



**TEMAGAMI  
FIRST NATION**

May 8, 2020

**FIRST NATION CONTROL GROUP  
WEEKLY REPORT**

# **COMMUNITY INFORMATION**

**STATE OF EMERGENCY  
LEVEL 3  
COVID-19 PANDEMIC**





GIVE  
FOR YOUR  
WELLBEING

YOUR TIME.  
YOUR WORDS.  
YOUR PRESENCE.



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**Telehealth: 1-866-797-0000**

Emergency Information Coordinator:  
Heidi Jobson  
OFFICE: (705) 237-8943 EXT. 107  
communication@temagamifirstnation.ca

**[www.temagamifirstnation.ca](http://www.temagamifirstnation.ca)**

**CITIZEN INQUIRY SPOKESPERSON:**  
Wayne Potts  
OFFICE: (705) 237-8900 EXT. 302  
hsm@temagamifirstnation.ca



**Temagami First Nation  
Chief and Council**

**wish all Mothers a**

*Happy  
Mother's Day*



**TEMAGAMI  
FIRST NATION**



# FIRST NATION CONTROL GROUP COMMUNITY BRIEFING

May 5, 2020

## CONFIRMED COVID-19 CASES IN NORTHEASTERN ONTARIO = 169

| Timiskaming | Timmins/Porcupine | Sudbury | North Bay / Parry Sound | Algoma |
|-------------|-------------------|---------|-------------------------|--------|
| 18          | 61                | 59      | 18                      | 13     |

## APPROXIMATELY 1,900 TESTS PENDING IN NORTHEASTERN ONTARIO

As of May 4, 2020

### Food Security Group

**Out of Stock:** coffee cream, marble cheese, old cheddar cheese, peppers, pepperoni, sloppy joe mix, and raisins.

We do have canned milk and powdered milk available as a substitute for coffee cream for the time being.

We also have frozen berries, cucumbers, cherry tomatoes, yogurt and toilet paper available

Please call in orders for ham, stew, and chicken thighs on Tuesday and they will be ready for pick or delivery on Thursday.

Please be advised the Food Security Group fills orders on Tuesdays and Thursdays only, and orders should be placed before 11am on those days.

### Fire Ban

Please be advised that a fire ban has been put into effect by Chief & Council on Wed. Apr. 22nd until the Community Level 3 State of Emergency measures have decreased. This is a measure to reduce unnecessary strain on our community emergency services during the Global Covid 19 Pandemic; including equipment supplies, calling in outside resources to assist (which may come at a cost), and instilling preventative measures when it comes to safety for the community volunteers. **Be further advised that another Spring Pick-up of burnable yard debris will be organized in the coming weeks - watch for future notices.** The community's cooperation is greatly appreciated.

### Mail Packages

The FNCG has arranged for delivery of packages from Temagami to be delivered to the Mine Landing and picked up and brought over to Bear Island on the airboat with the mail run. These parcels can be picked up at the Pier Market. This service will extend over the Break-up period for community members.

### Health Services Update

Please see the attached document as provided by Ontario Ministry of Health to the Health Services Department regarding symptoms of COVID-19

### ==== Social Services ====

Mental Health counselling is available Wednesdays with Kevin McPhee. Please note: counselling services will be provided from your device. Please contact Linda Paul at 705-237-8022 ext. 403 to request appointment.

## ICE ROAD STATUS

As of April 29, 2020 Temagami First Nation (TFN) will no longer be monitoring the ice road for skidoo/ATV use.

Be advised that all TFN Skidoo or ATV's are not permitted to travel on the ice. Individuals choosing to continue to travel the ice road by passenger vehicle are doing so AT THEIR OWN RISK

Updates on information surrounding the COVID-19 State of Emergency can be found at [www.temagamifirstnation.ca](http://www.temagamifirstnation.ca)

**Telehealth: 1-866-797-0000**

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## AFN MENTAL WELLNESS RESOURCES

*The Assembly of First Nations (AFN) has collected a variety of Mental Health and Wellness resources for First Nations to access during the COVID-19 pandemic. Seeking help is important and shouldn't be a challenge – there are people here to help.*

### NIHB Mental Health Services:

If you are in need of mental health supports, you may be eligible to receive 22 hours of counselling covered under the Non-Insured Health Benefits for First Nations and Inuit (NIHB). Your initial session (up to 2 hours) will be covered without any prior approval requirements. Eligible mental health counselling providers include Psychologists, Social Workers, Psychiatric nurses or other regulated mental health providers. For information on NIHB eligibility criteria please visit: <https://www.sac-isc.gc.ca/eng/1574187596083/1576511384063>

### Telehealth:

The NIHB program covers mental health counselling through telehealth, including telephone or video conferencing. When inquiring about counselling, please confirm with your provider what telehealth services are available. To find an enrolled mental health counsellor in your area, please contact your NIHB regional office here:

<https://www.sac-isc.gc.ca/eng/1579274812116/1579708265237>

### Our Partnerships:

**Thunderbird Partnership Foundation** is sharing harm reduction resources to help support your continued wellness during COVID-19: <https://bit.ly/2W4UAGU>

- For the Thunderbird Partnership Foundation document library, please click here: <https://thunderbirdpf.org/nnapf-document-library/>

**First Peoples Wellness Circle** is sharing holistic health and wellness supports online and for download during COVID-19: <https://bit.ly/2KO2Shc>

### Immediate Supports

#### **Hope for Wellness Help Line:**

- For crisis support and intervention please contact: 1-855-242-3310 or via chat at [hopeforwellness.ca](http://hopeforwellness.ca)

#### **For Indigenous Women and girls:**

- **Talk4Healing** is accessible across Canada, it is free and culturally safe for Indigenous women. Please contact: 1-855-554-HEAL (4325)

#### **Assaulted Women's Helpline:**

- Contact 1-866-863-0511

#### **For Children and Youth:**

- Kids Help Phone is accessible 24/7 across Canada and offers telephone or texting, supports.
  - › For telephone support, please contact: 1-800-668-6868.
  - › For texting support, please text CONNECT to 686868.

#### **Native Youth Crisis Hotline:**

- Offers 24/7 telephone support. Please contact, 1-877-209-1266

#### **Online Resources for Youth:**



- Culture for Life: <http://cultureforlife.ca/>
- Wise Practices: <https://wisepractices.ca/>
- Wapikoni Mobile: <http://www.wapikoni.ca/home>
- We Matter: <https://wemattercampaign.org/>





# Garden Kits

SPONSORED BY DPHC & FHWC

**KIT INCLUDES:**

- small tools
- seeds
- small starter pots



**Contact Linda Paul  
at FHWC  
705-237-8022 ext. 403  
To get your kit.**

**Limited Quantities Available  
First Come, First Serve**



## The Covid - 19 Time-Of-Use Electricity Period has been Extended to May 31st

Under the Emergency Management and Civil Protection Act, on March 24th 2020 all residential and small business time-of-use rates were set at 10.1 cents/kWh for all periods for 45 days ending on May 8th. On May 6th the Ontario Government extended the ending date to May 31st.

| Off Peak    | Mid - Peak  | On-Peak     |
|-------------|-------------|-------------|
| <b>10.1</b> | <b>10.1</b> | <b>10.1</b> |
| Cents/kWh   | Cents/kWh   | Cents/kWh   |

Covid 19 Time-of use rates

On June 1st the Summer Time-of-use periods will resume. The scheduled rates are :

| Off Peak    | Mid - Peak  | On-Peak     |
|-------------|-------------|-------------|
| <b>10.1</b> | <b>14.4</b> | <b>20.8</b> |
| Cents/kWh   | Cents/kWh   | Cents/kWh   |

### Summer Time-of-Use Schedule (June 1st\* - October 31st)

|          |            | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday                                  | Sunday |
|----------|------------|--------|---------|-----------|----------|--------|---|--------|
| Mid-Peak | 7am-11am   |        |         |           |          |        | Weekends and<br>Holidays are Off-<br>Peak |        |
| Peak     | 11am - 5pm |        |         |           |          |        |   |        |
| Mid-Peak | 5pm-7pm    |        |         |           |          |        |   |        |
| Off-Peak | 7pm-7am    |        |         |           |          |        |   |        |

### COVID -19 Rates

\*Covid 19 Time-of-use rates schedule

For Any Questions Please Contact Harri Makivirta  
705-237-8600 Ext. 214  
Email: [cec@temagamifirstnation.ca](mailto:cec@temagamifirstnation.ca)





The Clinic remains closed to public, however if needing to see a nurse or access food bank please call ahead for screening and setting up an appointment. Also we will continue to accommodate prescription pick up once a week when the lake opens up. Your understanding and cooperation is appreciated.

***Note: leave a message on the phone, we will return your call ASAP***

## **The Fallacy of the Flattened Curve**

**Flattening the curve does not mean people are now safer or that the coronavirus is going away. Flattening the curve only protects the healthcare system. It means healthcare capacity is not exceeded and the system doesn't collapse. A flattened curve still describes the same number of cases and the same number of deaths, only over a longer period so the healthcare system can accommodate cases. Safety will not be achieved until we reduce the population described under the curve, i.e., fewer cases and fewer deaths. This will only be achieved with therapeutics that reduce the number of deaths and a vaccine that reduces deaths and cases. In the absence of a vaccine, dropping numbers of cases means we are postponing disease, not preventing it. The curve is flattened, but the risk of infection is still there. We are not controlling whether infection occurs, we are merely controlling the *RATE* at which infection occurs. Stop what we're doing to control the rate and the rate will go back into runaway mode until there is a vaccine or the virus burns through the population.**

Facebook: Speaking Truth Page

Submitted by:  
Wayne Potts, Health Service Manager

# MEMORIES OF MOM

MOTHER'S  
DAY

May  
10<sup>th</sup>



In celebration of our mothers, grandmothers, step mothers, aunts and caregivers, share a photo and a memory that we could publish to our facebook page and in next month's BI Blast. Let her know about the moments that stayed in your heart.

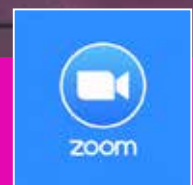
BEAR ISLAND  
**BLAST**

include your names, a photo and a special memory and send to:  
[communication@temagamifirstnation.ca](mailto:communication@temagamifirstnation.ca)  
or PM to Temagami First Nation on facebook 

# Virtual Speech Night



- Who? **The students of LMLC**
- When? May 12th, 2020 (tentatively)
- Where? From the comfort of your own homes
- Why? To connect families and friends and have FUN!
- How? Using the online event/meeting place called:  
Zoom



Info about registration, sign-in and time of the event will follow

# YARD CLEAN UP CONTEST

This year we will be organizing a contest to help make Bear Island look better after a long winter that provided a lot of snow that buried items we lost up until recently.

Participants are to send in 3 pictures of your property along with your name, lot number and phone number. You can also request photos be taken by us when you register.

Judging will take place on May 26th and 27th and the winner will be announced in the June Issue of the BI Blast.

**Registration due by May 15th at 4pm**

Contact Raymond Katt, 705-237-8900 ext.307  
[chr@temagamifirstnation.ca](mailto:chr@temagamifirstnation.ca)

Winners of 1st place - Weed Wacker;  
2nd place - \$100 Walmart Gift Certificate  
3rd place - \$75 Garden Store Gift Certificate

Spring

Clean Up

TAKING STEPS TO BEAUTIFYING BEAR ISLAND

Judging will be based on safety, appearance and added valued additions (ie. flowers; rock path)



BEAR ISLAND ALL AGES



**\$1000.00**

# ZUCCHINI CONTEST

Its ok if you dont have any gardening experience, we encourage you to reseach anything and everything you need to know about growing zucchinis. You never know, that little bit of research just might give you the slight advantage over our well seasoned gardeners

## Rules

- Open to all ages
- Registration due by **May 15th** (Phone 705-237-8636 to register)
- Plants will be dropped off **at end of May** to all participants
- Keep brief documentation of process (research, planting, care, picking)
- Weight will determine the winners
- Closing Date is **August 27th, 2020**
- If you choose to pick your prize winning zucchini prior to the closing date, please phone to make arrangements for weighing and photos before picking.

## Prizes

**1ST - \$1000.00**

*Runner up - SURPRISE*

Consolation for most Creative  
Zucchini

Sponsored by



**Nancy Shipman**  
705-237-8636 ext 804

Temagami First Nation  
**Family Healing &  
Wellness Centre**



**Linda Paul**  
705-237-8022 ext 403



# Model: Impact of “opening-up” First Nations

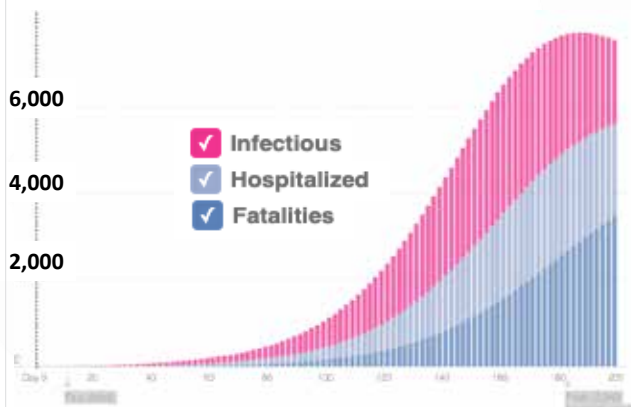


- “Opening-up” First Nations could increase spread of COVID-19
- The following graphs show what **MIGHT** happen if spread increases from ONE new case from every infected person to TWO
- HOWEVER, there is now way to know how much spread might increase (could be more OR less than shown here), not what **WILL** happen as actions are taken that might increase spread
- Outcomes may be different if other actions to reduce spread are strengthened at the same time as First Nations start to open up

## CURRENT STATE:

Assume each infected person transmits the virus to **ONE** other person.

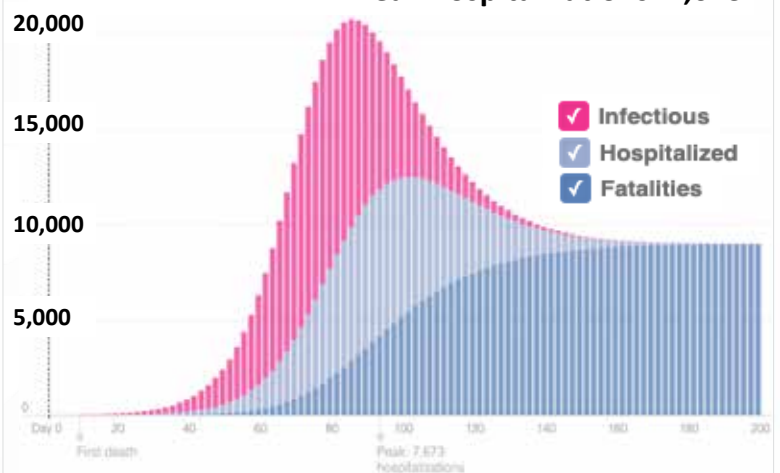
Possible fatalities: 4,277  
Peak hospitalizations: 2,344



## START OPENING UP:

Assume each infected person transmits the virus to **TWO** other people.

Possible fatalities: 8,974  
Peak hospitalizations: 7,673



Data for All First Nations people in Ontario (approximately 200,000); assumptions used in model same as previously shared by COO; based on publicly available Epidemic Calculator: <http://gabgoh.github.io/COVID/index.html>;

# Recommendations




- The data tells us that it is not the time to ease our efforts to stop COVID-19 from spreading in our communities.
- Efforts to date appear to be working: Closing borders and other measures seem to have kept number of cases in FN communities low.
- Keep in mind, cases are still increasing so First Nations do not yet appear to be ready to open up.
- Keep encouraging social distancing, washing hands, and self-isolating once experiencing symptoms.

**Keep the circle STRONG**

**DO YOUR PART  
KEEP THE COMMUNITY  
SAFE**

STAY 2 METERS APART



STAY 6 FEET APART

For COVID-19 information and updates visit:

<https://www.coo-covid19.com/>

Association of Iroquois and Allied Indians • Grand Council Treaty #3 • Independent First Nations • Nishnawbe Aski Nation • Anishinabek Nation • Independent and Non-Affiliated First Nations



**CHIEFS  
OF ONTARIO**

**KEEP  
LEARNING**  
FOR YOUR  
WELLBEING

TRY SOMETHING  
NEW



 **TIMISKAMING**  
Timiskaming

**GIVE**  
FOR YOUR  
WELLBEING

YOUR TIME.  
YOUR WORDS.  
YOUR PRESENCE.



 **TIMISKAMING**  
Timiskaming



## **FOOD CONTROL GROUP UPDATE - MAY 8, 2020**

Hello everyone,

The Food Control Group has been busier than usual this past week with it being break up. We are glad the community is using the service.

Earlier this week in our daily updates we mentioned that we were out of a few items. We are getting another food order in today, and the following items will be restocked: milk, lactose free milk, coffee cream, marble cheese, old cheese, peppers, and sliced pepperoni.

We would like to thank the infrastructure crew and airboat operators for ensuring that any food for the community has made it to the island. Thank you also to John Shymko for delivering the produce from the Timiskaming Health Unit from Temagami to the end of the access road.

Just a reminder that the Food Control Group completes and delivers orders on Tuesdays and Thursdays. Please ensure to have your orders in by Tuesday and Thursday mornings if you would like your order that day. It would be helpful to even have them in the day before if you could. Thank you everyone for your co-operation.

If you have any questions or concerns, please feel free to contact Michelle or Rachel. Miigwetch.

**Michelle Polson**  
**(705) 237-8698 ext 601**



# FIRST NATION CONTROL GROUP

## ROLES AND CONTACT INFO

**CONTACT INFORMATION: RECEPTIONIST AT (705) 237-8943 EXT. 101**

| <b>Position &amp; Description</b>   | <b>Main Contact</b>  | <b>Designate</b>   |
|---|--|--|
| <b>Chief</b><br><i>Providing overall leadership in responding to an emergency</i>   | Arnold Paul<br>OFFICE: (705) 237-8943 EXT. 105<br><a href="mailto:chief@temagamifirstnation.ca">chief@temagamifirstnation.ca</a>   | John Turner<br>OFFICE: 1 (705) 237-8982 EXT. 504<br><a href="mailto:2ndchieffn@temagamifirstnation.ca">2ndchieffn@temagamifirstnation.ca</a>   |
| <b>Operations Officer</b><br><i>Chairing the FNCG</i>   | Virginia Paul<br>OFFICE: (705) 237-8943 EXT. 102<br><a href="mailto:ed@temagamifirstnation.ca">ed@temagamifirstnation.ca</a>   | Robin Koistinen<br>OFFICE: (705) 237-8943 EXT. 204<br><a href="mailto:robin.koistinen@temagamifirstnation.ca">robin.koistinen@temagamifirstnation.ca</a>   |
| <b>Community Emergency Management Coordinator</b><br><i>Ensuring that all members of the FNCG have necessary plans, resources, supplies, maps, and equipment</i>  | Jamie Koistinen<br>OFFICE: (705) 237-8943 EXT. 103<br><a href="mailto:cim@temagamifirstnation.ca">cim@temagamifirstnation.ca</a><br><a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a> | Tom Mathias<br>OFFICE: (705) 237-8631 EXT. 705<br><a href="mailto:pwsuper@temagamifirstnation.ca">pwsuper@temagamifirstnation.ca</a>   |
| <b>Police Representative</b><br><i>Notifying necessary emergency and community services, as required;</i>   | Brad Kerr<br>OFFICE: (705) 237-8963<br>DISPATCH: 1 (888) 310-1122<br><a href="mailto:brad.e.kerr@opp.ca">brad.e.kerr@opp.ca</a>  | Tom Saville<br>OFFICE: (705) 237-8963<br>DISPATCH: 1 (888) 310-1122<br><a href="mailto:thomas.saville@opp.ca">thomas.saville@opp.ca</a>  |
| <b>Fire Chief</b><br><i>Activating the emergency notification system through the Community Emergency Coordinator;</i>   | Jamie Saville<br>DISPATCH: 1 (866) 762-0911<br><a href="mailto:5tfnouncillor@temagamifirstnation.ca">5tfnouncillor@temagamifirstnation.ca</a>  | Louis LeFrancois<br>DISPATCH: 1 (866) 762-0911<br>2fire.chief@temagamifirstnation.ca   |
| <b>Public Works Rep</b><br><i>Providing and maintaining all equipment necessary as well as keeping the water/sewer services running</i>   | Derek Green<br>OFFICE: (705) 237-8631 EXT. 701<br><a href="mailto:derek.green@temagamifirstnation.ca">derek.green@temagamifirstnation.ca</a>   | Tom Mathias<br>OFFICE: (705) 237-8631 EXT. 705<br><a href="mailto:pwsuper@temagamifirstnation.ca">pwsuper@temagamifirstnation.ca</a>   |
| <b>Medical/Health Rep</b><br><i>Acting as a coordinating link for all emergency health services at the FNCG and ensuring liaison with Health Canada;</i>  | Wayne Potts<br>OFFICE: (705) 237-8900 EXT. 302<br><a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a>   | Delma Peshabo<br>OFFICE: (705) 237-8900 EXT. 305<br><a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a>   |
| <b>Social Services Rep</b><br><i>Ensuring the well-being of residents who have been displaced from their homes by arranging emergency lodging, clothing, feeding, registration and inquiries and personal services;</i> | Annette Paul<br>OFFICE: (705) 237-8022 EXT. 401<br><a href="mailto:sss@temagamifirstnation.ca">sss@temagamifirstnation.ca</a>  | Alice Moore<br>OFFICE: (705) 237-8022 EXT. 402<br><a href="mailto:3tfnouncillor@temagamifirstnation.ca">3tfnouncillor@temagamifirstnation.ca</a><br><a href="mailto:hbhc@temagamifirstnation.ca">hbhc@temagamifirstnation.ca</a> |
| <b>Emergency Medical Service Rep</b><br><i>Ensuring emergency medical services at the emergency site</i>  | Marie Paul<br>DISPATCH: (705) 569-3434<br><a href="mailto:efr@temagamifirstnation.ca">efr@temagamifirstnation.ca</a>   | Delma Peshabo<br>OFFICE: (705) 237-8900 EXT. 305<br><a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a>   |
| <b>Electrical Utility Rep</b><br><i>Monitoring the status of power outages and customers without services;</i>  | Jamie Koistinen<br>OFFICE: (705) 237-8943 EXT. 103<br><a href="mailto:cim@temagamifirstnation.ca">cim@temagamifirstnation.ca</a><br><a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a> | Tom Mathias<br>OFFICE: (705) 237-8631 EXT. 705<br><a href="mailto:pwsuper@temagamifirstnation.ca">pwsuper@temagamifirstnation.ca</a>   |
| <b>Emergency Information Coordinator</b><br><i>The Emergency Information Coordinator is responsible for the dissemination of news and information to the media for the public</i>                                       | Heidi Jobson<br>OFFICE: 1 (705) 237-8943 EXT. 107<br><a href="mailto:communication@temagamifirstnation.ca">communication@temagamifirstnation.ca</a>  | Courtney Saville<br>OFFICE: 1 (705) 237-8943 EXT. 110<br><a href="mailto:courtney.saville@temagamifirstnation.ca">courtney.saville@temagamifirstnation.ca</a>  |

## FIRST NATION CONTROL GROUP ROLES AND CONTACT INFO CONTINUED

|   |  |  |
|---|--|--|
| <b>Telecommunications Coordinator</b><br><i>Ensuring that all communication methods continue to stay up and running</i>   | Jamie Koistinen<br>OFFICE: (705) 237-8943 EXT. 103<br><a href="mailto:cim@temagamifirstnation.ca">cim@temagamifirstnation.ca</a><br><a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a> | Patrick Cormier<br>OFFICE: (705) 237-8943 EXT. 109<br><a href="mailto:projectadmin@temagamifirstnation.ca">projectadmin@temagamifirstnation.ca</a>         |
| <b>Education/LMLC Rep</b><br><i>Providing any school (as appropriate and available) for use as an evacuation or reception centre and a representative(s) to co-ordinate the maintenance, use and operation of the facilities being utilized as evacuation or reception centres;</i> | Lynn Mongrain<br>OFFICE: (705) 237-8943 EXT. 501<br><a href="mailto:lynn.mongrain@temagamifirstnation.ca">lynn.mongrain@temagamifirstnation.ca</a>   | Michelle Polson<br>OFFICE: (705) 237-8698 EXT.601<br><a href="mailto:michelle.polson@temagamifirstnation.ca">michelle.polson@temagamifirstnation.ca</a>    |
| <b>Health Centre Administrator</b><br><i>Implementing the health centre/nursing stations emergency plan;</i>  | Wayne Potts<br>OFFICE: (705) 237-8900 EXT. 302<br><a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a>   | Delma Peshabo<br>OFFICE: (705) 237-8900 EXT. 304<br><a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a>         |
| <b>Community Spokesperson</b><br><i>The voice of the community for outside organizations; provides updates and constant communication for media etc.</i>  | Arnold Paul<br>OFFICE: (705) 237-8943 EXT. 105<br><a href="mailto:chief@temagamifirstnation.ca">chief@temagamifirstnation.ca</a>   | John Turner<br>OFFICE: 1 (705) 237-8982 EXT. 504<br><a href="mailto:2ndchieftfn@temagamifirstnation.ca">2ndchieftfn@temagamifirstnation.ca</a>             |
| <b>Citizen Inquiry Spokesperson</b><br><i>Point of contact for community members that may have questions or require an update on developing situations.</i>   | Wayne Potts<br>OFFICE: (705) 237-8900 EXT. 302<br><a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a>   | Delma Peshabo<br>OFFICE: (705) 237-8900 EXT. 304<br><a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a>         |
| <b>Food Service Lead</b><br><i>Ensuring that the most vulnerable population within the community will have their basic needs met during the duration of the emergency plan.</i>   | Michelle Polson<br>OFFICE: (705) 237-8698 EXT.601<br><a href="mailto:michelle.polson@temagamifirstnation.ca">michelle.polson@temagamifirstnation.ca</a>  | Rachel McKee<br>OFFICE: (705) 237-8900 EXT. 312<br><a href="mailto:hcc@temagamifirstnation.ca">hcc@temagamifirstnation.ca</a>                              |
| <b>Finance Lead</b><br><i>Provides essential financial services such as Ontario Works cheques and other payments as required.</i>   | Vicky Blake<br>OFFICE: (705) 237-8943 EXT. 113<br><a href="mailto:vicky.blake@temagamifirstnation.ca">vicky.blake@temagamifirstnation.ca</a>   | Beverley St.Denis<br>OFFICE: (705) 237-8943 EXT. 111<br><a href="mailto:beverly.stdenis@temagamifirstnation.ca">beverly.stdenis@temagamifirstnation.ca</a> |
| <b>Mental Health Rep</b><br><i>Providing support for the community's health and wellness during the duration of an emergency plan enactment.</i>  | Raymond Katt<br>OFFICE: (705) 237-8900 EXT. 307<br><a href="mailto:chr@temagamifirstnation.ca">chr@temagamifirstnation.ca</a>  | Delma Peshabo<br>OFFICE: (705) 237-8900 EXT. 304<br><a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a>         |

# STAY HOME. SAVE LIVES!

Pretend, for a moment, that you have just tested positive for COVID-19. The Health Unit calls to ask who you have been in contact with.

How many names would you list?

COVID-19 causes minimal symptoms in many people, who can then unknowingly transmit the infection to their family, friends, and neighbors through close contact.

The safest way to stop the spread is to stay home, not visit those who do not live in your home, and maintain 2 meters of distance between yourself and the next person when you must leave the house for essential tasks.

Stay home. Save lives!