



www.missanabiecreefn.com

Missanabie Cree First Nation

Happy Valentine's Day



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Watchay,

As we patiently await the vaccine, we as council and staff continue to social distance and stay safe. I hope that with the distribution of the vaccines we can come to some resemblance of normal.

Our Chief and council have been having Zoom video conferencing meetings as part of our regular C&C meetings and we hope to continue to do this beyond the pandemic.

We have recently purchased more land and property in Missanabie. We now own the old school in Missanabie. The Missanabie Cree Business Corporation acquired it within the last month.

We continue to negotiate with the Province to acquire more lands within our territory, but we anticipate this will take some time. We consult with our legal team regularly on this file.

Be safe everyone,

In the spirit of Community,

Chief Jason Gauthier



Hello!

I hope all is going as well as it could be for our First Nation community and families.

I continue to attend meetings as scheduled, however, I have missed one in the month of January.

There have been no scheduled meetings of the Governance Committee, but I do believe one will be scheduled soon.

On a personal note, I'd like to wish my hubby, Blair DeCorte both a Happy Birthday, and Happy Anniversary as both occasions are in February.

Take care and be well!

Councillor Bobbi Fletcher-Decorte



Band Administrator's Report

Greetings,

Happy New year to everyone. I hope your holidays were merry and everyone is safe and happy. The office remains closed to the public and all services are being provided virtually and contactless. In person services will resume when it is safe to do so. In Ontario we are currently under stay-at-home orders until February 9. The office will remain closed to the public with staff working remotely until these orders have listed.

I would like to take the opportunity to introduce our new Lands and Resources Director, Tess Sullivan. Tess will be working from the Lands and Resources department. We will be increasing capacity in this sector during 2021.

Please remember when registering for programs, you must register using the method indicated on the posters, generally this is set as either email or phone. Please do not contact staff using their personal Facebook messenger.

We have been working with Mushkegowuk, NAN, Ontario and the Public Health units on how Missanabie Cree will obtain and disperse vaccinations allocated to the band. In order to prepare for management of distribution, we will have a questionnaire up for members to complete if they are interested in taking the vaccination. There will also be opportunities in the coming month for vaccine information to be distributed through a variety of methods such as town halls, pamphlets and Q &A sessions with the public health units.

After discussing our audit with the Auditors, they are hoping to have the draft audit available for Council to review in February. We will be posting a virtual audit presentation to the community once we have a date selected. Please keep an eye on Facebook and the website when this date is finalized.

Wishing you warmth, safety, and health.

Shereena Campbell

Band Administrator



Hello from the Administrative Assistant!



I write to you from my desk at home, staying safe. Know that I'm checking my office voicemail for any messages for Chief, Council, or myself. It has now been 1 year since I've travelled to hub meetings, a year we've all adapted to and persevered.

As you may have seen online, Chief and Council have agreed to try holding Chief and Council meetings on Zoom. This way we can see one another's faces during these times. See 'members only' section of the website, missanabiecreefn.com, for Zoom login information. Please note that for those who prefer dialing in using a telephone, you certainly can, using the numbers in the login information. I suggest setting zoom up in advance of the meeting. Reach out to me for any questions.

Baamaapii Kawabin

Amber LaCrosse, Ext. 231

alacrosse@missanabiecree.com

Hello fellow community members of Missanabie Cree Frist Nation,

Id like to introduce myself and my position within Missanabie Cree Business Corporation (MCBC). My name is Morgan Boissoneau-Boyer and I am very honoured to be apart of such a wonderful establishment. My position within MCBC is a Business INTERN and I will be working with many different co-partners. I will also be working with the MCFN Band Office by reporting back any information that is being portrayed within our establishment. As I am new to this position, I will be learning and working with MCBC to create a healthy relationship within a professional manner and gaining knowledge as the time progresses. I look forward to learning more about your community, thank you for your time and I wish everyone a safe journey and a fulfilled life within this time of the pandemic.

Miigwetch,

Baamaapii gga waabimin





Watchay, Ahnii, Shekon, Hello,

My name is Tiffany (Tess) Sullivan. I am MCFN's newly hired Director of Lands and Resources and I am honoured to be working for this First Nation. I am dedicating myself to helping the community realize its lands and resources aspirations.

I was born in Stratford, Ontario, with ancestral ties to Six Nations of Grand River and Mississauga of New Credit. My Grandfather was a member of Six Nations, Cayuga Tribe, Turtle Clan. My mother has reapplied for registration just recently. I am an experienced forest management technical specialist with many years experience working in government (MNRF) at the provincial policy level and in regional operations. I also had the opportunity to work for Algoma Central Railway as Natural

Resources Manager for five years. In that time, I grew to know (and love) the land and area of your traditional territories.

I have an undergrad degree in English from Western University, a technical forestry diploma from Sault College, a degree in Education (and certificate in Environmental Assessment) from Lakehead University and a Master's degree in Public Administration (public policy) from the University of Victoria. Obviously, I didn't know what I wanted to be when I grew up, so I kept going back to school (lol). I have been working for years to pay down the student debt, but good thing is, now I finally know what I want to be; I have grown up. ☺

I have already commenced working with your Chief and Council to develop and build MCFN's Lands and Resources Department. I am building my knowledge of MCFN's Lands and Resources portfolio to understand the potential impacts in order to offset and mitigate them and to identify the potential opportunities in order to unlock and realize benefits for the First Nation.

I respect our Mother Earth and in all my work I pledge to protect, repair and nurture Her wherever possible under advisement of Chief and Council. I look forward to hearing from the members of MCFN and gaining community input to guide the Lands and Resources projects and endeavours.

I hope and believe this is the beginning of a long and beautiful relationship.

Chi-meegwetch, nia:weh.

Respectfully yours,

Tess

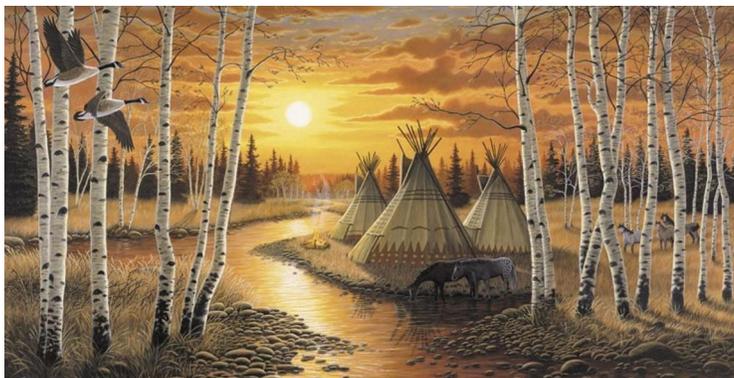
From the desk of the Family Services Supervisor

Wachay,

I hope everyone is stay well during these uncertain times. The Family Services Team has been working hard to find creative and innovative ways to keep the community engaged throughout this past year. It's hard to believe that it has been almost a year since our first lock down happened because of Covid-19. I hope everyone is learning to live and thrive in our "new normal". Mental wellness and self-care are priorities during these times; the stay-at-home orders have been difficult on everyone, but have also taught us how to work virtually. Covid-19 has helped us realize that with online platforms and technology, we can provide services and supports virtually to all community members, regardless of where they live. It also reaffirmed to me that everyone loves Bingo. The Family Services Team wants to ensure that all band members are included in our supports and services the band provides in one way or another. We are excited to announce and roll out our new "Community Outreach Worker" who will work with Missanabie Cree Community Members who live outside of hub areas (please see job posting). The Community Outreach Worker will connect with these community members to provide programming, such as the Healthy Snack Program, new baby baskets, cultural online programs, and connect and refer these community members to additional supports (internally and externally). ***If you live outside of a hub area, have children, and would like to access the Healthy Snack Program, please email lgagnon@missanabiecree.com ***

We are further expanding the services for our elders as well. Our Family Wellbeing Worker who works with the elders locally, will now be providing supports and services to our elders who live in hub areas and outside of hub areas. For more information, please contact Meagan Harris at mharris@missanabiecree.com

The Family Services Team consists of our Receptionist (and program assistant) Jana Harris, our Family Wellbeing Worker Meagan Harris and our Choose Life Coordinator April Wesley. Each person on the team leads programs monthly, and we all help when needed. I just want to remind community members, that each program and poster that is put out requires community members to register. Usually registration requires, name, address, maybe children's ages. This



helps our workers to quickly add you to their spreadsheet to determine what is required for shopping. The team works hard to email back and confirm that you have been registered. If you have not received a confirmation email, please email us back! Sometimes some of our emails sneak past us when we are getting lots of registrations. Chi

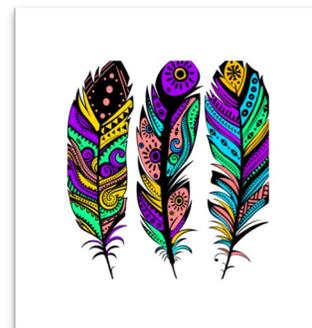
-miigwetch.

Feel free to email myself, if you have ideas for covid safe programming at edabutch@missanabiecree.com

Stay Safe Everyone,

From the,

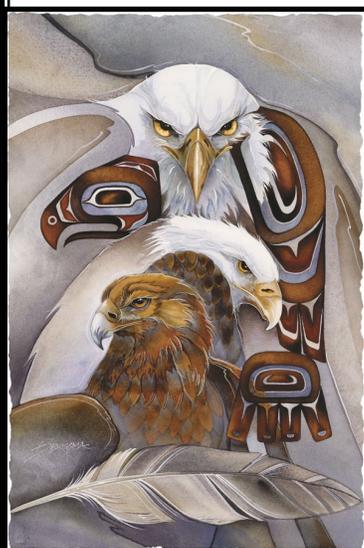
Missanabie Cree Family Services Team



Aanii Boozhoo Taansay

With the current state of social restrictions and isolation, a big focus should be on self-care and having a strength-based mindset for our Mental Wellness in these uncertain times. As a community, we should try to focus on the things we can do and not the things we cannot and to remind ourselves that its ok to feel frustrated and/or confused while the world is in this state of uncertainty. I've attached posters ([pages 22-26](#)) with some ideas of what we can do within our restrictions and this lockdown to improve mental wellness. Wellbeing and Mental Health are so important; more important than ever and something we should not take for granted.

A friendly reminder to all community members who register for programming; during the lockdown, much of the Family Services programming is through delivery or mailouts and we have been working hard to get program supplies out quickly. We are asking community members to please read the posters closely for registration details, we usually need contact information and your address when registering for programs.



I hope everyone is being kind to themselves and their spirit during these uncertain times. I hope everyone is staying safe, social distancing, and hand sanitizing.

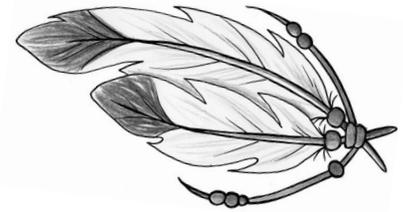
April Wesley

Choose Life Program

From the Desk of the Family Well-Being Worker

Hello and Happy new year to all.

Starting a new year comes with changes. We are moving forward and taking steps to work towards the family well-being program, servicing all elders, including those outside of hubs. In order for us to be able to efficiently and accurately develop programming, it is essential for us to have an updated and accurate list of the elders within our community. As the family well-being worker, my goal is to have a database where I can easily access contact information for the elders within MCFN. We are consistently brainstorming ideas within the family services team, to come up with programming for the community while we endure another round of stay at home orders. With that being said, we do understand the difficulties that many are faced with. As we roll out postings for different resources, I did want to reiterate we do have access to emergency food cards for elders living outside the SSM hub, as well as a food bank located at the band office. If you are in need of any assistance at all (food security, resources for counselling, etc) please, do not hesitate to reach out to any of us on the family services team. My contact information is on the website, as well as the bear fax. We have some fun programming coming up for the month of February, in which we can hope the emergency orders are lifted. I hope everyone has a happy, healthy and safe February.



Take care and stay safe!

Meagan Harris

SAULT STE. MARIE

FEBRUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Outdoor Family Fun	2	3	4	5	6
7	8 Paint night registration ends <u>Healthy Snack Deliveries</u>	9 Food Bank Deliveries	10	11 Outdoor Family Fun Contest Deadline Water registration ends	12 Outdoor Family Fun Draw for snowshoes LIVE @ 2:00PM	13 The Mishomis Book Reading W/Jana & April 2:00 p.m.
14 Window Display for MMIW	15 Family Day Crimson Ridge event day Skating/ snowshoeing	16	17 Water program Delivery Day	18	19	20
21 Human Trafficking awareness day	22 Healthy Snack Deliveries Book reading- Protecting our Sacred Body. 2:00	23 Food Bank Deliveries	24	25 Paint Night with Patrick Hunter	26	27
28						

MCFN In SSM

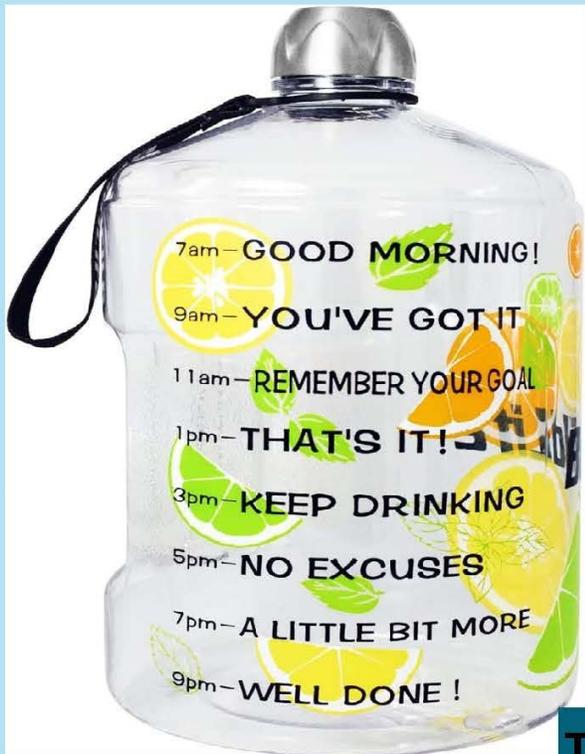
The Choose Life Program is doing a
Water Drinking Challenge

For February

Supplies & Information provided!

Registration from Feb 8-11

Deliveries Feb 17



- ⇒ Any questions
Please email April
Wesley, Choose Life
Coordinator
- ⇒ **This program is for
Sault Ste. Marie
HUB Only**

**To register EMAIL your name and
your address to:**

awesley@missanabiecree.com

Paint night with Patrick Hunter



Patrick Hunter is a 2 Spirit Ojibway artist, graphic designer, and entrepreneur from Red Lake, Ontario. In 2011, he made the move to Toronto to pursue a career in the arts after completing the graphic design program at Sault College in Sault Ste. Marie, Ontario.

To learn more about Patrick, visit
<https://www.patrickhunter.ca/pages/about-us>

February 25th 2021 @ 6:00PM

Registration will be open via EMAIL to mharris@missanabieecree.com
Limit of 15 participants. Registration is open to all members., and will close February 8. Supplies will be sent out via mail, or pickup/drop off for members in SSM hub.. When registering, ensure to include your mailing address.

TORONTO

FEBRUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Healthy Snack Registration	3	4	5	6
7	8 Smoothie Blender Registration	9	10	11	12	13
14	15 Family Day	16 Smoothie Blender Distribution	17	18	19	20
21	22	23	24	25	26	27
28	**Programming can be changed.		**Check out Facebook Page for updates and resources			

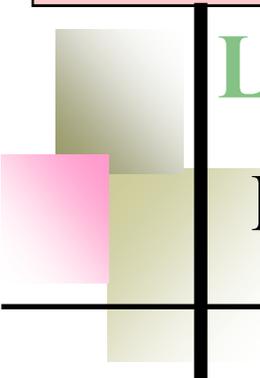
Hello Everyone!

Hope all is doing well during this time. With Toronto having to be in the Stay-at-Home orders during this pandemic, I have been thinking about programs that we can do as a community. There has been requests to have the smoothie program come to Toronto, so this month we will have blenders purchased and distributed to our members across the GTA area. Due to funding there will only be 10 spots available on a first come first serve basis. Also there is some more Covid masks and supplies available to members if in need of them, just send me an email Toronto@Missanabiecree.com to request them.

Remember to check out the group member page on Facebook for updates for programming and local resources.

Take care and be safe!

Vanessa Mahan - Toronto Hub Coordinator



LONDON

FEBRUARY 2021

Greetings From London

January proved to be another quiet month. Family distancing and Covid restrictions proved to be yet another challenge with trying to come up with fun, new, and exciting activities that could be done in the comfort and safety of our own homes. For the month of January, we had a paint by number mail out and what a great response! I cannot wait to see some of the art. Please post pictures to our Facebook page so we can all see the wonderful creations. Upcoming events for February will be posted on the Facebook London hub group so please keep an eye out.

I am always looking for new ideas, so please feel free to share ideas.

Sincerely,

Karen Phillips

London Hub Coordinator

MISSANABIE/WAWA

FEBRUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Post new coloring page for month get entered into monthly random draw	2 C&C Zoom meeting 6:30pm	3	4	5 Sage pickup/ delivery register at missanabie@missanabie.com social distance	6
7	8	9 Hubs teams meeting	10 Healthy snacks pickup/ delivery if needed	11	12 Post new beading design	13
14 Family Day Holiday!	15	16	17 Kids! Create a tutorial video of something you would love to share eg :craft, tips etc... and post to hub page for chance a prize	18	19 Post progress photos of crafting workshops for all to see.	20
21	22 Bannock making, ingredients included. register at missanabie@missanabie.com Social distance pickup/ delivery if needed, post photos of making and enjoying.	23 Hubs team meeting	24 Lets share some stories, post a short story to hub page for all members to enjoy	25	26 Member share ! post memory photos of our gatherings.	27
28						

MISSANABIE/WAWA HUB

Hello MCFN, I hope we all had a nice holiday season, it was great but went super fast for me, and probably everyone else as well! As we are in another lockdown our programming has moved to online engagement and family bubble activities. Though proving tough through these times, online interaction and programming is bringing us together and keeping us in communication with one another. The February calendar is now up on our Wawa hub page. We have completed our mitt making tutorials, and I am surely looking forward to seeing everyone's completed projects. This program was so fun, I enjoyed so much to teach this workshop and hope to do another for those that wished to make a pair but with such a popular program, it filled quick. Programming has been a success, with our Wawa hub healthy snacks being our number one, with 10 families and 17 children. I look forward to a new year and to the many programs to come. Covid numbers have been on the rise all across the country, so ppe and social distancing is still in place and being practiced. The Wawa hub has received another Covid ppe delivery which is available for pickup at request at missanabie@missanabiecree.com or direct message to myself. Our native colouring page that gets posted monthly is gaining more participants as each new picture gets posted. Also I love sharing the cree language words and phrases as members are sharing with each other and learning how to say and pronounce words.

Thanks Wawa Hub Coordinator

Brad Nolan

THUNDER BAY

FEBRUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Community Walking Challenge	2 Mitt Making 7pm	3 Community Walking Challenge	4 Healthy Snack Program for Students	5 Community Walking Challenge	6
7	8 Community Walking Challenge	9 Mitt Making 7pm	10 Community Walking Challenge	11 Mitt Making 7pm	12 Community Walking Challenge	13
14	15 Family Day Community Walking	16 Mitt Making 7pm	17 Community Walking Challenge	18 Mitt Making 7pm	19 Community Walking Challenge	20
21	22 Community Walking Challenge	23 Mitt Making 7pm	24 Community Walking Challenge	25 Mitt Making 7pm	26 Community Walking Challenge	27
28	<p>NOTE: Well, we are in a lock-down again. Until we can get this virus under control, remember to follow all protocols. The Walking Challenge continues and the January winners are: Jackson, Neil, and Gloria. Keep up the good work and continue walking. By now, I am hoping the Mitt Making workshop is in full swing. Remember to post pictures on the web-page. Remember your colouring pages. Get them in by month's end. On a final note: STAY SAFE. STAY HEALTHY. STAY HOME.</p>					

Thunder Bay Hub Report

Due to Covid-19 restrictions, our activities here in Thunder Bay have been limited. As of Sunday, January 31st, we are currently at 143 active cases. Overall we have had 971 cases, 801 have been resolved, 27 deceased, 1 Hospitalized and 0 in ICU. Most of the deceased have been from LTC facilities.

Our Mitt Making Session has been put on hold for the time being. Our facilitator has had a family emergency to deal with. We have decided to go with the Missanabie Cree Website tutorial. We should be starting this process shortly.

I will be picking up passes for the ski hill for our high school students to either enjoy a day skiing, snow-boarding, or tubing. I will be putting these passes in your February envelopes that Jackson and I will deliver. This is an activity you can enjoy on your own.

Jack and I are also working on getting Covid kits together again for our Thunder Bay members. These kits include: toilet paper, paper towels, Kleenex, hand sanitizer, sanitizing hand wipes, Clorox wipes, masks, and gloves. These packages should be delivered shortly.

We continue with our Walking Challenge and have also added a colouring page in the envelopes for the students to complete. The winner gets a prize.

I am sad that we have had to cancel our Christmas in January potluck. Just wait until next year, it will be bigger and better.

When the restrictions are lifted, I would like to plan an afternoon bowling event for our Thunder Bay members. This will be on a first come first serve basis because we need to keep the numbers down. More details to follow so watch the web page.

Finally, if you have something you would like to share with our Thunder Bay members please submit to the email listed below. This could include: Birthdays, Anniversaries, Graduations, or Birth Announcements. I will post these in our Monthly Hub Newsletter which will be posted on our Web Page.

All social events are contingent with restrictions due to Covid-19.

REMEMBER: Wear your mask when not at home. Wash your hands regularly. Use hand sanitizer when away from your home. STAY SAFE, STAY HEALTHY, STAY HOME.

Submitted by:

Debbie Ewing, Thunder Bay Hub Coordinator

Jackson Fletcher-Decorte, Thunder Bay Youth Rep

We can be reached for your comments at: thunderbay@missanabiecree.com



Mushkegowuk
Health
Department

Walkin' Mocs Challenge!

February 15 to March 26

2021

Mushkegowuk Health and Wellness

- Registration Mandatory
- Open to ALL Mushkegowuk Members
- Free Activity Tracker Wristlet & Shirt for Registrants
- **GRAND PRIZE-Kayak Package** valued at \$4000.00—must walk over 228 kms (300,000 steps) over 6 week period
- **SECOND PRIZE-Yeti Package** valued at \$2000.00—must walk over 152 kms (200,000 steps) over six week period
- **THIRD PRIZE-Snowshoe Package** valued at \$1000.00—must walk over 76 kms (100,000 steps) over 6 week period
- All participants will be given a log sheet/coloring moc upon registration
- Only participants registered for full 6 week program will be eligible for the Prize Packages, shorter time registrants will be eligible for weekly draws valued at \$100
- For more info/register, please email roxannemartin@mushkegowuk.ca



Mushkegowuk
Council



Do you have a child 6 years old and under in daycare, or in before and after school program?



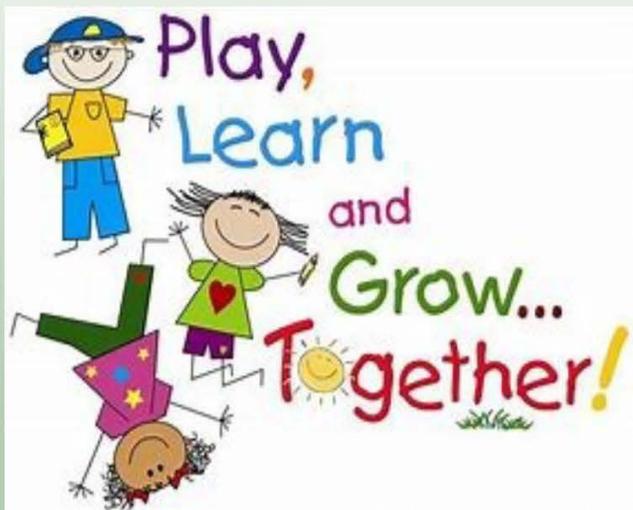
MCFN can help band members with a subsidized portion of the costs

For more information:

Contact– Eva at

edabutch@missanabiecree.com

- Members **eligible even if** they are already getting subsidized childcare
- Must be **currently enrolled** in daycare or before and after school program
- Proof of payment and **registration to daycare** or before and after school program
- Based on eligibility per child, not per household
- Missanabie Cree has a max contribution allotment, will be assessed
- Submit receipts to Family Services Supervisor



BOOK READING

Monday Feb 22 @ 2:00pm



*Protecting Our Sacred
Body*

Missanabie Cree First Nation received funding from the Gender and Women Equity Canada to write a series of children's educational books.. *Protecting Our Sacred Body* is written by Eva Dabutch and April Wesley, with teaching from elder Isabelle Measwasige. The book is illustrated by Shelly Fletcher.

***This book teaches children about consent, respect and healthy boundaries.
Everyone who tunes in will get a FREE COPY of this book.***

Tune in to Missanabie Cree Online Programming Page for the book reading



JOIN OUR GUARDIAN PROGRAM!



Who we are looking for:

- ✓ Indigenous youth ages 14-24 years old.
- ✓ Career interests include trades, forestry, wildlife.
- ✓ Enjoys working outside
- ✓ Environmental and climate advocates.
- ✓ Interests in photography and cinematography.
- ✓ Lifelong learners.

Reasons to sign up:

- ✓ Honourary Guardian gift.
- ✓ Be the first to know when we have Guardian projects. (Call dibs!)
- ✓ Build your resume with hands-on experiential learning and training.
- ✓ Collect volunteer hours.
- ✓ Summer employment.
- ✓ Connect with your land, culture, and community.

YOU WILL:

Learn about Guardian Programs across Canada!

Tap birch trees and make syrup!



Fabricate and install Solar thermal panels!

Help industries reduce the use of herbicides in the forest!



PLEASE CONTACT

**Guardian Program
Manager**

Amberly Quakegesic
amberly@wahkohotowin.com

Cell: 249-879-0298



Wahkohtowin
Development

Reclaiming Shingwauk Hall Exhibition

The next phase of the Reclaiming Shingwauk Hall exhibition is currently being developed. As part of the exhibition we are discussing the impacts of the Indian Act and the status system.

We're looking for old status cards and status paperwork to include in this section. Do you have some you are willing to donate? Names can be blacked out (if desired) and copies can be made if you do not want to part with the original.

By contributing to this exhibition you'll help inform the public about Indigenous realities and the impact of government legislation on Indigenous lives.

Contact us at shingwaukdg@algonau.ca

Happiness Chemicals and how to hack them

THINGS TO REMEMBER

- you are only human
- it's okay to cry
- this moment won't last forever
- you need to eat
- you are beautiful
- you are NOT alone
- asking for help doesn't make you weak
- just breathe
- everybody struggles
- love yourself



DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



Supporting Someone with a mental illness
@crazyheadcomics

- get informed! educate yourself on their condition to better understand them
- Offer an ear: listen empathetically without judgement- let them share as much or little they want. let them know you're there for them.
- encourage them to accept help if they need. offer to go with them to the doctor, help reminding them to take potential meds, etc.
- do not make assumptions, play psychologist, or attempt to psychoanalyze or diagnose them
- be patient with them
- encourage open discussions about mental health
- know your limits: don't burn yourself out helping someone. make sure to take time for yourself and your own mental health
- ask if they'd want help in creating a crisis/emergency plan
- don't be scared to ask questions, but be accepting if they don't want to answer or talk about it then and there.
- offer to advocate for them
- accept that recovery isn't linear: prepare for both setbacks and improvements!
- check in on them and let them know you're thinking of them

FAMILY LOCKDOWN ACTIVITIES

CRAFTS

Paint night
Vision boards
Create a family tree
Tie-dye shirt making
Make a time capsule
Make a scrapbook

GAMES

Hide and seek
Musical chairs
Card games
Bingo
Hot potato
Puzzle
Indoor scavenger

EDUCATIONAL

Create a story/book
Science project
Lesson to podcasts
Learn about a country

ACTIVITIES

Salon at home
Living room picnic
Cook/bake with kids
Movie night
Create a family tree
Vision boards
Tie-dye shirt making
Yoga/Zumba
Talent show



ADJUSTING TO SEASONAL CHANGE

What you might notice

Lethargy + Fatigue + Oversleeping + Weight gain +
Craving carbs + Sexual problems + Mood instability +
Depression

What you can do

Move your body- try to get some activity in for at least 15-30 mins a day. Getting that blood circulating releases a natural "feel good" response in brain

Get more sunshine- open the blinds or take daily walks in the sun to help increase serotonin levels

Eat mindfully- be conscious of what you put in your body. A diet full of fried or processed foods can increase lethargy + mood shifts

Take some time to engage with yourself via hobbies, catching up with friends, or doing something else you enjoy

50 STRATEGIES TO MANAGE YOUR ANXIETY

@BELIEVEPHQ

ENGAGE IN SOMETHING PLEASURABLE



TAKE A BREAK FROM TECHNOLOGY



WHY NOT TRY DOING SOME YOGA



COME UP WITH AN ALTERNATIVE THOUGHT

PRACTICE IMAGERY TO REDUCE AROUSAL



ENGAGE IN SOME EXERCISE



TALK TO SOMEONE ABOUT YOUR ANXIETY



JOIN AN EXERCISE GROUP



BUILD A MENTAL HEALTH SUPPORT NETWORK



DON'T BE AFRAID TO ASK FOR HELP



LIMIT THE AMOUNT OF ALCOHOL YOU DRINK



FOCUS ON THE PRESENT MOMENT



BUY A MINDFULNESS COLOURING BOOK



TRY TO KEEP THINGS IN PERSPECTIVE



FOCUS ON THINGS YOU CAN CONTROL

LOOK AFTER YOURSELF



CHALLENGE YOUR THOUGHTS



LIMIT THE AMOUNT OF CAFFEINE YOU HAVE



LEARN WHAT YOUR TRIGGERS ARE



TAKE A BREAK



DISTRACT YOURSELF



JOURNAL YOUR WORRIES



HAVE A BATH



COUNT TO TEN SLOWLY



EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

SLOW DOWN WHAT YOU ARE DOING



WORK ON YOUR PROBLEM SOLVING SKILLS



DOWNLOAD AN APP



LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU

MAKE SURE YOU ARE EATING A BALANCED DIET



TEST OUT THE VALIDITY OF YOUR THOUGHTS



TAKE A DEEP BREATHE AND COUNT BACKWARDS



TRY SINGING



PRACTICE SOME DEEP BREATHING



LEARN SOME PROGRESSIVE MUSCLE RELAXATION



UNDERSTAND WHEN YOU START CATASTROPHIZING

SET ASIDE SOME TIME TO WORRY



VISUALISE A SAFE PLACE



PRACTICE SOME SELF CARE

PRACTICE SOME MINDFULNESS



RECOGNISE THE SIGNS OF YOUR ANXIETY



TRY ENGAGING IN RATIO BREATHING



CALL A FRIEND



LISTEN TO RELAXING MUSIC



MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



IDENTIFY THINKING ERRORS



ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

REDUCE YOUR STRESS LEVELS



MANAGE YOUR TIME EFFECTIVELY



A BEGINNERS GUIDE TO SELF CARE

 @BELIEVEPHQ



1 Take time out of your day to look after your physical, mental and emotional wellbeing



2 Find activities that give you a sense of pleasure, achievement, enjoyment and connectedness



3 Take care of your sleep. Develop a good sleep environment and try to get between 7-9hrs sleep a night



4 Engage in activities that you enjoy and make you happy



5 Try and stay active when you can. Exercise regularly throughout the week



6 Connect with others to boost your social wellbeing



7 Stay in the present moment. Focus on the here and now



8 Maintain a well balanced diet



9 Make sure you are taking breaks at work and getting enough rest and recovery throughout the week



10 Take time each day to work on your mental health (E.g worry time, thought challenging)



11 Be kind to yourself. Know when to say no and when to really look after your own wellbeing



12 Spend a moment engaging all your senses with an activity you are doing



13 Don't be afraid to talk to people about your emotions, thoughts and feelings



14 Be yourself and do things which have meaning and importance to you



15 Spend time working on values which are important to you



FAMILY LOCKDOWN ACTIVITIES

- Have a daily family check in
- Watch documentaries about your favorite topics
- Create a family playlist and start each day listening to your favorite songs
- Have a "talent show" at home
- Celebrate fun holidays together
- Play charades
- Draw a family portrait
- Try a new recipe together
- Have a family themed night
- Plan a party inspired by your children's favorite activity
- Have a family "how to" night
- Start a gratitude journal for the whole family
- Start a creative challenge for the whole family
- Go on a "virtual trip" to a zoo or aquarium around the world
- Start a family book club
- Family movie marathon
- Start a family project and work on it every day
- Take a picture every day and create a family lockdown album
- Play musical statues
- Write letters for loved ones
- Disney-themed dance party
- Watch old family videos
- Card game marathon
- Have an indoor scavenger hunt
- Plan a technology-free day

CALL OUT FOR**GOVERNANCE COORDINATING
COMMITTEE (GCC) MEMBERS**

The Missanabie Cree First Nation (MCFN) Chief and Council invite:

The Governance Coordinating Committee oversees the review and development of codes and policies of the Missanabie Cree First Nation, as outlined in the Governance Strategic Plan. The Governance Coordinating Committee encourages the participation of those who have skills to bring to the discussion, and of those, (especially the youth), who wish to gain experience and increase their understanding of committee work and governance in a First Nation perspective. Committee members must also be a member of MCFN and over the age of 18. Youth are invited to attend meetings.

Committee Member Responsibilities:

- * To commit to attending 3-4 video conference meetings per year and monthly teleconferences over the fiscal year
- * To commit to switching over from video conferences to face to face meetings post pandemic
- * To work with the Governance Coordinator to develop an understanding of indigenous governance
- * To review and develop codes, policies, and procedures for the governance of Missanabie Cree First Nation and its subsidiaries
- * To work with the Governance Coordinator in the preparation of a work plan, budget, governance information and reports for the use of MCFN
- * To ensure that the membership is informed of the development of governance tools and policies, and to encourage participation by the membership

Please send your resume and letter of application to:

Natalie Gauthier
Missanabie Cree First Nation By Fax: 705-254-3292
174B Hwy 17B East
Garden River, ON P6A 6Z1

Or By Email: ngauthier@missanabiecree.com

Calling All Elders

If you are 55 plus

We would like to invite, encourage, and welcome Elders of Missanabie Cree to join our meetings, and other activities via ZOOM video conferencing.

The pandemic has been a challenging time for all Elders, and this is as good way to meet and to do a wellness check. If you are interested, please email me for further meeting details at gladhawkins@gmail.com
For Facebook/Messenger users, I am Glad Fletcher-Hawkins, and can be messaged there.

Miigwetch
Glad Fletcher-Hawkins

**TASK FORCE COMMITTEE ON MARINE CONSERVATION IN WESTERN JAMES BAY
AND SOUTHWESTERN HUDSON BAY**

Task Force Committee Description

The Task Force Committee will be made up of community members chosen by their respective Chief and Council. There will be 8 Task Force Committee members, representing each of the communities of Moose Cree, Fort Albany, Kashechewan, Attawapiskat, Taykwa Tagamou, Chapleau Cree, Missanabie Cree and Weenusk (Peawanuck) First Nations who are represented by the Mushkegowuk Council; 1 from Fort Severn First Nation. Additional members will be added in the coming year once we finalize our budgets from the federal government contribution agreements.

The Task Force Committee will ensure planning of conservation for our Marine Regions is community driven.

The Task Force Committee will be the vehicle for accountability and transparency to the Grand Chief, Deputy Grand Chief, and Council of Chiefs.

The Task Force Committee will be tasked to:

Help, support, guide, and make recommendations on the process of conservation, and protection of sacred sites, calving sites, medicinal sites, and so forth, working closely with the Mushkegowuk Marine and Terrestrial Region Manager

Along with the Manager and Director of Lands & Resources, discuss and determine what the best process will be in pursuing conservation for the Marine Region

Be a point person in the community when community engagement begins and assist in the logistics of engagement sessions within their respective community

Report to their respective Chief and Council as to the progress being made

Bring any concerns, or recommendations from Chief and Council to the committee when meetings take place

Committee meetings will be called by the Mushkegowuk Marine Manager who will act as chair to committee Meetings will be held once per month (and once per week in the first month)

This committee will carry out Resolutions on the development of a climate change strategy for the Mushkegowuk Region

The Committee will also be expected to work on terrestrial conservation efforts in the future

Once an MOU is signed for a NMCA Feasibility Study, the Task Force will remain in place to advise this process

Honourariums during meetings will be paid out, and computers will be provided when necessary

Contact your Chief and Council and your local Lands and Resources Manager

Any further questions, you may contact Lawrence Martin, 705 363 8601, lawrencemartin@mushkegowuk.ca



Missanabie Cree First Nation

174B Hwy 17B
Garden River
Ontario
P6A 6Z1

Phone: (705)-254-2702
Fax: (705)-254-3292
www.missanabiecreefn.com

Job Posting

FAMILY SUPPORT WORKER

Deadline **February 26, 2021**

Contract end date: March 31, 2022

(pending funding)

Missanabie Cree First Nation is looking for a Family Support Worker. This position will provide fair, equitable, respectful, and culturally relevant prevention services to Missanabie Cree First Nations children and families, consistent with the vision, mission and values of Kunuwanimano and Missanabie Cree First Nation. All duties must be performed in compliance with the Child and Family Service Act, Ministerial Guidelines, and agency policies and procedures.

Qualifications:

- College/University in Social Work and/or Human Services diploma; Bachelor of Social Work would be preferred
- A minimum of two (2) years' experience in social work and in working with/for a First Nation community and/or Indigenous people; other relevant training certificates and/or courses
- Must have good communication skills, excellent verbal and written communication skills as well as maintaining confidentiality
- Knowledge of the Child and Family Services Act with an emphasis on Part IV
- Knowledge of local support services and agencies that focus on children and youth
- Skilled in program development and implementation
- Experience in case management, file maintenance and statistical reporting
- Ability to work independently and as part of a team
- Must have computer skills; knowledge of computer programs and other online communication platforms
- Class G Driver's License
- CPIC & VULNERABLE PERSONS CHECK REQUIRED (required upon job offer)

Duties/Requirements:

- Conduct intake and assessment procedures to ensure the community members needs are directed to the proper channel
- Intervenes in Child Welfare crisis situations where risk to children exists and initiates timely response to ensure the safety of the child
- Provide supports and advocacy to Missanabie Cree families involved with any child welfare agency;
- Be available with planning meeting and child welfare matters
- Ensure the Family Services Supervisor and Band Representative are aware of all on-going cases;
- Ensure all documents are continuously up-to-date. (i.e. client files, case notes, and other pertinent documents)
- Complete monthly stats and reporting for Kunuwanimano
- Participates with relevant communities to explore service options and strategies to address issues affecting First Nations children and families
- Provide ongoing prevention services to children and their families to an assigned caseload of both voluntary and non-voluntary clients
- Develop database of Missanabie Cree community members with children
- Deliver awareness/prevention programs that are geared to the needs of the community(ies);
- Develop prevention focused programs and support groups for families of children living with different disorder spectrums
- Collaborate program delivery with agency resources such as: Community Living Algoma, Autism Foundation, Children's Rehab Centre
- Create educational sessions for parents and/or guardians that focus on circle of security parenting and developmental milestone of children
- Develop sport activities and healthy living programs for children 0-6 years of age
- Attend work related training sessions, workshops, and meetings as requested by the Family Services Supervisor
- Perform other duties as required

To apply for this position, please email your cover letter, resume and 3 references to June Markie at:
jmarkie@missanabiecree.com

Please note that preference will be given to Missanabie Cree Community members and other Indigenous applicants.



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Job Posting

Lands and Resource Technician

Deadline: February 26, 2021

1 year- CONTRACT

Wage: up to \$20/hour

SUMMARY DESCRIPTION OF POSITION: Missanabie Cree First Nation is looking for a **Lands and Resource Technician**. The Lands and Resources Technician is responsible for assisting in planning, organizing, coordinating, mapping activities for Missanabie Cree First Nation Lands and Traditional Territory as well as assisting with administration of the Lands & Resources.

Qualifications:

The successful applicant should possess a post-secondary education in a field related to Natural Sciences and have experience in the forestry and mining industries

The successful candidate should possess the following skills and criteria:

- Excellent written and oral communication skills
- Proven problem-solving and analytical skills
- Research and report writing
- Comfortable presenting at Community/Public consultation
- Familiarity with mapping, plans and permitting process
- Proficient computer technical skills: Microsoft Office, Basic ArcGIS
- Knowledge of applying GIS, terminology and tools in an automated geographic environment
- Understanding of Environmental Regulations (CEAA) and reading Environmental reports.
- Reading and interpreting GIS mapping
- Knowledge of Missanabie Cree First Nation culture, traditions and Cree language would be considered an asset
- Knowledge of land permits/easements and surveys
- General health and safety knowledge and awareness
- Driver's Licence would be an asset

Duties/Requirements:

- Analyzing and complete reporting requirements for plans and permits on a monthly basis
- Collaborate with Forestry and Mining partners and coordinate meetings
- Monitor environmental concerns and provide solutions
- Share information with community members and gather traditional ecological knowledge
- Provide technical expertise to assist with the detailed assessment of land and resource
- Prepare information packages related to land and resource application
- Some travel may be required

To apply for this position, please provide your cover letter, resume and references (3)

By email to: jmarkie@missanabiecree.com
By fax: 705-254-3292 (Attention: June Markie)

Please note that preference will be given to Missanabie Cree members and other Aboriginal applicants



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Job Posting

Mental Wellness and Substance Use Counselor

Deadline: February 26, 2021

1-year Contract/ Full-time
(pending funding)

Job Summary:

Missanabie Cree's Mental Wellness and Substance Use Counselor will work within the Family Services Team and provide services to Missanabie Cree community members, individuals and families across Canada and the United States using various secure online platforms. The Mental Wellness and Substance Misuse Counselor will provide assessment, case management, referrals, clinical counselling, and provide client-centered wellness plans.

The Mental Wellness and Substance Use Counselor will report to the Family Services Supervisor. The goals of the position, is to engage with all MCFN community members, regardless of location to provide trauma-informed and culturally appropriate support and services. The worker will ensure confidentiality is priority and will follow all recommendations of their professional licensing body. This position may include confidential individual, family or group counselling about the causes and effect of mental health disorders and/or addictions, support for families dealing with mental health disorders and/or addictions and/or referrals for additional treatment. The Mental Wellness and Addictions Misuse Counselor will also provide education to individuals and groups in the community with a focus on mental health and addiction related topics, such as suicide prevention, post-traumatic stress disorder, substance misuse, anxiety and depression, etc. The Mental Health and Substance Use Counsellor will be familiar with other services and resources in the community and work closely to provide information and support when required.

Qualifications:

- The successful applicant should have a Bachelors Degree in Social Work or Health Sciences from an accredited university in a related field.
- Registered Social Worker in good standing with the Ontario College of Social Workers and Social Service Workers (OCSW), or Regulated Health Professional (or eligible).
- Minimum of two (2) years recent experience with clinical counselling and/or working within the field of addictions.
- Clean CPIC.
- Current certification in CPR and First Aid.
- Class "G" Driver's license with the ability to hold a 2-million-dollar policy.

Skills

- Extensive knowledge of current best practices in the treatment of substance misuse and concurrent disorders for individuals
- Extensive knowledge of the DSMI-5
- Extensive knowledge of the impacts of historical generational trauma, colonization and residential school.
- Proven interpersonal, group and communication skills
- Skilled in working from a harm reduction and holistic approach
- Able to work independently and as an interdisciplinary team
- Sound clinical judgement, critical thinking and problem-solving skills
- Group Facilitation skills
- Ability to advocate, facilitate access to services and coordinate care to meet clients' needs
- Computer skills including Word, Outlook, and Internet-based applications
- Recent satisfactory performance and attendance record
- Well organized with proven time management skills

Job Duties and Responsibilities:

Provide mental health and addiction counselling and support to individuals, families and groups in the community

- Answer phone calls and inquiries concerning available programs and services for community members in their area
- Be available to provide weekly sessions to community members and support, as needed
- Provide mental health counselling regarding the cause, symptoms and prevention strategies of various mental health diagnoses

Please note that preference will be given to Missanabie Cree members and other Aboriginal applicants



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Job Posting

Mental Wellness and Substance Use Counselor

Deadline: February 26, 2021

1-year Contract/ Full-time
(pending funding)

- Provide counselling regarding the use and effects of alcohol and drugs
- Prepare needs and risk assessments
- Maintain a comprehensive understanding of crisis management and the impact of trauma on mental health and addiction
- Provide outreach counselling in the community
- Accept and make referrals to outside agencies
- Maintain strict confidentiality guidelines regarding all clients, conversations and referrals
- Coordinate and facilitate educational workshops on mental health and addiction related topics
- Prepare funding proposals for mental health and addiction programs and initiatives, as required
- Identifying issues and create goals and treatment plans
- Teaching clients coping mechanisms
- Setting up aftercare plans
- Meeting with family members and provide guidance and support

Provide treatment referrals

- Assist individuals to identify their need for treatment programs
- Liaise with treatment programs
- Assist clients to meet all requirements
- Access funding for treatment programs
- Evaluate the effectiveness of treatment programs
- Liaise with community agencies and supports
- Complete treatment centre referrals
- Arrange any Assessment Tools (ADAT) or (GAINS) that is required for treatment
- Arrange transportation for clients to and from treatment centres
- Evaluate the effectiveness of treatment programs

To apply for this position, please drop off your cover letter, resume and 3 professional references

By email to jmarkie@missanabiecree.com or
by Fax 705-254-3292 Attention: June Markie



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Job Posting COMMUNITY OUTREACH WORKER Deadline: FEBRUARY 29, 2021 PART-TIME/CONTRACT

SUMMARY:

Missanabie Cree First Nation is looking for a **Community Outreach Worker** who will be responsible for providing support and services to our Missanabie Cree Community Members who live outside of hub areas. The Part-Time Community Outreach Worker will work in conjunction with the Family Services team to develop and implement programs and activities and will be responsible for a variety of administrative tasks.

QUALIFICATIONS:

Preferred diploma in Social Services or equivalent, or experience in community outreach, program delivery and coordination of events and activities.

The successful candidate should possess the following skills and criteria:

- Knowledge and understanding of the unique demographics of Missanabie Cree community
- Able to work remotely (workspace space, access to phone with long distance calling, computer saavy, familiar with social media for outreach)
- Able to create monthly workplans
- Able to manage budgets and submit receipts
- Able to work closely with virtual team and communicate effectively
- Be knowledgeable of Microsoft programs such as Outlook, Excel, Microsoft word, Publisher and Microsoft Teams (training tutorials are available for TEAMS)
- Be willing to provide a CPIC if required
- Class "G" Drivers' License

DUTIES/REQUIREMENTS:

- Manage monthly/annual budgets program funding
- Keep demographic lists of community members, with updated contact information
- Advocate, connect, guide and refer families and individuals to community-based internal and external support services
- Create digital event posters
- Answer phone calls, respond to emails, scan documents, and keep regular updates with Supervisor
- Organize, facilitate, and deliver programming, such as:
 - healthy living education
 - cultural programming
 - land-based activities
 - prevention programs
 - anti-violence prevention program
 - program that promote family unity
 - healthy snack program
- Develop a list of local resources for support services in areas where community member live
- Other duties as required

To apply for this position
Email to: jmarkie@missanabiecree.com
or
By Fax: 705-254-3292 (Attention: June Markie)



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Job Posting

Registered Practical Nurse – Community Health

Deadline **February 26, 2021**

Contract
(pending funding)

Missanabie Cree First Nation is looking for a Registered Practical Nurse. This position is community based within the Sault Ste. Marie, Ontario area along with our community hubs outside of Sault Ste. Marie, Ontario. All duties must be performed in compliance with the College of Nurses of Ontario, Ministerial Guidelines, and Missanabie Cree First Nation policies and procedures.

Qualifications:

- Graduate of an accredited college or university with the Registered Practical Nurse Designation
- Current license or registration in good standing in a regulatory body.
- Membership with a professional association (RPNAO)
- Certification in Advanced Nursing Foot Care I&II & Diabetic Nursing Foot Care preferred
- Knowledge of Missanabie Cree First Nation & the hub communities would be an asset
- Prefer experience working with/for a First Nation community and/or Indigenous people; other relevant training certificates and/or courses
- Must have good communication skills, excellent verbal and written communication skills as well as maintaining confidentiality
- Skilled in program development and implementation
- Must have computer skills, knowledge of computer programs, and other online communication platforms

Duties/Requirements:

- Conduct intake and assessment procedures to ensure the community members needs are directed to the proper channel
- Physically able to provide safe client care & must wear full personal protective equipment daily
- Ongoing reporting to the Band Administrator
- Ensure all documents are continuously up-to-date. (i.e., client files, case notes, etc.)
- Perform other duties as required
- Work effectively, both independently and as part of our team.
- Must be willing to travel in aircrafts and in varied weather conditions
- Case management, file maintenance, and public health reporting
- Knowledge of Section 125 of the Child, Youth and Family Services Act, 2017
- Knowledge of local support services and agencies
- Class G Driver's License, own vehicle an asset, & First Aid/CPR (HCP)
- CPIC & VULNERABLE PERSONS CHECK REQUIRED (required upon job offer)

To apply for this position, please email your cover letter, resume and 3 references to June Markie at:
jmarkie@missanabiecree.com

Please note that preference will be given to Missanabie Cree Community members and other Indigenous applicants.

NAN HOPE

Nishnawbe Aski Mental Health and Addictions Support Access Program

We're here for you 24/7
1-844-NAN-HOPE
(1-844-626-4673)

The Nishnawbe Aski Mental Health Wellness Support Access Program (NAN Hope) provides community-driven, culturally appropriate and timely mental health and addictions support to members of the 49 First Nations communities in Nishnawbe Aski region.

This First Nation-led program is in response to the specific mental health needs of community members in northern Ontario, offering a central access point to mental health and addictions support.

Program Services:



Navigation to mental health and addictions support services



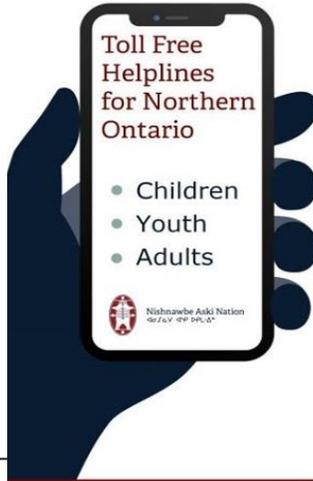
Rapid access to clinical and mental health counselling



24/7 toll-free rapid access to confidential crisis services



Need a Helpline?



Support & Information Lines

- Kids Help Phone
1.800.668.6868
24 Hours
- Operation Come Home
1.800.668.4663
8am - 4pm EST (Mon-Fri)
- MissingKids.ca
1.800.KID.TIPS
1.800.543.8477
- Assaulted Women's Helpline
1.866.863.7868
TTY: 1.866.863.7868
- Victim Support Line
1.888.579.2888
24 Hours
- Senior Safety Line
1.866.299.1011
- Good2Talk (Post Secondary Helpline)
1.866.925.5454
- LGBT Youth Line
1.800.268.9688

211
When you don't know where to turn

Connects you to health, community, government & social services.
24 Hours

Mental Health & Addictions

- First Nations & Inuit Hope for Wellness Line
1.855.242.3310
24 Hours
- Mental Health Service Information Ontario
1.866.531.2600
24 Hours
- Drug & Alcohol Information Line
1.800.565.8603
24 Hours
- Ontario Problem Gambling Helpline
1.888.230.3505
24 Hours
- Al-Anon - Alateen
1.888.425.2666
8am - 6pm EST (Mon-Fri)
- Talk4Healing
1.855.554.HEAL (4325)

Health

- AIDS & Sexual Health Information Line
1.800.668.2437
10am - 10:30am EST (Mon-Fri)
11am - 3pm EST (Sat & Sun)
- Telehealth Ontario (Health Information Line)
1.866.797.0000
24 Hours

Phone | Text* | Chat* www.nanhope.ca

Toll Free | Confidential | Anonymous

*Text and Live Chat support are available Monday through Friday: 9:00am - 12:00am ET and Saturday and Sunday: 10:00am - 11:00pm ET.

February Community News and Notes

Happy birthday dad, miss you,
Love your daughter,
June

Happy 5th Birthday to our Grandson, Everett Ewing
Love Nammie & Papa

Happy Birthday to Barb Nyman
love the Family

Happy 2nd Birthday to Elizabeth Ewing
love the Fletcher Family

Happy Birthday to Patrick J Fletcher
love the Family

Happy 2nd Birthday to our Granddaughter, Elizabeth Ewing, Love Nammie & Papa

Happy Valentines Day to everyone
Love June

Happy Anniversary to Bobbi and Blair
love the Family

Happy Birthday to Robert Ewing
love the Family

Happy Birthday to Phyllicia Ewing
love the Fletcher Family

Happy Birthday to Brent Fletcher
love the Family

Happy Birthday to my godson, Patrick J Fletcher love Auntie Deb

Happy 5th Birthday to Everett
love the Family

Happy Birthday to Blair Decorte
love the Family

Share Your Stories

If you wish to send greetings, a story, or pictures for the Community News and Notes page, please email Natalie at:

ngauthier@missanabiecree.com

Deadline: 25th day of each month.



MCFN Membership - Card Renewals

In Office Card Renewals: Until further notice, due to the Ontario lockdown, the MCFN office will NOT be renewing or replacing Status Cards as our offices are closed to visitors.

If your card is expired and you need a temporary confirmation of status, you can call (1) 844-280-5011 to make this request. INAC offices have posted the following :

Secure Certificate of Indian Status Application Centre:

COVID-19-related office closure: All Indigenous Services Canada offices for Indian status and secure status card applications will be closed until further notice due to circumstances surrounding the COVID-19 pandemic.

To support national efforts to contain the COVID-19 pandemic, the Public Enquiries Contact Centre is temporarily providing services via e-mail only. An agent will respond to your request as soon as possible. We are prioritizing requests based on their urgency. Updates on the status of an application for Indian Status cannot be provided at this time.

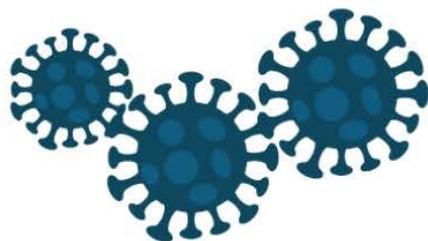
Email: InfoPubs@aadnc-aandc.gc.ca

Sorry for any inconvenience this may cause.

Updating Addresses.: Members, please keep your address up-to-date so you don't miss out on pertinent information regarding band business. Please use the form below and mail or fax it to Missanabie Cree First Nation. You may also call the Band Office or email June Markie at jmarkie@missanabiecree.com.

Please Note: A Change of address Can Only be processed with information provided by the individual involved, not from anyone else.

Deceased Members: Names of deceased members are not removed from the band voter's list unless the information is provided to Aboriginal Affairs. Anyone with funeral information (i.e. name of funeral home/location), date of death, a death certificate, or anyone who can be contacted for this information, please call or leave a message with Shereena or Louise at the MCFN Band Office.



For more information:
Canada.ca/coronavirus

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

COVID-19 UPDATE

Best Practices Surrounding Status Cards During COVID-19

In response to questions received from First Nations members, citizens, and stakeholders, Indigenous Services Canada (ISC) is proactively sharing information to ensure that registered persons with a status card can access programs, services, rights and benefits during the COVID-19 pandemic.

All ISC offices for Indian status and secure status card applications are closed until further notice. Processing times, including return of original documents, are delayed.

In light of these circumstances, ISC is recommending to service providers that they should accept status cards or [Temporary Confirmation of Registration Documents \(TCRDs\)](#) past the renewal date with a second piece of identification. ISC will be reaffirming to businesses and service providers that Indian status does not expire, and that the registration number provided on these documents remains the same and is what is required to confirm eligibility for programs and services.

It is recommended to share this notice with your members, so that they have a copy accessible to them to show services providers in the event there are difficulties.

For more information, please visit [Coronavirus \(COVID-19\) and Indigenous communities](#) or email the [Public Enquiries Contact Centre](#).



February Birthday Greetings

Happy Birthday!



Jason

Happy Birthday!



Shane
Todd

Happy Birthday!



Eric
Carolyn

Happy Birthday



Cathy
Jeanette

Happy Birthday!



Barbara
Beatrice

Happy Birthday



Katharine

Happy Birthday!



Jennifer

Happy Birthday



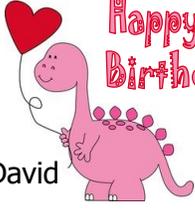
Emily
Matthew
Ryan

Happy Birthday



Brittany
Alain

Happy Birthday!



David
Paul
Jacob

Happy Birthday!



Makayla
Alexandra

Happy Birthday!



Charles
Adrian

Happy Birthday



Garnet
Nathan
Isabell

Happy Birthday!



Donald

Happy Birthday!



Mildred
Zachary
Mitchell
Joel

Happy Birthday!



Elizabeth

Happy Birthday!



John
Danielle

Happy Birthday!



Kyle

Happy Birthday



Nolan

Happy Birthday!



James
Gloria

Happy Birthday!



Kyle
Ashton
Vanessa
Joanne
Carolyn

CONTACTS AND OTHER INFORMATION (Page 1 of 2)

SATELLITE OFFICE:

www.missanabiecreefn.com

559 Queen St. E	174B HWY 17B	Phone:	705-254-2702
Sault Ste. Marie, ON	Garden River, ON	Toll Free:	1-800-319-3001
P6A 2A3	P6A 6Z1	Fax:	705-254-3292

Missanabie Cree First Nation Chief & Council

Chief	Jason Gauthier	Ext. 231	jgauthier@missanabiecree.com
Deputy Chief	Les Nolan		lnolan@missanabiecree.com
Councillor	Cory McLeod		cmcleod@missanabiecree.com
Councillor	Joanne Pezzo		jpezzo@missanabiecree.com
Councillor	Bobbi Fletcher-Decorte		bfletcher-decorte@missanabiecree.com
Councillor	Shawn Pine		spine@missanabiecree.com
Elder Liaison	Glad Hawkins		gfletcher-hawkins@missanabiecree.com
Youth Council	Aletha Pezzo, Miriam Bergeron, Meagan Harris, Jackson Fletcher-Decorte, & Ava Salisbury		

Missanabie Cree First Nation Staff

Band Administrator	Shereena Campbell	Ext. 235	scampbell@missanabiecree.com
Bookkeeper	Louise Campbell	Ext. 224	lcampbell@missanabiecree.com
Reception	June Markie	Ext. 221	jmarkie@missanabiecree.com
Program Development	Lesley Gagnon	Ext. 226	lgagnon@missanabiecree.com
Band Administrative Assistant - C&C	Amber Lacrosse	Ext. 231	alacrosse@missanabiecree.com
Post-Secondary Education	Gloria Harris	Ext. 227	education@missanabiecree.com
Governance Coordinator	Natalie Gauthier	Ext. 230	ngauthier@missanabiecree.com
Lands & Resources Director	Tiffany (Tess) Sullivan		tsullivan@missanabiecree.com
Lands & Resources Tech	Vacant		

Elders Council

Audrey Bateson	Bill Yerex	Bonnie Weibe	Elders Liaison:	Glad Fletcher-Hawkins
Cheryl Macumber	D'Arcy Fletcher	Debbie Ewing	Carol Nolan	Cathy Clement
Jackie Fletcher	Kathy Beaudry	Kim Young	Diane Astle	Gloria Harris
Marion Nolan	Shirley Bain	Shelly Fletcher	Laura-Lee Rawlyk	Lori Rainville
Pamela Rew			Shirley Horn	Terri Lou Fletcher

Governance Coordinating Committee (GCC)

Kyle Bateson	Deb Ewing	Victoria Pezzo
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CONTACTS AND OTHER INFORMATION (Page2 of 2)

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Missanabie Cree First Nation Hubs

Location

Wawa/Missanabie	Brad Nolan	missanabie@missanabiecree.com
Thunder Bay	Deb Ewing	thunderbay@missanabiecree.com
Sudbury	Julien Bergeron	sudbury@missanabiecree.com
Toronto	Vanessa Mahan	toronto@missanabiecree.com
London	Karen Phillips	london@missanabiecree.com

Missanabie Cree Family Services (MCFS)

705-254-2702

New Location: 559 Queen St. E., Sault Ste. Marie, ON, P6A 2A3

Family Services Supervisor	Eva Dabutch	203	edabutch@missanabiecree.com
Reception	Jana Harris	206	jharris@missanabiecree.com
Choose Life Coordinator	April Wesley	201	awesley@missanabiecree.com
Mental Health and Addictions	Vacant		
Family Support Worker	Eva Dabutch (Temp)	203	edabutch@missanabiecree.com
Family Well-being Worker	Meagan Harris		mharris@missanabiecree.com

Missanabie Cree Business Corporation (MCBC)

705-575-2188

Location: 553 Queen Street East, 2nd floor

General Manager - Joseph Sayers	705-992-5172	gm_mcbc@missanabiecree.com
Executive Assistant - Brittany MacLean	705-992-5192	bmaclean@missanabiecree.com
CBA Coordinator - Hannah Caicco	705-255-6198	cba_mcbc@missanabiecree.com
NOHFC Bear Train Manager Intern Johnathon Lalonde		beartrain@missanabiecree.com
Business Intern - Morgan Boissoneau-Boyer		mcbc_reception@missanabiecree.com

VISION STATEMENT OF THE MISSANABIE CREE

We are the Anishnabe of the Missanabie Cree First Nation whose vision is to have a united and self-governing body that will determine our destiny guided by the seven laws.

We have a vision of a leadership that is open, honest, trustworthy; a leadership with conviction, accessible to the people; a leadership that is progressive yet respectful of our traditions, values and beliefs; a leadership with confidence, always watchful and assertive in protecting and preserving the treaty and aboriginal rights of our people; a leadership that is directed by our people and with exclusive accountability to our people and our people alone.

We have a vision of our community re-established on the traditional lands that were once the homeland of our ancestors where institutions of our government, economy and education can once again thrive.

We have a vision of a people where individuals and families can stand strong and find healing through tradition and spirituality; individuals and families who are loving and compassionate.

We have a vision of a people who are bi-cultural and bi-lingual; a people who can walk in both worlds contributing to our well-being, the well-being of our brother and sister First Nations; contributing and competing globally.

We have a vision of a Nation of people who respect the dignity of all; a people who find balance through equality of all ages, male and female alike.

We have a vision of people who respect the environment, harvesting and reaping the resources of the land in a sustainable manner as responsible stewards for the use of future generations.

We are the Anishnabe of the Missanabie Cree First Nation whose vision it is to regain and restore our rightful place and through the strength of our people, never again be denied our place in society.

September 20, 1998