



ATIKAMEKSHENG  
ANISHNAWBEK

APR 2020

Monthly Newsletter

NMEBIN GIIZIS

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# UPDATES

## Gimaa & Council

### GIMAA MIINWAASH EGIIGIDOOWIJIG

#### GIMAA VALERIE RICHER

Aanii Kina Wiya,

This has been a month that we will never forget and we are all wading into uncharted territory. The actions we take right now will be talked about for generations to come. The story that I am hoping we tell is that our community came together and stood by one another, protected each other and that relationships were rebuilt, and we were stronger for it.

Individualism needs to take a backseat right now and we need to protect each other, by distancing ourselves and staying home. We know that what happens to one will affect the rest of us. And right now, today, in this very moment, we have an opportunity to remind ourselves and future generations that our strength comes from working together. This is always where our strength came from and why we are still here, together. Our grandparents and great-grandparents got us here based on these principles of love and collective strength. I hope we are able to look back on our actions and say that we remember all the good things we did to protect our families, our Elders and our people at risk. I hope we look back to today and say that these were the days that we stood together as a proud nation of strong and resilient Anishnawbe.

We know now that the virus has made its way to some First Nations in Ontario and now some of our neighbouring communities too. The next week will be the most critical in Ontario and hopefully we see the numbers stop climbing and start to level off and decrease. Please do your best to isolate yourself and your family. Help our Elders and our youth to stay home because they are struggling. Do not gather. Do not leave your home if you can, and if you do, please take all precautions.

During the course of the last month, we have made much progress in trying to close our community off to the outside world but we still need to do more and we need your help. The message continues to be: if you don't live here, please don't come here. We love you and love when you visit us, but please stay home for now.

We are also pushing hard to get Minister Miller from Indigenous Services Canada to sign off on our election code so that we can put in place safe measures for our upcoming Gimaa and Council election, like voting from your living room and live streaming the nomination meeting or using mail-in ballots. We are also working to put in place a food bank ("Mijim Support") with home deliveries for Elders and people at risk and we are trying to establish a place at the community centre for people who might not be able to stay at home or get into the hospital. I pray we don't need this, and this is all a waste of time. Please put your tobacco down and prayers up for our community and for all others as we struggle to get past this. If you are in need of support, please call our COVID line at 705- 918 6752 or email Covid@wlfm.com. And I am also reachable by cell at 705-665-2157 and email at chief@wlfm.com.

Miigwech and stay safe,

Gimaa Valerie Richer



**WINDOW HEARTS BY GERT  
NOOTCHTAI**





### LESLEY MACNEIL, COUNCILLOR

Aanii,

It's been a busy few months for everyone. I've done a lot of community engagement over the last little bit. Some highlights include: the Tobacco Policy draft being presented to the community through an engagement session. With the approval of the Policy, we had another two community sessions to get ideas on how these funds will be used (approximately \$40K). All ideas were taken into consideration and although it is not yet decided, we will communicate on how these funds will be used.

The finance and audit committee has been meeting on a regular basis. The committee received training in December. This training highlighted the expectations are as a committee member, what is required, what we will be reviewing and next steps in moving forward. Through the RFP selection evaluation process, it was recommended by the Committee that our new auditor will be Freelandt Caldwell Reilly, LLP Chartered Accountants (FCR), for fiscal year ended March 31, 2020 with the possibility of extension for fiscal years March 31, 2021 and March 31, 2022.

In closing, I would like to remind everyone to continue with the efforts and recommendations in keeping COVID 19 away from our families and community. Stay home, stay safe and we will get through this together.

Counsellor Lesley MacNeil



Photos submitted by Councillor Rubina Nebenionquit.



# UPDATES

## Gimaa & Council

### GIMAA MIINWAASH EGIIGIDOOWIJIG

#### JENNIFER PETAHTEGOOSE, COUNCILLOR

Aanii Kina Wiiya! Hello, everyone. I hope you are keeping safe during these trying times, and your loved ones are doing well. As of today, March 25th, we have closed our community for visitors. There was overwhelming support for this initiative and I thank you for your shared opinions, guidance and continued support as we navigate through these days ahead. In thinking of these decisions I have asked myself, who are we, as Anishinaabe people, if we do not protect our elders, and our most vulnerable people? We must do what we can to protect the whole circle, it is our way and it is a way worth protecting. My hope is that we come through this stronger, more resilient than we have ever been before, valuing our ways, the precious life we have been given and have stronger relationships with each other and with our Creator.

Before COVID-19 protection measures hit, I'd like to share a couple things I participated in. I was very happy and humbled to open a ceremony at Laurentian University where Dr. Jim Dumont and Dr. Emily Faries were granted professor emeritus status. It was the 45th anniversary of Indigenous Studies and I was blessed in life to have been taught by both Jim and Emily when I was a student over 20 years ago. I appreciated the opportunity to share how much I valued both of them as life-long teachers who helped me become a teacher as well.

I also participated in the unveiling of the commemoration for Missing and Murdered Indigenous Women and Girls as well as our LGBTQ2S community, and the Awareness Day that followed in Atikameksheng. I really appreciate the hard work that went into these days by our team and I learned so much. It was good to be with our families who have experienced loss and honour the lives of their loved ones. I know it's just the beginning, it was very humbling and truly an honour to support and be part of that healing journey.

A few last things- our Education and Social Services Committee have reviewed and updated our Education Policy which was approved by Gimaa and Council on March 23, 2020. It now combines Elementary, Secondary and Post-Secondary Education into one document. One highlight- an increase in post-secondary training allowance. Also, 2 of the local school boards to this date, have new tentative teacher agreements (Sudbury Catholic and Sudbury public- elementary). The teachers still need to vote on the agreements but I do have hope that when we are in the clear for COVID-19, it will be business as usual when we are back in school, with our children happy, thriving and succeeding.

In the meantime, as a teacher I am taking an online course to be a certified Google classroom teacher. The distance education/online learning is coming- no one can say how long it will last but if I can speak to the students- we're in this together. As teachers, parents and students, this is so new, but we're going to make the best of things, and we're going to get through this, together. And still have some fun learning!!

Miigwetch for reading, take care, everyone. I hope when this is over, we can come together and celebrate our resilience and strength as Atikameksheng Anishnawbek. And a huge chi-miigwetch to everyone who is working so hard to keep us all safe during this time!!

I am so grateful for your dedication and commitment to our community's wellbeing.

Councillor Jennifer Petahtegoose



**A picture my sister took of our window visit at Pioneer Manor with our brother Jonathan.**





# Department Updates

## EZHWEBAK

## Education & Social Services

AKINOOMAAGEWIN MIINWAA ZHAWENJIGENG

Mijjiim Support Is Coming, Starting Wednesday April 1, 2020.

What is Mijjiim Support? It's a program to ensure our community members have access to food and aid while practicing Social Distancing.

### HOURS OF OPERATION

after April 1, 2020

**Monday 10:00am - 2:00pm**

**Wednesday 10:00am - 2:00pm**

**& 5:00pm – 7:00pm**

**Friday 10:00am - 2:00 p.m.**

**PROCEDURES FOR ACCESSING:** Community members/families (1 per household) must:

- call the Covid19 Coordinator Julia P. at phone 705-918-6752 or email address covid19@wlfm.com with the following information:
- Provide number of members living in household including ages of children and # of pets
- Contact information (address and phone number)
- Indicate any food allergies

Families will be given a Date and Pick-Up time

Walk-Ins will not be served due to the Social Distancing and safety for all members.

## Learning from Home

### EDUCATION SUPPORT

This February the ESW's hosted a variety of activities outside of the school atmosphere.

A Tie Blanket/Pillow activity was held in the Community Centre for P.D Day, students spent the day creating

a blanket or pillow. The Rainbow board held a strike day, it was the perfect opportunity to visit the KUPP Centre for a few hours and lastly, we held an overnight trip to Sault Ste Marie to attend Sault's College Tech & Trade day. We enjoyed meals, evening activity and pool time together followed by a full day attending several presentations in their Mechanical, Automotive, Civil Engineering and Technology programs. With this challenging time, we would like the community and most importantly all our Atikameksheng Students that your ESW Team, Tim and Jessie are still available and here to provide supports.

We check our emails daily and will help in anyway possible. Please see our emails and several links for resources.

Feel free to ask any questions, we are here! **JLEE@WLFM.COM AND TSAIKKONEN@WLFM.COM**

Thank you, stay safe everyone- we hope to see you all soon!





## Department Updates EZHWEBAK

### Health and Community Wellness

MINO ZHIYAA WIIDOOKAAZIIG

Aanii, Bozhoo;

March was a busy month with the news of COVID-19 virus hitting the City of Greater Sudbury. With this there was a lot of planning and sending out education and awareness on COVID-19 to prepare members. Along with this, normal business still had to occur consisting of, but not limited to, finalizing program budgets and workplans, preparation of Comprehensive Community Planning meetings and organizing the CCP Community Session, which was a success, Wellness Strategy development, Elders Lodge/Nursing Home Feasibility Study and Application for LTC Beds, Land Base Programs (maple sugar bush, planning of a Teaching Lodge, preparing for next fiscal year) and more.

As a community, we were faced with learning what COVID-19 is and how to prevent it from coming into our community. A variety of efforts have been put into place to keep our community safe; encouraging families to stay home to prevent the spread of the virus. As we continue to learn more about prevention of COVID-19, it is important to have one person from your household responsible for shopping, ensuring social distancing is maintained, practicing good hygiene and to help with this, all non-essential programs and services were cancelled. Our community is close, our families care about each other and want to keep our Elders and Children safe. We can all help each other by connecting with one another through facetime, skyping, phone calls, and other creative ways to remain close but not physically close. If we all practice this, we can help prevent the spread of COVID-19.

The Health & Community Wellness Departmental Staff have been busy with Wellness Checks in the community. Staff have been given a section of the community to call, if you haven't received a call, please call the 705-692-7009 ext. 226.

There is a total of 140 homes in the community and 304 people, that we are aware of, who live in the community. Majority of Elders have reported they are ok and require help with obtaining groceries and supplies. Adults have reported they need food, supplies, and transportation.

As we go through this experience of isolation, it is important to maintain interaction with our Elders and families, this could be in the form of phone calls, facetime, skype. If you do not have access to this type of service, please call and let us know. We will try to provide the support you require to be safe and healthy. Connection with families who are on fixed income and require increased support are asked to let the Wellness Check Staff know as we are not provided with type of information.

#### Protect yourself and others from COVID-19:

- Wash your hands frequently with soap and water or alcohol-based hand rub.
- Cover coughs and sneezes with a bent elbow. Wash hands after.
- Avoid touching your eyes, nose & mouth.
- Keep 1m distance away from others.



World Health Organization  
Western Pacific Region

10 March 2020





# Department Updates

## EZHWEBAK

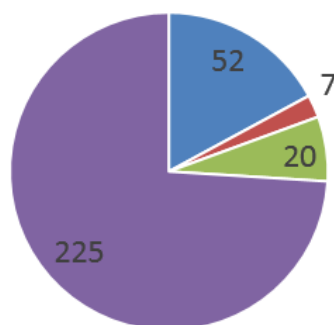
### Health and Community Wellness

MINO ZHIYAA WIIDOOKAAZIJIG

The information below will give you an idea of the number of home and who has and will continue to call you.

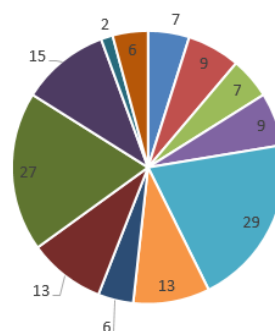
Focus of the Wellness Calls were directed to members over the age of 65 years with co-morbidities, those over the age of 65 years with unknown co-morbidities and those under 65 years with co-morbidities. Information was extracted from the Primary Care Provider Clients and staff who are aware of family and friends health. There are members who do not access the health services in the community and therefore, unable to determine if they have any co-morbidities.

#### Total population of 304 members (on-reserve)



- Over age 65 yrs. with co-morbidities
- Over age 65 yrs. with unknown co-morbidities
- Under age 65 yrs. With co-morbidities

#### 140 homes in the community



- Reserve Road - John V
- Independent Living Centre - John V
- Felix Crescent - John V
- Maani Street - Amanda W
- Lakeshore Street - Jennifer B
- Trailer Park Road - Lindsay F
- Cedar Dr. - Lindsay F
- Pinegrove Rd. - Amanda W
- Gabode St. - Tina N
- Hill St. - Amanda W
- Oak Trail - Amanda W
- Ojibway Rd. - Kim R

All members above were called and advised staff how many times they would like to be called. A database has been established to keep track of calls and request.

Please keep safe, stay healthy and maintain physical distance of 6 ft.



**Reduce overload to your local Emergency Department and Health Units, call us today!**

Northwood Medical Clinics are offering **Phone or Video Conference** medical appointments covered by **OHIP** throughout the COVID-19 Pandemic for all of Ontario. (DOES NOT AFFECT FAMILY DOCTOR BILING)

**For any medical concerns, related or unrelated to COVID-19:**

**CALL (705) 806 7915 OR 1 866 616 4446**

**Monday-Friday 8am-9pm**

**Saturday & Sunday 9am-4pm**

Please have your health card ready for your **physician appointment**



# Department Updates

## EZHWEBAK

### Planning & Infrastructure

#### NIIGAAN-NAABIING

We are faced with a challenge that is unprecedented and wish to assure the community that the Administration and Chief and Council are taking measures at all levels to keep you safe over the coming weeks. In view of quick spreading COVID -19 and as directed by Gimma and Council the department has started to screen visitors to the reserve so non-band members are discouraged to enter the reserve who largely come to buy smoke and gas on reserve. Further, Gimma and Council has recommended to waive off two months' rent for member who rent house on reserve. The information is being sent to renters through Housing Department. Economic Development Department is in constant touch with retailers to keep them update on the situation at present. Skills and Partnership session have been stopped in view of COVID 19 till April 15, 2020, however their allowance will continue till April 15, 2020 as agreed by the funders.



#### PUBLIC WORKS:

The Public Works Division has placed 10 Bilingual Signs at most visible intersections within the community; Children at Play signs will be placed in the coming weeks.

- The roof and siding upgrades at the Community Centre has been completed. A new boiler and AC units have also been installed.
- First Nation Engineering will now be completing the Draft Waste Management Study. The results of the Waste Management Study survey can be seen below:
  - o Door-to-Door Survey of Random Community Members: 30 random community members voted for alternative 6 (100% Shipping Waste off reserve to Sudbury Landfills)
  - o Survey Monkey: 4 community members voted for alternative 6 (100% Shipping Waste off reserve to Sudbury Landfills).





# Department Updates

## EZHWEBAK

## Planning & Infrastructure

### NIIGAAN-NAABIING

#### LANDS:

- Lands Department is continuously working on Land Use Law, Land Use Plan and Zoning Regulations and hope to complete the Draft soon.
- Moose Project and Species at Risk (Bat) will be concluding on March 31st, 2020.
- We welcomed our new Natural Resource Coordinator, Thomas Assinewe, into our department on March 16, 2020.

#### HOUSING DIVISION:

The Housing Division will continue to monitor the developments around COVID-19 so that we can evaluate all measures taken to provide the necessary housing support where needed throughout this difficult period. We will keep you informed on all further developments related to housing matters.

The reminder for the Annual Housing List, Residential Rehabilitation Assistance Program and Home Adaptations for Senior's Independence remains the same:

- Annual Housing List: Band members must complete and submit a new letter of interest to be added to the Housing List after January 1st of each year. Please note that an applicant with rental arrears and/or outstanding accounts (money owing) to the band will not be eligible, as per the Housing Rental Policy.
- The Residential Rehabilitation Assist Program (RRAP) and Repairs and Home Adaptations for Senior's Independence (HASI) is provided by Canada Mortgage and Housing Corporation. Letters of interest are required every year after January 1st in order to be considered. Assistance shall be granted to eligible applicants on a first-come, first-served basis to the maximum of funding available.
- On Reserve Immediate Needs Housing Renovations Guidelines: Funding is available to an Atikameksheng homeowner as a one-time funding grant opportunity – until all funds are disbursed. Eligibility criteria shall also apply for the On-Reserve Renovations Funding:
  1. The applicant shall demonstrate that they hold a Certificate of Possession on the home that On Reserve Renovations Funding is being applied for.
  2. The home must be at least fifteen (15) years old; and
  3. The home must be in need of major repairs in one of the following areas: heating, structural, electrical, plumbing and fire safety
  4. Funding is available to an applicant only once (one-time funding) and must continue to own and occupy the home for at least six (6) months after the work is done.

The Housing Renovation Guidelines and application is available upon request – please contact the Housing Assistant, Michelle Elliott at 705-692-3651 or email [melliott@wfn.com](mailto:melliott@wfn.com) for further information.

- The department is currently in the process of hiring a full-time Housing Asset Maintenance Worker.



## What's Happening ENKAAMIGAT

# UPDATES

### CCP Engagement Day

**THANK YOU TO EVERYONE THAT CAME OUT**

A great way to meet staff, follow community members and learn about all the great programs and services offered in Atikameksheng. We looked at where we were, where we are and where we want to be and explored the ideas from our Comprehensive Community Plan document.

The completed Plan can be found on the website.







# Department Updates

## EZHWEBAK

### Land Base Program Update

#### ATIKAMEKSHENG ANISHNAWBEK

**MAPLE SUGAR BUSH;** The first boil was completed yesterday, and the maple sugar will be available to you. Once all the boils are completed, we are hoping that each home will receive a jar of yummy Atikameksheng Anishnawbek homemade maple sugar.

**SAUNA;** When using the sauna, please ensure social distancing, it can fit 8 people but due to the COVID-19, we ask there is only 3 people in at a time and bring your cleaning wipes to clean before use and after use.

**SNOW DOGS;** If you are interested in helping, the snow dogs are there for your use. Please see Mike Naponse who will train you on the use to ensure safety. These are machines purchased to help the program and not toys. The program requires your help in gathering/retrieving wood, transporting wood to different locations, etc. We ask that if you agree to volunteer, please be safe.

**SACRED SPACE BEHIND THE HEALTH CENTRE;** In the upcoming weeks, we will be looking at erecting a 20 ft. Teaching Lodge. Canvas will be bought, and the lodge will be erected in the spring where different ceremonies, events, etc. can take place. All members are welcomed to help.

We have also been talking about lighting the sacred fire daily but would need firekeepers. If you are a fire keeper and interested, please call Carmen. We would ensure physical distancing. If you have any questions, you can speak with Mike Naponse or Carmen Wabegijig-Nootchtai.

Meegwetch



**TIP I IN THE BACK;** Some of you may notice that we have a new canvas located in the back of the Health Centre. We are planning on painting over the current design on the tipi. This will be done in May or June at the ballfield where we can lay it out and paint. If you are interested, please think of some designs you think represents Atikameksheng Anishnawbek people and our history. More information will go in the newsletter in the next few months.





## What's Happening

### ENKAAMIGAT

# UPDATES

## Moose Project 2019-2020

As we come to an end of the Moose Project 2019-2020, the application for the 2nd year funding for 2020-2021 process did not meet the criteria, yet we will remain optimistic for the coming year 2021-2022 in receiving 2nd year funding for the Moose Project.

Lands department gathered crucial data that helped in better understanding our Moose and the population in our own back yard of Atikameksheng. We collected 16,461 photos from the camera trap study and visited 2 locations of the moose's winter habitat.

The evidence collected from this study gave us an insight of Winter Tick infestation. One Bull moose and one Cow moose from two different locations were found infected within Atikameksheng and is clearly visible on the photos from the camera trap study.

At this time, we would like to thank Climate Change and Health Adaptation Program for the great opportunity provided to carry out Preliminary Investigation on the Moose Population within Atikameksheng Boundary. The study combined Indigenous Knowledge and Western Science. The camera trap study posed vital information on the Moose. We are please to inform Atikameksheng members on identifying 46 Moose from the this study.

The Moose Project had two community sessions, first one was October 29, 2019 in attendance were 19 community members, which was an introduction to the Moose Project and what entails in the details of the purpose for this study. The second event was on March 4, 2020 which had in attendance 21 community members, this event was catered by our own community member Lori Nootchtai. This event gave awareness of our moose and the population on Atikameksheng.

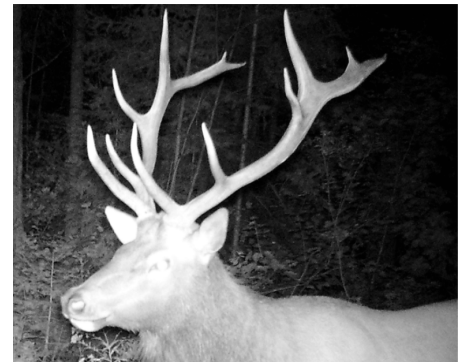
Thank you everyone of Atikameksheng Anishnawbek it has been great with this study and working in the Lands Department, hope everyone will benefit from the Moose Project.

### LANDS DEPARTMENT MOOSE PROJECT TEAM

**Summer Corbiere** - Values Mapping  
Traditional Knowledge and Land Use  
Study Implementation Technician

**Sheldon Maisonoquaishkang** –  
Environmental Field Technician

**Shannon Gonawabi** – Moose Project  
Coordinator







## Community Notices

AMIGAT SHKOONGAMING

# NOTICES



Our Dad, and “Papa” to his grandchildren started his journey on January 23rd, 2020. On this day he was given his spirit name that being Geewadin Anung Aundeck (Northern Star Crow)...Julia Migwans drew this beautiful picture...it captures it all

We take this time to say Miigwetch to everyone for your support and the delicious food...

Special Miigwetch to Julie and Frank for your guidance and support during this time...to Darlene and Candace and Liz Nootch, the drumming was appreciated...

A most special Miigwetch to Maajijawan, Chuck and Julia, the most calming teachings on the funeral ceremony relieved all the stress and made it a wonderful experience. Geewadin Anung Aundeck received his wish for a Traditional Ceremony... and to all your helpers Miigwetch...

Atikameksheng Anishnawbek we thank you and love you all

Respectfully

Helen, Teresa, Barry, Curtis and Victoria...et al

### ATIKAMEKSHENG! WE HAVE A CHALLENGE FOR ALL OF YOU!

All you have to do is put a heart (or hearts) in your window. That's it! Colour it, paint it, cut it out, print from the printer... be creative!

Then we can get outside, walk around and see how many hearts we can find. It would be awesome to post pictures of your windows here, so other community members know where to look and what to look for.





# What's Happening EZHWEBAK

## Patient Transportation Program Updates

The Medical Transportation Program continues to provide service for Status Individuals in our Community. Please confirm your appointment with your Health Professional at this time. Non Urgent appointments are being rescheduled.

Processes remain the same as:

### Local Transportation

Notification one business day before scheduled appointment

### Urgent Transportation

For Approvals, call in this order

1. Amanda Wabegijig-Jourdain 249-879-1459
2. Darlene Geauvreau 705-698-6818

Do not call the Medical Van Driver for Approvals

### Long-Distance Transportation

Notification of appointment to be completed 2-3 weeks prior to appointment date.

Contact Darlene G for processing

## Medical Client Transport and Hygiene during COVID-19 Pandemic

Drivers, clients and escorts should at all times:

- ✓ **Follow good hand hygiene**, washing with soap and water for at least 20 seconds or, if water not available, rubbing hand sanitizer (60% alcohol or more) until hands are dry.
- ✓ **Avoid touching face, eyes, nose or mouth**, especially with unwashed hands
- ✓ **Cough and sneeze** into your sleeve and NOT your hands
- ✓ **Maintain social distancing** (2 meters or more)

**A client who is known or suspected to have COVID-19 should only be transported if recommended by the local health care provider**

Before Transport:

- ☐ Consult health professional for clients with a new illness or worsening of an existing respiratory illness (coughing, fever, shortness of breath, difficulty breathing)
- ☐ Client will wear a Mask
- ☐ Driver will wear necessary mask, gown, gloves and eye protection
- ☐ Driver remains 2 meters away from client
- ☐ ONLY transport 1 symptomatic client (and their escort) at a time to maintain isolation of the client.
- ☐ Driver and Client to monitor themselves for 14 days avoiding crowded areas and practice social distancing

**THE COVID-19  
ASSESSMENT  
CENTRE IS BY  
APPOINTMENT ONLY.  
FOR SAFETY  
REASONS, "WALK IN"  
APPOINTMENTS ARE  
STRICTLY PROHIBITED. NOT  
EVERYONE WHO ATTENDS  
THE CLINIC WILL BE  
SWABBED.**

**INDIVIDUALS MEETING THE  
COVID-19 SYMPTOM  
CRITERIA MUST CALL  
HSN'S ASSESSMENT  
CENTRE AT 705-671-7373  
BETWEEN THE HOURS OF  
9:00 AM AND 5:00 PM, 7  
DAYS PER WEEK, INSTEAD  
OF PRESENTING  
THEMSELVES TO HSN'S  
EMERGENCY DEPARTMENT.**

### **PATIENT TRANSPORTATION PROGRAM**

AMANDA WABEGIJIG-  
JOURDAIN 249-879-1459

DARLENE GEAUVREAU  
705-698-6818

ATIKAMEKSHENG  
ANISHNAWBEK  
25 Reserve Road  
Naughton, Ontario

[www.atikamekshenganishnawbek.com](http://www.atikamekshenganishnawbek.com)



## Community Energy Champion

### Spring is around the corner

As we approach the spring weather, this should serve as a reminder to perform some spring maintenance.

One of the most important and most over looked

maintenance tasks is changing out the furnace filter. With a forced air furnace a filter captures dust particles in the air before it goes through the heating process. By removing the dust particles this helps clean the air before it gets to the living space. If you notice children sneezing and coughing this might be a good sign to change the filter. If family members have allergic reactions to dust, by changing the filter, it isn't going to cure the allergy but it could help provide more comfort.

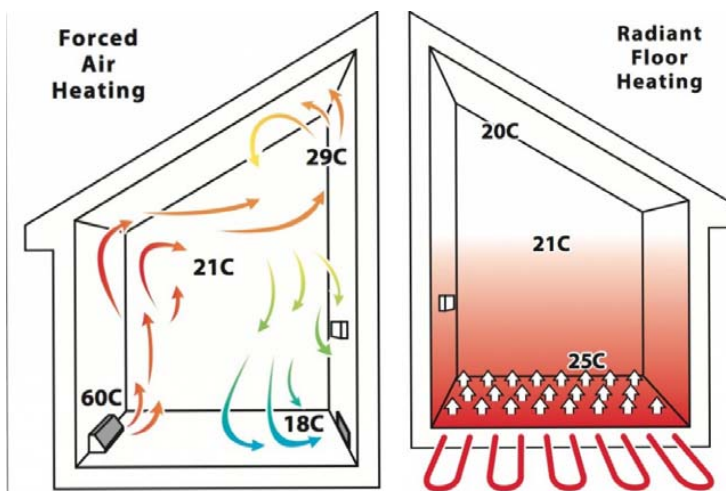


If you are using an alternative heat source such as a boiler, radiant heat flooring, pellet stove, etc. these appliances have their own maintenance which will be provided their documentation. But one noteworthy item is that these appliances are typically cleaner heat sources (see pictures below). These appliances radiate heat as opposed to blowing heat. There may be an air exchanger which will require a filter, but again these depend on the manufacturer and you should follow the manufacturers recommendations for maintenance.

**Please be aware that Hydro Rates are capped at the 10.1¢ until the COVID-19 virus passes. Please be safe and practice good personal hygiene. Use hand sanitizers, wash items in your vehicles, house, toys, deliveries, etc. We need to stay vigilant to reduce the spread of the virus. Be safe.**

**Miigwetch**

**William Ransom**



Picture A: Forced Air Furnace heat distribution

Picture B: Radiant floor heat distribution





## What's Happening

ENKAAMIGAT

# NOTICES

### Looking after your mental health while you have to stay home

The government is telling us to stay at home and only go outside for food, health reasons or essential work, to stay two metres (six feet) away from other people and wash our hands as soon as we get home.

This will mean that more of us will be spending a lot of time at home and many of our regular social activities will no longer be available to us.

It will help to try and see it as a different period of time in your life, and not necessarily a bad one, even if you didn't choose it.

It will mean a different rhythm of life, a chance to be in touch with others in different ways than usual. Be in touch with other people regularly on social media, e-mail or on the phone, as they are still good ways of being close to the people who matter to you.

Create a new daily routine that prioritizes looking after yourself. You could try reading more or watching movies, having an exercise routine, trying new relaxation techniques, or finding new knowledge on the internet. Try and rest and view this as a new if unusual experience, that might have its benefits.

Make sure your wider health needs are being looked after such as having enough prescription medicines available to you.

### TRY TO AVOID SPECULATION AND LOOK UP REPUTABLE SOURCES ON THE OUTBREAK

Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control.

Everyone please stay safe sending prayers for all the Atikameksheng Anishnawbek Workers and your Families from the Wellness Coordinator Mental Health Tina Nootchtai

If anyone is needing anyone to speak to you can email [tnootchtai@wlfm.com](mailto:tnootchtai@wlfm.com).

If you are experiencing feelings of anxiety, are overwhelmed, or if you are in crisis and would like talk to someone, emotional support is available for all Indigenous People living in Canada.

Call the Hope for Wellness Help Line at 1-855-242-3310 or chat online at: [hopeforwellness.ca](https://hopeforwellness.ca)

Contact Crisis Services Canada anytime day or night at 1-833-456-4566 or text "Start" to 45645 between 4:00pm and midnight EST.

Kids Help Phone is also available at 1-800-668-6868 or text "connect" to 686868 to speak to a live counsellor.

## Talk4Healing

### WE ARE STILL HERE TO HELP!

Our toll-free lines are open 24/7 to provide support during the COVID-19 health crisis.

**Toll-free: 1-855-554-HEAL (4325)**



**Talk**  
Call us & live support will be there to listen, any time of the day. Available in 12 Indigenous languages, English & French.



**Text**  
It's just that simple – receive free and confidential support anywhere you are across Ontario.



**Chat**  
Visit [Talk4Healing.com](https://Talk4Healing.com) and start your personal journey towards healing.

Ontario





# What's Happening

## ENKAAMIGAT

# INFO

## Learning from Home

### RESOURCES FOR LEARNING FROM HOME

Some educational and fun online websites for kids (kid-tested) to keep them busy:

[HTTPS://WWW.FRIV4SCHOOL.IO/](https://www.friv4school.io/)

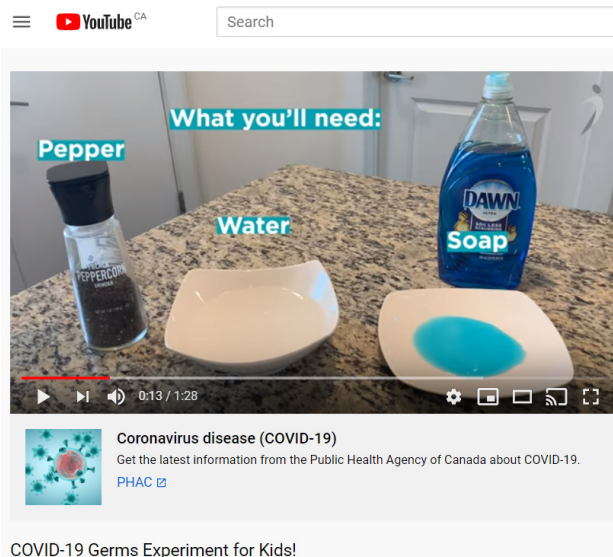
[HTTPS://WWW.EDUCATION.COM/GAMES/PRESCHOOL/](https://www.education.com/games/preschool/)

[HTTPS://WWW.EDUCATION.COM/GAMES/KINDERGARTEN/](https://www.education.com/games/kindergarten/)

[HTTP://WWW.KIDSMATHGAMESONLINE.COM/](http://www.kidsmathgamesonline.com/)

[HTTPS://WWW.COLORING.WS/COLORING.HTML](https://www.coloring.ws/coloring.html)

Courtesy of Perry Ashawasegai  
Jordan's Principle Navigator  
Atikameksheng Anishnawbek



## Additional Resources

[www.mathies.ca/homeSupports.html](http://www.mathies.ca/homeSupports.html)

[www.ontario.ca/page/learn-at-home](http://www.ontario.ca/page/learn-at-home)

[www.coloring-pages-kids.com](http://www.coloring-pages-kids.com)

[www.ldathome.ca](http://www.ldathome.ca) - great resource for parents and children with Learning Disabilities

Most importantly, continue reading to your children, with your children



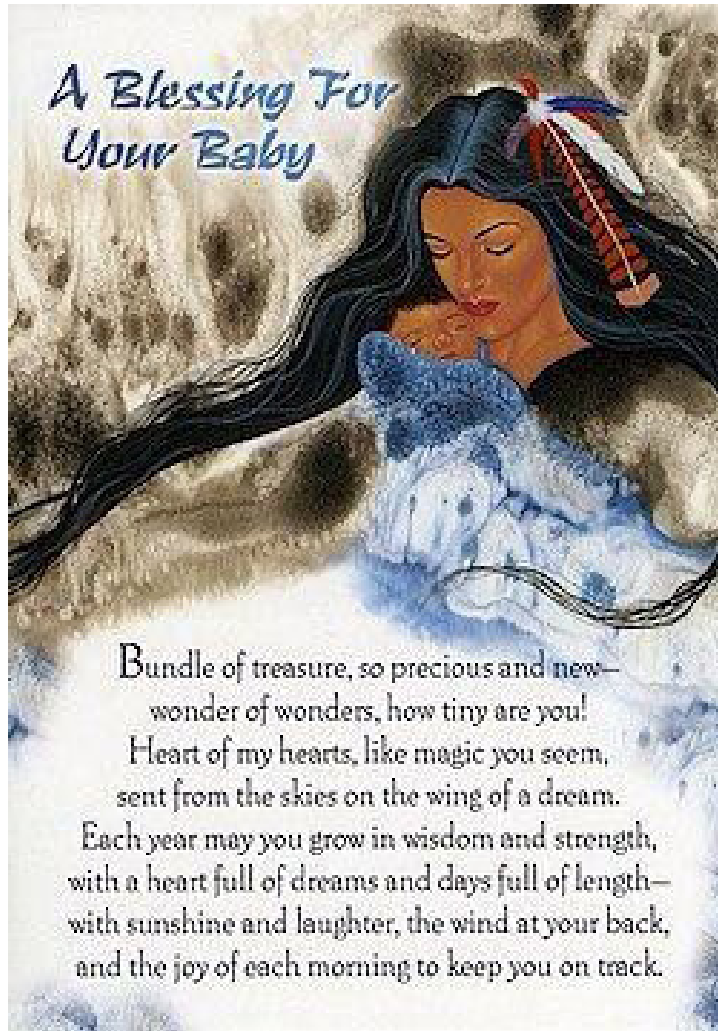
[HTTPS://MYSTERYSCIENCE.COM/START](https://mysteryscience.com/start)



## Why Your Child Can't Skip Their 20 Minutes of Reading Tonight







Family  
WHERE  
LIFE BEGINS  
and  
Love  
NEVER ENDS

## CREATING YOUR Dream Board

### 1. Set the Mood

Set aside time to focus on you. Light a candle or turn on some music. This should be a fun time to focus on you.

### 2. Ask: What Do You Want?

If money and fear were not factors, what would you do daily? Who would you be?

### 3. Find Visual Representations

Choose images that relate to the feelings and goals you addressed above.

### 4. Make It a Collage

You can do this with a poster board, peg board or online.

### 5. Look at It Often

Visualize your ideal life happening right now!

GET MORE DETAILS AT SOREYFITNESS



## EXPECTING A BABY?

We invite you to Register with the Healthy Babies Healthy Children Worker to receive the beautiful gifts and blessings of the following:

- Free copy of *What to Expect When You're Expecting* book
- Prenatal Grocery Gift Card
- Home Visiting Program with the worker and Community Health Nurse
- Baby Food Making workshop
- Cultural Teachings and Workshops
- Prenatal Supports
- Resource Materials
- And Much More...

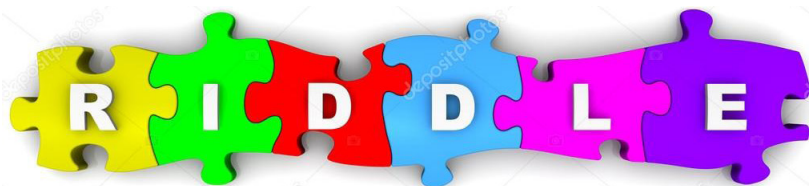
"A mother's joy begins when new life is stirring inside... when a tiny heartbeat is heard for the very first time, and a playful kick reminds her that she is never alone." – Author Unknown



Reach out to Beverly Belanger today by calling 705-692-1606 or by email [bbelanger@wlfm.com](mailto:bbelanger@wlfm.com)



## Adult Day Program GIISOOK



**Answers on bottom of page**  
**THANK YOU LINDSAY FRASER ADULT DAY PROGRAMMER FOR THIS CONTENT**

1. What starts with a P, ends with an E and has thousands of letters?

2. I stand when I'm sitting and jump when I'm walking...Who am I?

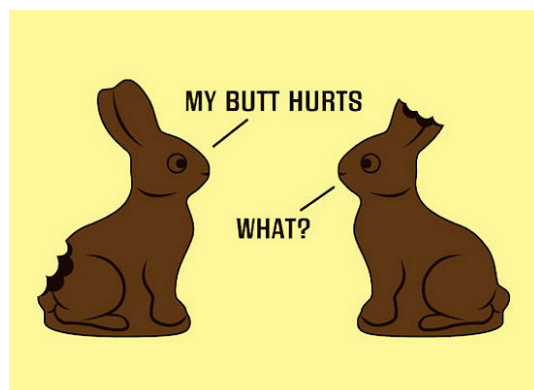
3. I speak without a mouth and hear without ears. I have no body, but come alive with wind. What am I?.....

4. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?.....

5. A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?

I told my wife she was drawing her eyebrows too high.....she looked surprised!

Why do bees hum?....Because they don't know the words!



1. Post office. 2. Kangaroo. 3. An Echo. 4. A Map. 5. 4 sisters and 3 brothers





## Service Schedule

GIISOOK

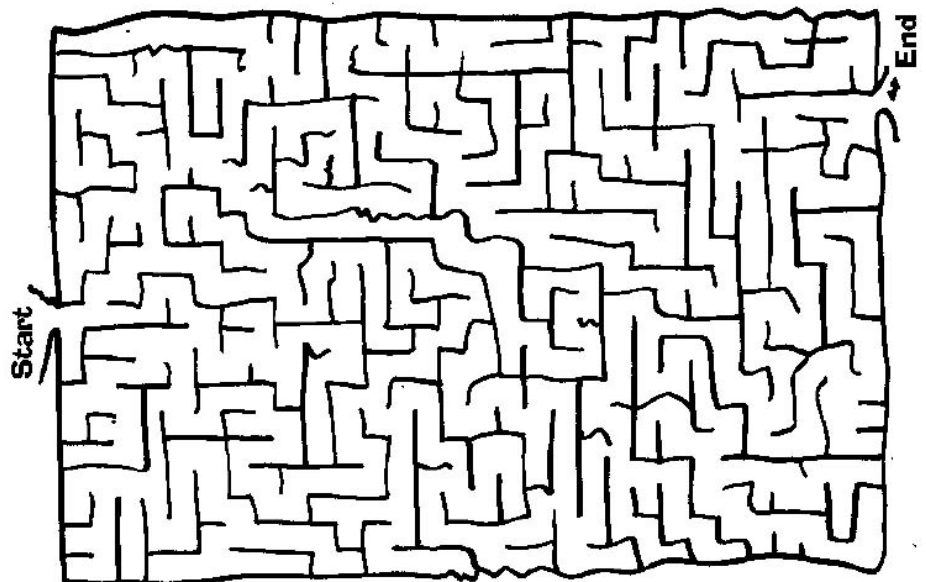
**Can you spot the differences?**

**THERE ARE 15 DIFFERENCES BETWEEN THE TWO PICTURES.**



## A-Maze-ing

**CAN YOU MAKE IT THROUGH THE MAZE?**



How does  
Easter end?  
With an R.



What kind of  
books do  
bunnies read?  
Ones with  
a hoppy ending.



What did the  
mommy egg  
say to the  
baby egg?  
Your egg-stra  
special



What stories  
does the  
easter bunny  
like to read?  
Ones with happy  
endings.



How does  
the Easter  
Bunny  
stay fit?  
Egg-ercise



Why did the  
easter egg  
hide?  
He was a  
little chicken.



What happened  
to the egg  
when he  
laughed? He  
cracked up.



What  
music  
do Bunnies  
listen to?  
Hip-hop







# Community Notices

AMIGAT SHKOONGAMING

# FUN STUFF



**Finding ways to  
stay busy!**  
**THANKS FOR SHARING!**







## Community Notices

AMIGAT SHKOONGAMING

# FUN STUFF



## Finding ways to stay busy!

ICE FISHING, ART PROJECTS, TREE TAPPING, DOGGIE ADVENTURES, EXPLORING SUDBURY AND BOILING SAPI!

