



**TEMAGAMI  
FIRST NATION**

October 30, 2020

**FIRST NATION CONTROL GROUP  
BI WEEKLY REPORT**

# **COMMUNITY INFORMATION**

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

**Wear a face  
covering when  
trick-or-treating**





# BEAR ISLAND **EMERGENCY** CONTACTS

## EMERGENCY NUMBERS

|   |                   |
|---|-------------------|
| Bear Island Police / OPP                      | 1-888-310-1122    |
| Fire  | 1-866-762-0911    |
| Ambulance                                     | 705-569-3434      |
| Forest Fire                                   | 310-FIRE (3473)   |
| Telehealth                                    | 1-866-797-0000    |
| Timiskaming Health Unit                       | 1-866-747-4305    |
| Poison Control                                | 1-800-268-9017    |
| DPHC  | 705-237-8900 x301 |
| TFN   | 705-237-8943 x101 |
| Home Support                                  | 705-237-8900 x312 |
| FHWC  | 705-237-8022 x401 |
| <br>  |                   |
| Talk4Healing                                  | 1-855-554-4325    |
| <i>Indigenous Women</i>                       |                   |
| Kids Help Phone                               | 1-800-668-6868    |
| <i>Children</i>                               |                   |
| Hope for Wellness                             | 1-855-242-3310    |
| <i>First Nations and Inuit Help Line 24/7</i> |                   |

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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**

# TFN First Nation Control Group Update

## **PUBLIC WORKS/ ELECTRICAL UTILITY REP/COMMUNITY EMERGENCY**

Shuttle boat is operating; Covid 19 Pandemic Protocol and Procedures in place – please be sure to wear a mask and use hand sanitizers that are available. Regular shuttle schedule is now in effect but still maintaining a limited capacity (5 people) and trips run mostly at capacity. **All trips must be booked in advance** by calling the office at ext. 101.

## **POLICE**

The police remain status quo and have been responding to calls and general inquiries and enforcing the restricted access to Bear Island.

## **FIRE CHIEF**

We are currently without a Fire Chief; if you know of any one that may be interested, please have them contact Human Resources. We are looking for a reliable person to check the equipment monthly; caches; and respond to calls if necessary.

## **EMERGENCY MEDICAL SERVICES REP**

Emergency services remain status quo; EFR have been responding to calls and practicing pandemic protocols and procedures.

## **MEDICAL/HEALTH REP**

Community Health Nurse, Delma Peshabo is taking appointments for Community Members to have COVID-19 testing done at the DPHC. **Appointments must be booked.** Please call the DPHC to book an appointment. 705-237-8900 ext. 301 and remember to bring your Health Card.

Medical Trans program continues to run in keeping with social distancing and safety protocols.

A Flu Clinic has been held at DPHC. To book an appointment call DPHC at 705-237-8900 ext. 301

## **SOCIAL SERVICES**

The FHWC continue to provide programming to community members. There has been a ton of halloween related programming as of late and in keeping with COVID safety protocols.

FHWC were tasked with analyzing and determining needs for our off-reserve Citizens. Applications for funding was made available to determine a strategy for assisting those in financial need. They hope to have funds to those applicants by next week. Funding was recieved to help support off-reserve Citizens with food security. The FHWC is arranging for grocery cards to be provided to our off-reserve Citizens

Kevin McPhee is available for in-person sessions. If you wish to have an in-person appointment with him, please call Linda Paul to book an appointment. 705-237-8022 ext. 403

Family Healing and Wellness Centre and Home and Community Care workers will begin their community check-in call rounds again. If you're having anxieties and uncertainties or other concerns during these difficult times, be sure to talk to these support people. They can help by lending an ear and refereing you to other resources.

## **MENTAL HEALTH**

Mental Health resources remain advertised in the newsletter, online and in the bi-weekly updates. Should you or any member of your household just need someone to talk to – there are workers available to do so. During these difficult times, mental health and wellness are of the utmost importance. Raymond Katt continues to hold position on the FNCG as Mental Health Representative. You can contact him at 705-237-8900 ext.307.



Please be advised that we have partnered with the North Bay Indigenous Hub. This allows us an even broader range of service when it comes to wellness resources.

### **HCC - ELDER'S SUPPORT**

Elders drop-in program takes place Tuesdays from 1-3pm at the North Star Building and HCC workers have commenced with client in-home cleaning services.

### **FOOD SECURITY**

The Food Security Group has been reactivated. The team at FHWC has been tasked with this and headed by Annette Paul. The group will begin by restocking the inventory both for freeze-up and should a time come when community members either can't or choose not to go off-island for their shopping needs.

### **EDUCATION/LMLC REP**

LMLC Staff and students remain in operating in Phase 1 of their phased in approach to education during the pandemic however the BIEA has given direction to allow for students to proceed in Phase 3 starting on November 9th, which includes both in-class and on-line learning. Please see the letter to parents on page 21 for full details on the BIEA's recommendations to parents.

### **INFORMATION COORDINATOR**

Information has been made available through various media sources; The BI Blast; the Bi-Weekly Updates; Facebook, email – we continue to inform the community with those updates and how we are progressing through the pandemic. Continue to monitor the website and TFN facebook page for information.

### **REOPENING PROCEDURES AND PROTOCOLS**

Band offices remain **closed to the public**. Should you wish to attend band buildings for business, an appointment is required. All staff are following the established health & safety procedures. A working group has been established to better define the stages within the Level 3 State of Emergency. They are working towards giving specific, cohesive information on protocols and procedures that will reflect Temagami First Nation's COVID-19 policies as the situation changes in and around Bear Island. A document is being drafted that will outline phases of the pandemic specific to Bear Island and will address how individuals and businesses are to behave during different phases within the pandemic.

### **SPOKESPERSON**

With the Level 3 State of Emergency still in place and the First Nation Control Group remaining in place; our team has been working diligently in efforts to keep our community members safe and free from Covid. We continue to keep the **community closed to the public**; we continue to keep the buildings closed to the public; this is the best practice to ensure the limited chance of exposure within our community.

FNCG reminds the community to continue to practice social distancing; wear masks when out in public; wash hands and use sanitizer when hand washing stations are unavailable. Self-monitor and keep yourselves safe from exposure.

### **OPERATIONS OFFICER**

FNCG operations remain status quo – the Level 3 State of Emergency has not heightened; we are ensuring we are addressing the overall needs of the community during this pandemic. The current Trespassing restriction remains in effect.

The staff have been closely monitoring our needs to meet the community demands. We shall continue to have the FNCG in place until the State of Emergency is lifted.





# TFN MENTAL WELLNESS RESOURCES

**THERAPY** Access to Kevin McPhee can be done through a referral via the Family Healing & Wellness Program at (705) 237-8022 to the attention of Linda Paul. Kevin is a therapist, who has been coming to Bear Island. Currently, due to Covid-19 access is offered though phone contact until the Ontario Emergency levels are lessened and TFN FNCG opens a change in policy for him to come to Bear Island again.

## **North Bay Indigenous Hub Traditional Healing Services**

The North Bay Indigenous Hub has many services available. To access these services you will need to speak with staff from FHWC or DPHC for a referral. FHWC 705-237-8022 ext 401 or DPHC 705-237-8900 ext. 301

**Mental Health Support for Indigenous**  
call or text - 1-855-242-3310

**Mental Health or Addictions Programs:**  
toll free number 1-866-531-2600

**Indigenous Women**  
call or text - 1-855-554-4325

**Children & Youth Support Line**  
1-800-668-6868

**Mental health and addictions support**  
[www.ontario.ca/page/mental-health-services](http://www.ontario.ca/page/mental-health-services)  
1-866-531-2600

**Good Talk Ages 17 – 25 yrs**  
1 (866) 925 5454

**Bounce Back**  
1 (866) 345 0224

**211 Ontario Live Chat**  
1 (877) 330 3213

**Hope for Wellness Helpline**  
1 (855) 242 3310

**TAKE CARE OF YOURSELVES**

# COVID Testing and Assessment Centres



| Assessment Centre           | Phone Number          | Location                         |
|-----------------------------|-----------------------|----------------------------------|
| Bear Island                 | 705-237-8900 ext. 301 | Doreen Potts Health Centre       |
| Temiskaming Shores and Area | 705-648-1844          | Temiskaming Hospital             |
| Temagami and Area           | 705-569-3244          | Temagami Family Health Team      |
| North Bay and Area          | 705-474-8600 ext 4110 | North Bay Regional Health Centre |

*Please call to book an appointment. Walk-ins may be turned away.*



**QUESTIONS: Call the Timiskaming Health Unit - COVID-19 Line  
705-647-4305, Ext.7 or 1-866-747-4305, Ext.7**

## IMPORTANT PHONE NUMBERS & WEBSITES

| WHERE                       | CONTACT   | NUMBER   |
|-----------------------------|---|--|
| Timiskaming Hospital        | Receptionist  | 705-647-8121                                   |
| North Bay Regional Hospital | Receptionist  | 705-474-8600                                   |
| TFN Band Office             | Receptionist<br>Virginia Paul - Executive Director  | 705-237-8943 ext. 101<br>705-237-8943 ext.102  |
| Doreen Potts Health Centre  | Wayne Potts - Health Manager<br>Delma Peshabo - Community Health Nurse  | 705-237-8900 ext. 302<br>705-237-8900 ext. 305 |
| Ontario Tele-health         | Free & Confidential Health Advice   | 1-866-797-0000                                 |
| Timiskaming Health Unit     | <a href="http://www.timiskaminghu.com">www.timiskaminghu.com</a>  | 1-866-747-4305 ext. 7.<br>705-647-4305 ext. 7  |
| World Health Organization   | <a href="http://who.int/emergencies/diseases/novel-coronavirus-2019">who.int/emergencies/diseases/novel-coronavirus-2019</a>  |  |
| Ontario Ministry of Health  | <a href="https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html">https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html</a> |  |

## Mental Health Supports



**Mental Health Support for Indigenous People**  
call or text - 1-855-242 3310

**Support for Indigenous Women**  
call or text - 1-855-554-4325

**Mental Health or Addictions Programs**  
1-866-531-2600

**Children & Youth Support Line**  
1-800-668-6868

**Good Talk for Ages 17-25 years**  
1-866-925-5454

**Hope for Wellness Helpline**  
1-855-242-3310

**211 Ontario Live Chat**  
1-977-330-3213

**TFN Family Healing & Wellness Centre**  
705-237-8022 ext 407

# You do NOT have to be showing COVID symptoms to be tested at Doreen Potts Health Centre \*

\*Due to constantly changing circumstances, please check with your local assessment. Call 705-237-8900 ext. 301

## COVID-19 symptoms

Symptoms of COVID-19 can vary from person to person. They may also vary in different age groups.

Some of the more **commonly reported symptoms** include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- feeling very unwell
- Children tend to have abdominal symptoms and skin changes or rashes.

Symptoms may take up to 14 days to appear after exposure to COVID-19.

You can infect others even if you aren't showing symptoms

The virus can be spread to others from someone who's infected but not showing symptoms. This includes people who:

- haven't yet developed symptoms (pre-symptomatic)
- never develop symptoms (asymptomatic)

This kind of spread is known to happen among those who are in close contact or are in enclosed or crowded settings.

### Showing Symptoms:

Self-isolate and call an ASSESSMENT CENTRE to book an appointment for COVID TESTING

If you suspect you may have been exposed to COVID-19 but aren't showing symptoms:

**Self-isolate and call the Timiskaming Health Unit if they haven't already been in touch with you.**

**705-647-4305, Ext.7  
1-866-747-4305, Ext.7**

### IF YOU TEST POSITIVE

**You're required to quarantine for 14 days AND until a negative COVID-19 test is received.**



# Help is available whenever you need it.

Immediate support is available 24/7  
for all Indigenous people in Canada.

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## Hope for Wellness Help Line and Chat

1-855-242-3310  
hopeforwellness.ca

## National Indian Residential School Crisis Line

1-866-925-4419

## Missing and Murdered Indigenous Women and Girls Support Line

1-844-413-6649



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

**AT PRESENT, WE ARE ENCOURAGED BY HEALTH OFFICIALS  
TO STAY WITHIN OUR DISTRICTS. PLEASE OPT TO FIND YOUR  
NECESSITIES IN NEW LISKEARD RATHER THAN TRAVELING  
TO OTHER DISTRICTS**





TEMAGAMI  
FIRST NATION

# NO TRESPASSING

## BEAR ISLAND RESERVE #1

**Due to Covid 19 Global Pandemic;  
Bear Island Reserve #1 is**

**CLOSED TO GENERAL PUBLIC**

**With the exception of the Pier Market  
and to essential workers**

**(Hydro, Telecommunications, Water/Sewer,  
Contractors, Emergency Service Personnel)**

**and Temagami First Nation Members**

**& Teme-Augama Anishnabai Members and those  
visiting your dwelling.**

**POLICE WILL BE ENFORCING  
TRESPASSING LAWS.**

## COVID-19 TESTING

**AVAILABLE at DPHC by appointment only.**

**Call to book your appointments at  
705-237-8900 ext 301**

The purpose of this series of information sharing is related to the importance of understanding just how Covid-19 may be affecting you directly or indirectly as we are now coming to our 9th month of coping with it the best way that we can.

In having worked in the Human Service field for the last 25 years, the healing and recovery comes from themselves, as I will do my best to help with that process from a Healthy and Safety approach.

The effects of Covid-19 tell us that more needs to be done to connect with you, which resulted in this approach of information sharing. The other two ways we will connect with you is through virtual workshops and in-person structured sessions that are limited in numbers in a compatible space.

Processing feelings can be difficult at times as the barriers create concepts of isolation, which leaves it within ourselves to do our best to cope. In respect to our Anishnabai Traditional Ways of our Ancestors, we must connect to those ways of “taking care of things”. As a potential area of importance, the physical being is vital to one’s health in assessing what is needed to carry out and look after all of the other areas of our being.



## Kwe Kwe Anishnabai Series in relation to Covid-19

SUBMITTED BY:  
Raymond Katt,  
NNADAP Worker

### Lateral violence

Lateral violence is displaced violence directed against one’s peers rather than adversaries. This construct is one way of explaining minority-on-minority violence in developed nations. It is a cycle of abuse and its roots lie in factors such as: colonisation, oppression, intergenerational trauma and the ongoing experiences of racism and discrimination. Those experiencing and those committing lateral violence more likely to be involved in crime in the United States, the United Kingdom, and elsewhere. In Australia and Canada, lateral violence is widely seen as an intergenerational learned pattern and major social problem in indigenous communities. In Australia surveys have reported that up to 95% of Aboriginal youth had witnessed lateral violence in the home, and that 95% of the bullying experienced by Aboriginals was perpetrated by other Aboriginals.

(PLEASE ACCESS LINK FOR VIDIO LINK)

<https://www.nwac.ca/wp-content/uploads/2015/05/2011-Aboriginal-Lateral-Violence.pdf>

Document on following page

# Aboriginal Lateral Violence

## What is it?

Although a worldwide occurrence, this fact sheet is about how lateral violence impacts Aboriginal people. Unlike workplace bullying, lateral violence differs in that Aboriginal people are now abusing their own people in similar ways that they have been abused. It is a cycle of abuse and its roots lie in factors such as: colonisation, oppression, intergenerational trauma and the ongoing experiences of racism and discrimination.

Through these factors Aboriginal people now become the oppressor and within the workplace or community they now direct abuse to people of their own gender, culture, sexuality, and profession. In other words, instead of directing their anger at the oppressor, these workplace or community aggressors now direct their anger at their own peers or community members.

Other terms for lateral violence also include:

- work place bullying
- horizontal hostilities/ violence
- internalized colonialism
- relational aggression

### How does this affect Aboriginal people?

Lateral violence is a learned behaviour as a result of colonialism and patriarchal methods of governing and developing a society. For Aboriginal people, this has meant that due to residential schools, discrimination and racism; Aboriginal people were forced to stop practicing their traditional teachings of oneness.

As a result of this trauma, some Aboriginal people have developed social skills and work practices which do not necessary create healthy workplaces or communities. Since many Aboriginal people work in environments which maybe predominately Aboriginal, these practices mean that Aboriginal people are now causing pain and suffering on their own people.

“Lateral violence has impacted indigenous peoples throughout the world to the point of where we harm each other in our communities and workplaces on a daily basis.”

– Rod Jeffries

“When a powerful oppressor has directed oppression against a group for a period of time, members of the oppressed group feel powerless to fight back and they eventually turn their anger against each other.”

– Jane Middleton-Moz



# behavioural signs of lateral violence

## Who does Lateral Violence?

- Boss
- Supervisor
- Co-workers
- Friends
- Family Members
- Peers
- Authority Figures
- Community Members

## What are the behaviours linked with lateral violence?

Lateral violence takes on a number of different toxic behaviours, and it is any action that is meant to discourage or make a person feel bad in the workplace. If you are the target of lateral violence the constant barrage of negative behaviours can be likened to harassment and bullying.

In its extreme form, lateral violence can be conscious, deliberate act of meanness with the overall intention to harm, hurt and induce fear in a co-worker. In other forms of lateral violence, the individual perpetrating the negative behaviour may not be aware of the meanness they are exhibiting and they may not be doing these actions intentionally.

The following are some of behavioural indicators that lateral violence may be happening by you, to you or to someone else in your workplace.

- nonverbal intimation (raising eyebrows, making faces, eye rolling)
- obvious name calling
- sarcasm
- bickering
- whining
- blaming
- belittling a person's opinions
- yelling or using profanity
- making up and/or exaggerating scenarios
- making snide comments and remarks
- making jokes that are offensive by spoken word or email
- using put downs
- gossiping
- rumour mongering
- ignoring, excluding or freezing out people
- handing over work assignments with unreasonable deadlines or duties that will ensure the person will fail
- being purposely unavailable to meet with staff
- undermining activities
- withholding information or giving the wrong information purposely
- constantly changing work guidelines
- blocking requests for a promotion, leave or training
- not giving enough work so the individual will feel useless
- refusing to work with someone
- backstabbing
- complaining to peers and not confronting the individual
- failing to respect privacy
- breaking the confidences of others
- mobbing or ganging up on others

## Where does it happen?

Although the most common place for lateral violence is in the workplace, it does cross the line into the community and home. The primary workplaces in which lateral violence are more prevalent are those with poor organizational systems or those workplaces that are undergoing change such as downsizing or merging, or when power is shifting and people feel uncertain.

## Why does it happen?

Lateral violence happens when individuals who have endured oppression suppress feelings such as: anger, shame, and rage. Eventually these feelings manifest in behaviours such as: jealousy, resentment, blame, and bitterness; and they are directed toward their Aboriginal co-workers.

As many of these people have been victims of abuse these behaviours are usually used to manipulate, dominate, control and diminish others. Regardless of their issues, the behaviour is not appropriate and no one should be the target of someone's unresolved issues.

## Anyone can be a target of lateral violence...

It can really be really disheartening if you are the target of lateral violence in the workplace. Most people enter into an Aboriginal organization expecting that in working with their own people they will be supported and encouraged. Instead you find yourself now working with the very people who are bringing you down and making things hard for you. What did you do wrong? In most cases, you did absolutely nothing. Lateral violence is more about what is wrong with the aggressors than the receiver of their aggression.



*Sheila was employed at an Aboriginal organization as a financial administrator and she felt the sting of lateral violence incrementally. Having just graduated from university she was keen to make a good impression. Sheila worked extra hours. Then one day a few of the senior managers had talked about promoting her at one of the meetings.*

*After that meeting, Sheila started to notice that there were subtle changes in how her manager and some of her co-workers treated her. When she walked into the lunch room conversations would stop. She was no longer asked out for lunch. Then the key to her filing cabinet would go missing, as would her office chair. Soon the financial administrator noticed she wasn't being invited to team meetings.*

*Instead of speaking directly to her, her Manager now began using emails to communicate as a way to avoid her. After that her requests for training were turned down and she was given assignments with unrealistic deadlines. Rumours started to circulate throughout the organization that she did not actually have a degree and she was not really First Nations.*

*Soon Sheila began to doubt her abilities and wonder if there was something wrong with her. "It takes away your self-esteem," she said. "You don't want to get out of bed in the morning; you have nightmares, migraines, aches and pains. At work you never knew what to expect. I would go into work thinking, what are they going to do to me today?"*

*After talking about it with a good friend, Sheila's friend suggested that these behaviours were connected with lateral violence.*



## Anyone can be a target of lateral violence... (continued)

Certain situations and events predispose one to experiencing lateral violence in the workplace. Usually individuals who are the target of lateral violence are:

- New employees that may be coming into an organization during times of change and become a target because other workers who may feel vulnerable see this individual as a threat to their jobs.
- Employees who have received a promotion or advancement and are seen as undeserving by other co-workers.
- Younger employees who have more education and training than older workers and are seen as a threat.
- Members of families or friends of leaders who are no longer in power positions.
- Employees who are good at their job and popular with people.

## The Effects of Lateral Violence

On a personal level, depending on the severity of the lateral violence there are a lot of health problems that can manifest for the individual being targeted. They could experience:

- Sleep disorders either not being able to sleep or not wanting to get out of bed in the morning;
- Changes in eating habits – either eating more or less or differently;
- Weight loss or gain;
- Moodiness – lack of sleep will usually mean that you won't be all that happy;
- Self-doubt – you question all your decisions and abilities;
- Decreased self confidence;
- Feelings of worthlessness;
- Forgetfulness;
- Chronic anxiety;

“When individuals feel inferior, inadequate and afraid, they take on the qualities of the oppressor as a way of acquiring strength and an illusion of power.”

– Jane Middleton-Moz

- Depression;
- Emotional and teary eyed;
- Higher absenteeism-not wanting to be at work; and
- Weakening immune system – resulting in greater susceptibility to colds, flu and other illness.

Because the individual may have no other employment options, as the lateral violence continues or gets worse the individual may experience more intense physical and emotional health deterioration. Some individuals end up on sick leave and long-term disability. In the extreme, it can end in suicide or violent death.

## The costs to the organization

Lateral violence not only affects the individual who is experiencing it. It also impacts other people in the organization and community. Spending time rumour-mongering and gossiping costs the organization money in terms of lack of productivity. Additionally, a toxic organization also creates an atmosphere in which there is:

- High staff turnover
- Loss of corporate history
- Low morale
- Decreased customer service
- Increased financial costs
- Increased absenteeism
- Lack of teamwork
- Unhealthy competition



# what you can do if you are experiencing lateral violence?

## For the Individual:

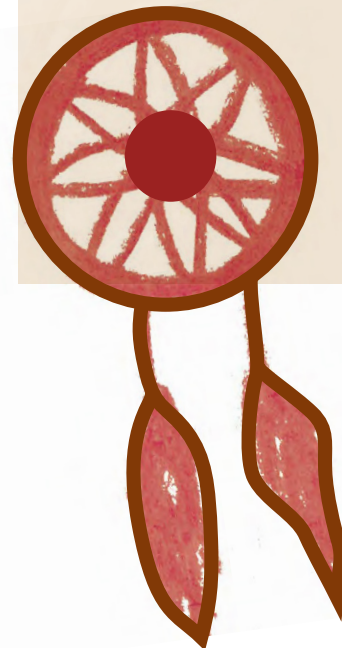
Sometimes it is difficult to do anything about the behaviour of others. If you feel that you are being the target of inappropriate behaviour you could:

- Report the behaviour to the appropriate manager in your workplace.
- Keep a record of the negative behaviours. Make notes about the time, date, location and any witnesses who may have seen the incidents.
- Address your concerns with the aggressor and ask them if they can stop.
- Seek help and advice at work or in the community. In the workplace, you may have a human resources manager, or manager who can assist you in resolving the situation.
- Speak to an Elder.
- Seek external advice.
- Seek the support of friends and family.

## For the Organization:

Before you can create a healthier workplace you have to first admit that lateral violence exists. To address the issues associated with lateral violence management could:

- Admit that lateral violence exists.
- Establish policy and procedures for lateral violence.
- Have workshop sessions on lateral violence.
- Establish rules for civil meetings... no one can cut the other off.



“Those most at risk of lateral violence in its raw physical form are family members and, in the main, the vulnerable members of the family: old people, women and children. Especially the children.”

– Narcua Langton



## Looking for more information?



Bearpaw Media Productions -- Lateral Violence Video

This is a documentary-drama that takes a look at lateral violence in our own Nations, communities, organizations and families. Hosted by Tantoo Cardinal, this Lateral Violence video sheds a new light on an age old topic – ourselves.

[www.bearpawmedia.ca/content.php?ID=15&prodid=72](http://www.bearpawmedia.ca/content.php?ID=15&prodid=72)



A YouTube clip of Rod Jefferies' workshop on lateral violence in Winnipeg.

[www.youtube.com/watch?v=aOMJ6wynHUU](http://www.youtube.com/watch?v=aOMJ6wynHUU)



Native Women's  
Association of Canada  
1 Nicholas Street,  
Suite 900  
Ottawa, Ontario  
K1N 7B7

T: 613-722-3033  
T: 1-800-461-4043

F: 613-722-7687

[www.nwac.ca](http://www.nwac.ca)

# Self Care tips for Helpers

If you're a helper, working in a professional capacity or working with a family member ... here are some tips to reflect on.

"I see a lot of helpers including caregivers, first responders, and medical professionals. As a group, they are the people that clients/patients turn to during the worst times of their lives. But, they are people too — they have good days, bad days, and difficult times. We all know we need to practice self-care before helping others but engaging in our work is a practical aspect of life that often can't be put on pause. How can we help others when we find ourselves needing help too?"

## **Increase your awareness.**

Learn to recognize when you're drained and need to step back. It's easy to acknowledge that we need to take care of ourselves to be effective, but it's not always easy to actually follow through with self-care. For some of us, it can be difficult to discern between needing to step back from our work and having a rough patch we can persevere through. We all have our own signs and signals that tell us when we are beyond our capacity to work effectively. Building self-awareness so that we can notice these signs and signals before we get to the point of burnout is crucial.

## **Reconnect to your body.**

Use your inner wisdom as a guide. As helpers, it is important to use our own felt experiences to tell us what we need. We often justify pushing ourselves, stretching our limits, and crossing our own boundaries in service of our clients. In reality, it is important to acknowledge that we're not always the best fit for a certain clinical situation. Acknowledging and acting on what feels right for us and what doesn't is often the best way to honour the people we serve.

## **Know the difference between what you are afraid to do and what you shouldn't do.**

Are you afraid to get consultation on that new intervention you've learned? Or run a decision by a trusted mentor? By raising our awareness and knowing ourselves, we can differentiate between what is helpful fear that should be heeded as our own advice, and what is a limiting belief that is getting in the way of building more competence and confidence. It's important to acknowledge that many of us in the helping profession deal with "imposter syndrome." Don't let that get in the way of deeper learning, practice, and growth.

## Seek consultation.

If you need help with something that's come up in your life or practice, talk about it with a trusted supervisor, consultant, or mentor. This can help you reaffirm your decision and provide you with some useful feedback. Remember, we don't need to have all the answers – it's okay to reach out for support professionally as well as personally. Consultation can also help us differentiate between what we don't feel equipped to do and what type of work simply isn't for us. Some things are outside of our scope of practice for professional reasons and others are outside of our scope for personal ones. Having a trusted mentor to help you navigate how this can impact your scope of practice can be a validating and freeing experience.

## Use self-disclosure sparingly and appropriately.

When a personal life event interferes with our ability to be fully present and connected with the people we serve, communicate your decision while providing only helpful amounts of self-disclosure. It's important for us to assess each therapeutic relationship individually for rapport and use our best judgement about what is helpful to the client. Be careful about self-disclosing to ease your own struggles or feel more connected to your client. Disclosing in these scenarios may be more about you than it is about them.

## Slow down.

Sometimes when we are burning out, we are trying to do too many things and push our own agendas. The more we can temper the pace of our work and connect deeply to ourselves, the better our connection will be with the client. You can do this by slowing your speech, your breathing, and your gestures. Allow for moments of

silence. Engage the client in landing in their chair and being present for the session. If mindfulness-based tools are already part of your practice, engage them more frequently and honestly. When you invite your client to practice deep breathing, progressive muscle relaxation, or grounding techniques in session, take the opportunity to practice along with them.

## Take time to manage your stressors.

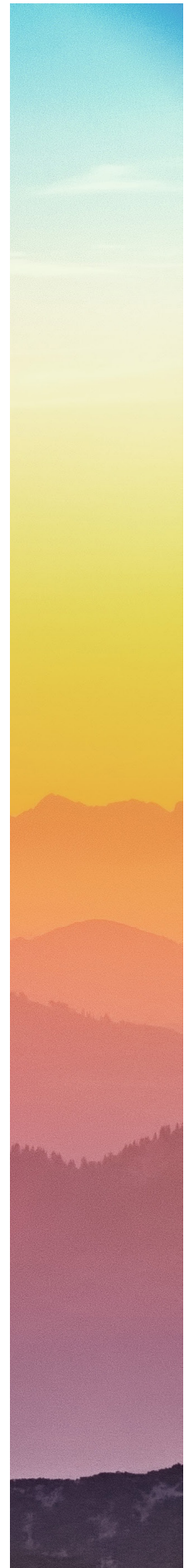
Whether this means taking a few days off or scheduling a few more breaks throughout your day, it's important to deal with what is causing you distress. If you are navigating an ongoing concern like grief or a difficult family dynamic, it is even more important to follow the steps mentioned above.

## Seek therapeutic support or counselling.

As helpers, we are in a difficult role. We don't have all the answers and we don't have to. However, we do need to know we are making the best clinical decisions we can and working with integrity. Reaching out for therapeutic support can help us ease the stressors and reconnect to our own inner wisdom, clinical judgement, and skills.

As helpers, self-care is a crucial aspect of our work. And part of that self-care is engaging in work that brings us meaning and purpose. Learning how to navigate our role in a healthy and helpful way is a process. After all, we are human – we don't have to be perfect or have it all figured out. However, we do have a responsibility to ourselves and our clients to be actively engaged in the journey.

**Author: Emily Bushell (MA, RCT, CCC)**





# COVID-19 ASSESSMENT TOOL

## SHOULD MY CHILD ATTEND SCHOOL?

### 1 Does your child have one or more of these symptoms?

- Fever (feeling hot to the touch, a temperature of 37.8 degrees Celsius; 100 degrees Fahrenheit or higher)
- Chills
- Cough that's new or worsening (continuous, more than usual)
- Barking cough, making a whistling noise when breathing (croup)
- Shortness of breath (out of breath, not related to known cause, e.g. asthma)
- Sore throat (not related to seasonal allergies or other known conditions)
- Difficulty swallowing
- Runny, stuffy or congested nose (not related to seasonal allergies or other known causes such as being outside in cold weather)
- Lost sense of taste or smell
- Pink eye (irritated, itchy or painful eye that may have crusting or discharge)
- Headache that's unusual or long lasting
- Digestive issues (long lasting stomach pain or 2 or more episodes of nausea/vomiting and/or diarrhea)
- Sore muscles (long lasting or unusual)
- Extreme tiredness that is unusual
- For young children and infants: sluggishness or lack of appetite



- NO: Proceed to Question 4.  
 YES: Proceed to Question 2.

### 2 Is this a normal or usual symptom(s) for your child?

- NO: Proceed to Question 3.  
 YES: Proceed to Question 4.



### 3 Does your child have seasonal allergies or an existing medical diagnosis (not COVID-19) that explains the symptom(s)?

- NO: Child has symptoms consistent with COVID-19. They should **self-isolate** (stay home) and not leave except to get COVID-19 testing or for a medical emergency. On occasion, you may feel there is another explanation for the new symptom(s), requiring medical assessment. If so, contact your health care provider. Inform the school of your child's absence using the school's process.
- YES Proceed to Question 4.



### 4 Has your child travelled outside of Canada in the last 14 days?

- NO: Proceed to Question 5.  
 YES: **Quarantine (self-isolate)** for 14 days from the date your child returned to Canada. Inform school of your child's absence using the school's process.



### 5 In the last 14 days, has your child tested positive for COVID-19 or been in close physical contact\* with someone who tested positive for COVID-19?

- NO: Proceed to question 6.  
 YES: **Self-isolate** (stay home) and call the **Timiskaming Health Unit** if they haven't already been in touch with you. Inform the school of your child's absence using the school's process.

*\* A close physical contact is someone who was closer than 2 metres away in the same room or area, or living in the same home. It may also include being in the same classroom, if advised by THU.*



### 6 Has a doctor, health care provider, or public health unit asked your child to self-isolate (staying at home)?

- NO: Child may attend school.  
 YES: Follow the advice of your health care provider and **self-isolate** (stay home) except to leave to get tested or for a medical emergency. Contact public health to understand next steps and then follow the directions given to you by public health about when your child can return to school. Inform the school of your child's absence using the school's process.



To find a local assessment centre visit: [www.timiskaminghu.com](http://www.timiskaminghu.com)

DATE: SEPTEMBER 18, 2020

Adapted from Leeds, Grenville and Lanark District Health Unit and Simcoe Muskoka District Health Unit



Services de santé du  
**TIMISKAMING**  
Health Unit

For assistance with school-specific inquiries related to COVID-19: (705) 647-4305/1-866-747-4305 ext 2267

The situation is changing rapidly. Visit our website for regular updates:

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





# TEMAGAMI FIRST NATION

BEAR ISLAND  
LAKE TEMAGAMI, ONTARIO P0H 1C0  
1.888.737.9885 | 705.237.8943  
tfn@temagamifirstnation.ca  
www.temagamifirstnation.ca

October 29, 2020

Aanni Kwe Kwe,

To: LMLC Parents/Guardians  
RE: Re-opening of LMLC

**On October 28, the BIEA School Board met and made the decision to move to Phase 3 therefore, the Laura McKenzie Learning Centre will re-open on November 09, 2020.** Details will become available for the school re-opening within the next week for parents and students. Times, Schedules, etc. As planning is taking place for in class instruction and also for those families that may wish to continue with distance learning, please let school administration know the plans for your family, whether your child will join in Phase 3 (part time in school & online) or if they will remain with online learning only.

We encourage every parent to fill in the Parent Survey so we can continue to plan on how to best meet student needs. This will be discussed at our next BIEA meeting on Tuesday Nov. 10, 2020. We wish to determine if additional resources are needed, so please outline any important needs in the survey as it is important to make decisions on what parents are thinking. We will also determine what the climate of COVID is on an ongoing basis, as we eventually wish to move to Phase 4, everyone back to school. Call school administration at anytime with questions or concerns.

We continue to thank you for your patience and understanding as we continue to work in these unprecedented times. The health, safety and well-being of students, teachers, parents/guardians, and staff is most important.

Miigwetch,

In kindness,

Cindy Hare MA Ed.  
Chairperson  
Bear Island Education Authority



BEAR ISLAND EDUCATION AUTHORITY  
LAURA MCKENZIE LEARNING CENTRE

705.237.8982

lmlc@temagamifirstnation.ca | www.temagamifirstnation.ca





# HALLOWEEN COSTUME CONTEST

LET'S HAVE A SPOOKTACULAR TIME!

SEND IN YOUR PHOTOS

BY NOVEMBER 2ND

CATEGORIES BY AGE

0-3, 4-7, 8-12, 13-18, 19+

PRIZES FOR 1st, 2nd, 3rd

SUBMIT TO THE FHWC

FACEBOOK PAGE

Family Healing and Wellness Centre

Made with PosterMyWall.com



# WILD GAME WANTED



Hunters,  
Trappers and  
Fishermen...

Consider making a donation of your wild game to the FNCG Food Security Team. Your community members would appreciate the traditional food option.

Call 705-237-8943 ext. 101

## October 29th Flu Clinic



On October 29th 2020, the Doreen Potts Health Centre held a flu shot clinic. We had a great turn out rate and the clinic ran smoothly and successfully thanks to Delma Peshabo and the wonderful nurses from the HUB in North Bay! Thank you to everyone who came to get their shot, and if you missed the clinic or are interested in receiving their flu shot, please book an appointment with Donna at the Doreen Potts health Centre at (705)237-8900 x 301. Stay safe this flu season.





FHWC PRESENTS ALWAYS FRESH

# D.I.Y PIZZA!



**PIZZA  
KITS FOR  
LMLC &  
TMFC  
STUDENTS**

**PICK UP  
FRIDAY AT  
FHWC ALL  
UNTIL 4PM**

**Kit includes - flour,  
yeast, pepperoni,  
cheese, sauce, pizza  
pan**

**What you will need -  
Oil, Water, Salt, Sugar**



**KEEP CALM AND EAT PIZZA!**





# Media Release



## Halloween Guidelines during COVID-19 October 26, 2020 - For immediate release

With Halloween fast approaching, Timiskaming Health Unit is reminding everyone to take steps to celebrate in a COVID-safe way. Whether pumpkin carving, showcasing a costume, or trick-or-treating, simple actions to modify our Halloween activities can help limit the spread of [COVID-19](#) and leave the scaring to the monsters!

Dr. Glenn Corneil, Acting Medical Officer of Health with the Timiskaming Health Unit said, “While we are still navigating our first Halloween in a global pandemic, I think we can all agree that we want everyone to be safe. If you do choose to trick or treat you must take extra precautions, or this year why not get creative and consider alternatives to traditional celebrations ([Halloween Ideas Beyond Trick-or-Treating](#)).”

Public Health will continue to consider [provincial direction](#) and the local context of COVID-19 in the days to come. Although much can change between now and October 31, and evolving situations may require events to be postponed, cancelled, or limited, many of our traditional Halloween activities can be modified in a COVID-safe way. We encourage everyone to find ways to limit the spread of the virus and still have a happy Halloween with public health measures in place.

### Trick-or-treating

While it is safest to stay home, if you choose to go door-to-door or hand out treats at home, take steps to prevent the spread of COVID-19:

- Do not trick-or-treat or hand out treats if you are sick.
- Only trick-or-treat with members of your household.
- Trick-or-treat outside and keep distance from people outside your household.
- Wear a face covering when going door-to-door or handing out candy. Remember, a costume mask is not a substitute for a face covering.
- Do not congregate or linger at doorsteps. Stand two metres apart if waiting.
- Stay near your door when handing out candy so ghosts and goblins can avoid high-touch surfaces and objects like door handles and doorbells.
- Do not leave treats in a bucket or bowl for everyone to grab. Consider using tongs, long spoons, or other similar tools to hand out treats, or set up a table with pre-bagged treats to keep distance from trick-or-treaters.
- Wash your hands often and thoroughly or use an alcohol-based hand sanitizer.
- Respect people by staying away from homes if the lights are out.
- Consider printing a [poster](#) to help let your neighbours know if you are handing out treats.

### Gatherings

Limiting contacts and in-person interactions reduces the risk of spreading COVID-19. While non-essential gathering should be limited, if you choose to host or attend a Halloween gathering, keep in mind the following tips:

- Limit close contact to members of your household.

- Keep gatherings small. Although private gatherings of up to 10 people indoors and 25 people outdoors are allowed under provincial legislation, non-essential gatherings of any size should be limited. Stick with members of your household for indoor activities.
- Keep two metres distance between people outside of your household and wear a face covering if distancing is not possible.
- Do not attend a gathering if you have any symptoms or if you are self-isolating.
- Keep a guest list in case it is needed for contact tracing.
- If food or drinks are served:
  - Avoid buffet-style food service and plan how to physically distance while distributing and cleaning up food.
  - Serve food on individual plates to prevent guests from passing and touching the same objects.
  - Have everyone wash their hands before and after eating.
- Consider participating in virtual events or not attending at all, especially if you are 70 years or older, are immunocompromised, or have underlying medical conditions.

As you make your plans, ask yourself how you can make the activity safer. Follow and use public health advice to help lower the risk of spreading COVID-19 this Halloween. The choices we make now are critical to keep our schools, workplaces, and communities safe.

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

For more information

-30-

**Media Contact:**  
 Ryan Peters,  
 Communications Manager  
 705-647-4305, Ext. 2250



# Northeastern Ontario Situation Report

<https://www.cbc.ca/news/canada/sudbury/covid-19-numbers-northeastern-ontario-1.5509386>

As of **October 30, 2020**

- There are currently **21 active cases** in northeastern Ontario — **11 in Public Health Sudbury & Districts, 8 in the Porcupine Health District, and 2 in the Algoma Health Unit district.**
- There have been a total of **330** confirmed cases since the pandemic began.
- According to health unit data, there are at least **297 recovered** cases in the region.
- A total of **12 people have died** from COVID-19 in northeastern Ontario.
- Northeastern Ontario health units are reporting that at least **236,126 tests** have been conducted for the COVID-19 virus.

| <b>Cases by health unit:</b>                  |     |
|---|-----|
| • Public Health Sudbury & Districts:          | 125 |
| • Porcupine Health Unit:                      | 98  |
| • Timiskaming Health Unit:                    | 17  |
| • Algoma Health Unit:                         | 43  |
| • North Bay Parry Sound District Health Unit: | 47  |

# COVID-19 UPDATE

## TEMAGAMI UPDATE # 40 on COVID-19

October 29, 2020

| CURRENT ACTIVE CASES                          |                   |         |                         |        |
|---|-------------------|---------|-------------------------|--------|
| Timiskaming                                   | Timmins/Porcupine | Sudbury | North Bay / Parry Sound | Algoma |
| 0   | 5                 | 12      | 1                       | 3      |
| TOTAL CONFIRMED CASES IN NORTHERN ONTARIO 328 |                   |         |                         |        |

### REMAIN VIGILANT

the best ways to prevent the spread of COVID-19:

- wearing a mask when indoors in public or outdoors if physical distancing is challenging;
- keeping a physical distance of two meters where possible;
- frequent handwashing;
- maintaining a social circle of 10 people.

**HALLOWEEN DURING COVID-19** Timiskaming Health Unit is reminding everyone to take steps to celebrate in a COVID-safe way. While it is safest to stay home, if you choose to go **door-to-door** or hand out **treats at home**, take steps to prevent the spread of COVID-19.

To have a safe and Happy Halloween, you should:

- avoid gatherings with people outside of your household;
- stay home if you are feeling ill, even if you have mild symptoms, or if you are at higher risk for serious illness from COVID-19;
- wear a face covering when going door-to-door or handing out candy. Remember, a costume mask is not a substitute for a face covering;
- consider printing a **poster** to tell trick or treaters if you are/ not giving out treats. Poster available at: <https://www.ontario.ca/page/how-celebrate-halloween-during-covid-19#section-0>

For more information please visit Timiskaming Halloween News Release: <http://www.timiskaminghu.com/>

**TRICK OR TREAT** residents who were not comfortable opening their doors to Trick or Treaters during the pandemic were welcome to bring treats to the Municipal Office. With these donations, treat bags have been prepared for the **local kids**, which will be available to pick up at the Municipality Office, Halloween Night-between 5:00 – 8:00 p.m. All donors have received a sign to display on their property.

**SEASONAL AND RECREATION USERS** if you decide to remain at your residence through the ice in and freeze up, be aware that all services may be limited during this seasonal change. Please ensure that you have enough supplies for the period.

**FLU SHOTS** are available **by appointment only** at the Temagami Family Health Team, please call 705-569-3244 and at Temagami Pharmasave, please call 705-569-3337.

The Municipal Office is still accessible via scheduled appointments, telephone and by doorbell located at the exterior doors. The Temagami Public Library is available by appointment and doorbell only. It is limited to four visitors at a time.

**THANK YOU ALL FOR YOUR SUPPORT AND EFFORTS TOWARDS  
FLATTENING THE CURVE OF COVID-19**

[www.Temagami.ca](http://www.Temagami.ca)  
(705) 569-3421

IF YOU WISH TO RECEIVE THESE UPDATES BY EMAIL  
PLEASE EMAIL [COMMUNICATE@TEMAGAMI.CA](mailto:COMMUNICATE@TEMAGAMI.CA)



# New Canada Recovery Benefits – What to Expect

CERB from CRA – how it worked: New Canada Recovery Benefits – how they will work:

|                           | Canada Emergency Response Benefit (CERB)  | Canada Recovery Benefit (CRB)  | Canada Recovery Sickness Benefit (CRSB)  | Canada Recovery Caregiving Benefit (CRCB)   |
|---------------------------|---|--|--|---|
| Benefit Periods           | <ul style="list-style-type: none"> <li>4 week periods/ \$2000 - up to a maximum of 28 weeks</li> <li>Apply at the beginning of the period</li> <li>Payments issued at the beginning of the 4-week period</li> <li>Prospective (apply at start of period)</li> <li>Apply retroactively until Dec. 2, 2020</li> </ul> | <ul style="list-style-type: none"> <li><b>2 week periods</b> \$1000 (\$900 after tax)</li> <li>Up to a maximum of <b>26 weeks</b></li> </ul>   | <ul style="list-style-type: none"> <li><b>1 week periods</b> \$500 (\$450 after tax)</li> <li>Up to a maximum of <b>2 weeks</b></li> </ul>   | <ul style="list-style-type: none"> <li><b>1 week periods</b> \$500 (\$450 after tax)</li> <li>Up to a maximum of <b>26 weeks</b> per household</li> </ul> |
| Taxable                   | <ul style="list-style-type: none"> <li>No taxes withheld on payments</li> </ul>   | <ul style="list-style-type: none"> <li>Retroactive (apply after period has ended, payments issued after the period)</li> <li>Must apply within <b>60 days</b> after period has ended</li> </ul>  |  |   |
| Earning While on Benefits | <ul style="list-style-type: none"> <li>You had stopped working because of COVID-19</li> <li>You could earn up to \$1000 per period and still keep benefit</li> <li>You were not eligible if you earned more than \$1000 during the period</li> </ul>  | <ul style="list-style-type: none"> <li>You had a 50% reduction in your average weekly income compared to last year due to COVID-19</li> <li>You will have to reimburse \$0.50 of the CRB for every dollar of net income you earned above \$38,000 for the calendar year</li> </ul> | <ul style="list-style-type: none"> <li>You must have worked <b>less than 50%</b> of your scheduled work week</li> </ul>  | <ul style="list-style-type: none"> <li>You must have worked <b>less than 50%</b> of your scheduled work week</li> </ul>                                   |
| Apply                     | <ul style="list-style-type: none"> <li>My Account</li> <li>Automated Phone Line</li> </ul>  |  | <ul style="list-style-type: none"> <li>My Account</li> <li>Automated Phone Line</li> </ul>   |   |
| Payments                  | <p>CRA service standards:</p> <ul style="list-style-type: none"> <li>3-5 business days by direct deposit</li> <li>10 business days by mail</li> <li>Many people received payments in 2 days by direct deposit</li> </ul>  |  | <p>CRA service standards:</p> <ul style="list-style-type: none"> <li><b>3-5</b> business days by direct deposit</li> <li><b>10-12</b> business days by mail</li> <li>Payments will be made within these service standards</li> </ul> |   |

**Note:** In some cases, we may need to ask applicants for more information to verify their applications. It may take us up to 4 weeks to process the applicant's claim from the date we receive their complete response. Individuals who make intentionally fraudulent claims for the Canada Recovery Benefits may face consequences, such as penalties or possible jail time.

**For more on these benefits and the application process visit [canada.ca/coronavirus](https://canada.ca/coronavirus).**







| POSITION   | NAME                  | EMAIL   | EXT |
|--|-----------------------|---|-----|
| <b>ADMINISTRATION</b>                                  |                       | <b>705-237-8943</b>   |     |
| Executive Assistant                                    | Megan Douglas         | tfn@temagamifirstnation.ca  | 101 |
| Executive Director                                     | Virginia Paul         | ed@temagamifirstnation.ca   | 102 |
| Community Infrastructure /<br>Capital Projects Manager | Jamie Koistinen       | cim@temagamifirstnation.ca<br>jamie.koistinen@temagamifirstnation.ca      | 103 |
| Human Resources  | Katie Madore          | hr@temagamifirstnation.ca   | 104 |
| Chief  | Shelly Moore-Frappier | chief@temagamifirstnation.ca  | 105 |
| Housing Coordinator                                    |                       |   | 106 |
| Communications Officer                                 | Heidi Jobson          | communication@temagamifirstnation.ca                                      | 107 |
| Community Infrastructure<br>Admin Support              | Amanda Assiniwe       | cimadmin@temagamifirstnation.ca<br>amanda.assiniwe@temagamifirstnation.ca | 108 |
| Capital Project Administrator                          | Lorie Hunter          | projectadmin@temagamifirstnation.ca                                       | 109 |
| Intern HR Assistant                                    | Courtney Saville      | courtney.saville@temagamifirstnation.ca                                   | 110 |
| Enrichment/Finance Clerk                               | Bev St.Denis          | tfnenrichment@temagamifirstnation.ca<br>apclerk@temagamifirstnation.ca    | 111 |
| Payroll/Finance Clerk                                  | Joy Cooper            | joy.cooper@temagamifirstnation.ca   | 112 |
| Finance Manager  | Vicky Blake           | vicky.blake@temagamifirstnation.ca  | 113 |
| Librarian  | Tessa Hope            | librarian@temagamifirstnation.ca  | 114 |
| Kitchen Phone  |                       |   | 116 |
| Jordan's Principle Navigator                           | Roxane Potts          | jp@temagamifirstnation.ca   | 805 |
| Regional Education<br>Agreement Coordinator            | Robin Potts           | robin.potts@temagamifirstnation.ca  | 806 |
| <b>LANDS &amp; RESOURCES</b>                           |                       | <b>705-237-8943</b>   |     |
| Membership Clerk/<br>Administrative Assistant          | Shari Mathias         | membershipecmin@temagamifirstnation.ca                                    | 201 |
| Lands & Resource Office<br>Manager                     | Carolyn Laronde       | carolyn.laronde@temagamifirstnation.ca                                    | 202 |
| Economic Development<br>Officer                        | John Shymko           | ecdev@temagamifirstnation.ca  | 203 |
| Lands & Resources Director                             | Robin Koistinen       | robin.koistinen@temagamifirstnation.ca                                    | 204 |
| Assistant L&R Director                                 | Mike Molyneux         | assistantlandsdirector@temagamifirstnation.ca                             | 205 |
| Land Code Coordinator                                  |                       | landcode@temagamifirstnation.ca   | 206 |
| TAA Administration                                     | Natasha Fortin        | jointadmin@temagamifirstnation.ca   | 207 |
| Commercial Building Caretaker                          | Jason Ball            | cbc@temagamifirstnation.ca  | 208 |
| Resource Development Advisor                           | David Laronde         | david.laronde@temagamifirstnation.ca                                      | 209 |
| GIS Technician   | Victoria Winsor       | landstech@temagamifirstnation.ca  | 210 |
| Climate Change Team Worker                             |                       | techassistant1@temagamifirstnation.ca                                     | 211 |
| L&R Technician Assistant                               | Alexandra Clarke      | techassistant2@temagamifirstnation.ca                                     | 212 |
| Natural Resources Technician                           | Meghan Pilon          | resourcestech@temagamifirstnation.ca                                      | 213 |
| Community Energy Champion                              | Harri Makivirta       | cec@temagamifirstnation.ca  | 214 |
| <b>WATER TREATMENT PLANT</b>                           |                       | <b>705-237-8631</b>   |     |
| Water Treatment Plant Operator                         | Derek Green           | derek.green@temagamifirstnation.ca  | 701 |
| Heavy Equipment / Water<br>Treatment Plant Operator    | Steve Laronde         | steve.laronde@temagamifirstnation.ca                                      | 702 |
| Public Works Superintendent                            | Tom Mathias           | pwsuper@temagamifirstnation.ca  | 705 |

| POSITION                               | NAME              | EMAIL                                    | EXT |
|--|-------------------|--|-----|
| <b>DOREEN POTTS HEALTH CENTRE</b>      |                   | <b>705-237-8900</b>                      |     |
| Office Manager                         | Donna Mattias     | dphc@temagamifirstnation.ca              | 301 |
| Health Service Manager                 | Wayne Potts       | hsm@temagamifirstnation.ca               | 302 |
| Ontario Works                          | Kim Montroy       | ontarioworks@temagamifirstnation.ca      | 303 |
| Community Health Nurse                 | Delma Peshabo     | delma.peshabo@temagamifirstnation.ca     | 305 |
| Health Promotions                      | Hope Aguonia      | healthpromotions@temagamifirstnation.ca  | 306 |
| NNADAP Worker                          | Raymond Katt      | nnadap@temagamifirstnation.ca            | 307 |
| Community Health Representative        | Elizabeth Potts   | chr@temagamifirstnation.ca               | 313 |
| <b>HOME AND COMMUNITY CARE</b>         |                   | <b>705-237-8900</b>                      |     |
| Home Maintenance Worker                | Travis Becker     | hcchome@temagamifirstnation.ca           | 308 |
| Homemaker                              | Heather Yandeu    | homemaker@temagamifirstnation.ca         | 309 |
| Personal Support Worker                | Terry McKenzie    | terry.mckenzie@temagamifirstnation.ca    | 310 |
| Home Support Worker                    | Lynn White        | lynn.white@temagamifirstnation.ca        | 311 |
| Community Support Services Coordinator | Rachel McKee      | hcc@temagamifirstnation.ca               | 312 |
| <b>FAMILY HEALING &amp; WELLNESS</b>   |                   | <b>705-237-8022</b>                      |     |
| Social Services Supervisor             | Annette Paul      | ssa@temagamifirstnation.ca               | 401 |
| Healthy Babies Healthy Children        | Alice Moore       | hbhc@temagamifirstnation.ca              | 402 |
| Community Wellness Worker              | Linda Paul        | cww1@temagamifirstnation.ca              | 403 |
| Community Wellness Worker              | Alex Paul         | cww2@temagamifirstnation.ca              | 404 |
| Community Youth Worker                 | Tyler Paul        | fwb@temagamifirstnation.ca               | 405 |
| Cultural Resource Coordinator          | Boshk Aguonia     | boshk.aguonia@temagamifirstnation.ca>    | 406 |
| Band Representative                    | Deva Bolec        | band.rep@temagamifirstnation.ca          | 407 |
| Child and Youth Worker                 | Tamara Bell       | cysw@temagamifirstnation.ca              | 408 |
| FHWC Administration                    | Alyssa Paul       | fhwc.admin@temagamifirstnation.ca        | 409 |
| <b>LMLC</b>                            |                   | <b>705-237-8982</b>                      |     |
| Education Manager                      | Lynn Mongrain     | lynn.mongrain@temagamifirstnation.ca     | 501 |
| Office Administrative Support          | Hilary Lafrancois | hilary.lefrancois@temagamifirstnation.ca | 502 |
| Principal/SERT                         | Angela Robb       | angela.robb@temagamifirstnation.ca       | 503 |
| Native Language - PM                   |                   |  | 504 |
| Grade SK/1                             | Theresa King      | theresa.king@temagamifirstnation.ca      | 505 |
| Grade 2-3 Teacher                      | Patsy Turner      | patsy.turner@temagamifirstnation.ca      | 506 |
| Grade 4-5 Teacher                      | Brian Siebert     | lmlcteacher@temagamifirstnation.ca       | 507 |
| Grade 6/7/8 Teacher                    | Tashina Paul      | tashina.paul@temagamifirstnation.ca      | 508 |
| SERT                                   | Ronda Potts       | ronda.potts@temagamifirstnation.ca       | 509 |
| SERT                                   | Shannon Bailey    | sert@temagamifirstnation.ca              | 513 |
| Grade SK-1 TA                          | James Peshabo     | james.peshabo@temagamifirstnation.ca     | 505 |
| Grade 2-3 TA                           | Siobhan Hilsden   | siobhan.hilsden@temagamifirstnation.ca   | 510 |
| Grade 4-5 TA                           | Jessica Cyr       | ta3@temagamifirstnation.ca               | 511 |
| <b>TILLIE MISSABI FAMILY CENTRE</b>    |                   | <b>705-237-8698</b>                      |     |
| RECE/Program Supervisor                | Michelle Polson   | michelle.polson@temagamifirstnation.ca   | 601 |
| TMFC Staff Room                        |                   |  | 615 |
| <b>SPECIAL PROJECTS BUILDING</b>       |                   | <b>705-237-8636</b>                      |     |
| Justice Services Coordinator           | Virginia McKenzie | justice@temagamifirstnation.ca           | 803 |

# FIRST NATION CONTROL GROUP

## ROLES AND CONTACT INFO

### FIRST NATION CONTROL GROUP

As outlined in the TFN Emergency Preparedness Response Plan (2020)

| Position & Description  | Main Contact   | Designate  |
|---|--|--|
| <b>Chief</b><br><i>Providing overall leadership in responding to an emergency</i>   | Shelly Moore-Frappier<br>OFFICE: (705) 237-8943 EXT. 105<br><a href="mailto:chief@temagamifirstnation.ca">chief@temagamifirstnation.ca</a>   | John McKenzie<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:cimadmin@temagamifirstnation.ca">cimadmin@temagamifirstnation.ca</a><br><a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a> | Tom Mathias<br>HOME: (705) 237-8388<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 Koistinen<br>OFFICE: (705) 237-8943 EXT. 103<br><a href="mailto:cimadmin@temagamifirstnation.ca">cimadmin@temagamifirstnation.ca</a><br><a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a> | Louis LeFrancois<br>DISPATCH: 1 (866) 762-0911<br><a href="mailto:2fire.chief@temagamifirstnation.ca">2fire.chief@temagamifirstnation.ca</a>             |
| <b>Public Works Rep</b><br><i>Providing and maintaining all equipment necessary as well as keeping the water/sewer services running</i>   | Jamie Koistinen<br>OFFICE: (705) 237-8943 EXT. 103<br><a href="mailto:cimadmin@temagamifirstnation.ca">cimadmin@temagamifirstnation.ca</a><br><a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a> | Tom Mathias<br>HOME: (705) 237-8388<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: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>       |

## FIRST NATION CONTROL GROUP ROLES AND CONTACT INFO CONTINUED

|   |  |  |
|---|--|--|
| <p><b>Electrical Utility Rep</b><br/><i>Monitoring the status of power outages and customers without services;</i></p>  | <p>Jamie Koistinen<br/>OFFICE: (705) 237-8943 EXT. 103<br/><a href="mailto:cimadmin@temagamifirstnation.ca">cimadmin@temagamifirstnation.ca</a><br/><a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a></p> | <p>Tom Mathias<br/>HOME: (705) 237-8388<br/><a href="mailto:pwsuper@temagamifirstnation.ca">pwsuper@temagamifirstnation.ca</a></p>                                 |
| <p><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></p>   | <p>Heidi Jobson<br/>OFFICE: 1 (705) 237-8943 EXT. 107<br/><a href="mailto:communication@temagamifirstnation.ca">communication@temagamifirstnation.ca</a></p>   |  |
| <p><b>Telecommunications Coordinator</b><br/><i>Ensuring that all communication methods continue to stay up and running</i></p>   | <p>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></p>           |  |
| <p><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></p> | <p>Lynn Mongrain<br/>OFFICE: (705) 237-8943 EXT. 501<br/><a href="mailto:lynn.mongrain@temagamifirstnation.ca">lynn.mongrain@temagamifirstnation.ca</a></p>  | <p>Michelle Polson<br/>OFFICE: (705) 237-8698<br/><a href="mailto:michelle.polson@temagamifirstnation.ca">michelle.polson@temagamifirstnation.ca</a></p>           |
| <p><b>Health Centre Administrator</b><br/><i>Implementing the health centre/ nursing stations emergency plan;</i></p>   | <p>Wayne Potts<br/>OFFICE: (705) 237-8900 EXT. 302<br/><a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a></p>  | <p>Delma Peshabo<br/>OFFICE: (705) 237-8900 EXT. 304<br/><a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a></p>        |
| <p><b>Community Spokesperson</b><br/><i>The voice of the community for outside organizations; provides updates and constant communication for media etc.</i></p>  | <p>Shelly Moore-Frappier<br/>OFFICE: (705) 237-8943 EXT. 105<br/><a href="mailto:chief@temagamifirstnation.ca">chief@temagamifirstnation.ca</a></p>  | <p>John McKenzie<br/><a href="mailto:2ndchieffn@temagamifirstnation.ca">2ndchieffn@temagamifirstnation.ca</a></p>  |
| <p><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></p>   | <p>Wayne Potts<br/>OFFICE: (705) 237-8900 EXT. 302<br/><a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a></p>  | <p>Delma Peshabo<br/>OFFICE: (705) 237-8900 EXT. 304<br/><a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a></p>        |
| <p><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></p>   | <p>Annette Paul<br/>OFFICE: (705) 237-8022 EXT. 401<br/><a href="mailto:sss@temagamifirstnation.ca">sss@temagamifirstnation.ca</a></p>   | <p>Rachel McKee<br/>OFFICE: (705) 237-8900 EXT. 312<br/><a href="mailto:hcc@temagamifirstnation.ca">hcc@temagamifirstnation.ca</a></p>                             |
| <p><b>Finance Lead</b><br/><i>Provides essential financial services such as Ontario Works cheques and other payments as required.</i></p>   | <p>Vicky Blake<br/>OFFICE: (705) 237-8022 EXT. 113<br/><a href="mailto:vicky.blake@temagamifirstnation.ca">vicky.blake@temagamifirstnation.ca</a></p>  | <p>Beverly St.Denis<br/>OFFICE: (705) 237-8943 EXT. 111<br/><a href="mailto:beverly.stdenis@temagamifirstnation.ca">beverly.stdenis@temagamifirstnation.ca</a></p> |
| <p><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></p>  | <p>Raymond Katt<br/>OFFICE: (705) 237-8900 EXT. 307<br/><a href="mailto:nnadap@temagamifirstnation.ca">nnadap@temagamifirstnation.ca</a></p>   | <p>Delma Peshabo<br/>OFFICE: (705) 237-8900 EXT. 304<br/><a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a></p>        |