



EAGLEPRESS NEWSLETTER

MCFN hosts successful mass Vaccine Clinics



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.

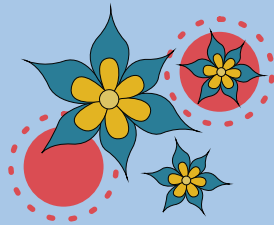
Read more on page 7!

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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Chief R. Stacey Laforme

I want to thank everyone for doing their part to ensure our Nation is as safe as possible during these challenging times.

I want to thank everyone for doing their part to ensure our Nation is as safe as possible during these challenging times.

Many thanks to the COVID-19 Working Group, MCFN staff, and the Haldimand Norfolk Health Unit for helping make our Vaccine Clinics a success. With your efforts, we have administered a total of 608 doses.



Unfortunately, at this time is the most COVID-19 cases we have seen at once in our Community. We cannot stress enough how important it is to continue to follow public health guidelines and to do your part to stop the spread of COVID-19 in our community. It is important to note that this still applies to you even if you have received both doses of the Vaccine.

During the province's Stay at Home Order in effect until May 17th, the MCFN Chief and Council have implemented enhanced COVID-19 precautions within our First Nation which can be found in our weekly COVID-19 update that is now being mailed out to families, and always available on our website and social media.

I want to express appreciation to our Membership, on and off reserve, who have supported one another to help curb the spread of the COVID-19 virus. We may have our differences, but in difficult times, sometimes the most difficult, we stand together. I want Membership to know that even though the pandemic is taking up a lot of time and energy, your leadership is working every day on the overall issues that impact our Nation. We are doing our best to correspond and interact with the world around us through video conferencing. We have many strategy meetings on a wide range of topics, some you will see in the videos each member of Council recorded, which can be found on our website.

I want to end this update by acknowledging those who are no longer with us and express my condolences to the family, friends and the Nation as a whole for we are lessoned by each loss. They may leave our sight, we may not hear their voice but they will always dwell among us.

Miigwech,
Stay safe, be heard.
Baamiipii
Chief Stacey Laforme

CONTINUE TO FOLLOW PUBLIC HEALTH RECOMMENDATIONS

- ▶ Do not visit other people's homes
- ▶ Wash hands often
- ▶ Wear a mask
- ▶ Cover your cough or sneeze
- ▶ Practice physical distancing of 2-metres when outside of your home
- ▶ If you have any symptoms, get tested immediately and stay away from others
- ▶ Self-isolate until you have your test results
- ▶ Even after you've been vaccinated, you still need to follow public health recommendations



MENTAL HEALTH

- ▶ Feelings of stress are common during this time
- ▶ If you require mental health support, call:
 - 911 or the local emergency help line
 - The Canada Suicide Prevention Service (1-833-456-4566) and @KidsHelpPhone
 - The Hope for Wellness Help Line (1-855-242-3310) and <https://hopeforwellness.ca>
 - For those in remote and isolated communities you may also contact your local nursing station





Calling for Nominations for Eagle Awards

It's time to recognize the role models, heroes and supporters of Mississaugas of the Credit First Nation (MCFN).

Nominations are now being sought for the second annual Eagle Awards and will be accepted until June 18, 2021.

"It's about building pride and giving recognition where it's due," says MCFN Chief R. Stacey Laforme. "These awards strengthen our culture and our sense of heritage within our Nation."

Nominations are sought for the following two awards:

The **Trailblazer Award** recognizes a member of MCFN who has served MCFN by increasing its profile or status with external communities, influencers and partners. In 2020, Justice Harry S. LaForme won the Trailblazer Award.

The **Community Volunteer Award** recognizes a member of MCFN who has shown outstanding generosity, resulting in service or support to MCFN through their time, actions, talents and dedication. In 2020, educator Karl King won the Community Volunteer Award.

A third award may be given at the direction of Chief and Council: the **Friend of the Mississaugas of the Credit First Nation Award**. This recognition honours a person who is not a member of MCFN, but whose career in any field has had a major impact or influence on advancing knowledge of MCFN history, language, culture, beliefs and traditions. Ontario's Lieutenant Governor, Elizabeth Dowdeswell, was the recipient in 2020.

Eagle Award nomination forms are available online at

<http://mncfn.ca/wp-content/uploads/2021/01/2021-Eagle-Award-Nomination-Form.pdf>

Locations to pick up hard copies will be posted once COVID-19 restrictions ease.

The Eagle Awards are an initiative of the Chief and Council of MCFN. A volunteer Recognition Committee reviews all nominations and makes recommendations to Chief and Council on the recipients.

For additional information committee members can be contacted at:
recognitionaward@mncfn.ca

Final Call for Registration!

Hiawatha First Nation is hosting our 2nd annual
Knowledge Keepers Gathering
 Virtually - June 12, 2021



We invite you to attend our 2nd annual Knowledge Keepers Gathering in celebration of our culture and traditional ways. We are honoured to bring together Knowledge Keepers from our Williams Treaties and Mississauga Nation Communities. This gathering is to share teachings not only from Hiawatha, but also from the following communities:

- ✦ Alderville First Nation
- ✦ Beausoleil First Nation
- ✦ Curve Lake First Nation
- ✦ Georgian Island First Nation
- ✦ Hiawatha First Nation
- ✦ Mississauga Scugog First Nation
- ✦ Chippewas of Rama First Nation
- ✦ Mississaugas of The New Credit First Nation
- ✦ Mississauga # 8 First Nation

This year we are going virtual as we pay tribute to our ancestors, our Knowledge Keepers, and our future generations in celebration of Indigenous Day.

Our current list of Elders and Knowledge Keepers sharing their wisdom are; Veronica King-Jamieson of Mississaugas of Credit, Anne Taylor of Curve Lake First Nation Nishnaabemowin and land acknowledgements, Kim Muskratt of Hiawatha First Nation medicines and Serpent Mounds, Tom Cowie of Hiawatha First Nation various teachings, Doug Williams of Curve Lake First Nation various topics and teachings, Caleb Kinew Nini Musgrave of Hiawatha First Nation lands based teachings, Dorothy Taylor of Curve Lake First Nation water teaching

We have attached a sign up sheet for this event. **Registration cut off will be May 14, 2021** so register early. We will reach out to each community to gather registration forms or simply email us and in the subject line state: **KKG 2021 Virtual Sign Up**

**We invite you to feast your bundles and wear traditional attire. Ribbon shirts, and ribbon skirts are encouraged to honour our ancestors, Elder's, Knowledge Keepers, and the teachings shared.*

KKG 2021 Virtual Sign Up

1-705-295-4421 Hiawatha First Nation

Contact: Tracy familywellbeing@hiawathafn.ca or Sherry outreachworker@hiawathafn.ca

**We invite you to feast your bundles and wear traditional attire. Ribbon shirts, and ribbon skirts are encouraged to honour our ancestors, Elder's, Knowledge Keepers, and the teachings shared.*

Name of all Participants	FN Community	Phone #	Email Address	Mailing Address	Knowledge Keeper Y/N
Sherry Dracup	Hiawatha FN Staff	705-295-4421	outreachworker@hiawathafn.ca	123 Paudash St. Hiawatha, ON K9J 0E6	N
Tracy Vandenberg	Hiawatha FN Staff	705-295-4421	familywellbeing@hiawathafn.ca	123 Paudash St. Hiawatha, ON K9J 0E6	N

HISTORICAL TIDBIT

By Darin Wybenga, New Credit Public Library

Most people really don't care for Mondays, but the morning of April 12, 1847, would prove to be an auspicious occasion in the life of the Mississaugas of the Credit First Nation. Chiefs Peter Jones and Joseph Sawyer had arrived back at the Credit River Mission Village from a meeting with the Chiefs of the Six Nations of the Grand. The Chiefs of the Grand had heard that the Mississaugas at the Credit River were soon to be homeless as their lands at the Credit River Mission were soon to be sold at public auction. Remembering that the Mississaugas had once helped the Six Nations when they found themselves in a state of homelessness after the American Revolution; the Grand River Chiefs sought to return the favour and offer a new home to the Credit River people. The meeting between the Mississaugas and Six Nations Chiefs took place on April 7 and 8, 1847, and by the time the meeting was adjourned, Sawyer and Jones had an invitation for the people of the Credit to take up lands among the Six Nations. Returning to the Mission Village, Jones and Sawyer had to determine the will of the Mississaugas in regard to the invitation. The results of a general council of the Mississaugas were reported to the Indian agent in the letter below:

Port Credit, April 12th, 1847

Sir,

We beg leave to inform you that we have just returned from the Grand River where we attended a general Council of the Six Nations of Indians, and we are happy to state that the Chiefs then assembled unanimously and very cordially invited our Tribe to share freely with them in their Reservation of lands on the Grand River. They based their liberality & good feeling on account of the ancient Treaties of friendship made between them and our forefathers, and the fact of their having received their Grand River Lands from our forefathers without any remuneration.

This morning we held a Council with our people and submitted the kind offer of the Six Nations to them, and we are glad to inform you that a large majority agreed to accept of the same. We therefore humbly beg you will have the goodness to inform our Great Father the Governor general, that with His Lordships permission we would be glad to go and settle on the Grand River lands, and we earnestly hope His Lordship will allow us to do so. Ass our tribe are anxious to remove as soon as possible in order to enable them to plant this spring, we shall be glad to receive an early reply.

We have the honor to be,
Sir,
Joseph Sawyer
Peter Jones
Chiefs,

To:-

T.G. Anderson, Esq.
I.I.A. &c. &c.
Toronto

In the meantime, while waiting upon the Governor-General's approval for their relocation, Chief Sawyer and several men of the Credit scouted out lands suitable for their new settlement. Selecting 4800 acres of the southernmost parts of the Six Nations' lands, the Mississaugas would move to their new homes in early May, 1847. **Happy 174th Birthday New Credit!**

Aambe Zhaabwiitoo'daa - Let's Save It,
Anishinaabemowin Language Classes

Every Wednesday Online Zoom
Starting JAN. 6, 2021 to JUNE 23, 2021
6:00 p.m. to 7:30 p.m.

If you require further information, please contact Jai King-Green by email at jai.king-green@mncfn.ca, or by calling 905-768-1133 ext 232

Open to all!

Now is a perfect opportunity to learn our Anishinaabemowin Language!
This is a free class open to all both on and off reserve.

Last class June 23, 2021

10-year old Gracie Hill raises \$1,310 for the New Credit Cancer Support Group

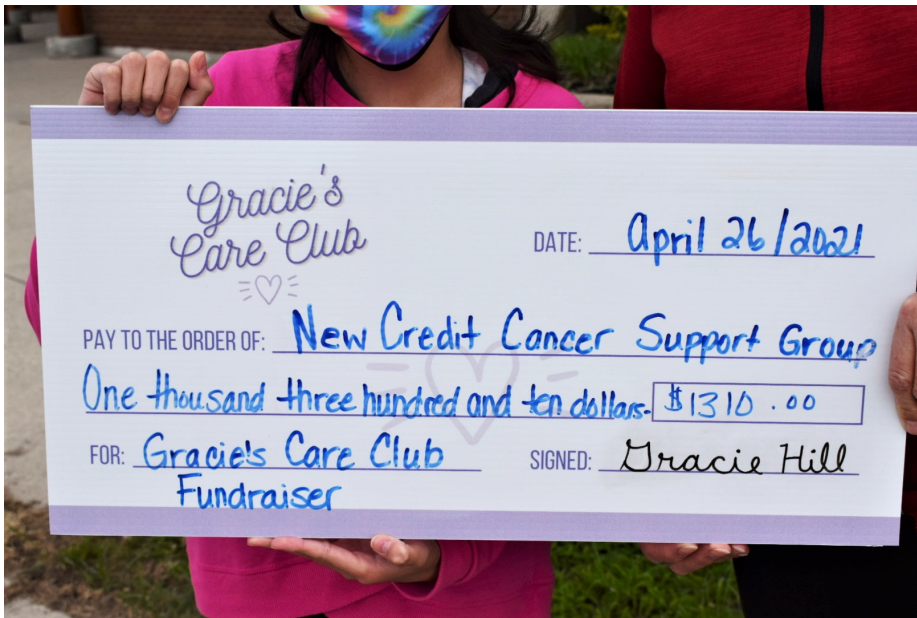


Photo from Facebook Group "Gracie's Care Club"

For her 5th-Grade Social Studies class Gracie Hill was asked to research people in history who made a difference, her and her mom started off by looking at people closer to her age. After looking up young people who have made a difference by raising awareness and funds for important causes, Gracie was motivated to make a difference. Her and her mother then came up with the idea to use social media to start fundraising for causes important to Gracie.

"I want to make people smile, spread kindness and raise awareness." said Gracie when presenting the cheque in front of Lloyd S. King school.

In the Facebook group "Gracie's Care Club" they have raffled off different prizes, including \$100 dollar gift cards. Each ticket to enter for the prize is \$10, and that money goes towards the cause of Gracie's choice. The group was able to raise an impressive \$1,310 for the New Credit Cancer Support Group.

The New Credit Cancer Support Group was founded to gather and distribute resources for all types of cancer, to organize and deliver workshops with guest speakers and fundraisers, and to share stories and experiences while providing support for individuals and families.

We would like to send a heartfelt thank you to Gracie, and to all the members of Gracie's Care Club for the generous donation to the group.

Gracie will be continuing to do these raffles on Facebook, so be sure to join the group!



Chief Laforme receives the Vaccine

MCFN Vaccine Clinics a success

With the help of the MCFN COVID-19 Working group, MCFN Staff, and Haldimand Norfolk Health Unit 608 total doses of the Vaccine has been administered at our vaccine clinics!

"I appreciate everyone coming together, the Haldimand staff was very complimentary to MCFN staff saying how well coordinated and functional our clinic was." said Chief Laforme. "I look at this as an opportunity to build on our relationship and make it even stronger."

The MCFN Chief and Council also would like to thank everyone who came out for their compliance, patience, and feedback.

"I see these clinics as a big first step towards moving back to the normal world," said Chief Laforme. "It is not the final step, but we look at it as a light at the end of the tunnel sort of perspective."

As of today's date, it is unknown when there will be another MCFN Vaccine Clinic. These clinics are based upon COVID Vaccine supply and allotment to regions. This is determined by the province, population demand (hot spots) and the local Public Health.

MCFN Members are encouraged to forward their questions and concerns to the vaccine email at vaccine@mncfn.ca. Please provide your contact info, phone number and email address. When a Clinic date has been determined, Community Health will contact you. Members are advised that if you do have an opportunity to get COVID Vaccine elsewhere, we recommend that you do so.

If you have received the Vaccine, you still must follow public health measures, which includes social distancing, masking, hand-washing and staying within your own social bubble.

POLITICS AND GOVERNANCE

Councillor Craig King, Pillar 6 Lead, Infrastructure and Development - Resignation Statement

First and foremost, I would like to thank the membership for allowing me to represent them at the political table. Unfortunately the Covid pandemic has put me in a situation where I can no longer serve my elected duties to the people in a manner that I see acceptable. I hope I have represented you well and have shown ultimately that the membership comes first in every decision I have made. My goals have always been to improve our quality of life and make sure anything we do is a positive image on our people and community. To bring us opportunity and build relationships that will benefit our membership and everyone involved. I have worked alongside various Directors in our organization and have tried to implement initiatives I feel were desperately needed at the time of my term on Council.



I was a part of multiple groups. One working towards connectivity with Fibre Optics and that project is currently underway with full implementation projected for this year. I would like to thank the group for all the hard work making sure this happens for our community.

I assisted with housing initiatives to continue to move forward with development of our Townline Estates to ensure we have the ability to offer housing every year in one form or another. Multi-unit housing development is currently underway with lot servicing currently being implemented and funding applications submitted. The ultimate goal is to establish a senior's community in the master planning of development. I wish the departments continued success in your future planning and development.

Our members who do not have the ability to obtain land for housing has also been a concern over the years. I have brought attention back to areas that we have designated for future development and worked alongside members of Council and departments to ensure the opportunity to purchase these lands and build homes will become a reality later this year or into the new year.

A land use group was formed to implement some of the much discussed recreational projects for the community. This would include a splash pad, Multi use Pavilion, upgrades to our traditional teachings area, upgrades to our existing ball diamond and track at LSK and parking. Connecting the Green Willow property to LSK is a part of the planning to allow the students and staff to access the area when desired and create shared spaces in the Community. Greenhouse(s) has also been discussion as well as a stand alone Gym. The group is currently reviewing costs for site planning layouts and will hopefully be able to initiate some projects over the course of the year. It has been a pleasure to work with this group to promote togetherness in our community in the future.

Safety continues to be a growing problem in our community in all aspects. I had the pleasure are being a part of the team to implement a future "Peacekeepers program". Although it is in infancy development, this would act as an enhanced community watch and offer people someone to contact for suspicious activity and community safety concerns. The idea is to work in a observe and report role and work towards strengthening that relationship with law enforcement.

Councillor Evan Sault has been working on our speeding concerns in the community as well. I have assisted him with some initiatives to potentially explore the reality of implementing photo radar in our community with fine revenue potentially coming back to the First Nation. Good luck Evan with these initiatives in keeping everyone safe!

As you can see although we are in a pandemic. Things are still happening behind the scenes of Organizational restrictions. Our staff is still trying to support the community and membership in the best interest of safety. Our community has shown the ability to function in a safe manner and do their part to limit exposure. I am proud to have had this experience in leading our people on the good path and encourage anyone with an open mind and forward thinking to consider representing our people at the political table and ensure we have growth and maintain that positive image for generations to come.

Thank you for your Support and well wishes. Much Appreciated!

Sincerely,
(Former) Councillor Craig King

Councillor Erma Ferrell, Pillar Five Lead, Cultural Awareness, Communication and Outreach - April 2021 update

Meetings attended: Council Meetings, Burlington Museum Arts Project Committee Meeting, Niagara Reinforcement Line Quarterly Committee Meeting, Culture & Design Committee Meeting, Pillar #5 Committee Meeting, Fibre Optics, First Parliament Site Committee Meeting, Artifacts Transfer Meeting, Niagara Land Acknowledgement Meeting, Toronto Island Master Plan Committee Meeting, Brock University Land Acknowledgement Meeting-President of Brock, Anti Black Racism Committee Meeting, Green Party Town Hall, Metrolinx Meeting, Culture & Design Committee Meeting, Rouge Gateway Committee Meeting



Land Acknowledgement Meetings

Zoom meetings have been scheduled for internal and external discussion on ensuring the Niagara Region acknowledges the Mississaugas of the Credit First Nation's Treaty Land is part of institutions formal Land Acknowledgements.

Green Party Town Hall

A representative from the Green Party representing the Spadina area in Toronto contacted me in November 2020. The purpose of the meeting request was to have speakers for the Green Party Town Hall meeting on March 24, 2021. Mark LaForme the Director of our Duty of Consultation & Accommodation Department along with Darin Wybenga our Traditional Knowledge & Lands Use Coordinator.

(NOTE: Chief Stacey Laforme was unable to participate, but was invited to speak at the Town Hall meeting).

Darin began the meeting by providing a brief summary of the history of the Mississaugas of the Credit; their Treaty & Traditional Lands in the Greater Toronto Area.

Mark provided information on the working relationship the Duty of Consultation & Accommodation Department staff have with proponents in the Toronto area. Mark also explained to the group how our Treaties entitles the Mississaugas of the Credit must be contacted on any projects in the lands covering our Treaties.

Questions were asked by the facilitator, Bruce Van Dieten/CEO of the Spadina Fort York Green Party riding.

First Parliament Site

A First Parliament Site required a working group to provide input on the proposed new subway station that will be built on the property on Front Street Toronto, formally known as the First Parliament Site. The site has a lot of history, and cultural significance; especially to the Mississaugas of the Credit.

The plans for the new subway station will features artifacts from the site during excavation (upon approval), as well as history of the site.

This Mississaugas of the Credit First Nation Chief & Council will provide input on the project via their representatives, to the First Parliament Site working group.

Councillor Erma Ferrell, Pillar Five Lead, Cultural Awareness, Communication and Outreach - May 2021 update

Boozhoo

**Meet my Granddaughter Jessica Beauvais
(article from the Kitchener-Waterloo Midwifery Associates
website)**



Jessica Beauvais

My name is Jess Beauvais and I am from Mississaugas of the Credit First Nation. I am in my second year of the Midwifery Education Program at McMaster University. I am thrilled to be joining the Kitchener-Waterloo Midwifery Associates for my first clinical placement this summer.

I was drawn to midwifery through my interest in maternal and family health. I hope to one day be involved in making midwifery services more accessible to indigenous communities in Canada.

My partner and I just relocated to Kitchener, Ontario and are looking forward to getting to know the area. In my spare time, I enjoy fishing, kayaking, and spending time with my pets.

I also have a passion for reading and making dreamcatchers for my family and friends.

I am so thankful for the opportunity to be a part of your pregnancy and birth experiences.

Family History - This month I am dedicating my newsletter page to my Granddaughter Jessica Beauvais. I contact relatives from time to time to talk about family history. In March 2021, I was surprised to learn that my Great Grandmother Sarah King (wife of John King), was a midwife on the Mississaugas of the Credit First Nation. My Granddaughter Jessica is carrying on the tradition. (Proud Grandparents Brent & Erma Ferrell)



GOVERNANCE COMMUNITY ENGAGEMENT SESSIONS

Attention: All MCFN Members

Aanii Members of the Mississaugas of the Credit First Nation,

We would like to inform you of a series of Governance Engagement Sessions happening throughout 2021.

We encourage you to attend these sessions to learn about the new, and exciting self-Governance initiatives that MCFN has taken on. As well to make sure your voice is heard as we move forward in this important work.

Topics that will be discussed include, but are not limited to: Peacekeepers, MCFN Constitution, Election Law, Approval Law, Administrative Tribunal.

Next Sessions: **Saturday, May 8th at 1:00 pm - Land Claims**
Saturday May 29th at 12:00 pm - Land Claims
Saturday June 12th at 12:00 pm - MCFN Constitution
Wednesday June 30th at 6:30 pm - MCFN Constitution
July date TBA - Election Law Update

- If you attend and participate, you will be entered into a draw for a prize!
- If you attend and participate AND refer to others who attend, you get extra entries for a prize
- If you attend 5 sessions you will have a chance to win a bigger prize

These meetings will be online via Zoom. Members will be able to log in, or call in. These meetings will be recorded and shared to the MCFN Members Only website, for those unable to attend.

If you are interested in attending any of these sessions, or if you have any questions please contact our Governance Communications and Engagement Lead, Georgia LaForme at Gov.Comm@mncfn.ca

You can also find more details about MCFN Governance on our website at <http://mncfn.ca/mcfn-members-only/mcfn-governance/>, or contact Georgia LaForme at Gov.Comm@mncfn.ca



Save the date! Toronto Purchase 2021 First Quarter presentation with Peace Hills Trust
May 8th, 2021 at 11:30 am - 12:30 pm

Online via Zoom: <https://zoom.us/j/99766844693>

To have the Zoom information sent to you, email: Gov.Comm@mncfn.ca
Recording of the presentation will be posted to the MCFN Members only website.



Statement from the Mississaugas of the Credit First Nation On COVID-19

May 5th, 2021

At this time, we have 3 active cases of COVID-19 the community. These cases are community spread. 24 total cases have been resolved.

May 14th, 2021 Vaccine Clinic

We will be hosting another Vaccine Clinic on May 14th at the MCFN Community Centre. We will be providing doses for:

- 1) Eligible MCFN members: aged 16 and above
- 2) Non-member spouses, living on reserve (must provide proof of address)
- 3) Other non-member adults, residing on reserve (must provide proof of address).

We encourage members to contact the vaccine email at vaccine@mncfn.ca to express their interest no later than 4:30 on May 12th, and Community Health will follow up. You can also contact Community Health at 905-768-1181, extension 240. Please ensure you leave a voice mail with your name and contact number, and indicate that you wish to be placed on the vaccine list. Anyone who expresses interest after this deadline, will be placed on the waiting list.

Please note, if you have received the Vaccine, you still must follow public health measures, which includes social distancing, masking, handwashing and staying within your own social bubble.

Precautions

Following the Province "Stay at Home Order", the MCFN Chief and Council have implemented enhanced COVID-19 precautions within our First Nation until May 17th, 2021. The following safety measures are effective immediately, for the MCFN:

- Indoor organized public events and social gatherings outside of your household are not allowed,
- Outdoor gatherings outside of your household are not allowed;
- Playgrounds and recreational facilities in our community will remain open, but please ensure you take all Public Health guidance, as these structures are NOT sanitized;
- Restaurants are limited to takeout services only;
- Fitness and recreation facilities are closed. Virtual classes are permitted;
- Funerals and religious services, rites or ceremonies must abide by the following:
 - physical distancing must be maintained;
 - guests must wear masks or face coverings;
 - capacity limits: 10 people indoors or outdoors;
 - drive-in services, rites or ceremonies permitted with COVID-19 precautions in place;
 - virtual services permitted.

Council is permitting OPP to answer reports of violations of any of the above precautions in place.

Safety Measures

Please continue to take extra measures to prevent COVID-19 and the Variants of Concern from spreading in our community. This includes:

- Double masking, or wearing a single mask and a face shield;
- Taking trips are only those of an essential nature only, that being groceries, pharmacy and if necessary, to work;
- Practicing physical distancing of 2-metres when out of your home to get essential supplies;
- Continuing to wash your hands, and practice good hygiene.

MCFN Organizational Lockdown Extension

As a means of being proactive and keeping the staff, the organization and the community safe, Council has approved that MCFN will remain in operational services until August 30th, 2021. During this period, please note the following:

- External contractors will be permitted within MCFN buildings only with the approval of the Chief Operating Officer or designate;
- Necessary Social Health Services programming will continue, with enhanced COVID-19 precautions in place;
- All in-person programming will be cancelled for the duration of the lockdown and virtual programming will take place whenever possible;
- LMR will be deemed essential for Community Wellness applications and on-reserve status cards;
- Payments to MCFN will continue to be made online or mailed in.

All offices will be manned by a Receptionist between the hours of 8:30 – 4:30. Please note, the phones will go to voice mail during the lunch period of 12:00-1:00.

If you require emergency assistance at this time relating to Social and Health Programs, you can contact their land line at 905-768-1181, and leave a voice mail at the applicable extension of the relevant party.

If you require emergency Administrative support, please contact Kerri King, acting Chief Operating Officer / Executive Director of Operations at 289-527-0364.

If you require other information or supports, we encourage you to look to our website and social media for relevant contact numbers and resources.

Mental Health Supports

We understand the mental health impacts this will have on our youth, and all of our members and we want you to know we are here for you.

Please see resources below:

- MCFN Mental Health Worker Faith Rivers: Faith.Rivers@mncfn.ca or 905-536-7863
- Haldimand Norfolk Reach Services: 519-587-2441 x 350
- Six Nations Crisis Line: 1-866-445-2204
- First Nations & Inuit Hope for Wellness Help Line: 1-855-242-3310
- Kids Help Phone: 1-800-668-6868, or text 686868
- Ontario Mental Health Help Line: 1-866-531-2600

Testing information on next page...

If you are experiencing symptoms of COVID-19, we are encouraging you to get tested. The results can be delivered to you in as quick as 24 hours.

Please contact the following Public Health Offices and follow their instructions:

- Haldimand Norfolk Public Health – 519-426-6170, ext. 9999
- Six Nations COVID-19 Assessment Centre – 1-855-977-7737 or 226-446-9909
- Brant County Public Health – 519-751-5818 or at covid.assessment@bchsys.org

Please note, the MCFN Community Health Office is not a Public Health Office, although it does assist with contact tracing and wellness checks for those who reside on MCFN.

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.

Please continue to stay up to date on latest COVID-19 updates from our website, social media and flyer mailout.

Community health continues to be a priority, please continue to:



Avoid gatherings, limit to people in your household



Practice social distancing.



Wash hands frequently and thoroughly.



Avoid touching your eyes, nose and mouth.



Wear a mask where physical distancing is unavoidable.



MCFN COVID-19 COMMUNITY VACCINE CLINIC

Clinic Date: **Friday, May 14th, 2021**

We will be providing doses for:

- 1) Eligible MCFN members: aged 16 and above**
- 2) Non-member spouses, living on reserve (must provide proof of address)**
- 3) Other non-member adults, residing on reserve (must provide proof of address)**

We encourage members to contact the vaccine email at vaccine@mncfn.ca to express their interest **no later than 4:30 on May 12th**. You can also call **905-768-1181, extension 240**. Please leave your name and contact number, and Community Health will follow up.

Anyone who contacts the office after the May 12th deadline will be placed on a waiting list.

The MCFN Community Vaccine Clinic will be administering the Pfizer COVID-19 Vaccine.

***Please bring your valid Health Card, Status Card (expired cards will be accepted)**

MAY

Monday	Tuesday	Wednesday	Thursday
3	4	5	6
Footcare New Credit Youth Group Pick – Up for Grades 3-5 - 4:00 pm - 7:00 pm HBHC gift card pickup Womens Group Kit P/U 1-4 Mental Health Week event	Footcare 4:00 pm - 7:00 pm New Credit Youth Group Pick – Up for Grades 6-8 Water collection Mental Health Week event	Footcare New Credit Youth Group Pickup for high school, 4:00 - 7:00 pm Anishinaabemowin Language Classes, Online via Zoom, 6:00 - 7:30 pm Gr 7-9 immunization (not COVID vaccine) Mental Health Week event	HBHC gift card Foodbank Footcare Mental Health week event
10	11	12	13
4:00 pm - 7:00 pm New Credit Youth Group Pick – Up for Grades 3-5 HBHC Gift Card P/U Womens group kit P/U 1-4	Water collection New Credit Youth Group Pickup Grade 6-8, 4:00 - 7:00 pm Craft kit delivery day	New Credit Youth Group Pickup for Highschool, 4:00 - 7:00 pm Anishinaabemowin Language Classes, Online via Zoom 6:00 - 7:30 pm	Foodbank HBHC Gift Card P/U
17	18	19	20
Income Statements Due 4:00 pm - 7:00 pm New Credit Youth Group Pick – Up for Grades 3-5 HBHC Gift Card pickup Womens group kit 1-4	Income statements due New Credit Youth Group Pickup Grade 6-8, 4:00 - 7:00 pm Water collection Pet wellness 10 am - 6 pm	Income Statements Due New Credit Youth Group Pickup for High school, 4:00 - 7:00 pm Anishinaabemowin Language Classes, Online via Zoom 6:00 - 7:30 pm	HBHC Gift Card Pickup Foodbank Garden Kits - mental health 4-6
24	25	26	27
HOLIDAY	Meal delivery New Credit Youth Group Pickup Grade 6-8, 4:00 - 7:00 pm MCFN Social and Health Services - last one Water collection	New Credit Youth Group Pickup for high school 4:00 - 7:00 pm - last one Anishinaabemowin Language Classes, Online via Zoom 6:00 - 7:30 pm	Foodbank fl " fl " VW& SC&T "\$") Cheque P/U 1-4
31			
Youth Group Kit P/U 4-7pm Gr.3-5 last one HBHC gift card/other items P/U Women's Group Kits P/U 1-4			

2021

Thursday	Friday	Saturday	Sunday
	7	8	9
Pickup	Footcare Gr 7-8 immunization (not COVID Vaccine) Mothers day kit pick up 1-5 Mental Health Week event		Breakfast for LSK Students delivery 12:00 - 3:00 pm
	14	15	16
Reading Support 11:00 - 2:30 p.m.	Footcare Flu clinic		Breakfast for LSK Students delivery 12:00 - 3:00 pm
	21	22	23
	Flu clinic		Income statements due Breakfast for LSK Students delivery 12:00 - 3:00 pm
	28	29	30
	Flu clinic		Breakfast for LSK Students delivery 12:00 - 3:00 pm



Statement from the Mississaugas of the Credit First Nation On COVID-19 April 28th, 2021*

At this time, we have 6 active cases of COVID-19. These cases are **community spread**. 20 total cases have been resolved.

This is the highest number of cases we seen at once in community. We are asking everyone to please understand the seriousness of this virus and continue to be diligent in following public health guidelines.

Precautions

Following the Province "Stay at Home Order", the MCFN Chief and Council have implemented enhanced COVID-19 precautions within our First Nation until May 17th, 2021. The following safety measures are effective immediately, for the MCFN:

- Indoor organized public events and social gatherings outside of your household are not allowed;
- Outdoor gatherings outside of your household are not allowed;
- Playgrounds and recreational facilities in our community will remain open, but please ensure you take all Public Health guidance, as these structures are NOT sanitized;
- Restaurants are limited to takeout services only;
- Fitness and recreation facilities are closed. Virtual classes are permitted;
- Funerals and religious services, rites or ceremonies must abide by the following:
 - physical distancing must be maintained;
 - guests must wear masks or face coverings;
 - capacity limits:
 - indoors: 15% capacity of the room;
 - outdoors: no more people than social distancing of 2m permits;
 - drive-in services, rites or ceremonies permitted with COVID-19 precautions in place;
 - virtual services permitted.

Council is permitting OPP to answer reports of violations of any of the above precautions in place.

Safety Measures

Please continue to take extra measures to prevent COVID-19 and the Variants of Concern from spreading in our community. This includes:

- Double masking, or wearing a single mask and a face shield;
- Taking trips are only those of an essential nature only, that being groceries, pharmacy and if necessary, to work;
- Practicing physical distancing of 2-metres when out of your home to get essential supplies;
- Continuing to wash your hands, and practice good hygiene.

Mental Health Supports

We understand the mental health impacts this will have on our youth, and all of our members and we want you to know we are here for you.

Please see resources below:

- MCFN Mental Health Worker Faith Rivers: Faith.Rivers@mncfn.ca or 905-536-7863
- Haldimand Norfolk Reach Services: 519-587-2441 x 350
- Six Nations Crisis Line: 1-866-445-2204
- First Nations & Inuit Hope for Wellness Help Line: 1-855-242-3310
- Kids Help Phone: 1-800-668-6868, or text 686868
- Ontario Mental Health Help Line: 1-866-531-2600

April 10th and 11th Vaccine Clinic

We would like to thank MCFN staff, the Haldimand Norfolk Health Unit staff, and Dr. Cheng for our successful Vaccine Clinics. With your efforts we have administered a total of 608 Vaccines at our clinics.

As of today's date, we do not know when there will be another MCFN Vaccine Clinic. These clinics are based upon COVID Vaccine supply and allotment to regions. This is determined by the province, population demand (hot spots) and the local Public Health.

MCFN Members are encouraged to forward their questions and concerns to the vaccine email at vaccine@mncfn.ca Please provide your contact info, phone number and email address. When a Clinic date has been determined, Community Health will contact you. Members are advised that if you do have an opportunity to get COVID Vaccine elsewhere, we recommend that you do so.

Please note, if you have received the Vaccine, you still must follow public health measures, which includes social distancing, masking, handwashing and staying within your own social bubble.

MCFN Organizational Lockdown

The Organizational lockdown will be in effect until May 17th, 2021. During this period, please note the following:

- MCFN Operations will continue to be restricted to operational services only;
- External contractors will be permitted within MCFN buildings only with the approval of the Chief Operating Officer;
- Necessary Social Health Services programming will continue, with enhanced COVID-19 precautions in place;
- All in-person programming will be cancelled for the duration of the lockdown and virtual programming will take place whenever possible;
- Visitors or community members will not be permitted in MCFN administration buildings, the phone line will be manned by a receptionist from 8:30am-2:00pm, Monday through Friday, not including the 1 (one) hour lunch period of 12:00pm-1:00pm;
- LMR will be deemed essential for Community Wellness applications and on-reserve status cards;
- Payments to MCFN will continue to be made online or mailed in.

If you require emergency assistance at this time relating to Social and Health Programs, you can contact their land line at 905-768-1181, and leave a voice mail at the applicable extension of the relevant party.

If you require emergency Administrative support, please contact Kailey Thomson, Chief Operating Officer at 905-979-2957 or Kerri King, Executive Director of Operations at 289-527-0364.

You also have the option to reach out to any member of Council. If you require other information or supports, we encourage you to look to our website and social media for relevant contact numbers and resources.

Testing

If you are experiencing symptoms of COVID-19, we are encouraging you to get tested. The results can be delivered to you in as quick as 24 hours.

Please contact the following Public Health Offices and follow their instructions:

- Haldimand Norfolk Public Health – 519-426-6170, ext. 9999
- Six Nations COVID-19 Assessment Centre – 1-855-977-7737 or 226-446-9909
- Brant County Public Health – 519-751-5818 or at covid.assessment@bchsys.org

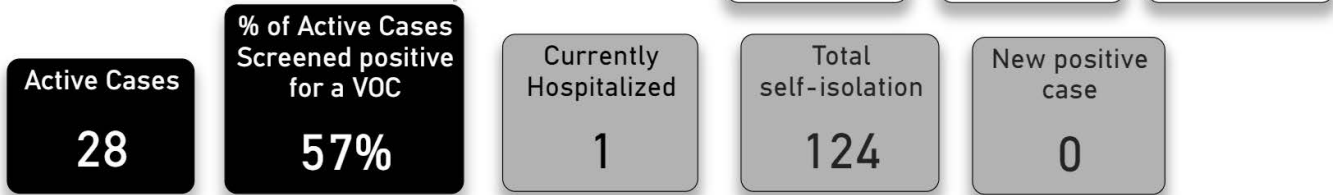
Please note, the MCFN Community Health Office is not a Public Health Office, although it does assist with contact tracing and wellness checks for those who reside on MCFN.

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.

Six Nations COVID-19 Update

Update as of:
5/4/21 13:20

Six Nations COVID-19 Response Level: Black



Variants of Concern Update

Previously diagnosed COVID-19 case specimens that have under-gone further testing to determine if that person is infected with a variant of concern

screened positive for a VOC (lineage not yet determined)
30

Lineage B.1.1.7 (UK)
17

Vaccination Update as of 2021-04-28

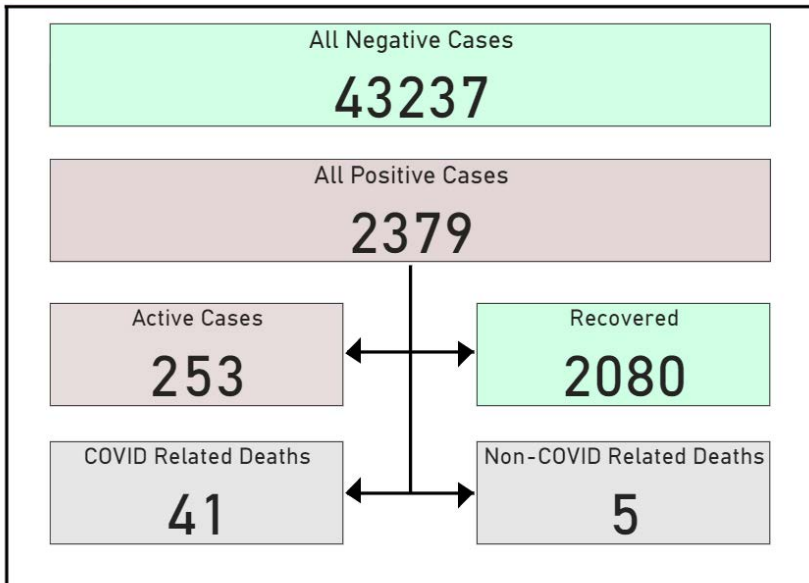
This does not include individuals who have been vaccinated off-reserve. Number booked in for future clinics have scheduled an appointment through the call centre but have not yet received their vaccination.

partially vaccinated (received 1 dose)
1152

fully vaccinated (received 2 doses)
1509

% of On-reserve SN Band Members partially vaccinated
9%

Haldimand-Norfolk cases (as of May 5th 2021)



COVID Alert

Download the app to protect yourself and your community.

The COVID Alert app lets you know if you may have been exposed to the virus. You can then get tested and keep you and your community safe. The app is voluntary: The more people who choose to use it, the more effective we will be at stopping the spread of COVID-19.



COVID Alert is:



Protect yourself. Protect others.
Download Canada's COVID Alert app.
Available in the Apple or Google app stores.



For more information, visit ontario.ca/covidalert

Catalogue No. 1300342 ISBN No. 978-1-4868-4623-8 (PDF) July 2020 © Queen's Printer for Ontario 2020.

Ontario

Employment Opportunities

Family Support Worker (Contract ends Dec 21) - May 13

Under the direction of the Family Support Supervisor, the Family Support Worker is responsible for providing direct support to individual clients and families, by providing family counselling services, handling Case Management service coordination for clients and facilitating the development of self-help support groups; assisting with protection investigation, child placement and supervision requirements; and assisting with the general unit administration.

Family Support Worker (Contract) - May 13

Under the direction of the Family Support Supervisor, the Family Support Worker is responsible for providing direct support to individual clients and families, by providing family counselling services, handling Case Management service coordination for clients and facilitating the development of self-help support groups; assisting with protection investigation, child placement and supervision requirements; and assisting with the general unit administration.

Human Resource Manager - May 6th

To assist in the administration of effective, efficient and responsible human resources plans and procedures of the MCFN by ensuring the human resource plans and procedures are consistent with the vision, mission, management philosophy, standards and organizational and program policies established by the MCFN Council.

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

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

MISSISSAUGAS OF THE CREDIT FIRST NATION

EMPLOYMENT AND TRAINING

RESUME CALL

MCFN MEMBERS ONLY

HEAVY EQUIPMENT OPERATORS
AND GENERAL LABOURERS

**FOR TOWLINE ESTATE PROJECT
AND FIBER OPTIC PROJECT**

RESUMES CAN BE EMAILED TO:
MICHELE.KING@MNCFN.CA OR NICOLE.HARADYN@MNCFN.CA



659 New Credit Rd. Building 2
Hagersville ON, N0A 1H0
T: (905) 768-1181 x 223
F: (905) 768-0404

MCFN EarlyON Weekly Virtual Schedule

Monday to Friday

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am- Mental Health/Community Resources Post by Jolene Hill SSW	9:00-10:00am- Infant Massage pre-registered LIVE ZOOM with Shelby and Laura	9:30 am- Mental Health/Community Resources Post by Jolene Hill SSW	9:30 am- Mental Health/Community Resources Post by Jolene Hill SSW	9:30 am- Mental Health/Community Resources Post by Jolene Hill SSW
10:30 am- Breakfast/Snack recipe post by Shelby Riddell RECE	9:30 am- Mental Health/Community Resources Post by Jolene Hill SSW	10:30 am- Breakfast/Snack recipe Post by Shelby Riddell RECE	10:30 am- Breakfast/Snack recipe post by Bridgette Ferreira RECE	10:30 am- Breakfast/Snack recipe Post by Shelby Riddell RECE
11:00 am- Circle Time Video with Shelby Riddell RECE	10:30 am- Breakfast/Snack recipe Post by Bridgette Ferreira RECE	11:30 am- Activity of the Day Post by Bridgette Ferreira RECE	11:00 am- Circle Time LIVE ZOOM with Bridgette and Shelby	11:00 am- Mental Health LIVE ZOOM with Jolene Hill
11:30 am- Activity of the Day Post by Bridgette Ferreira RECE	11:30 am- Activity of the Day Post by Shelby Riddell RECE	1:30 pm- Circle Time Video Post with Bridgette Ferreira RECE	11:30 am- Activity of the Day Post by Shelby Riddell RECE	11:30 am- Forest Fridays Post with Bridgette Ferreira RECE
2:00 pm- Cultural Activity Post by Laura Reid	2:00 pm- Cultural Activity Post by Laura Reid	2:00 pm- Sharing Circle LIVE with Laura Reid	2:00 pm- Cultural Activity by Post Laura Reid	2:00 pm- Cultural Activity Post by Laura Reid
Anishanaabemowin Word of the Day by Laura Reid	Anishanaabemowin Word of the Day by Laura Reid	Anishanaabemowin Word of the Day by Laura Reid	Anishanaabemowin Word of the Day by Laura Reid	Anishanaabemowin Word of the Day by Laura Reid
3:00 pm- Dinner recipe Post by Shelby Riddell RECE	3:00 pm- Dinner Recipe Post by Bridgette Ferreira RECE	3:00 pm- Dinner recipe Post by Shelby Riddell RECE	3:00 pm- Dinner Recipe Post by Bridgette Ferreira RECE	3:00 pm- Dinner recipe Post by Shelby Riddell RECE
	6:00-7:00pm- Infant Massage pre-registered LIVE ZOOM with Bridgette and Laura			

COMMUNITY WELLNESS 2021-2022

MCFN COUNCIL HAS APPROVED \$2,000.00 FOR THE 2021-2022 COMMUNITY WELLNESS

DISTRIBUTION

THE FOLLOWING CHANGES WILL APPLY TO THE 2021-2022 COMMUNITY WELLNESS PROCESS DUE TO THE PANDEMIC

The 2021-2022 Community Wellness applications will be available starting March 15th, 2021. Applications will be available at the mncfn.ca website or call the LMR office and they will mail or email you an application. Contact information is below.

Application forms and 2 pieces of ID:

- Will be accepted starting March 16, 2021 via mail, email or drop off at the mail slot at the Lands, Membership and Research office at 6 First Line.
- Members must use the new 2021-2022 application form for \$2,000 Applications will not be accepted if other forms are used
- Direct deposit (CANADIAN ACCOUNTS ONLY) is the preferred method of payment, your name must appear on your void cheque or direct deposit form. If your name is NOT on it, a cheque will be mailed to you
- If you request a cheque, it will be mailed to you. Please ensure your address is up to date.
- You do not need to submit a quote, receipt or estimate, this year only!
- All payments will start after April 8, 2021.

AS A SAFETY PRECAUTION NO ONE WILL BE ALLOWED INTO THE LMR OFFICES TO DROP OFF APPLICATIONS OR PICK UP CHEQUES

Acceptable Valid ID (must provide a front and back):

- Birth certificate
- Status card
- Health Card
- Drivers licence
- Employee ID with photo
- Student ID with photo
- Firearms license
- Passport or Nexus card

Contact:

Phone - 1-905-768-0100

Email: cw@mncfn.ca

Mailing address:

LMR/Community Wellness

2789 Mississauga Rd

Hagersville, ON

N0A 1H0

MISSISSAUGAS OF THE CREDIT FIRST NATION

COMMUNITY WELLNESS EXPENSE CLAIM FORM-ADULT 2021-2022

Mailing Address: LMR/Community Wellness 2789 Mississauga Rd., R.R. #6 Hagersville, ON N0A 1H0

Email: cw@mncfn.ca

FULL NAME (as it appears on your Status Card):	REGISTRY NUMBER (10 DIGIT):
FULL MAILING ADDRESS (including Postal/Zip Code):	BIRTHDATE (YYYY-MM-DD):
EMAIL ADDRESS (required if getting Direct Deposit):	TELEPHONE NUMBER (including area code):
PLEASE INDICATE THE FOLLOWING OPTIONS: <input type="checkbox"/> Cheque Mail Out <input type="checkbox"/> Direct Deposit (Canada only)* *Include a void cheque or direct deposit form* <input type="checkbox"/> On File <input type="checkbox"/> New Account	All applications must include front and back photocopies of 2 pieces of ID, 1 being photo ID. Please ensure that all information on each ID is clearly visible.

I hereby authorize the use of my address/email for various MCFN initiatives (such as. Voter's List, MCFN Community Trust, Eagle Press Newsletter, Governance Community Engagement, Internal Department's use). Under no circumstances will MCFN share your personal information with outside agencies.

(BAND MEMBERS PLEASE INITIAL HERE)

X Signature _____ Date: _____	Total Receipts: Amount: \$ 2,000.00
---	--

-----Do not write below this line. For Office Use Only-----

Documents provided for identity: _____ Department's Initials _____

Status Card Confirmation of Status D.L. H.C. B.C. Other ID (_____)

Amount Claimed:	Remaining Balance:

Account Number:	64300
Dept. Number:	100030
Cheque Number:	
Cheque Date:	

Department Signature: _____

Date Received _____

MISSISSAUGAS OF THE CREDIT FIRST NATION

COMMUNITY WELLNESS EXPENSE CLAIM FORM-CHILDREN (Newborn-17 Years) 2021-2022

Mailing Address: LMR/Community Wellness 2789 Mississauga Rd., R.R. #6 Hagersville, ON N0A 1H0

Email: cw@mncfn.ca

CHILD'S FULL NAME (as it appears on Status Card):	CHILD'S REGISTRY NUMBER (10 Digit):
NAME OF LEGAL PARENT/GUARDIAN: (proof of legal custody)	LEGAL PARENT/GUARDIAN'S REGISTRY NUMBER:
COMPLETE MAILING ADDRESS:	CHILD'S BIRTHDATE (YYYY-MM-DD):
PARENT/GUARDIAN EMAIL ADDRESS (Required for Direct Deposit):	TELEPHONE NUMBER (including area code):
PLEASE INDICATE THE FOLLOWING: <input type="checkbox"/> Cheque Mail Out <input type="checkbox"/> Direct Deposit (Canada Only)* *Include a void cheque or direct deposit form* <input type="checkbox"/> On File <input type="checkbox"/> New Account	All applications must include front and back photocopies of 1 piece of minor ID and 1 piece of parent/guardian photo ID.

X Parent/Guardian Signature Date:	Total Receipts: Amount: \$ 2,000.00
--	---

-----**Do not write below this line. For Office Use Only**-----

Documents provided for identity of child and parent/guardian: _____ Department's Initials _____

Status Card Confirmation of Status Proof of Legal Custody D.L. H.C. B.C. Other I.D. ()

Amount Claimed:	Remaining Balance:

Account Number:	64300
Dept. Number:	100030
Cheque Number:	
Cheque Date:	

Department Signature: _____

Date Received _____

EDUCATION

Upcoming events:

Electronics Return - June 28th

LSK families please note that with the end of the school year fast approaching the following items need to be returned to school: iPads, iPad Cases, Charger & Cord. Furthermore, please also return if provided the following: Stylus Pens, SIM Cards and Headphones. The drop-off day is scheduled for Monday, June 28th from 9am to 4pm.

To be mindful of COVID-19 protocol, LSK families will be asked to stay in their vehicles at the time of drop-off. If you are not available to attend during this time frame, please contact the school to arrange an alternative drop-off time.

Families who submit their iPads on June 28th will have their names entered into a draw for a \$50 dollar gift card.

If families are not able to drop-off your equipment by June 30th they can return their devices afterwards to the Education Office.

All provided SIM cards will be all deactivated on June 28th

Contact: 905-768-3222



**PLEASE BE ADVISED,
EFFECTIVE IMMEDIATELY,
BREAKFAST PICK UP WILL
TAKE PLACE EVERY SUNDAY
FROM 12:00 P.M. TO 3:00 P.M.**

Year end awards drive thru pick-up

Congratulations on a successful school year! We are celebrating the accomplishments of LSK Award Recipients with our annual Year End Awards. Please remain in your vehicle and LSK staff will bring the award(s) to you! Award winners will be notified in the newsletter shortly before the event.

Contact: Hali Sault 905-768-3222

Ekwaamjigenang Children's Centre



Children receiving their learning bundles!

Upcoming events:

MCFN ANNUAL PET WELLNESS CLINICS



MONDAY MAY 17 & TUESDAY MAY 18, 2021
FROM: 10:00AM – 5:30PM LOCATION: 659 NEW CREDIT ROAD, BUILDING #2 HAGERSVILLE, 4 BAY GARAGE AT MCFN SOCIAL & HEALTH

Pre-arranged appointments for MCFN Registered Band Member's pets that are overdue or coming due for rabies vaccination and those that never had one such as new puppies or kittens aged 12 weeks of age and older.

Preventative medications for flea, tick, worms and Proheart for dogs will be available for purchase at an additional cost.

Please be prepared to pay for your rabies vaccination appointment of \$10.00 per pet, plus any extra fees for medications or added vaccinations. Cashless system in place have a debit or credit card with you at your appointment, a staff member will approach you in your vehicle please be wearing a mask, do not get out. These rules in place for social distancing and the safety of everyone!

First called, first served for appointments! Please contact: Laura-Lee Kelly, CHR at (905) 768-1181 ext. 241, leave a message and your call will be returned.

Garden Kit Giveaway

Community Health, Community Support, Mental Health, Early Child Development and EarlyON will be giving away garden kits. You have a choice of a vegetable garden or a medicine garden. When you register please state your preference. There will be a limited number available. Registration will be open until full. Available to MCFN members

When: May 20, 2021

Time: 4:00—6:00 pm

Where: Social and Health Services

To register please TEXT Shelly King at 905-536-9864

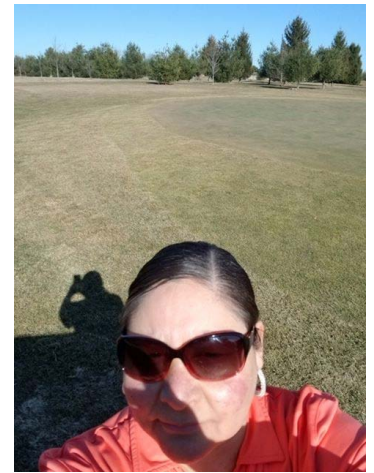


SOCIAL AND HEALTH SERVICES

Mental Health Week May 3-7, 2021

My name is Amanda Snow. I have been a nurse since 2005.

I have been in Home and Community Care since 2012 and with Mississaugas of the Credit First Nation Home and Community Care Program as a Coordinator/Supervisor since 2017. There are a variety of services provided in Home and Community Care, serving individuals of any age who have physical and/or mental disabilities, individuals experiencing acute/sudden onset or chronic illness, and people who are recovering at home.



These services attempt to sustain and/or expand the scope of a family or caregiver's capacity to continue to care for the family member at home. HCC has a team of staff including 1 RPN, 4 PSWs and the Meals on Wheels Cook.

This is me enjoying one of many walks in nature. For mental wellness, I scrapbook, meditate, garden, pray, drink a lot of water, eat healthy, play with my grandson and foster healthy relationships with my family and friends. I also assist family members with their mental wellness.

Some ideas for mental wellness include practicing gratefulness and thankfulness, journaling, practicing forgiveness, exercise (the best exercise is your favorite exercise), eating nutritious/whole foods, drink a lot of water (if permitted), play cards or board games, and laugh a lot.

I can be contacted at Social and Health Services, 905-768-1181 extension 233.

I hope you have a great Mental Health Week!

Free, confidential help, advice and support for Indigenous women, by Indigenous women

Call or text us at **1-855-554-4325**
Or visit **Talk4Healing.com** today

Are you a First Nations/Inuit/Métis Woman with heart issues

such as stroke, heart attack, by-pass, high blood pressure, or angina?

We want to hear *YOUR* story about well-being & heart health!

You get **\$25** for each **1.5 hour interview!**

To sign up contact:
Kim Sault
Community Research Liaison
Phone: (289) 439-1591
Email: kimsault@hotmail.com

Socially Distanced Interviews via:
VIDEO CALL
PHONE CALL
OR AT HEALTH AND SOCIAL



MENDING BROKEN HEARTS PROJECT
This study has been reviewed by the Hamilton Integrated Research Ethics Board (HIREB). REB #5386

Version 3, Jan 8, 2021



Self-Care Tips at Home in Stressful Times

The Fountain of Health (www.fountainofhealth.ca) promotes brain health and well-being through *Physical Activity, Social Connection, Brain Challenge, Taking Care of Mental Health* and *Positive Thinking*. These Fountain of Health pillars help you to take care of yourself in stressful times while staying at home.

Below are examples of self-care activities to promote well-being while at home. For best results, set a health goal that is realistic and specific—what you will do, at what time of day, and for how long? Check with your healthcare provider to ensure the activity is safe for you to do. Register to use **The Wellness App** at <https://wellnessapp.ca> on any device receive support and encouragement for your goal.



Physical Activity: Just moving and being active will benefit your health. Regular physical activity can help to improve your mood, sleep and memory, and lower stress.

- Move your body at home by doing your daily chores.
- Try yoga or other online programs that are safe for you (YouTube, TV, or DVDs).
- Do something you enjoy - garden, or dance to music.
- Take a walk around your neighbourhood, while keeping social distance.



Social Connection: Having trusted relationships with a friend, partner, or family members is protective for mental and physical health.

- Stay connected – Although you may be physically distant from friends and family, call to connect with others regularly.
- If you have access to meet online, meet for a chat, a cup of tea or meal, or share an interest or activity.



Brain Challenge: Learning new things throughout life can improve brain health and well-being.

- Learn something new – Use time at home to learn a new skill like how to use a computer, or try out a new craft.
- Reach out to your local library – Many libraries have online services where you can check out electronic books and audiobooks.
- Explore your thoughts in writing – Write a short story, a poem or in a journal.



Positive Thinking: Your thoughts play an important role in overall health and even how you cope with or bounce back in times of stress.

- To lower your stress, focus only on what is in your control. Try not to dwell on things outside of your control.
- Focus on what you feel grateful for. Take a minute to write down 1-3 things you are grateful for, keep a gratitude journal, or use an online gratitude resource.
- Notice what you are doing well to keep healthy and give yourself credit – Your efforts to physically distance and stay at home deserve to be appreciated.



Take Care of Your Mental Health: Good mental health helps us cope with life's challenges and improves our lives. Having strategies to lower stress and challenge negative thoughts can help. Being willing to ask for help when needed is key.

- Take time each day to look after yourself in basic ways: Have a routine, get enough rest, eat healthy meals, and limit alcohol intake.
- Stay informed from reliable news sources only. Consider limiting your intake of daily news to 30 minutes, especially at times when the news is distressing.
- Seek out professional help if you are struggling to cope.

The Wellness App: wellnessapp.ca Email: info@fountainofhealth.ca

Clinicians are welcome to photocopy forms but may not modify them without permission.

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Self-Care Online Resources

Please visit [Fountain of Health](#) for a range of online resources, tools and links including [The Wellness App](#). Other free online resources for each of the Fountain of Health domains are below. Check for local online programs in your area. See Public Health Agency of Canada resources: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.htm#a3>



Physical Activity

Many physical activity centres are taking their programs online. In addition try:

- Walking at home: <https://www.youtube.com/user/walkathomemedia>
- ParticipACTION: <https://www.participaction.com/en-ca>
- YMCA Canada: <https://ymca.ca/>
- Yoga with Adrienne: <https://yogawithadriene.com/free-yoga-videos/>
- Regional Geriatric Program of Toronto at home activity: <https://bit.ly/2vOmZt2>



Social Connection

Many community agencies are offering help to those unable to leave their homes.

Check out what is available in your area, whether you need support or can volunteer.

- Connect to community resources and services: Dial or text [2-1-1](#) or visit [211.ca](#)
- Conversations with youth: <https://www.chattingtowellness.ca/>
- Online social activity examples: [The Big Sing](#); [virtual book clubs](#)
- Volunteer Canada: <https://volunteer.ca/>



Brain Challenge

Learn something new and stimulating your brain in unique ways.

- Virtual classes: <https://www.skillshare.com/classes/free>; <https://www.coursera.org/>
- Painting: [Bob Ross - The Joy of Painting](#)
- University/professional education: <https://www.edx.org/>



Positive Thinking

Notice what is good in ourselves and around us and focus on what we can change when problems arise. Changing thinking habits is not easy but it is possible.

- Finding happiness resource: bit.ly/2WCc6mg
- Meditation/sleep/exercise tools: <https://www.headspace.com/covid-19>
- Get positive messages by email: <https://www.happify.com/public/happify-daily/>
- Positive thinking tools: [Positive thinking: Stop negative self-talk to reduce stress](#)
- Self-compassion tools: <https://self-compassion.org>



Mental Health

Visit trusted mental health services websites, including the Mental Health Commission of Canada's [Resource Hub](#) or your local health authority/ mental health services.

- Mindfulness online community: <https://openheartproject.com/>
- Sleeping resource: <https://mysleepwell.ca/>
- Healthy eating guide: <https://food-guide.canada.ca/en/>
- Mental Health and Substance Use support: [Wellness Together Canada](#)
- Anxiety support: [Strongest Families Institute](#) offer an anxiety program [ICAN](#)
- Stress reduction tips during COVID-19: <http://waterloocbt.ca/wp-content/uploads/2020/03/Tips-for-Coping-During-COVID-19.pdf>; [Doing What Matters in Times of Stress: An Illustrated Guide](#)
- Mental health support lines: <https://bit.ly/2TbgbwZ>

The Wellness App: wellnessapp.ca Email: info@fountainofhealth.ca

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EUROPEAN GYPSY MOTH

A destructive pest threatening forests



What is it?	Trees at risk	Impacts
<p>European gypsy moth (EGM; <i>Lymantria dispar dispar</i>) is an invasive and destructive pest that poses a risk to deciduous and coniferous tree species.</p>	<p>Gypsy moth has over 300 known plant hosts, including many hardwood and some softwood tree species. Favoured tree species include oak (<i>Quercus</i> spp.), maple (<i>Acer</i> spp.), birch (<i>Betula</i> spp.), white pine (<i>Pinus strobus</i>), and white spruce (<i>Picea glauca</i>).</p>	<ul style="list-style-type: none"> • A single gypsy moth caterpillar can eat one square metre of leaves in a season • Repeated defoliation makes trees susceptible to other pests and diseases, and can eventually lead to tree death • Defoliation in orchards can increase vulnerability to agricultural pests and diseases and can negatively impact farm stock • Loss of species in natural areas can affect biodiversity and forest wildlife

Life cycle

Eggs: Tan-coloured and can be found on tree trunks, bark, or other hard surfaces. Egg masses are about 4 cm and contain 100-1,000 eggs.

Larvae: Charcoal grey with a double row of five blue and six red dots on its back. This is the life stage that causes defoliation.

Adult females: Larger than males with white colouring and dark zig-zag markings. Adult females are flightless.

Adult males: Greyish-brown with dark markings and can fly and survive about one week, mating with several different females.



July – April
Eggs



April – June
Larvae (Caterpillars)



July – August
Adult Moths



June – July
Pupae

Header: Ryan Hodnett, Wikimedia Commons; Eggs: Karla Salp, Washington State Department of Agriculture, Bugwood.org; Larvae: Echoed9, Flickr; Pupae/Adults: USDA APHIS PPO, Bugwood.org



Gypsy moth 2020

Areas in Ontario where gypsy moth caused defoliation

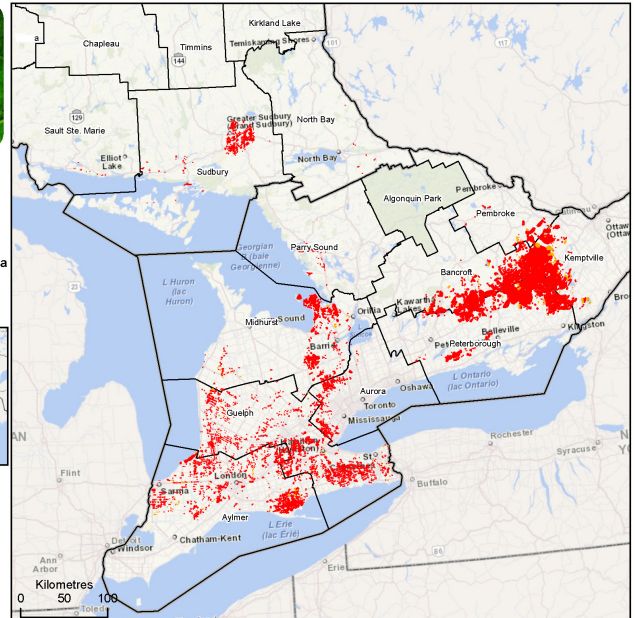
Light = 17,002 ha
Moderate to severe = 569,384 ha

- Area of light defoliation
- Area of moderate to severe defoliation



Disclaimer: This map is illustrative only. Do not rely on this map as being a precise indicator of routes, locations of features, nor as a guide to navigation. This map was produced by the Ministry of Natural Resources and Forestry.

Ontario



How to: Scrape European Gypsy Moth Egg Masses



EGM eggs are tan-coloured and can be found on tree trunks, bark, or other hard surfaces. Egg masses are about 4 cm and contain 100-1,000 eggs.

- Use a scraper (i.e. a butter knife or paint scraper) to carefully remove the masses off of tree trunks, branches, and outdoor equipment throughout all seasons into a container
- After removal, dispose of masses in a bucket of dish soap and water mixture
- Leave eggs in water for 48 hours then dispose

Egg masses should be removed from trees after June and prior to spring the following year to reduce infestations in forthcoming years.



Karla Salp, Washington State Department of Agriculture, Bugwood.org

Egg masses may be located high in the tree, always take caution if scraping from a ladder and wear gloves and protective glasses.

invasivespeciescentre.ca



Henry, Debra (Debbie) Lynne (née Busche) - Of Hagersville, Ontario (most recently of Jarvis) passed away on Saturday, March 27, 2021, in her 67th year. Debbie is predeceased by her husband Ted Henry (2017) and her parents Marion and Robert Busche.

Mother of Bryan. Loving Nana of William and Emmaline. Debbie is the much loved sister #4 of 5, survived by Bonnie Bennett, Lisa Maxwell, Sandi Whitbread, Rose Miller and brother Jim Busche. Sister-in-law of Doreen Rose, Jim Henry and Dave Henry. Debbie will be deeply missed by longtime friends Andrea Peairie, Linda Leonard and Luan Tyler.

As per Debbie's wishes cremation has taken place and is entrusted to the care of Serenity Burial & Cremation Services. Due to the pandemic, a celebration of life will be held at a later date. The family offers sincerest gratitude to the staff of Leisure Living in Jarvis for the overwhelming kindness and care that Mom experienced during the past 2 years. "Together again forever."

Alexander Dalton - April 23, 2021- The Mississaugas of the Credit First Nation Chief and Council are deeply saddened to learn of the sudden passing of Mississaugas of the Credit member, Alexander Dalton, aged 23, son of Andrea King and Wayne Dalton.

Please join us in extending our love, prayers and condolences to the families. We are thinking of you and send our strength during this difficult time.

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Dianne Sault 289-775-7199
Owner

Mississaugas of the Credit First Nation
Hagersville, ON N0A 1H0

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www.facebook.com/kcsweets
Orders@kcsweets.ca Dianne@kcsweets.ca
Instagram: kc_sweets

**Dreamcatcher Florals by
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New Credit Reserve

1-905-768-9555
email: diannelaforme@hotmail.com



CONTACT INFORMATION

Mississaugas of the Credit First Nation

2789 Mississauga Road, Hagersville, ON N0A 1H0



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

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@mcfirstnation

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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

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: 905-768-4983

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