Chief & Council will resume regular schedule items on the meeting agenda, along with updates from the Corona Virus Ad Hoc Committee.

SPECIAL MEETINGS

March 25: Call with the Principal Massey College, to discuss the terms of a sponsorship which will be available to Massey College students. The Mississaugas of the Credit First Nation Chief & Council had previously approved a Motion to support this sponsorship, (additional details to follow once final approval is grant by the Chief & Council).

April 16: Niagara 2021 Canada Game.

April 21: (afternoon mtg), Major Events Committee conference call.

THE MAJOR EVENTS COMMITTEE MEETING

The Major Events Committee held on zoom video/conference call on April 21. The members were brought up to date by the Chair, Councillor Evan Sault and our Cultural Coordinator Caitlin Laforme on the cancellations of major events for the next few months. The annual festival which is held at Fort York/Toronto to celebrate Indigenous Solidarity Day in June, has been cancelled for this year. The Redpath event in Toronto, the Sunrise Ceremony at Toronto City, and the Toronto Pride celebration have also been

cancelled. At this time we have not received any information if the C.N.E. will be cancelled this year. Toronto Mayor John Tory has been very pro-active in keeping his city safe due to the Coronavirus, and cancellations of large events over the next few months is a positive step in decreasing the spreading of the virus.

NIAGARA 2021 CANADA SUMMER GAMES

On April 16, Councillor Evan Sault and I participated in zoom video/telephone conference meeting. Councillor Sault, Culture and Special Events Coordinator Caitlin Laforme and I represent the Mississaugas of the Credit on the Indigenous Partnership Committee for the Niagara 2021 Canada Summer Games. Our group discusses areas where the Indigenous participation is needed for specific events during the summer games. Additional information will be obtained on various venues and the possibility of other options for both the Six Nations and Mississaugas of the Credit to participate. Many events planned for this summer (2020), may be cancelled due to the Coronavirus. Additional information will be provided later this month and sometime in May 2020. Lacrosse games are planned for summer August 2020; however, due to the Coronavirus and social distancing, teams are unable to practice and the lacrosse games could be cancelled.

ANNUAL GRAND RIVER LEADERSHIP PRAYER BREAKFAST – APRIL 25

The annual Grand River Leadership Prayer Breakfast originally scheduled for Saturday April 25 has been cancelled due to the Coronavirus.

Thank you to all of our essential staff and our Coronavirus Committee for all of their hard work.

STAY SAFE
together we will get through this

Councillor Julie Laforme, Pillar 7 Inclusive Leadership and Governance

Anni! I hope this update finds you and yours well during these difficult times. Rest assured Chief and Council are doing their utmost to ensure the safety and wellbeing of all our members.

Many of you are aware the MCFN governing body has initiated a Covid-19 Working Group to help plan and develop initiatives regarding the First Nation's response to Covid -19 and the safety of members. While I am not a designated Council representative on this team, I have taken it upon myself to participate in Covid -19 Working Group meetings to assist the Community and Band Members as much as possible. The Covid -19 group meets twice weekly via teleconference. Once plans are developed briefing notes are presented to Chief and Council for final decisions. It's important to note that all final decisions rest with Chief and Council.

Chief and Council have been holding weekly Special Council Meetings via teleconference. We hope to begin Regular Scheduled Meetings next week. However, these Regular Council meetings will also be held by teleconference. Should you have any questions or concerns please do not hesitate to reach out to any member of Chief and Council and/or the Covid-29 Working Group. Be advised that because of the current Covid situation it may take longer than 'normal' to provide you with the answers you may be seeking. For this I ask for your patience and understanding.

Many of our members have been reaching out and sharing suggestions and ideas to help the community and membership during this time. Please know that your ideas and suggestions are taken forward to the covid group and discussed for potential and possible implementation. Miigwech for your assistance!

Many initiatives and resources have been made available to our membership online on the MCFN Website and Facebook page. Unfortunately not everyone has access to online information so flyers are also being distributed. We hope to have a small resource booklet put together in the near future. We have also been working on a telephone distribution



listing. We hope to be able to add as many contact numbers for band members as possible so that we can eventually send out important information through telephone.

Food packages have been delivered on the First Nation twice so far. We hope to continue this service on a monthly basis until at least June 2020. Off reserve band members are being provided with gift cards to assist with needs. These gift cards are available one per

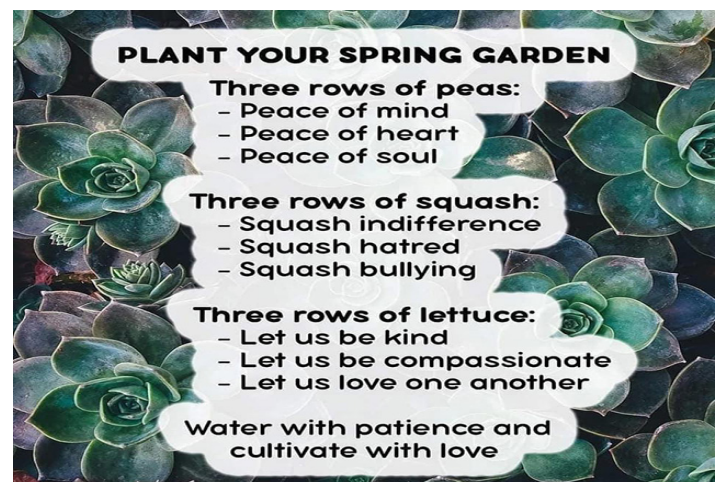
household and band members must contact Kailey Thompson or Kerri King at the Band Administration office to ensure they have their names added to this distribution list. Please note gift cards are for \$200 and cover the period of March to June 2020. If you know of any band members who may need to utilize this service please reach out to them and ask them to contact the above noted individuals.

Unfortunately work on my Governance Pillar has been left to the wayside while we deal with this pandemic. Right now your safety and wellbeing is our top priority. Work will resume on the Governance Pillar when possible.

Please be vigilant with your social distancing, hand washing, and other safety protocols. Our future generations are relying on all of us to get through this difficult time. And we will get through it by working together. We are strong and resilient people!

In Unity,

Councillor Julie A. LaForme



Employment Opportunities

Public Works – Casual Worker

This casual worker position will be required to fill-in at Community Centre and LSK Caretaker positions which require a Vulnerable Check, in addition to Custodian absenteeism. Duties may include, but will not be limited to lawn maintenance, building and/or rental unit cleaning and/or maintenance, snow removal, water meter reading, etc.

Closing Date: Open Call

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

Culture and the Mississauga People: A Questionnaire

Mississauga Nation



Your Mississauga Nation Community Liaisons are in the process of planning community-based cultural initiatives for the year and would like your input. Your responses to the following questions will help guide us as we move forward in our planning process. Chi-Miigwech, we appreciate your input!

Please click on the following link to fill out our questionnaire:

<https://www.surveymonkey.com/r/RZK8N8N>



Call for Applications Now Open NIB Trust Fund

The NIB Trust Fund accepts applications for funding for programs aimed at education, healing and reconciliation, and cultural knowledge building. The goal of the NIB Trust Fund is to help First Nations, Métis people and communities address the impacts of the Indian residential school's system, and to provide resourcing to create meaningful opportunities that improve the quality of life for First Nations and Métis people.

All First Nations and Métis citizens over the age of 18 and with a valid social insurance number are eligible for funding through a competitive application process. Priority will be given to former students of residential schools and their family members.

Application Process:

- Scholarship for post-secondary education
- Only online applications will be accepted
- Bursary for training/certification
- Only online applications will be accepted
- Award for cultural/traditional/language knowledge building

We will accept online applications, or you can download the application form and send it by email or mail.

Please note: No handwritten

applications or applications sent by fax will be accepted.

APPLICATIONS FOR INDIVIDUALS OPENS IN APRIL AND CLOSES IN JUNE 5, 2020 at 5:00 p.m.

For application process, please click here: <https://www.nibtrust.ca/granting/how-to-apply>



PHONE AND ONLINE COUNSELLING

CONTACT NICOLA GLADWELL, LSK & HSS SCHOOL COUNSELLOR

Aanii, friends and LSK community. It grieves me that we can't be together at this time. I'm also grateful for the different ways people can still connect, and that I can continue to support the mental health of children and youth while respecting physical distancing!

1. If we were meeting weekly for counselling, I will be in touch so we can continue our sessions through one of the platforms below.
2. If you would like support in your/your child's mental wellness, please contact me through one of the options below. We can discuss what would work best for me to connect with you/your child.

4 OPTIONS:



PHONE/TEXT
1(905)979-0557



FACETIME
PHONE CALLS
1(905)979-0557



E-MAIL
NICOLA.GLADWELL@MNCFN.CA



WHATSAPP
TEXT, PHONE CALLS
1(905)979-0557

AVAILABLE WEEKDAYS 8am – 4pm



Lloyd S. King Elementary School Student Learning Update

April/May 2020

Student Learning Packages

DELIVERY DATE: Friday, May 1, 2020 in the afternoon.

Packages will be delivered in family groupings.

Demonstration of Student Learning

As students complete assigned learning activities, families can take a screen shot, video-tape, photograph, or scan the activities and email to your child's teacher.

Seeing examples of student work will help teachers to see how students are doing to be able to provide support and feedback.

In addition, teachers will be able to determine student learning, growth, and development in the various subject areas.

Final Report Cards

Reports will be issued at end of June as originally scheduled.

Final marks will be based on assessments prior to March break. Demonstration of student learning, growth, and development, as submitted to your child's classroom teacher, may raise student marks and expand on coverage of subject areas. Students' grades may go up but will not go down.

Everyday Activities that Count as Learning

Cooking/baking	Arts and crafts
Hunting/gathering/fishing	Reading
Building with Lego or K'Nex	Spending time on the land
Imaginative Play	Writing letters or emails
Listening to Podcasts or Audiobooks	Budgeting
Meal planning	Playing boards games
Playing card games	Singing/dancing/drumming
Listening to music	Doing puzzles

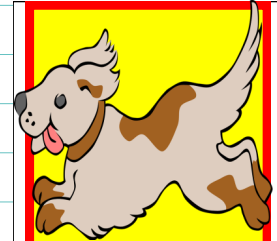
Kindergarten Registration for 2020-2021

A child born in the year 2015 (turning five in 2020) may be registered to begin school in September 2020.

For more information about registering your child or to request a registration package, please contact the principal, Danielle MacDonnell via email at lsk.principal@mncfn.ca

LSK Staff Caravan

Keep watch for LSK staff members about 2:00 pm on Friday, May 1, 2020 as we travel the roads of MCFN to wave and let you know how much we miss you!



REMEMBER!

Please keep your dogs indoors or tied up so LSK staff can safely deliver student learning packages Friday afternoon.

Contact Information

Email

Principal—H. Danielle MacDonnell
lsk.principal@mncfn.ca

Kindergarten
tammy.beauvais@mncfn.ca

Grade 1/2
bailee.doherty@mncfn.ca

Grade 2/3
sarah.higgins@mncfn.ca

Grade 3/4
dale.laforme@mncfn.ca

Grade 5/6
tammy.sault@mncfn.ca

Grade 6/7
magda.swito@mncfn.ca

Grade 7/8
catherine.shawana@mncfn.ca

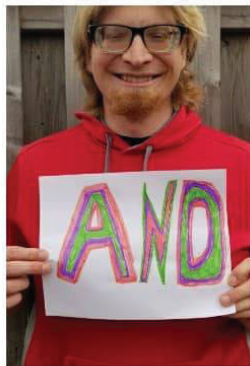
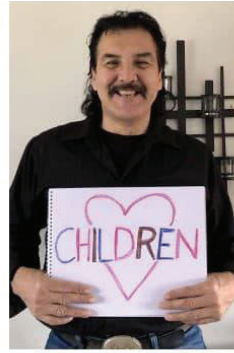
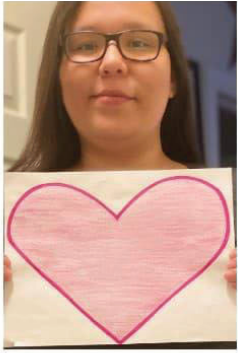
LSK School Counsellor
nicola.gladwell@mncfn.ca

LSK Website

<https://lskelementary.com/>

Facebook

Mississaugas of the Credit First Nation



ATTENTION PARENTS

KINDERGARTEN REGISTRATION FOR 2020-2021

A child born in the year 2015 (turning five in 2020) may be registered to begin school in September 2020.

For more information about registering your child or to request a registration package, please contact the principal, Danielle MacDonnell via email at lsk.principal@mncfn.ca





Information for First Nations on eligibility and applying for the Canada Emergency Response Benefit

April 2020

The Assembly of First Nations (AFN) is providing this Guide to the Canada Emergency Response Benefit (CERB) so First Nations individuals can better understand if they are eligible for financial support from the federal government during the COVID-19 pandemic. More information about the CERB and eligibility can be found here: <https://www.canada.ca/en/revenue-agency/services/benefits/apply-for-cerb-with-cra.html>

The CERB will provide a taxable benefit of \$500 per week – for up to 16 weeks – for individuals who are involuntarily without work because of COVID-19, regardless of whether they are eligible for EI regular or sickness benefits. Applications for the CERB are now open.

Eligibility periods are fixed in 4-week periods – this means you can only apply for four weeks on your first application for CERB. If your situation continues, you can re-apply for CERB for multiple 4-week periods, to a maximum of 16 weeks (4 periods).

Who can apply?

To be eligible, you must meet the following requirements:

- You reside in Canada and have a Social Insurance Number
- You are 15 years old or more when you apply



For your first CERB application:

- You have stopped or will stop working due to reasons related to COVID-19
- For at least 14 days in a row for the period you are applying for, you will not receive:
 - o employment income
 - o self-employment income
 - o provincial or federal benefits related to maternity or paternity leave



You will be informed on how to reapply for the CERB through the first application process. After you apply, you should get your payment in 3 business days, if you signed up for direct deposit. If you haven't, you should get it in about 10 business days.

How do I to apply?

There are two ways to apply:

You can apply online by signing in to your CRA My Account: <https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html>



- If you do not have a CRA My Account, you can register for one. Here is a short video on how to register: <https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html>

You can apply over the phone with an automated phone service by calling 1-800-959-2019 or 1-800-959-2041



- To verify your identity, you'll need:
 - o your social insurance number (SIN)
 - o postal code

Both of these services are available 21 hours a day, 7 days a week. Both services are closed from 3:00 a.m. to 6:00 a.m. (Eastern) for maintenance.

Questions about applying for CERB with CRA?



- More information about the CERB and eligibility can be found here: <https://www.canada.ca/en/revenue-agency/services/benefits/apply-for-cerb-with-cra.html>
- Or find answers to common questions with this automated help line: 1-833-966-2099

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 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
Charlene.Thomas@mncfn.ca
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/>





Transitional Support Funding provides housing related supports to secure, retain, and/or maintain housing.

Must be a recipient of:
Ontario Works
Ontario Disability Support Program
or be considered low-income and
reside in the MCFN community.
Applicants must complete an application
Contact Lindsay Sault
to schedule an appointment
at 905-768-1181, extension 225



Ontario Works can provide assistance to families who are in **MANDATORY** isolation at the request of a family physician/public health. Please contact Lindsay Sault. Please be advised that due to COVID 19 and social distancing practices, timeframes for applications, repairs and replacements may take longer than expected.

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@hbspcanada.com



Anyone can get it, anyone can spread it.

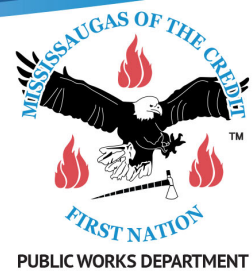
Wash your hands for 20 seconds.



Stay home. Save lives.

Canada

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 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

SOCIAL AND HEALTH SERVICES

The Basics of COVID-19, Dr Lisa Freeman, BSc(Hon), MD, CCFP, MPH, FRCPC Public Health Physician, First Nations and Inuit Health Branch, Ontario Region Indigenous Services Canada | Government of Canada

What is COVID-19?

COVID-19 is a new respiratory disease caused by a virus. The virus is called SARS-CoV-2, and is part of the coronavirus family of viruses. The first presumptive case of COVID-19 in Ontario was identified on 25 January 2020. The first cases in First Nations communities reported to FNIHB on 27 March 2020.

COVID-19 is Predominantly Spread by Respiratory Droplets

Transmission of COVID-19 is person-to-person, by contact with respiratory droplets. When a person infected with COVID-19 produces respiratory droplets, they may pass the virus when those droplets land on someone else's mouth, nose, or eyes (mucous membranes). Transmission is more likely when someone is producing more respiratory droplets, such as while coughing or sneezing.

Respiratory droplets may also land on surfaces, such as tables or counters. If a person touches such a surface, and then touches their eyes, nose, or mouth, the virus may be passed. This is why it is important not to touch your eyes, nose, or mouth unless you have just washed your hands, and why people caring for those who may have COVID-19 should use contact and droplet personal protective equipment (PPE) in addition to routine practices.

The virus can survive on a surface for hours to a few days, depending on the surface. However, only small amounts of the virus remain for the longer period. This is why it is important to clean high-touch surfaces frequently, ideally at least twice per day in a home, and more often in other settings, and to wash hands frequently.

Communicability

COVID-19 is communicable while a person is symptomatic, and the timeframe for asymptomatic transmission has not yet been precisely determined (this is why contacts are sought 48 hours prior to symptom onset in an ill person). This is one reason why it is so important to practice physical distancing (also referred to as social distancing), stay home as much as possible, and wash hands frequently.

Incubation

The median incubation is about 5 days, with a range of 2 to 10 days, however it can be up to 14 days from the time of exposure to the development of symptoms. This is why those who return from travel outside Canada are required to self-isolate and those who have had exposure to a person with COVID-19, are to self-isolate (more precisely self-quarantine as they do not have symptoms but a possible exposure), for 14 days.

Symptoms of COVID-19

Symptoms of COVID-19 are typically of respiratory illness. The most common symptoms include one or more of the following: fever, cough, difficulty breathing, muscle aches, fatigue, headache, sore throat, and runny nose.

Most cases of COVID-19 (about 80%) are mild, and can be managed symptomatically at home. Those at higher risk of more severe disease and complications include older people and people with chronic disease such as high blood pressure or diabetes. Those who are immunocompromised/immunosuppressed may be at higher risk of catching COVID-19 and of more severe disease.

Diagnosis of COVID-19

COVID-19 is diagnosed with an upper respiratory tract specimen (NP swab preferred) that is sent to a lab. Not everyone needs to be tested, and people can self-isolate (stay at home away from others) as soon as they feel unwell. People living in First Nations communities are a priority population for testing.

Treatment of COVID-19

There are no specific treatments for COVID-19.

Treatment is supportive, and people at home are advised to drink plenty of fluids, eat nutritious foods, rest, and sleep. People may treat their symptoms with a humidifier or a hot shower, and may use lozenges and fever-reducing medicine (like acetaminophen) on the advice of their health care provider.

For further information, please contact Community Health Nurse 905 768 0141 ext 239 and leave a message.

SOCIAL AND HEALTH SERVICES

The Basics of COVID-19, Dr Lisa Freeman, BSc(Hon), MD, CCFP, MPH, FRCPC
Public Health Physician, First Nations and Inuit Health Branch, Ontario Region
Indigenous Services Canada | Government of Canada

COVID-19 Quick Facts

Disease name	COVID-19
Causative agent	SARS-CoV-2
Type of agent	Virus
Transmission	Respiratory droplet
Incubation	Median: 5 days Range: 2-10 days Up to: 14 days
Communicability	Not yet precisely determined; higher risk while symptomatic
Diagnosis	Upper respiratory track specimen, NP swab preferred
Treatment	Symptomatic and supportive
Prevention	Handwashing Respiratory etiquette (cover your cough and sneeze) Physical (social) distancing Self-isolation and self-quarantine Case and contact follow-up

Victim Services want you to know during these uncertain times
YOU are NOT alone. YOU MATTER.

*We know everyone's emotional
and physical health is being impacted.*

*We also know personal tragedies and crimes
such as sexual assault, domestic violence
and human trafficking continue to occur.*

We want you to know we are HERE for YOU.

Victim Services of Haldimand Norfolk Mississaugas of the Credit First Nation
continue to offer our services while maintaining required safety measures.

YOU are NOT alone.
For support please call 1-800-264-6671

SOCIAL AND HEALTH SERVICES



talk tobacco
Indigenous Quit Smoking and Vaping Support

About Talk Tobacco

Talk Tobacco is a proven, free and personalized service to help you quit successfully.



The New Tobacco Talk, Indigenous Quit Smoking & Vaping Support Line

Talk Tobacco is a free, confidential telephone service operated by the Canadian Cancer Society offering culturally appropriate support and information about quitting smoking, vaping and commercial tobacco use to Indigenous communities.

Talk Tobacco has been developed with input from First Nation, Inuit, Métis and urban Indigenous partners, community members and service providers to meet the unique needs of these communities. The Talk Tobacco phone service is currently available in Ontario. Call 1 833 998-8255 (TALK). Interpreter services are available in French, and 14 Indigenous Languages.

8:00 a.m. to 9:00 p.m. Monday to Thursday

8:00 a.m. to 6:00 p.m. Friday

9:00 a.m. to 5:00 p.m. Saturday and Sunday

How can I contact Talk Tobacco?

For help and information on quitting smoking, and vaping and commercial tobacco use:
1 833 998-8255 (TALK)

For public and general inquiries or for media contacts and resources, please [contact us](#)

<https://smokershelpline.ca/talktobacco/about>

HALDIMAND-NORFOLK

REACH

CHILD CLINICAL SERVICES

CHILD & YOUTH CRISIS SERVICE

24 HOURS/DAY, 7 DAYS A WEEK | 1.866.327.3224

We provide a **FREE** local crisis line, 24 hours a day, 7 days a week for children, youth and their families who are in need of support.

Callers will receive immediate telephone support and follow-up as needed with one of our Crisis Support Workers.

We consider crisis to be self-defined. If you find yourself experiencing worries, mental health struggles, conflict in your relationships or feeling alone please know we are just a phone call away. Our service is confidential and you do not have to identify yourself if you choose not to.

Call: 1-866-327-3224, 24 hours a day, 7 days a week

ELIGIBILITY: Anyone up to 18 years old, their families/caregivers or if you are concerned about the mental health of a child or youth

CALL-IN THERAPY CLINIC

TUESDAYS, 9:00AM – 3:00PM | 519.410.1502

The H-N REACH Child Clinical Services Walk-in Therapy Clinic will be a **CALL-IN Therapy Clinic** available to children, youth and their families during measures to address the COVID-19 pandemic.

Simply call this new dedicated phone line on Tuesdays between 9:00 a.m. and 3:00 p.m. **519-410-1502**

Call-in Therapy can assist to come up with ideas to address a concern or different helpful ways to think about things. With your permission you will receive a Conversation Summary highlighting the key points discussed and ideas to practice. **This service is FREE**

Prior to calling please try to find a private and quiet location from which to speak.

PLEASE NOTE: This is not a crisis service. If you or someone you know up to 18 years old and their families/caregivers is experiencing a crisis please call the Child & Youth Crisis Service at 1-866-327-3224 for immediate telephone support.



Haldimand-Norfolk

REACH

Supporting children, families, communities

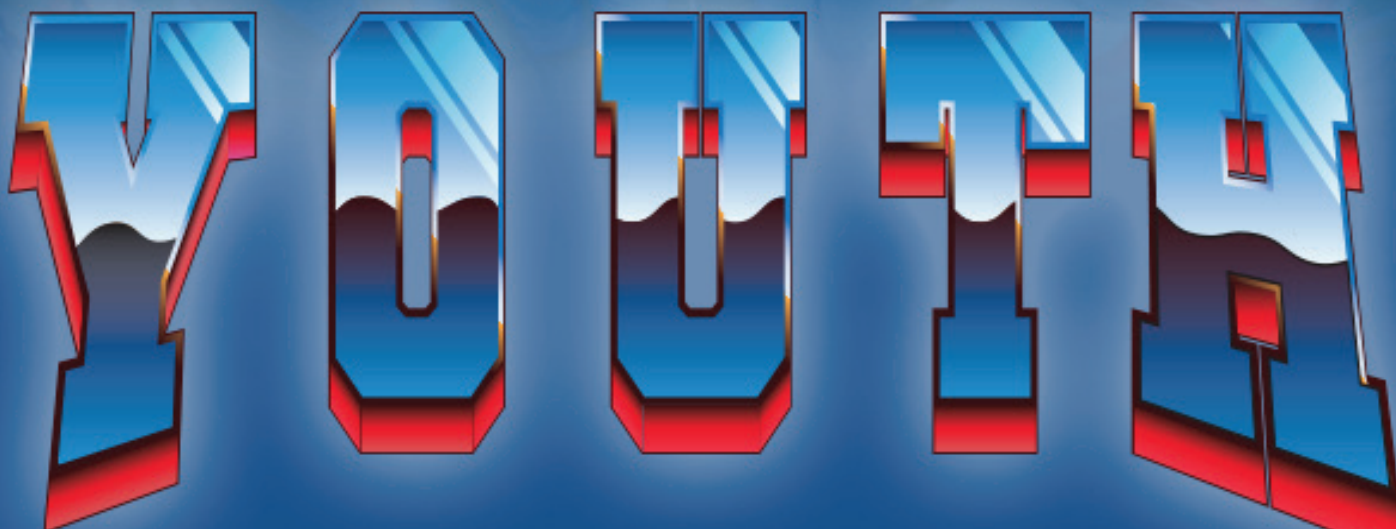
HNREACH.ON.CA/

A new Instagram account for MCFN youth MCFIRSTNATIONYOUTH



IMPORTANT ANNOUNCEMENT!

In an effort to further connect our young folks who are physically isolated right now, we created an Instagram page to support each family's infusion of meaning, hope, purpose, and belonging in to their young people's Covid-affected lives. You'll find daily posts such as #motivationalmondays, where we're highlighting uplifting messages by FNMI youth from around Canada, and #thankfulthursdays we'll introduce free calming apps and resources to reduce anxiety. We're also looking to give away some sweet sweet prizes to youth who are engaging on the platform! See you on IG!



This initiative is brought to you by the Child and Youth Mental Health Team at MCFN Social and Health Services
Any inquires, please contact Nicola Gladwell 1(905)979-0557



2020 Lawn Maintenance Program May 2020 to September 30, 2020

To receive this service you must be a MCFN Member 60 years of age or older. For community members under 60 requiring the service, you must be an existing Home Care client. If you are 59 turning 60 before Sept 30th, 2020, please call to register before June 12th and services will be provided.

Lawn Care will not be completed more than once per week and may not be completed when there is a heat advisory. Lawn care will not be completed when the grass is overly dry/brown. Lawns **MUST** be clear of debris and pet waste.

Please leave a voicemail at 905-768-1181 ext. 233 to register. Deadline to register is Friday June 12, 2020.



More Than Mental Health

More Than Moms

Covid-19 Mental Health Reminder

Get Dressed

Even if it's just into comfort clothes, this will help you feel more productive and less in a rut.

Do Your Hair/Makeup

Even if you're not going anywhere this can help make you feel "normal" in a very chaotic time. People also often feel relaxed when doing hair or makeup and you deserve that.

Eat New Healthy Recipes

If you can, eat a variety of food and try different recipes. This will give your day variety and keep your body feeling healthy

Get Some Fresh Air

Fresh air will help you not feel so cooped up or "stuck" in your home. Getting outside would be best but even standing at a window will be beneficial.

Be Creative

Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.

Unplug

Everyone everywhere is talking about the virus. Turn off your devices and get some well deserved time away.

Stay Connected

Even though we can't go visiting, make sure you stay connected. A good way is Video chatting or even just a phone call. This will help you and the people you are talking to feel less isolated.

Reach Out

Mental health is always important but it is especially important during times like this. Reach out if you need to and remember to check in with your friends and family. We are all in this together!



1 DAY OFF-RESERVE MCFN PET WELLNESS DAY JUNE 10, 2020

Location

**Grand River Veterinary Hospital
228 Argyle Street North,
Caledonia, ON
8:30 a.m. to 7:45 p.m.**



Due to the Postponement of the **MCFN Pet Wellness Clinics Re: Cat and Dog Day in April & May 2020**

Grand River Veterinary Hospital have so generously agreed to provide the following services at their location to MCFN Pet Wellness clients;

- **RABIES VACCINATIONS** will only be given to those animals that are overdue or never had one such as; new puppies and kittens must be at least 12 weeks of age.

Any pets that are **CURRENT** on the rabies vaccine do not require an appointment but will still be able to purchase **PREVENTATIVE MEDICATIONS** for Flea & Tick, Worms and Proheart for Dogs for an additional cost.

MCFN registered band-members will be subsidized for the cost of the rabies vaccine and will pay **\$10 cash per Pet** at their scheduled appointment time **You have up until June 5, 2020, 4:30 p.m.** to schedule your appointment with Laura-Lee Kelly, CHR at 1-289-556-9331 Appointments will be scheduled from 8:00 a.m. until filled.

Weedeat, Cut, Trim



King-Green Lawn Care
Call 226-802-2391

Made with PosterMyWall.com

May 4th-9th, 2020
MENTAL HEALTH WEEK IS GOING VIRTUAL



FOLLOW US ON SOCIAL MEDIA
@ BRANT MENTAL HEALTH AWARENESS WEEK

Mental health week is about taking care of yourself, raising awareness and #keepingconnected. Our community partners want you to know that we will get through anything together.

FAMILY COUNSELLING CENTRE OF BRANT, CONTACT, Grand River Health Centre, Woodrow, Seneca, BRANTFORD, CARP, KEEP IT FIT, NOVA VITA, St. Leonard's, Grand River Health Centre, Woodrow, Seneca, BRANTFORD, CARP, KEEP IT FIT, NOVA VITA

TASTY DELIGHTS
by Char Wilson
905.869.5178
FRESH FOOD FRIENDLY SERVICE
www.facebook.com/tastydelightsbycharwilson



Offering lunch time delivery to local area.
Everything homemade....burgers, corn soup, chili, sconedogs, salads, fruit, veggie and kabossa trays and more. Call to place order....732 New Credit Rd.
Hours 11am to 3pm for lunch, 4pm to 7pm for dinner

*Edebwed Ogichidaa Kwe,
Mewa Dodem*

In 1999, my grandmother gifted me a dream guiding me to practice holistic therapies with the help of my helpers to help our people. So my journey began....

Products & Services
Holistic Counselling by NTHB
Ear Candling
Reiki and Energy Clearing
Aromatherapy
Essential Oils Rep
Chartered Herbolologist
Herbal Products-salves, soaps, lip balms,
Do other Teachings and facilitation

Dancing Moon Holistic
"Empowering the Spirit"



Finding peace within

3534 6th Line
Oshweken, ON N0A 1M0
Mississauga of the Credit
519-802-7015
<https://www.facebook.com/DancingMoonH/>

Dancing Moon Holistic
"Empowering Your Spirit"
5198027015
<https://www.facebook.com/DancingMoonH/>

OBITUARIES

*Brant, Ruby Mae Lorraine
nee: LaForme*



Peacefully at Anson Place, Hagersville on Monday April 20, 2020 at the age of 93 years. Wife of the late Donald. Loving mother of Herbert. Also survived by many nieces and nephews. Predeceased by her parents David & Mary (Myke) LaForme, and brothers and sister Peter, Emily, Jack, MaryAnn, Jim, Edna, George, Mildred, and Joe. A family graveside service was held at New Credit Cemetery (Townline). A gathering to remember and celebrate her life will be held at a later date. Arrangements by Hyde & Mott Chapel, Hagersville. www.rhbanderson.com



*Secords
Crafts*

Mississaugas of the
New Credit First Nation
3238 Second Line Road,
Hagersville, Ont. N0A 1H0
(905) 768-9310 • (905) 768-5713

CONNELL: Karl Lamont

Peacefully at Brantford General CCU on Thursday April 30, 2020. Karl went home to be with his Lord at the age of 47 years. Beloved son of Karen Connell. Loving brother of Jerry MacKinnon (Tracy). Dear uncle of Tyler, Rebecca, Alexis, and Haley. He will also



be remembered and missed by best friend John Kirk, The Little Rocks, aunts and uncles, Sharon (James), Wendy, Freddy, Carolanne (Bruce), Becky (late John), Shelley (Craig), Kelly (Cheryl), great aunts, great uncles, and many loving cousins. Private Family Service with Interment at Hagersville Cemetery. A gathering to remember and celebrate his life will be held at a later date. Arrangements by Hyde & Mott Chapel, Hagersville. www.rhbanderson.com

**Dreamcatcher Florals by
Dianne**

8 Anishnabek Street
New Credit Reserve

1-905-768-9555

email: diannelaforme@hotmail.com



WANTED TO BUY

Unbuilt model kits, H.O. or smaller size, electrical tyrain sets and/or accessories. Please call John at 905-768-3823.



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



@mcfirstnation

mcfirstnation

Chief R. Stacey Laforme

905-979-9254

Email: Stacey.Laforme@mncfn.ca

Councillor William Laforme

905-869-5798

Email: BillL@mncfn.ca

Councillor Cathie Jamieson

905-869-5761

Email: CathieJ@mncfn.ca

Councillor Erma Ferrell

905-869-5760

Email: ErmaF@mncfn.ca

Councillor Evan Sault

905-869-5767

Email: EvanS@mncfn.ca

Councillor Julie Laforme

905-869-5763

Email: JulieL@mncfn.ca

Councillor Veronica King-Jamieson

905-869-5753

Email: VeronicaK@mncfn.ca

Councillor Craig King

905-869-5805

Email: 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