

Curve Lake First Nation Newsletter



February 2021



Photo: Henry's Gaamiing

Government Services Building
22 Winookeedaa Road
Curve Lake, Ontario K0L1R0
Phone: 705-657-8045
Fax: 705-657-8708
www.curvelakefirstnation.ca

For any communication related
inquires, please contact Mile
Lazarevski, Communications/
Community Engagement Officer
at 705-657-8045 ext. 209 or
communication@curvelake.ca.

A Message from Chief Emily Whetung



Aaniin Community,

This month, I want to dedicate some time to share an update on our water claim.

For far too long our community has gone without access to clean drinking water. Not having access to clean water has impacted our community in so many ways. Without easy access to clean water, our ceremonies are more difficult to plan or cannot proceed at all, our events cost more because we have to truck water in, our community get-togethers are more difficult because we can't use the water out of the tap. Moreover, many of our families suffer serious health consequences, whether it is rashes, stomach illness or concerns for little ones and elderly resulting from lack of water, lack of clean water, high sodium or magnesium levels or other related causes. Our people face the financial consequences of having to constantly buy bottled water, or having filtration systems and UV lights installed – systems that don't always fix the problem, but at least sometimes make the water safe to bathe in. Some of the point-of-use systems don't make the water useable. They just make sure that you won't get E. Coli, but you still can't bathe because the water can cause rashes and skin conditions.

We are writing today to let you know that getting clean water for our community is our top priority. You may remember that we wrote a letter in November 2019 letting you know that we had brought a lawsuit against the Federal Government claiming they have an obligation to provide clean water to our communities. All of the conversations we had with members about this lawsuit were very positive – it is time we did this! We have seen other individual First Nations bring lawsuits against Canada for similar issues in the past. However, these lawsuits do not seem to be advancing very quickly because they are just one voice and Canada hasn't appeared to deal with them. We have seen time and time again with lawsuits, like the Indian Day School and the Residential School Class Actions that when we stand together, our voices are heard!

OUR CLAIM

We have continued to pursue this litigation and have amended our claim to say that Canada has an obligation to provide clean water to ALL First Nations. Our claim was amended in March 2020 to make this happen. Our claim has the support of all of the Chiefs Of Ontario and the Assembly of First Nations behind it – the claim for damages is \$2.1 Billion and it has gotten Canada's attention. The lawsuit is moving forward quickly.

Our lawsuit is asking the Courts to find that Canada has a duty to provide clean water to First Nations. We hope to establish this duty in the near future, and are filing additional documents with the Court shortly. Many of our community members have participated in helping us with the court documents and statements necessary to advance our claim. If you are interested in participating, please let us know by contacting Chief Emily Whetung at EmilyW@curvelake.ca.

Secondly, we are claiming that Canada must pay the cost to install proper water treatment plants in all First Nations that have had a Drinking Water Advisory ("DWA") that lasted more than a year since 1995. We are seeking to have Canada cover the operations and maintenance costs of these water treatment plants. We are working with many other First Nations to advance this claim, and Neskantaga First Nation is one of the named plaintiffs in our case. The reason Neskantaga is working so closely with us is so that we can provide a wide range of facts to the courts. Curve Lake has a serious need for a water treatment plant; Neskantaga has a water treatment plant that has been non-functioning for 25 years. Curve Lake needs the money to build one; Neskantaga needs the money to make theirs work. By working together, we are able to claim both the costs to build water plants and the costs of keeping them operating the way they are supposed to operate.

We are also working with Tataskweyak First Nation who has brought a similar lawsuit in Manitoba. By working together and bringing the claims in two different Courts (the Federal Court for Curve Lake First Nation's action and the Manitoba Court of Queen's Bench for Tataskweyak First Nation) we have been able to demonstrate a broad scope of support nationally.

IMPORTANT NOTE FOR INDIVIDUALS

It is important to note that our lawsuit also includes a claim for personal damages suffered by any individual who resided on a First Nation reserve during a DWA that lasted more than one year since 1995. For example, in Curve Lake, we had a DWA from August 14, 2015 to June 6, 2018. If you lived in our community during this time, you are automatically part of the class action.

We want to be clear – there is no guarantee that we will get the necessary water treatment plants or any personal compensation, but we have been stuck in a cycle of feasibility study after feasibility study with no movement for almost four decades. We will only receive compensation if we 'win' the lawsuit or can negotiate a settlement with Canada.

If you do not want to be a part of the lawsuit, you can choose to opt out by filling out the forms on the class action websites. Or, if you would like to know more about the lawsuit, you can find that information on the class action websites also. The websites are:

<https://www.mccarthy.ca/en/class-action-litigation-drinking-water-advisories-first-nations-0>

and

<https://www.oktlaw.com/services/cases/class-action-litigation-on-drinking-water-advisories-on-first-nations-reserves/>

OUR CURRENT RELATIONSHIP WITH THE FEDERAL GOVERNMENT

Finally, we would like to acknowledge that we continue to work cooperatively with Canada wherever possible to move our water treatment needs forward. Recently, in August 2020, Indigenous Services

Canada gave us a commitment to fund the \$2.6 million needed to design a water treatment plant. This involves working with an engineer to determine EXACTLY what our water treatment plant would look like – from the exact location of the treatment building, to the wires on the electrical panel, to where each pipe will need to go, and every aspect in between. This is the biggest step we have been able to take since 1983 when the subdivision got the small water treatment system for those 56 homes. After a month-long bid process, Council agreed on Monday January 25th, 2021 to award this contract to First Nations Engineering Services Limited. They will begin work on designing the system in the coming weeks.

While we are thrilled with the progress made late this summer, there is still work to be done. Once the system has been designed, we still need to secure almost \$50 million to build it. We continue to work with Indigenous Services Canada to try to find ways to fund the build project. We anticipate that the system design will be completed by the end of 2021 and we will continue to use that time to advocate for the money needed to bring clean water home!

FREQUENTLY ASKED QUESTIONS

Q: Why don't you just save some money and build your own water treatment plant?

A: Nearly all of Curve Lake's funding comes through government agencies – both from Canada and the Province of Ontario. When these government agencies give money to us, it is only for specific things and anything 'leftover' must be returned to the government agency we received it from. We cannot 'save money' to build a treatment plant and we cannot use money from a program to put towards a treatment plant.

Q: How are we paying for the lawsuit?

A: We only have to pay the lawyers if we 'win' or settle the lawsuit. When you 'win' a lawsuit the Court determines what amount in legal fees and costs will be paid to the winner. If we settle the lawsuit, the legal fees and costs of our lawyers will likely be negotiated with Canada.

Q: Who are the lawyers?

A: McCarthy Tétrault LLP and Olthuis Kleer Townshend LLP are acting as our lawyers. Each law firm has a dedicated website to the class action. The website at McCarthy Tétrault LLP is <https://www.mccarthy.ca/en/class-action-litigation-drinking-water-advisories-first-nations-0> and the website at Olthuis Kleer Townshend LLP is <https://www.oktlaw.com/services/cases/class-action-litigation-on-drinking-water-advisories-on-first-nations-reserves/>. You can reach them by contacting Stephanie Willsey of McCarthy's at 416-601-8962, Toll-Free 1-877-244-7711, Email: swillsey@mccarthy.ca or OKT's office at 416-981-9330, or by email Bryce Edwards: bedwards@oktlaw.com or Kevin Hille: khille@oktlaw.com.

Q: Why are we working with other First Nations?

A: We have seen that when First Nations put their voices together, Canada is more likely to listen to our concerns. This was true in the Residential School Class Action and the Indian Day School Class Action. We also want to be able to show all the reasons why Canada has an obligation to provide clean water and by working with other First Nations we are able to put more and different facts in front of the Court.

Legal Notice

Are You a Member of a First Nation That Has Been Subject To A Long-Term Drinking Water Advisory?

If YES, A Class Action May Affect Your Rights and the Rights of First Nations

A court authorized this notice

- You could be affected by a class action involving access to clean drinking water in your First Nation Communities.
- The Manitoba Court of Queen's Bench and the Federal Court of Canada has decided that class actions on behalf of a "Class" of both First Nations and band members may proceed. Band members can choose whether to stay in the Class. First Nations can choose whether to join the Class. The Courts appointed Tataskweyak Cree Nation, Chief Doreen Spence, Curve Lake First Nation, Chief Emily Whetung, Neskantaga First Nation, and Chief Christopher Moonias to act as representative Plaintiffs for the Class.
- The Courts have not decided whether Canada did anything wrong, and there still has to be a Court case about whether Canada did anything wrong. There is no money available now and no guarantee there will ever be any money. However, your rights are affected, and you have a choice to make now. This notice is to help you and your First Nation make that choice.

INDIVIDUAL BAND MEMBERS: YOUR LEGAL RIGHTS AND OPTIONS AT THIS STAGE	
DO NOTHING: KEEP YOUR RIGHTS UNDER THE CLASS ACTION	Stay in these lawsuits and wait for the outcome. Share in possible benefits from the outcome but give up certain individual rights. By doing nothing, you keep the possibility of receiving money or other benefits that may come from a trial or settlement. But, you give up any rights to sue Canada on your own about the same legal claims in this lawsuit.
REMOVE YOURSELF (OPT OUT)	Get out of these lawsuits and get no benefits from it. Keep rights. If you ask to opt out and money or benefits are later awarded to Class members, you won't get a share. But, you keep any rights to sue Canada on your own about the same legal claims in this lawsuit.
FIRST NATIONS: YOUR LEGAL RIGHTS AND OPTIONS AT THIS STAGE	
CHOOSING TO JOIN THE CLASS (OPT IN)	Join the Class. If you join, your First Nations might share in money and benefits from the outcome. By joining the Class (opting in), First Nations might receive money or other benefits, including water infrastructure, that may come from a trial or settlement in the Class Action. Opting in is an easy process, and there is no cost to opt in.

**QUESTIONS? CALL TOLL-FREE 1-800 538-0009 OR VISIT
WWW.CLASSACTION2.COM/DRINKINGWATER.HTML**

Aki Lands

The Lands Department is working diligently to continue to provide services to the community in a safe and effective manner. If any appointments are necessary we can work with you to set up video calls and other methods of communication.

Wills and Estates

The Estates Coordinator programming continues to run as usual and appointments are being taken for wills and estates related requests over the phone.

Membership

The Membership Coordinator is currently NOT taking appointments for status card renewals, however she can be contacted for more information about the application of obtaining a secure status card or any other membership related inquiries. The Williams Treaty working group continues working very hard on reviewing files of new members and existing members to determine eligibility.

Leasing

The Leasing Officer is currently NOT taking in-person appointments for leasing, however, she can be contacted for any leasing inquiries. We continue to monitor for seasonal lessees attending their cottages.

Environment

Our Environmental Coordinator is back and any on reserve environmental concerns or inquiries can be forwarded to her. She is also currently working on mapping the trails on Curve Lake owned property for the community.

Other Lands

The Lands Manager is working on preparing for the end of the fiscal year. We are also continuing the work on the Community Land Use Plan, which will eventually be used for a community land use bylaw. We continue to register documents and provide as many services as we can over video call when possible. Don't hesitate to contact us if you have a lands related inquiry or would like

information registered into the Indian Lands Registry - we would be happy to help any way we can.

Contact information:

Environmental Coordinator, Krista Coppaway:
705-772-6731

Estates Coordinator, Naansii Jamieson:
705-957-7483

Lands Manager, Delaney Jacobs:
705-957-0649

Leasing Officer, Breanna Knott:
705-559-5805

Membership Coordinator, Lois Taylor (in-office):
705-657-8045



G'kinoo'amaadiwin Education

Re-Opening of OELC and CLFN School

As communicated by Chief & Council, the dates for children returning to programming was extended and is now February 15, 2021. Staff will contact families with the information needed. Parents have the opportunity to keep their children at home, as online learning will continue for grades JK-4.

OELC

Staff have been working from home and will continue to do so until February 8, 2021. They will return to the Centre then to prepare for the children returning the week of February 15, 2021.

CLFNS

Online learning is continuing at the school. Parents should have communicated to Principal, Tammy Taylor by now if their children will return to the classroom or continue with online learning. Information will continue to flow from the school in the usual manner regarding the re-opening the week of February 15, 2021.

Provincial Programs

Students have returned to the classroom as of January 25, 2021. Busing has resumed as well. Please keep the Education office

informed of any changes to your child's schooling. If you need any information please reach out to the department staff. Learning hubs will resume as soon as staff are able to attend work in person. Staff will communicate dates with the appropriate families.

Post-Secondary Program

Please remember to keep Post-Secondary Education Officer, Deanna Jacobs informed of any changes to your education.

Library and Anishinaabemowin

Programming will continue online. Please access the Library Facebook page for opportunities to participate in programming.

The Curve Lake Health Centre Presents:



WEEKLY ASYMPTOMATIC COVID-19 TESTING

Wednesdays 9:30 am-1 pm

By Appointment Only

Call Alisa Rose R.N. Community Health Nurse

705-657-2557 or alisap@curvelake.ca



**Wellness Team presents
an online Seminar on**

Journey to Healing Trauma

February 17, 2021 (4:30-7:30pm)

This Seminar will provide the foundation to healing trauma. This seminar will identify a Trauma Stress Release Exercise that can be used to manage flashbacks/triggers of the trauma.

Contact Courtney to sign up:
Call/Text (705)927-0344
Email: CourtneyT@curvelake.ca

Keynote Speaker: Gerald Kiesman
Gerald has facilitated over 400 workshops throughout Canada in 10 years as the owner of Restoring Balance Consulting, training community workers on Trauma and PTSD and has facilitated healing workshops for youth and adults. He has a Somatic Experiencing Trauma Training Beginners Level 1,2,3, a Professional Counseling Certificate, knowledge of traditional healing practices.

Names will be put in a draw for some prizes

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BINGO

FEBRUARY 11 AT 2 PM

GETSIINYAG 55+

PLEASE JOIN MY MEETING FROM YOUR COMPUTER, TABLET OR SMARTPHONE.
[HTTPS://GLOBAL.GOTOMEETING.COM/JOIN/659763861](https://global.gotomeeting.com/join/659763861)

YOU CAN ALSO DIAL IN USING YOUR PHONE.
 CANADA: +1 (647) 497-9391

ACCESS CODE: 659-763-861

PLEASE CONTACT JOANNE AT 705-657-2557 TO SIGN UP!

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February is Children's Oral Health Month!!

Brushing & Flossing Contest!

This contest is super easy!

All you have to do is snap a picture of you or a loved one in your household brushing or flossing their teeth and submit it with the answers to the following Questions;

1. How long should you brush your teeth for?
2. How often should you brush your teeth?
3. How often should you floss your teeth?

Contest Entries should be emailed to SteveToms@curvelake.ca or posted on the Curve Lake Health Centre Page under this poster.

Contest will be open until February 28th, 2021.

Only 1 Entry per person please




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FOOD BANK – FEBRUARY CALENDAR

Food Bank

Wed February 3rd
9:00 am to 11:00 am



Dairy Box

Wed February 10th
2:00 pm to 4:15 pm

Produce Box

Wed February 24th
12:00 pm to 4:15 pm



Food Bank is Open Mon-Thurs 8:30am till 4:30pm
For more info, contact the Food Bank- 705-957-3539 or 705-979-2055

Aki Miigwewina Kaagiikedowenan *Lands & Resource Consultation*

Consultation Department at a Glance in January 2021

Happy New Year to you all! Protecting the rights and resources of Curve Lake First Nation citizens is the Consultation Department's main priority. If you ever see anything on the territories that you feel needs attention, or if you have any concerns about engagement/consultation on certain projects, please contact Kaitlin Hill KaitlinH@curvelake.ca and/or Julie Kapyrka JulieK@curvelake.ca and/or Jordon MacArthur (for archaeology) JordonM@curvelake.ca. Some highlights in Consultation this month include:

Burleigh Falls Dam Reconstruction Project:

Consultation staff are actively engaged with construction monitoring and oversight with the environmental site management plan for Phase I of this project. A community meeting was held on January 6th, 2021 hosted by Parks Canada to share information and explain the construction process. Our focus remains on the protection of the fishery, water, and environment. Phase I includes reinforcement of current infrastructure through to March 31st, 2021.

Williams Treaties First Nations and Parks Canada/TSW Steering Committee:

Underwater archaeology research results were shared. James Conolly, Trent University, with permission from CLFN, surveyed the underwater landscapes within the TSW in 2019 and also recorded any archaeological artifacts. Future research has been proposed to record underwater sites and to collect artifacts. Update provided on infrastructure projects. Work continues on the Manoomin Protection Plan.

Relationship Framework Agreements with Industry Proponents:

Progress is being made with regard to the development of several agreements with a variety of energy sector specific industries. A Terms of Reference has been created and completed with the Canadian Nuclear Safety Commission and next steps include developing a workplan that supports capacity building within our

department. Relationship building continues with representatives of BWXT and CNL as we finalize frameworks for engagement. Work is also underway regarding engagement agreements with OPG on the Darlington Project (DNNP) as well as with their hydro sector in which CLFN will participate in a fish rescue.

Harper Creek ATIP (access to information)

Review: The Consultation Department received the final review from Cambium Indigenous Professional Services of the documents provided by the Department of Fisheries and Oceans Canada (DFO) regarding a proposed re-alignment of Harper Creek in PTBO. This creek houses a unique and rare cold water brook trout that has remained genetically sound for over 5000 years. Michi Saagiig communities and the City have been collectively working together to protect, restore, and enhance the creek to support and maintain the brook trout population. Results indicate that restorative measures are required if the creek is to remain stable and healthy. Our staff remain actively engaged on this file and will fully participate in developing an ecological restoration plan for the creek.

Metrolinx: We are currently working towards a capacity funding agreement and relationship building activities, preparing for the formal delegation of the duty to consult to Metrolinx from the MTO. Consultation staff met with representatives from their environmental team by request, as they reached out to better understand how to address CLFN's archaeological concerns and needs. Metrolinx now engages with CLFN's Archaeological Protocol and we are actively participating in Stage 1-2 archaeological assessments that they undertake. Next steps include addressing participation in environmental assessments and mitigation inclusion and oversight.

Department of Fisheries and Oceans, Fishing Act Authorizations (FAA's): Staff attended 3 separate FAA meetings to discuss the inclusion of Indigenous Knowledges to protect fish and fish habitat in offsetting and restoration plans.

These include Harper Creek, Burleigh Falls Dam, and 2 creeks in Pickering that were affected by Trans-Northern Pipelines Inc.

Canadian Canoe Museum: Consultation staff met with representatives from the museum board to discuss new plans underway for the relocation of the national museum to a different site in the City of PTBO. The previous site location has suffered legacy contamination to its soils, and it was deemed no longer viable as a site for the new museum. Focus has now shifted to the endeavour of creating a space to appropriately house and exhibit the country's collection of canoes within Michi Saagiig territory. The CCM is looking at lands on Ashburnham Drive beside the Parks Canada property and will be reaching out broadly to community as it moves through the planning and proposal stages of the project.

Parks Canada Rouge Urban National Park (RNUP) Species at Risk Plan: As part of the First Nation Advisory Council for Rouge Park, Consultation staff will be meeting late in January with RNUP staff for a presentation and discussion regarding their species at risk plan for the park. Consultation staff, through the RRCC Committee also continue to work with RNUP to develop a strategy to address the increased turtle mortality in certain areas of the park.

PTBO County: Collaborative work continues on the County Official Plan. County planning reps hosted a meeting specifically for CLFN and HFN as both communities had not been able to attend the Dec. in-person meeting. Final

drafts of the document are in sight and we are currently working on specific wording for Michi Saagiig recognition (of rights) and inclusion (engagement expectations) throughout the official document.

CLFN Archaeology Program: As the field season has wrapped up, the reports have started to come in. The Archaeological Program Administrator has been busy reviewing and editing reports to ensure the cultural integrity of Curve Lake First Nation is represented in the reports. This includes conferring with the reports provided by the Cultural Heritage Liaisons from their days in the field. Along with report reviews, we have been asked to assist in some archaeological modelling for Peterborough region, and the early phases of the project have already begun. This project will help to locate, and hopefully protect, archaeological sites from being damaged or developed unnecessarily, as well as highlight and include local knowledges from surrounding Michi Saagiig communities. Lastly, planning for the Cultural Heritage Liaison Training Program has begun - we are hopeful to be able to run the program in 2021 to continue training liaisons and providing jobs for the community that support the protection of Curve Lake First Nation's cultural heritage. Updates will be coming in following months as the planning continues.

Stay safe and healthy everyone! Wishing you all a happy and productive 2021!

Kaitlin, Julie, and Jordon

Salt/sand is available to First Nation Members for personal use at the Public Works yard.
Please bring your own bucket/container and shovel.
Pick up is only during normal business hours for safety reasons and at your own risk.
Call (705) 657-2178 to make arrangements for access.

For First Nation Members who would like salt/sand for commercial purposes, please inquire at the phone number above for availability and pricing.
CLFN Public Works reserves the right to limit availability depending on road maintenance needs.





YOUTH Night

Thursdays biweekly from
5:30-6:30pm

Youth 10-12

Jan 28 - Idea sharing and Goal setting
Feb 11 - Vision Boards
Feb 25 - Bingo and Guest Speaker

Contact Courtney or Lori to sign up!
Courtney (705) 927-0344 or
CourtneyT@curvelake.ca
Lori Email: LoriF@curvelake.ca

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FEBRUARY IS Children's Oral HEALTH MONTH!!!

JOIN US ON MONDAY, FEBRUARY 22, AT 5PM FOR AN INTERACTIVE SESSION WITH OUR CHILDREN'S ORAL HEALTH INITIATIVE DENTAL HYGIENIST, CECILIA WASYLYAK. SHE WILL BE AVAILABLE TO ANSWER YOUR QUESTIONS AND GIVE YOU SOME TIPS AND TRICKS! FOR MORE INFORMATION, PLEASE CONTACT STEVE AT (705) 657-2557 OR EMAIL STEVETOMS@CURVELAKE.CA

ARE YOU LOOKING FOR SOME TRICKS AND TIPS TO GET YOUR LITTLE ONES TO BRUSH AND FLOSS? ARE YOU LOOKING FOR GENERAL INFORMATION ABOUT YOUR CHILDREN'S ORAL HEALTH?

PLEASE JOIN MY MEETING FROM YOUR COMPUTER, TABLET OR SMARTPHONE.
[HTTPS://GLOBAL.GOTOMEETING.COM/JOIN/313718581](https://global.gotomeeting.com/join/313718581)

YOU CAN ALSO DIAL IN USING YOUR PHONE.
CANADA: 1 (647) 497-9391

ACCESS CODE: 313-718-581

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YOUTH Night

Thursdays biweekly from
5:30-6:30pm

Youth 13-17

Jan 21 - Idea sharing and Goal setting
Feb 04 - Vision Boards
Feb 18 - Bingo and Guest Speaker

Contact Courtney or Lori to sign up!
Courtney: (705) 927-0344 or
CourtneyT@curvelake.ca
Lori: LoriF@curvelake.ca

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Mskezi Ode Challenge Red Heart Challenge

The Recreation Department challenging ALL residents to build a SNOW HEART and Paint it red. Let's show how much we love our Community and each other. Let's see how many SNOW HEARTS we can get!

We can provide red food colouring and a spray bottle if needed.

Can't get outside, that is okay let us know maybe we can find someone to build one for you!

Or we can drop off some red coloured paper and you can create one and place it in your window!

For the month of February,

Please contact lorif@curvelake.ca if you require supplies or have questions

EYeshchigewad Kina

Economic Development

Setting Goals and Starting Businesses!

February is the month you can plan to get paid for doing what you LOVE!

January has come and gone and what a start to the New Year! In February, the Economic Development Department continues to support our community members in achieving their passions through creating small business goals. The online information session provided our future small business start-ups with the opportunity to listen and ask questions to some of our amazing local businesses and area organizations. February will also see some of those participants put their ideas and plans into motion! The entrepreneurship training begins February 1st. Let's cheer on those future small business owners!

Digital Main St. – shopHERE program: If you are a small business owner without a website or looking to add to your existing website, this program could be for you! www.digitalmainstreet.ca

WHAT DOES THE PROGRAM DO?

- creates and configures your online store
- trains you on how to manage it
- provides support to get your online store live
- helps with marketing the store

WHO IS ELIGIBLE?

- under 10 full time employees (25 if a restaurant)
- registered business in Ontario
- can be a business or artist
- home based or commercial business

WHAT ARE THE PROGRAM BENEFITS?

- free 1:1 support with building and launching an online store
- ad credits including \$100 for Facebook and Google
- free .CA domain registration
- and many more benefits

Tourism Resiliency Fund - Here is another funding opportunity for local small businesses from Peterborough Kawartha Economic Development!

"Peterborough & the Kawarthas Economic Development is pleased to inform you that, together with our partners at Community Futures Peterborough, we will be launching a new fund to support tourism dependent businesses in the Peterborough & the Kawarthas region. The COVID-19 global pandemic has caused a significant decline in tourism activity.

Peterborough & the Kawarthas Economic Development and Community Futures Peterborough will be administering non-repayable financial support ranging from \$2,500 to \$20,000 for eligible tourism-dependent businesses in the City of Peterborough, County of Peterborough, Hiawatha First Nation and Curve Lake First Nation."

There are two intakes:

1st intake – Retroactive June 2020 to February 15th, 2021 and the

2nd intake - April 1, 2021 to February 2022

Information can be found at: <https://peterboroughed.ca/funding/>

ELIGIBLE EXPENSES INCLUDE:

- Eligible expenses must be incurred beginning June 1st, 2020

- Implementation of health and safety protocols
- Alterations to accommodate social distancing (eg. Expansion of patio space for restaurants and/or acquisition of outdoor hearings, or HVAC upgrades)
- Purchase of PPE and cleaning supplies for workers; and
- Implementation of digital tools and transformations for tourism operators (e.g. virtual queue and timed entry ticketing).

The application can be found at: <https://peterborough.ca/tourism-funding-application/>

We want to help you create the best world for yourself, doing what you love and getting paid for it. If you have questions or just want to share ideas with us, please contact Katie Young Haddlesey @ KatieYH@curvelake.ca, Stephanie Tripp @ StephanieT@curvelake.ca or Mindy Knott MindyK@curvelake.ca, we would love to hear from you!

"You have to work on the business first, before it works for you".

CURVE LAKE ECONOMIC DEVELOPMENT DEPT

VIRTUAL ENTREPRENEURSHIP TRAINING

WITH MALLORY GRAHAM

**FEB
2021**

**1, 8, 16, 22
& EVERY THURSDAY**

**TIME: 9AM - 1PM
TIME: 1PM - 2PM**

**BY THE END OF THIS TRAINING YOU SHOULD HAVE A WORKING
BUSINESS PLAN.
FOR MORE INFO OR TO REGISTER PLEASE CONTACT MINDY KNOTT
MINDYK@CURVELAKE.CA OR STEPHANIE TRIPP
STEPHANIE@CURVELAKE.CA**

SCHEDULE

Week 1
Feb 1st - New Venture
Creation/Business Planning
Feb 4th - Q&A

Week 2
Feb 8th - Business Planning Cont'd
Feb 11th - Q&A

Week 3
Feb 16th - Marketing & Sales
Feb 18th - Q&A

Week 4
Feb 22 - Profitable Operations
Feb 25 - Q&A



Naabijekewinan *Infrastructure*

Water Treatment Plant, Distribution and Storage Design Project

Colliers Project Leaders Inc. was selected as the Professional Project Manager and the project management contract is in place. A Request for Proposals for the Design Consultant was prepared and posted with a closing date of January 5, 2021. Six proposals were received and evaluated on January 18th. A recommendation to award the WTP Design contract will be presented at the January 25, 2020 Council meeting. Design activities will take place from January to December 2021, ending with the preparation of the Construction Tendering Package and work on securing construction funding from Indigenous Services Canada.

CMHC Section 95 Allocation

Curve Lake has received funding approval from Canada Mortgage and Housing Corporation for four 1 bedroom units. A Request for Quotes will be developed and administered according to the CLFN Procurement Policy. The plan is to begin construction of these units in the early spring.



Roads Drainage Project – Investing in Canada Infrastructure Program

CLFN Received a funding commitment from ICIP in the amount of \$722,873.84 to improve drainage of all First Nation owned roads and rebuild some areas of Mississauga Street. Public Works has had the ditches surveyed to facilitate obtaining quotes. A Request for Quotes will be developed and advertised as per the CLFN Procurement Policy. The work will be scheduled for the summer of 2021.

Curve Lake Health Centre Presents

A "Community" Pancake Breakfast

Looking for a way to celebrate Valentine's Day, Family Day or Pancake Tuesday in your home? We can help!

A Pancake Breakfast Distribution

Drive Thru
February 12, 2021
12PM-6PM

Pancake Breakfast Supplies will be available in a drive-thru style pick up at the Community Centre for Every On-Reserve Member Household.

If you are unable to pick up your package please contact us to arrange drop off by
Wednesday February 9

For more information contact
Marcie or Steve at (705)
657-2557 or email
MarcieW@curvelake.ca or
SteveToms@curvelake.ca



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Health & Family Services
Centre
38 Whetung Street East
Curve Lake, Ontario K0L 1R0



Phone: 705.657.2557
Fax: 705.657.3067
www.curvelakefirstnation.ca

COVID19 Vaccine Expression of Interest Form

We want to vaccinate as many of our members and member households as possible and support you to be safe and healthy. For that reason we are asking that MEMBERS AND RESIDENTS OF CURVE LAKE to fill in this form and submit it to the Curve Lake Health Centre by FEBRUARY 14th. If you are not a resident of Curve Lake but are a member household we also want to hear from you! We are trying to determine how many doses of the vaccine we need to order. Our intent is to deliver the vaccine in the community in a 'drive through' fashion.

Those who do submit the form by the 14th you will be entered in a draw to win. We have three prizes to draw for - \$100 amazon gift card, \$100 walmart gift card, and \$100 grocery store gift card. Vaccine forms can be emailed to: AlisaP@curvelake.ca, mailed or dropped off at 38 Whetung St E, or you can call the health centre and we will fill the form in with you over the phone (705) 657-2557.

Your information will be kept confidential and will be used only to contact you (if you win the draw) and to schedule a time to receive the immunization when we have a timeline for delivery.

Name:	
Phone number:	
Address:	
How many people over the age of 18 in your household are interested in receiving the COVID-19 vaccine in Curve Lake?	
How many of those people are Curve Lake status members?	
How many people in your household are interested in receiving the vaccine (if available) and are between the age of 16-18?	
How many of those people are Curve Lake status members?	
Do you want to be entered in the gift card draw?	
Date	

Please note we will be happy to deliver the vaccine to all Residents regardless of their membership and to all members who wish to travel to Curve Lake to receive their immunization.

Census Jobs

Statistics Canada will be hiring in your community!

- Schools, housing, and health and emergency services are all planned using census data.
- Use your local knowledge and sharpen your skills by working for the census.
- In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.
- Help your community to plan for the future— apply as of January 6, 2021!

IMPORTANT TO KNOW:

- Pay varies **by position** from \$17.83 to \$21.77 per hour (in select Northern and remote communities, rates are from \$29.25 to \$31.25 per hour), plus authorized expenses.
- Start and end dates vary by position and location, but are between March and July 2021.
- You must be available to work flexible hours, mainly evenings and weekends.

Emplois au recensement



Statistique Canada embauchera dans votre collectivité!

- La planification des écoles, du logement ainsi que des services de santé et d'urgence se fait au moyen des données du recensement.
- Mettez à profit vos connaissances locales et perfectionnez vos compétences en travaillant au recensement.
- Dans le contexte actuel de la COVID-19, nous nous engageons à assurer la sécurité de nos employés en tout temps.
- Aidez votre collectivité à planifier l'avenir : postulez dès le 6 janvier 2021!

RENSEIGNEMENTS IMPORTANTS :

- Le taux de rémunération varie entre 17,83 \$ et 21,77 \$ l'heure **selon le poste** (entre 29,25 \$ et 31,25 \$ l'heure dans certaines communautés du Nord et éloignées), en plus des dépenses admissibles.
- Les dates de début et de fin d'emploi varient selon le poste et le lieu de travail, mais se situent dans la période allant de mars à juillet 2021.
- Vous devez être disponible pour travailler selon un horaire flexible le jour, le soir et la fin de semaine.

Save the date! Apply as of January 6, 2021.



www.census.gc.ca

TTY (a telecommunications device for deaf persons): 1-833-830-3109

Retenez cette date — postulez dès le 6 janvier 2021.



www.recensement.gc.ca

ATS (un appareil de télécommunication pour personnes sourdes) : 1-833-830-3109



Statistics
Canada

Statistique
Canada

Canada

15
Min

GET TESTED FOR **COVID-19**
With the Rapid Antigen Test



HAVE YOUR RESULTS IN MINUTES

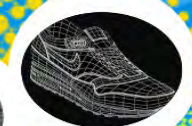
Every Tuesday & Thursday

Available to Curve Lake Residents & Employees

Contact Alisa at 705-657-2557 or
alisap@curvelake.ca for an appointment

15
Min

Virtual 3D Modeling CAMP



Using
Blender
Software

Session 1 (1.5 hours): Step into the world of 3D Modeling using Blender. This course provides beginner instruction to moving and transforming objects in 3D space

Session 2 (1.5 hours): Learners will use the 3D modelling kit provided to build 3D models and then learn to bring these into a 3D environment online using Blender

Wednesday
Feb 10 & 17

5:30pm
to 7pm

FOR GRADE 4 AND UP
CONTACT JACK HOGGARTH AT
JACKH@CURVELAKE.CA TO SIGN UP
BEFORE FEBRUARY 3RD

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Anishinaabemaawanjii' Aidiwigamig *Cultural Centre*

Cultural Centre Services

January 2021

705-657-2758

Aaniin O'shkiigmong,

As the New Year is upon us, we have been faced with unprecedented circumstances that is quickly changing the way that we interact with one another. The Cultural Centre would like to extend the following services to our community members:

- **Archival Research** (Family Trees, Clan Research, Historical Information)
- **Virtual Programming** (Accessible Cultural and Traditional Knowledge)
- **Medicine Delivery/Pickup** (Sweetgrass, Sage, and Tobacco)

Stay safe, and feel free to contact us through our emails as we are working from our homes during the pandemic.

Jack Hoggarth—JackH@curvelake.ca

Tracey Taylor—TraceyT@curvelake.ca

Wellness Team presents
an online Seminar on

Trauma and Addictions

February 16, 2021 (4:30-7:30pm)

This Seminar will look at the relationship between trauma and addiction. It will help you have a greater understanding of how imprints of unresolved trauma in the mind and body can lead to addictive behaviors.

Contact Courtney
to sign up:

Call/Text (705)927-0344

Email:

CourtneyT@curvelake.ca

Keynote Speaker: **Gerald Kiesman**

Gerald has facilitated over 400 workshops throughout Canada in 10 years as the owner of Restoring Balance Consulting, training community workers on Trauma and PTSD and has facilitated healing workshops for youth and adults. He has a Somatic Experiencing Trauma Training Beginners Level 1,2,3, a Professional Counseling Certificate, knowledge of traditional healing practices.

Names will be put in a draw for some prizes

Men's Group

Come Join us!

Wednesday Evenings!
6:00pm-7:30pm

Trauma & Addiction-Feb 16

(4:30pm-7:30)

Journey to Healing Trauma-Feb 17

(4:30pm-7:30pm)

Feb
03

Painting by Numbers

Diamond Painting reduces stress and anxiety, trains your brain to focus, helps your fine motor skills, helps bring out your creativity side.

House Scavenger Hunt

There will be teams, so you need to make sure you're able to attend the online session and sign up well in advance!

Feb
10

Feb
24

Bingo and Ending of the Gratitude Challenge!

Join us for an evening of BINGO and laughs

Contact Courtney or Bailey to sign up!

Courtney (705)927-0344
Email: CourtneyT@curvelake.ca
Bailey (705) 957-4413
Email: BaileyT@curvelake.ca

TRY OUT OUR VIRTUAL YOGA CLASS FOR ALL
LEVELS

EVERY TUESDAY 7PM

For more information please contact:
Lorif@curvelake.ca



YOGA



The Diabetes Wellness Program: Promoting Physical
Activity to Prevent & Manage Diabetes



The Get Active Challenge

February is Heart Health Month! Lets Get Active with

Snow Shoes



No Gym Class? No Sports Activities? NO PROBLEM! We want to encourage you and your family to GET UP and GET ACTIVE during these beautiful winter months!

For the month of February Snow Shoes will be available for use from the Curve Lake Health Centre! Each time you sign out a pair (or use your own) and submit a picture of you on your adventure, you will be entered into a GRAND PRIZE DRAW!



To participate please Contact Steve at:
(705) 991-0048 (Call or Text)
or email SteveToms@curvelake.ca

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Mino-bimaadizi minwaa Mdnaagdawenmag

Health & Family Services

Wow, we are happy to share that Curve Lake has an AWARD WINNING Health and Family Services team and we are diligently working for you. We were surprised and honoured when Chief Glen Hare announced at the Anishinabek Nation 6th Annual Health Conference that we were named a "Hero in Health." This award is presented each year to people who build capacity and empower our residents to be healthier, more active and improve their mental wellbeing and overall health. People who make a difference in their community and help transform lives. This award is usually given to an individual, but this year they awarded it to a whole department – Curve Lake's Health and Family Services!

Grand Council Chief Glen Hare made the announcement and spoke a bit about why we were nominated and selected:

"When COVID19 hit Curve Lake, the greater community shut down but the Health and Family Services team stepped up. They all came into the office and went to town, they began purchasing groceries and supplies – enough to give every single household a care package of food and cleaners and supplies like playing cards and cross word puzzles to stay busy and

they put information hand outs in the packages. They arranged within one week to assemble and distribute these to EVERY household in the community (even when grocery store shelves were bare). After that, they 'manned' a community flag system driving around the community and delivering food and water and household needs to any household who put a coloured sign in their window to ensure they could stay home and stay safe. They staffed in-home health positions despite risk of exposure with home and community care and home making clients. They did friendly porch visits for any members who were struggling mentally (from a safe distance and with PPE). They turned on a dime and created a safe distribution routine at their foodbank and immediately began offering a free dairy bag, and free produce box monthly to every household in the community. At the same time they ran their regular programs and services using virtual technologies to ensure the mental health of the community and sense of 'normalcy' was maintained. In fact they have been incredibly successful in hitting regular program deliverables and nearly doubling participation in all programs and case loads! For those who did not have access to a device to log in virtually, they provided cell phones



Looking for a way to give back to our community?

THE HEALTH CENTRE WELLNESS TEAM IS LOOKING FOR COMMUNITY MEMBERS WHO WOULD BE INTERESTED IN TAKING A THREE HALF DAY COURSE TO LEARN HOW TO FACILITATE THE WHITE PATH ADDICTIONS PROGRAM. WE ARE LOOKING TO TRAIN AND THEN HAVE COMMUNITY MEMBERS DELIVER THE PROGRAM ALONG SIDE THE HEALTH TEAM TO COMMUNITY MEMBERS AND THEIR FAMILIES. THIS WILL BE DONE VIRTUALLY!
(THERE ARE 6 SPOTS AVAILABLE FOR EACH DATE!)

FEBRUARY 10TH, 11TH AND 12TH
(9:00AM-1:00PM) OR

FEBRUARY 24TH, 25TH AND 26TH
(1:00PM-5:00PM)



DO YOU WANT TO HELP OUR MEMBERS AND THEIR FAMILIES WHO:

- Abuse drugs
- Drink
- Are Violent
- Are Unemployed
- Have dropped out of school
- Are on social assistance
- Have dysfunctional relationships
- Are disruptive in the community
- Assault others
- Are victimized
- Lie, cheat or steal

PARTICIPANTS OF THE PROGRAM HAVE:

- Stopped using drugs
- Stopped Drinking
- Stopped offending/re-offending
- Gained employment
- Continued or finished education
- Been successful in getting children back
- Repaired relationships
- Found their voice
- Stopped gossiping
- Changed their behavior
- Become role models for others

Please Contact Courtney, Marcie or Bailey at (705)657-2557 or by email
CourtneyT@curvelake.ca or MarcieW@curvelake.ca or BaileyT@curvelake.ca

with pre-paid plans and even at times did 'porch visits' to teach Elders how to use their devices. They persevered daily while the rest of the community's band run services were closed, they came to work daily even on evenings and weekends and they didn't complain, they always maintained their smiles. They made sure the Easter bunny came to town (all be it waving to the community from the back of a pick up truck) and they continue to persevere and spread cheer now that the holidays are here and we are in a new normal. They are incredibly talented people and a fantastic team who support one another and never hesitate to pitch in to help one another and the community as a whole."

We really want to thank Anishinabek Nation for recognizing our team and the work we do. But really we couldn't do it without the support of Curve Lake so we want to thank all of you too!

We are pleased to have so many participants in our activities and programs and hope if you haven't joined us yet that you will give it consideration. We want to take the opportunity to remind you that we continue to operate the Curve Lake flag response. If you require food, water or assistance you can call or text our flag response hotline at **705-761-7026** or put up the appropriate coloured flag in your window and we will do our best to assist. ANYONE living in Curve Lake can receive flag response. That means if you require food we will bring it to you! If you require water, we will bring it to you! You just have to phone or text or put up your flag.

We also continue to provide 'COVID-19 Support Hampers' there is no cut off for sign up for this program and if your family has already received a hamper, but are in need please don't hesitate to contact us. We will do our best to help. Any member on territory can receive the security hamper (one per household). If you don't live on territory, but need assistance, please contact us at the health centre and we will do what we can to help!

February is a busy month, there are so many special days for us to celebrate – Valentine's day, Family day, and even 'pancake Tuesday.' We have a lot of special activities planned and hope you will join us. You will find details in our posters throughout this newsletter.



ICE RINK

FAMILY COMPETITION

Let's see who has worked hard this winter to make an ultimate supreme ice rink for their family in the community! You have until the end of February to send in your pictures!

PRIZES FOR 1ST, 2ND, AND 3RD!

EMAIL: JulieWW@curvelake.ca



February Upcoming Events

Trauma & Addiction- Feb 16 (4:30-7:30pm)
Journey to Healing Trauma- Feb 17 (4:30-7:30pm)

02 6-7pm Diamond Painting
 Diamond painting reduces stress and anxiety, trains your brain to focus, helps with fine motor skills, helps to bring out your creative side.

09 6-7pm DIY Photo Candle
 Please send us the photo you would like to put on your candle.

23 6-7pm Bingo and End of the Gratitude Challenge!
 Join us for an evening of Bingo and laughs!

Please contact Courtney or Bailey to sign up:
 Courtney: (705) 927-0344 or CourtneyT@curvelake.ca or
 Bailey: (705) 957-4413 or BaileyT@curvelake.ca

Women's Wellness Group

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Ontario Works continues to serve the Curve Lake Community during the COVID-19 pandemic as follows:

Phone: 705-657-8045 ext. 212 (Noreen) or ext. 202 (Kristin)

Fax: 705-657-8509 (clients can have suppliers or other community services fax documents directly to our attention)

Email: NoreenC@curvelake.ca or KristinP@curvelake.ca

Mail: Curve Lake Ontario Works, 22 Winookeedaa Street, Curve Lake, ON K0L 1R0

Drop off documents at the Government Services Building (Ontario Works Office) inside the main entrance at 22 Winookeedaa Street.

Texting income statements with supporting documents to Ontario Works texting line at 705-957-2767.

Please update us of any changes to your benefit unit including changes to contact information. Income statements are due on the 16th of each month. If you have not already done so, please submit a direct deposit form.

The **Curve Lake Food Bank** continues to serve the Curve Lake Community during the COVID-19 pandemic as follows:

Drive through pick up only for:

Kawartha Food Share (**Food Bank Distribution**) - first Wednesday of each month (9-11a.m.) may include, but not limited to toiletries, personal hygiene, baby food, diapers and pet food. If you need an item, please ask and we will do our best to help you.

Dairy Distribution – second Wednesday of each month (2-4:15p.m.)

Fresh Produce – Fourth Wednesday of each month (12-4:15p.m.)

We thank Public Works for providing us a means for people to drive through and pick up food.

If you cannot pick up your food please send us a note or call the Food Bank at (705) 979-2055. With increased numbers for food access, we cannot guarantee food availability outside of scheduled pick up time(s). Please respect COVID-19 guidelines and wear a mask during pick up. If you do not have a mask, please contact the Curve Lake Health Centre at (705) 657-2557.

In-person visits at the Food Bank or Ontario Works are not encouraged at this time. Please stay home, stay safe and follow COVID-19 guidelines.

Eat well. live better.

Recreation presents
Dr. James Makokis and Anthony Johnston
discuss:

How to incorporate Indigenous Values to generate success, importance of physical activity and nutrition to help support mental health and wellness.

Ages 16 years to 120 years
Feburary, 26 2021 • 6pm

Season Seven Amazing Race Winners!



Participants will have their names entered into a draw
for a chance to win Kitchen Aid stand mixer, NINJA
BLENDER or a \$100.00 walmart gift card!

**Please contact Lorif@curvelake.ca to
register or for more information**



Common Reasons for Claim Form Delays

Your Claim Form is an important document in the Indian Day School settlement. To process your claim in a timely and smooth manner, please take your time completing your Claim Form and, before you send it, double check that it is complete. The following are some of the common causes for delays:

Mailing Address



Include a complete and valid mailing address on your Claim Form in Part 1. If your mailing address has a PO Box number, it **must** be included as well.

Name



Your photocopied ID must be clear and readable, matching the name and birthdate used in your Claim Form. **Make sure the name you enter in Part 1 of the Claim Form is your legal name**, and that it matches your banking records and your valid ID.

Do not write your maiden name or a different name you were known as while attending Day School on Part 1 as this will cause delays.

School Information



Review the Schedule K list of school names and dates to confirm your eligibility. **You must indicate the name of the Day School you attended, and either the years you attended or your age while attending.** Please do not leave this blank or write question marks if you do not know the answer. This will lead to delays.

If you are unsure when you attended Day School or if you are an eligible class member, please contact Class Counsel, Gowling WLG: 1-844-539-3815.

Sworn Declaration




1. **You must provide a valid Guarantor on your Sworn Declaration.** A list of valid Guarantors can be found on the Class Counsel's website www.indiandayschools.com
2. If your Guarantor is a Notary Public or Commissioner of Oaths, this must be listed as the title. If you only check the box at the top of the page, it **does not** clarify if they are a Notary Public or Commissioner of Oaths.
3. **Please make sure the signature dates on Part 6 are on the same day.**

Estate Documents



1. **If you are the Representative for the Claimant**, please look at Part 7 of the Claim Form and **carefully take note of the documents** required by the Administrator.
2. **If you are the Executor/Administrator of a deceased Claimant's estate**, ensure you have provided a death certificate and any of the following: 1) a Will 2) a Court Order or 3) an INAC letter of administration to support your status.

If you would like help filling out your Claim Form, contact Class Counsel, **Gowling WLG at 1-844-539-381**. If you have questions about your claim once it's been submitted, please call the Claims Administrator, **Deloitte at 1-888-221-2898 for assistance**



Join us for
NINJA PARTY FAMILY FITNESS CLASSES
 with Sensei Ed
ALL AGES ARE WELCOME
 This is a fun fitness program using traditional martial arts!
 Fun for the whole family!
STARTING JANUARY 7TH AT 6:00PM
 Please register with Lori
 Zoom link will be sent out upon registration.
 Email: Lorif@curvelake.ca

FUN FEBRUARY

1. Simply jazz up your toboggan with household items to make it fun and fabulous.

2. Hit the slopes with it. Be safe!

3. Take a picture, and send it in.

Prize categories:

1. Craziest toboggan.

2. Best action picture.

3. Youngest and Oldest age entry.

Email: JulieWW@curvelake.ca

Children's Mental Health Awareness Week
February 1st-07th, 2021
 Please help raise awareness for Children's Mental Health by wearing a lime green ribbon!
 Send your entry's to Courtney (705)927-0344 or Email: CourtneyT@curvelake.ca Lot's of Prizes to be won

MONDAY Poster Contest Feb 1st Design a poster for Children's Mental Health awareness week.	TUESDAY DRESS to express Feb 2nd Dress anyway you would like and how your feeling in that moment
WEDNESDAY Who am I? Feb 3rd Write your name on a piece of paper and write down or draw pictures of only positive things about yourself. ex: funny, good skater, good helper, smart ext.	THURSDAY Balanced Feb 4th Show or tell us what you do to keep balanced in all areas Physically, mentally, spiritually, Emotionally!
FRIDAY YOUR TALENT Feb 05 Show us your talent it could be singing, hockey trick, poem reading, instrument playing, burping the alphabet, passing a hard level on a game, colouring or what ever.	The Wellness team is reminding loveones to check in with the youth regularly! All Youth 0-18 are encouraged to participate! Please note an entry if we can post on our health centre facebook page



Getsiinyag 55+

Let's cook with wild rice!

February 24 at 2pm

Please join from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/340513421>

You can also dial in using your phone.
 Canada: +1 (647) 497-9391

Access Code: 340-513-421

Contact Joanne at 705-657-2557 to receive your supplies.



**Ontario
Health**

Panbio™ COVID-19 Ag Rapid Test Patient Information Sheet

This sheet is about the Panbio™ COVID-19 Ag Rapid Test and it will answer questions you might have.

What is the Panbio™ COVID-19 Ag Rapid Test?

- The Panbio™ COVID-19 Ag Rapid Test is used to detect a protein of the COVID-19 virus and can be done immediately, or very soon after collection (within 2 hours).
- Knowing your rapid test results will guide your next steps to keep yourself and others safe, including staying home and keeping distant from other people (self-isolating).
- Right now, the Panbio™ COVID-19 Ag Rapid Test is being used as a screening test for persons without symptoms who are not considered at high risk of having COVID-19.
- Because the Panbio™ COVID-19 Ag Rapid Test has a higher risk of false positive and false negative results, testing needs to be done at regular intervals (e.g., 1-3 times per week).



How is the Panbio™ COVID-19 Ag Rapid Test used in Ontario?

- Ontario's Ministry of Health has launched pilot programs in long-term care, industry, essential services, and other congregate settings.
 - Targeted testing using the Panbio™ COVID-19 Ag Rapid Test may also be offered in other settings as organized by the Ministry of Health, Ontario Health, local public health units, or as part of an evaluation.
- The test is not being used routinely in Ontario for those with symptoms or who have been exposed to COVID-19, who should instead be tested with regular laboratory COVID-19 tests that perform better at detecting the virus.



Who can get a Panbio™ COVID-19 Ag Rapid Test?

- You may be offered a Panbio™ COVID-19 Ag Rapid Test if:
 - You have no symptoms
 - You haven't been in contact with someone that had COVID-19
 - You have passed your regular screening protocol at your facility
 - There are no suspected or confirmed outbreaks at your facility
- Right now, rapid tests may not yet be available in all communities and rapid tests are not available for everyone.



Getsiinyag 55+

GRATITUDE CHALLENGE!



What fills your
HEART?

How do you practice gratitude, share kindness and show thankfulness?
Send a picture or message to receive a prize!
Please send to Joanne at JoanneP@curvelake.ca or text 705-991-0045 before February 26.
Miigwetch!

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FEBRUARY CALENDAR

Building Resiliency Together


Feb 12 Feb 26

Recognizing and Accessing Support **Self Care Plan Development**

Come Join us Bi Weekly on Fridays from 3-4PM Via GoToMeeting

please sign up in advance so information kits can be delivered

Bailley Taylor
CLFN NNADAP
BailleyT@Curvelake.ca
705-657-2557
705-957-4413



Sharing Our Strengths February Calendar



Feb 11
Self Care Strategies/
Plan Development

Feb 25
Tips for Communicating with your loved ones

Come Join Us Bi Weekly on Thursdays at 6-7PM via GoToMeeting

To Sign Up, Please contact:
Bailley Taylor
CLFN NNADAP
BailleyT@Curvelake.ca
705-657-2557
705-957-4413

WEBSITE.COM / 888.888.8888

Made with PosterMyWall.com

DID YOU KNOW.....

in order to reduce your long-term health risks with consuming alcohol, ensure you are drinking no more than:

10 drinks a week for women, with no more than 2 drinks a day most days • 15 drinks a week for men, with no more than 3 drinks a day most days Plan non-drinking days every week to avoid developing a habit.

for these guidelines a drink means:

 Beer 341 ml (12 oz.) 5% alcohol content	Womens Night Womens Night Runs Weekly on Tuesdays from 6-7PM Via GoToMeeting
 Cider/ Cooler 341 ml (12 oz.) 5% alcohol content	Mens Night Mens Night Runs Weekly on Wednesdays from 6-7PM Via GoToMeeting
 Wine 142 ml (5 oz.) 12% alcohol content	SOS Group Sharing Our Strengths runs Bi Weekly on Thursdays from 6-7PM Via GoToMeeting
 Distilled Alcohol (rye, gin, rum, etc.) 43 ml (1.5 oz.) 40% alcohol content	
BRT Group Building Resiliency Together runs bi weekly on Fridays from 3-4PM on GoToMeeting.	

Bailley Taylor
CLFN NNADAP worker
BailleyT@Curvelake.ca
705-657-2557
705-957-4413

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HEALER APPOINTMENTS

Traditional Healer Pete Keshane will be available by phone on February 20th 2021

Those wishing to schedule an appointment with Pete are asked to contact Marcie either through email or by calling/texting

MarcieW@curvelake.ca

705-768-1391

No later than February 18th, 2021

Made with PosterMyWall.com



Curve Lake Market

Now running WEEKLY from 10AM-2PM
or while supplies last

Location: 1024 Mississauga Street
(Small Business Centre parking lot)

We accept Nourish Market Dollars & Cash

Please follow the safety guidelines:

- Stay 6 feet apart
- Only two visitors at a time
- Masks are required

(Sorry no phone or internet orders)

NOURISH

 **community food centres**
CANADA good food is just the beginning



MEDIA RELEASE

FOR IMMEDIATE RELEASE

Thursday, January 21, 2021, Peterborough

Peterborough Public Health Issues Drug Poisoning Alert

Public Asked to Help Prevent Overdoses

Today Peterborough Public Health issued an alert regarding a recent increase in suspected drug poisonings locally.

"We are seeing an unusual increase in suspected poisonings in our community, caused by drugs that are often cut or mixed with other toxic substances," explained Dr. Rosana Salvaterra, Medical Officer of Health. "Our partners on the Peterborough Opioid Early Warning Taskforce have issued this warning to their clients, and now we are reaching out to the public as part of our enhanced response in the hopes to prevent further harms in the community."

Peterborough Public Health advises if you use substances:

- Don't use drugs alone
- Have a plan – Ask someone to check on you or call the Ontario OD Prevention Line **1-888-853-8542**
- If you use with a friend, do not use at the exact same time
- Carry a naloxone kit, keep it visible and close to you
- Avoid mixing drugs
- Test your drug by using a small amount first

Peterborough Public Health encourages everyone to recognize the signs of opioid overdose and know what to do:

- Skin is cold and clammy
- Fingernails or lips are blue or purple
- Body is very limp
- Can't wake the person up
- Deep snoring or gurgling sounds
- Breathing is very slow, erratic or has stopped
- Pupils are very small
- If an overdose is witnessed: Call 911. Give naloxone. Stay with the person until help arrives.

Dr. Salvaterra noted that this recent spate of poisonings reminds us that during the COVID-19 pandemic, the ongoing opioid crisis continues. "We need to address the harms of substance use, and that means that we need to battle stigma to increase access to the services that support our families, friends, and neighbours," she said.

Peterborough Public Health also stressed that under Canada's Good Samaritan Drug Overdose Act, anyone who seeks medical help for themselves or for someone else who has overdosed, WILL NOT be charged for possessing or using drugs for personal use.

For more information, or to find out how to access naloxone, please visit www.peterboroughpublichealth.ca and search for "Opioids" or [click here](#).

-30-

For further information, please contact:

Brittany Cadence
Communications Manager
705-743-1000, ext. 391



MEDIA RELEASE

FOR IMMEDIATE RELEASE

Thursday, January 21, 2021, Peterborough

Peterborough Public Health Re-activates Emergency Response for COVID-19

*Essential Public Health Programs Continue;
Other Services Reduced or Suspended*

Peterborough Public Health announced today that it has re-activated its emergency response team to address the current phase of the COVID-19 pandemic.

“With the imminent arrival of COVID-19 vaccines in our community, we have moved from recovery mode back into emergency response to focus our efforts on the two major elements of the pandemic response: vaccine roll out and COVID-19 containment,” explained Dr. Rosana Salvaterra, Medical Officer of Health. “This means that essential public health services will remain intact, while others will be reduced or suspended so we can reassign staff to both fronts of the emergency response.”

A full list of affected services can be found on www.peterboroughpublichealth.ca or by clicking [here](#). Some of the activities that are temporarily reduced or suspended include:

Reduced	Suspended
<ul style="list-style-type: none">- Community Dental Clinic (emergency services only)- Sexual Health Clinic services (limited to contraception (age 25 years and under), emergency contraception, pregnancy testing, STI testing and treatment for people with symptoms, routine testing will not be available)- Routine immunization clinics- Healthy Babies Healthy Children and Infant & Toddler Development program (most services are being provided via telephone or videoconference)	<ul style="list-style-type: none">- In-person prenatal classes (online prenatal modules continue to be available)- Activities in all schools including school-based immunization clinics, vision and dental screening- Food handler training classes and certification exams

/continued...

These services have been impacted due to the redeployment of staff to assist with the emergency response. For those who have registered for a scheduled class, workshop or appointment, they will be contacted directly if it is cancelled.

In addition to maintaining essential public health services, Peterborough Public Health has restructured to focus its efforts on the COVID-19 pandemic response, including:

- Case management of COVID-19 cases and high-risk contacts and contact tracing
- Outbreak management and infection control and prevention activities
- Planning for COVID-19 vaccine rollout and coordinating mass vaccination clinics
- Providing bi-weekly media briefings and ongoing public education efforts
- Enforcement of COVID-19 public health measures and responding to complaints
- Liaising with community partners to provide sector-specific support (e.g. long-term care homes, retailers, places of worship, schools, etc.)
- Handling inquiries through the COVID-19 hotline and covid19@peterboroughpublichealth.ca
- Epidemiology activities to support data needs for evidence-informed decisions
- Training on new provincial software programs for vaccine roll out

For more information, please visit www.peterboroughpublichealth.ca.

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For further information, please contact:

Brittany Cadence
Communications Manager
705-743-1000, ext. 391

February 2021

M	T	W	T	F	S	S
Children & Youth-Poster Contest 1	Women's Group 6pm; Yoga 7pm; Children & Youth-Dress to Express 2	Men's Group 6pm; Children & Youth-Who Am I? 3	Youth Night 5:30pm; Children & Youth-Balanced 4	Children & Youth- Your Talent 5	6	7
8	Women's Group 6pm; Yoga 7pm 9	Virtual 3D Modelling 5:30; Men's Group 6pm 10	55+ Bingo 2pm; Youth Night 5:30; NNADAP 11	NNADAP 3pm; Pancake Drive-thru; Family Snow Sculpture 12	13	14
Contact Tracing Contest 15	Trauma & Add. 4:30pm; Yoga 7pm 16	Virtual 3D Modelling 5:30; Journey to Healing 4:30pm 17	Youth Night 5:30pm 18	19	Pete Keshane 20	21
Children's Oral Hygiene 5pm 22	Women's Group 6pm; Yoga 7pm 23	Men's Group 6pm; 55+ Cooking 2pm 24	Youth Night 5:30; NNADAP 25	NNADAP 3pm 26	27	Contact Tracing Contest; Get Active Challenge, Ice Rink Competition, Red Heart Challenge End 28

For more informations on our events, please contact the Health Centre at 705-657-2557