



GOVERNMENT SERVICES BUILDING
www.curvelakefirstnation.ca

PHONE (705) 657-8045
 FAX (705) 657-8708

22 Winookeedaa Street
 Curve Lake, ON K0L 1R0

NEWSLETTER JANUARY 10, 2020

NOTE: UNLESS OTHERWISE SPECIFIED, NOTICES AND/OR ARTICLES CONTAINED IN THE CURVE LAKE FIRST NATION NEWSLETTER ARE AT THE REQUEST OF INDIVIDUALS. IT SHOULD NOT BE ASSUMED THAT THESE ISSUES ARE SUPPORTED BY, OR REPRESENT THE VIEWS OF CHIEF AND COUNCIL. UNLESS OTHERWISE SPECIFIED. SERVICES LISTED IN THE CURVE LAKE FIRST NATION NEWSLETTER ARE SPECIFICALLY FOR CURVE LAKE MEMBERS ONLY.

COUNCIL MEETING

THE NEXT COUNCIL MEETING WILL BE HELD ON MONDAY JAN 20, 2020 @ 1:00 P.M. IN THE COUNCIL CHAMBERS OF THE GOVERNMENT SERVICES BUILDING

AGENDA IS POSTED ON FRONT DOORS OF GOVERNMENT SERVICES BUILDING, POST OFFICE AND IN MEMBER LOGIN PORTAL ON THURSDAY BEFORE THE MEETING.

**The Curve Lake First Nation
 Land Use Plan Survey results are
 now available.**

**For a hard copy, please contact the
 Lands Department at
 705-657-8045.**

IMPORTANT

**Williams Treaty Deadlines
 More details inside**

**CLFN Cannabis Final Report 2019 can
 be found on the CLFN website under
 the section Chief & Council**

INDIAN DAY SCHOOL LITIGATION HAS BEEN APPROVED AND IS NO LONGER UNDER "APPEAL"

For more information please contact Nicholas McDonald at 705-657-8045 ext. 240 or via email at NicholasM@curvelake.ca

Committee Members Call-out

DETAILS INSIDE

UPDATING CATERING LIST...

If you or a fundraising group are interested in being included on our Catering List, please contact Tiffany Taylor, Executive Assistant at 705-657-8045. Miigwech!!



Curve Lake First Nation is asking community members to update their contact information if you have moved or have a change in your contact information. It is important for the Government Services Office to have up to date information of our membership. We use this information to keep you informed about upcoming elections, referendums, claim updates, draft laws and other important news relevant to our membership.

If you have any family members that you know have moved or changed their address, please share this form with them or have them call 705-657-8045 ext. 209 to update their contact information.

UPDATE CONTACT INFORMATION/COMMUNICATION LIST FORM			
Date (dd/mm/yyyy):			
Full Name:			
Birthdate (dd/mm/yyyy) or Status Card Number (10 digit):			
Email:			
Nickname or Alias:			
Home Phone Number:		Cell Phone Number:	
Street Address:			
City:	Province:	Postal Code:	
Mailing Address (if different from street address):			
City:	Province:	Postal Code:	

Please fill in the information below.

SUBSCRIBE TO THE CLFN MEMBER COMMUNICATION LIST

Please check the box(es) below on how you would like to receive communications from Curve Lake First Nation:

- Email Mail Phone CLFN Member Portal SMS (Text Message)
Requires Cell Number

Please return form in:

Mile Lazarevski
Communications/Community Engagement Officer
Government Services Building
22 Winookeedaa Street
Curve Lake, ON K0L1R0
Tel: 705-657-8045 ext. 209
Fax: 705-657-8708
Email: communication@curvelake.ca

Follow us on





CONWAY JOINS MISSISSAUGA NATION TEAM

CURVE LAKE FIRST NATION - Six Mississauga Nations - Alderville First Nation, Curve Lake First Nation, Hiawatha First Nation, Mississauga First Nation, Mississaugas of the Credit First Nation, and Mississaugas of Scugog Island First Nation - all signed an historic relationship accord on October 29, 2016.

The six Mississauga Nations are comprised of Anishnaabe people who have shared cultures, languages, histories, traditions, values, beliefs and aspirations. Through the signing of the Accord, the signatories will agree to work in a collaborative and inclusive way on a range of agreed-upon issues and initiatives of common interest or concern among the parties.

The Mississauga Nation is proud to welcome Sean Conway to our team of dedicated Coordinator Liaisons. Based in Curve Lake, Conway will assist Curve Lake leadership and the Mississauga Nation Working Group in achieving their goals within the Mississauga Nation starting immediately. (January 7th, 2020)

Contact:

Sean Conway 705-559-8739

curvelakemncl@outlook.com

www.mississauganation.com

FB: Mississauga Nation Information Page



Government Services Building
22 Winookeeda Street
Curve Lake, Ontario K0L1R0



Phone: 705.657.8045
Fax: 705.657.8708
www.curveLakefirstnation.ca

Curve Lake First Nation Community Meeting

Saturday January 25, 2020
Time: 10:00 a.m. - 2:00 p.m.
Curve Lake Community Centre

Agenda (draft)

1. Welcoming – Chief Emily Whetung
2. Vision Statement
3. Flood Land Claim – Update
4. Williams Treaties Reconciliation Fund – Update
5. First Nation Financials
6. Gaming Revenue Fund – Committee Update
7. Economic Development Corporation - Update

Lunch will be provided.

Chief & Council looks forward to your attendance.

*For additional information, please contact Tiffany Taylor, Executive Assistant to C & C
@ 705-657-8045*

Government Services Building
22 Winookeedaa Road
Curve Lake, Ontario K0L1R0



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Fax: 705.657.8708
www.curvelakefirstnation.ca

APPLICATION FOR COMMITTEES

Attach form to accompanying letter

All applications should be submitted to Nicholas McDonald, Policy & Planning Officer. They can be submitted by email to nicholasm@curvelake.ca, by mail to the Government Services Building or in person. Applications must be submitted by **NOON** on **January 17, 2020**. A resume is not mandatory but preferred. At this time, all committee members receive \$75 honorarium per committee meeting.

LAST NAME	GIVEN NAME(S)
PRESENT ADDRESS (INCLUDING POSTAL CODE)	
PHONE:	EMAIL:

CERTIFICATE OF INDIAN STATUS NUMBER: _____

COMMITTEES APPLIED TO IN ORDER OF PREFERENCE:

- 1.
- 2.
- 3.
- 4.
- 5.

Please attach a current resume and elaborate on why your education, experiences, courses, workshops, etc, will be an asset to the particular committee(s) you are applying to.

Government Services Building
22 Winookeedaa Road
Curve Lake, Ontario K0L1R0



Phone: 705.657.8045
Fax: 705.657.8708
www.curvelakefirstnation.ca

I require teleconference in order to participate at most committee meetings.

I hereby declare that the information contained in this application is true and complete to the best of my knowledge. I understand that a false statement may be cause for denial or immediate removal from committees of which I am a member.

SIGNATURE

DATE

GAMING REVENUE FUND COMMITTEE MEMBER



The Gaming Revenue Fund Committee is currently looking for members. The Committee meets every second Wednesday of the month at the Government Services building from 4:30 p.m. to 6:00 p.m. We review applications brought forth from Community members seeking funding for projects that benefit the community. We also promote the fund and the benefits of the fund to the community. Councillor Portfolios are Crystal Cummings and Sean Conway. Staff Resource is Gaming Revenue Administrator – Samantha Young. If you would like to join this committee, please send an email to Samanthay@curvelake.ca or send a letter to the Government Services Building, Curve Lake, Ontario K0L 1R0 Attention: Samantha Young



Community Gaming Revenue Fund Committee Information Sheet

COMMITTEE STRUCTURE

The Community Gaming Revenue Fund Committee consists of two council portfolios, one staff resource and seven community members.

Council Portfolios – Crystal Cummings and Sean Conway

Staff Resource – Samantha Young

MEETING INFORMATION

The Community Gaming Revenue Fund Committee meets the second Wednesday of every month at 4:45 pm. When available the meetings are held in the Council Chambers.

COMMITTEE INFORMATION

The Gaming Revenue Committee has a mandate from Council to:

- i. Ensure the management and administration of the Gaming Revenue Fund is executed within set parameters and program guidelines.
- ii. Oversee annual budget.
- iii. Oversee spending of specified gaming revenues received.
- iv. Oversee financial reporting of the Fund's: administrative and overall annual budget, principal investment, committed funds, and investment interest.
- v. Review and amend policies and procedures related to the administration of the Gaming Revenue Fund.

Activities or Committee Roles and Responsibilities:

The objectives (or main activities/roles and responsibilities) of the Gaming Revenue Committee are to:

- i. Ensure that project funding requests are processed in a timely and professional manner and are consistent with the policies and procedures approved by the Community, Chief and Council.
- ii. Modify Gaming Revenue Fund policies and procedures designed to improve the fund and present changes to Community and Chief and Council for approval.
- iii. Regularly advertise and promote Gaming Revenue Fund materials to community.
- iv. Ensure that agreed upon Annual Schedule of Events are adhered to and that project progress reports are monitored against due dates, and recommend corrective measures as needed.
- v. Report funding decisions, financial expenditures and progress of projects to the Community and Chief and Council regularly and openly.
- vi. On an annual basis, report to Community in a forum and manner in which feedback can be received to improve the administration of the Fund.
- vii. Ensure Gaming Revenue Fund expenditures and receipts are verified with audited financial statements and report expenditures and budget forecasts.

GRF COMMITTEE MEMBER NOMINATION FORM



The Curve Lake Gaming Revenue Fund Committee is seeking nominations for **Committee Members** to serve a three year term representing the Community in managing the Gaming Revenue Funds. Nominators and nominees must be registered status members of the Curve Lake First Nation Community on or off reserve. Meetings are scheduled the second Wednesday of each month at 4:45 p.m. Please submit nomination forms to the Government Services Building.

NOMINEE		
Name		Status No. <u> </u>
Address		
Telephone		

REASON FOR NOMINATING THIS PERSON:

NOMINATOR	
NAME	
TELEPHONE:	
	STATUS NO. <u> </u>
-----	-----
(Signature of Nominator)	(Date)

I accept _____

Nominee signature

I decline _____

Nominee Signature



Important Notice—WTFN PCD



RE: Williams Treaties Distribution

March 18th, 2019 Council Meeting:

COUNCILLOR LAURIE HOCKADAY MOVED AND COUNCILLOR TIFFANY TAYLOR SECONDED TO APPROVE MEMBERS THAT ARE ALIVE AND ELIGIBLE BY SEPTEMBER 13, 2018 AND **HAVE HAD THEIR APPLICATION RECEIVED BY INDIGENOUS SERVICES CANADA BY DECEMBER 31, 2019** TO BE ELIGIBLE FOR THE CURVE LAKE WILLIAMS TREATIES FIRST NATIONS PER CAPITA DISTRIBUTION WITH NOTICES TO BE PROVIDED TO MEMBERSHIP. ANY FUNDS REMAINING AFTER FINAL DETERMINATION OF ELIGIBLE BENEFICIARIES WILL BE DISTRIBUTED TO MEMBERSHIP. ALL IN FAVOUR. MOTION CARRIED.

COUNCILLOR TIFFANY TAYLOR MOVED AND COUNCILLOR SHANE TAYLOR SECONDED TO APPROVE THE THRESHOLD OF **300** FOR THE WILLIAMS TREATIES FIRST NATION SETTLEMENT. ALL IN FAVOUR. MOTION CARRIED.

What does this mean? What if I was alive and eligible as of September 13, 2018 but I have not yet received my status from the Federal Government or I have not even applied yet? The above motion means that you have until December 31st, 2019 to **APPLY** for your status to still be considered for a per capita distribution should you receive status. How will you demonstrate that you have applied? At the September 9th, 2019 Council Meeting, Council has agreed upon a few different ways:

- A confirmation letter dated **on or before December 31st, 2019** from Indigenous and Northern Affairs Canada showing you have applied and have been given a 10 digit file number.
- Receipt of shipping by courier services (FED EX/Purolator/UPS etc.) showing you mailed your application to Indigenous and Northern Affairs Canada **on or before December 31st, 2019**
- A registered Mail Slip showing you mailed your application to Indigenous and Northern Affairs Canada **on or before December 31st, 2019**
- A Tracking # (Canada Post) showing you mailed your application to Indigenous and Northern Affairs Canada **on or before December 31st, 2019**

To be eligible for consideration for WTFN PCD please bring one of the above noted verification methods of application to the Curve Lake Government Services building on or before:

Friday, January 31st, 2020.

You can either drop off in person, or mail us your information at:

Attention: WTFN PCD APPLICATION PROCESS
Curve Lake First Nation Government Services Building
22 Wiinookeedaa Rd, Curve Lake, ON K0L 1R0

If you have any questions or need further clarification, please contact the Lands/Membership department (705)657-8045. Assistance with applications are available.

How to apply for Indian Status

1. In person at Curve Lake Band Office. Schedule an appointment with the Membership Clerk, Lois Taylor-Lippert 705-657-8045
2. In person at any Indigenous Services Canada Office. Office locations can be found at <https://www.aadnc-aandc.gc.ca/eng/1100100016936/1100100016940>
3. By mail **General applications** Or **Bill C-3 and Bill S-3 Applications**

National Processing Unit
Indigenous Services Canada
10 Wellington St
Gatineau, Quebec K1A 0H4

Application Processing Unit
Indigenous Services Canada
Box 6700
Winnipeg, Manitoba R3C 5R5

Forms required to apply for Indian Status

Instructions— https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ/STAGING/texte-text/br_frms_ir_83-168_inst_1525977132835_eng.pdf

Adults 16+ — https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ/STAGING/texte-text/br_frms_ir_83-168_print_1525977093102_eng.pdf

Minors 15 and under— https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ/STAGING/texte-text/print-83-171_1535746872413_eng.pdf

Guarantor form— https://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-HQ/STAGING/texte-text/br_frms_ir_83-169_a_1538569191984_eng.pdf

NOTE: The original long form birth certificate must be included when applying for status

Long form birth certificates can be ordered at https://vitalcertificates.ca/?gclid=EAlaIqObChMloZrDvrSe4wIVDYTICh3PugagEAAYASAAEgI-5vD_BwE

Indian Day School Class Action Lawsuit

*****UPDATE: The appeal has been dropped. Claim Forms will be available beginning January 13, 2020. Individuals are welcome to file forms on their own. Appointments can also be made with Nicholas McDonald on Wednesdays and Thursdays commencing on January 22nd-23rd or through the Northumberland Community Legal Centre.**

If you attended Mud Lake Day School (1886-1978) and experienced harm you qualify for compensation. Estates of class members who died on or after July 31, 2007 can make a claim on behalf of the deceased.

There will be a General Information Session hosted by Nicholas McDonald in the Council Chambers on January 28, 2020 from 2-3PM

<https://indiandayschools.com/en/>

You can register to join the class action at: <https://ca.gowlingwlg.com/dayschoolclassaction/>

While it is not necessary for claimants to have a lawyer to make a claim, we are happy to help you with the forms.

We provide free legal services, and we can meet you near where you live.

If you want help to make a claim, please call for an appointment

Northumberland Community Legal Centre

301-1005 Elgin Street West
Cobourg, Ontario K9A 5J4
(905)373-4464

Toll Free: 1-800-850-7882

Counselling and crisis intervention is available to class members through Hope for Wellness at 1-855-242-3310 or hopeforwellness.ca

Please contact Reception to make an appointment @ 705-657-8045

DOG BY-LAW #96-02

DATED - 1997-03-17

of the Curve Lake First Nation, Band No. 35 & 35A

BEING A BY-LAW TO RESPECTING THE CARE AND CONTROL OF DOGS ON THE Curve Lake First Nation, BAND No. 35 & 35A - PROVINCE ONTARIO, IN THE DISTRICT OF PETERBOROUGH.

Full by-law can be found at: <https://www.curvelakefirstnation.ca/chief-council/>

CLFN Cannabis Final Report 2019

In 2019 Chief and Council hired a consultant to do work for the Nation on the topic of cannabis. The consultant held community consultation meetings where information on the health effects and business opportunities of cannabis were discussed. An online survey was also completed to garner further input from the community. The consultant then produced a report for Chief and Council. That report has now been completed and is available for review by all community members. As a result of this report, on January 6, 2020, Chief and Council decided to strike a working group to further engage with the community and take the next steps forward. Stay tuned for more information.

The full report can be found at: <https://www.curvelakefirstnation.ca/chief-council/>

HOUSING REMINDER

With the holidays quickly approaching, the Housing Department would like to remind our Members that all housing applications need to be updated or presented in office by January 31st, 2020. Applications are available online or in the Housing office. If you have any questions, please reach out to:

Samantha Coppaway, Housing Coordinator at

705-657-8045 ext. 219 SamanthaT@curvelake.ca

Or Lori Coppaway, Housing Administrative Clerk at 705-657-8045 ext. 229

LoriCoppaway@curvelake.ca



REQUEST FOR QUOTATION

CURVE LAKE FIRST NATION NEW COMMERCIAL DEVELOPMENT LOT 14 SITE CLEARING

CURVE LAKE FIRST NATION
22 WINOOKEEDAA STREET
CURVE LAKE, ONTARIO K0L 1R0

Proposals will be accepted until 2:00pm on Thursday January 23, 2020

The full RFQ package can be found at:
<https://www.curvelakefirstnation.ca/services-departments/community-infrastructure-housing/>

PATIENT INFORMATION HANDOUT

WHAT IS RAAM?

RAAM (RAPID ACCESS ADDICTION MEDICINE) CLINIC

The **RAAM Clinic** is designed to provide quick access for patients who are in urgent need of an assessment by a medical professional and require immediate evidence-based medical treatment for a substance use disorder (alcohol and/or opioids). The overall goal of the **RAAM** model is to stabilize patients in the short term, and subsequently link them to a community care provider(s) for ongoing monitoring, support and rehabilitation of their substance use disorder.

REFERRALS

- **RAAM** is accepting all clients and no referral is necessary.
- **RAAM** also accepts referrals from community providers, doctors, nurses, social workers and addiction counsellors.

NO APPOINTMENT IS NECESSARY

Appropriate RAAM referrals include patients seeking treatment for the following substance use disorders:

- **OPIOID USE DISORDER**
- **ALCOHOL USE DISORDER /ALCOHOLISM**

CARE TEAM

Our team provides a safe space where individuals can get specialized addiction medicine service and care from a physician, nurse and/or social worker.

RAAM CLINIC LOCATIONS, HOURS & CONTACT INFORMATION

Peterborough AIDS Resource Network (PARN)
Peterborough Regional Health Centre (PRHC)
159 King St. Suite 302
K9J 2R8, Peterborough, ON
t: 705-749-9708
f: 705-748-3060

Monday, Wednesday & Friday
8 a.m. to 11:00 a.m.

RAAM MODEL OF CARE

Effective Treatment Plan:

1. Low Barriers
2. Person-Centred Approach
3. Bridge Community Services
4. Immediate treatment

Please indicate potential date of patient visit:

(Clinic hours: 8:00 a.m. – 11:00 a.m.)

- MONDAY** _____ (mm/dd/yyyy)
- WEDNESDAY** _____ (mm/dd/yyyy)
- FRIDAY** _____ (mm/dd/yyyy)



RAAM Clinic: 159 King St., Suite 302
Peterborough, ON, K9J 2R8

*Located inside the PARN office (Peterborough Aids Resource Network)

Guided by you · Doing it right · Depend on us
www.prhc.on.ca



PRHC
Peterborough Regional
Health Centre

Revised April 2018, Form #6403

WHAT IS RAAM?

RAAM (RAPID ACCESS ADDICTION MEDICINE) CLINIC

WHAT IS RAAM?

YOU HAVE BEEN REFERRED TO THE **RAAM (RAPID ACCESS ADDICTION MEDICINE) CLINIC**. IT IS FOR PEOPLE LOOKING FOR HELP WITH THEIR SUBSTANCE USE SUCH AS OPIOIDS AND ALCOHOL. THE MEDICAL TEAM AT **RAAM CLINICS** HAS EXPERIENCE TREATING PEOPLE WHO ARE STRUGGLING WITH SUBSTANCE USE AND UNDERSTAND THE BARRIERS ASSOCIATED WITH SEEKING HELP.

WHAT DOES RAAM DO?

RAAM offers fast access to medication assisted therapy for both alcohol and opioid use disorders. RAAM also offers brief support/referral for individuals not currently connected to addiction recovery services and resources. **No appointment or referral is necessary.**

THE RAAM TEAM

RAAM provides a safe space where you can get help from a physician, nurse or addiction counsellor for your substance use and/or addiction. Our team can help provide you with the tools to support your goals.

OUR PHILOSOPHY FOR TREATMENT AND CARE ARE:

- **Client-centred**
- **Trauma informed**
- **Without judgment**
- **A healing environment**

If you are feeling nervous or hesitant about going to the clinic, feel free to bring along a friend or family member. You are welcome to come to the clinic even if you are not sure that you have a substance use problem, or you know you have a problem but are not ready to stop yet.

RM CLINIC LOCATIONS, HOURS & CONTACT INFORMATION

**Peterborough AIDS Resource Network (PARN)
Peterborough Regional Health Centre (PRHC)**

159 King St. Suite 302
K9J 2R8, Peterborough, ON
t: 705-749-9708
f: 705-748-3060

Monday, Wednesday & Friday
8 a.m. to 11:00 a.m.

2019/2020

Curve Lake School wants your discarded REAL Christmas Trees!

Curve Lake first nation school wants your used real Christmas trees after the new year! Winter is a wonderful season that offers many opportunities to play with snow and ice. With the holiday season quickly approaching it is always important to think about waste and how to reuse and repurpose things. Last year the Curve Lake school had Bienenstock natural playground work with our students and your discarded Christmas trees! Spruce trees provide many dramatic, social and heavy work opportunities; perfect for outdoor learning. CLFNS students will work together to build forts using problem solving and social collaboration. This year we are doing the same activity with our students. We would love your help by donating your real Christmas tree after the New Year!

Best wishes for the New Year!
Curve Lake First Nation School



Information

Drop off location:

Please leave your trees at the School, by the shed at the left corner of parking lot before January 10th.

If you have any questions please contact:

Emilee Jacobs,
Land Based Wellness Facilitator
(705) 657-8045
EmileeJ@curvelake.ca



Baby & Me

BABY + TODDLER PLAY GROUP!

Drop in Every Wednesday

from 10-11:30 @ FRC

Coffee & Tea available for parents

Please contact Melanie @ the Health Centre to sign up!

WOMEN'S WELLNESS GROUP

Please join us on Monday Evenings!
Food will be provided!
Women 18 and over!

January 13 – Self-Empowering Workshop (5:30pm-7:30pm)
January 20 – Self-Care Bingo (5:30pm-7:30pm)
January 27 – Craft Night (5:30pm-7:30pm)

Please Contact Courtney Taylor or Lori Fournier to sign up, we will need to have numbers to plan accordingly. Please contact us at (705)657-2557.

For parents & caregivers with children 0-6-years old

Door Prizes!

Fad Diets & Body Image

Health Centre

January 21st

5:00-5:30 Dinner

5:30-6:30 Presentation

Call Melanie to sign up! 705-657-2557

BODY POSITIVITY



GETSIINYAG 55+

Winter Tai Chi

Will be on the following
Wednesdays:
January 15th
January 22nd
January 29th

Classes will take place at the Community Centre beginning at 11AM.

For more information please contact Joanne at (705) 657-2557

HEALTHY CHILD DEVELOPMENT

January 16th
5:00-5:30 dinner
5:30-6:30
Presentation



Topics Include:

- Supporting your child's development
- Positive relationships with your child
- Supporting your child's social & emotional health
- Making good choices

Contact Melanie @ the Health Centre to sign up!

www.daycare.com

Made with PosterMyWall.com



Maternal & Child Supports

A monthly supportive & informal developmental screening. The goal of this program is to support pregnant women & those with children who are 6 years & younger to reach their fullest development & lifetime potential!

During your visit, you and/or your child will identify family goals & strategies and how to improve access to services. You will then receive a \$50.00 grocery gift card (one per family). For more information please contact Melanie at the Health Centre (705) 657-2557

Made with PosterMyWall.com

KIDS COOKING CLASS

JANUARY 23RD
5-6:30 PM

@ Community Centre
12 years old & under

LEARN TO COOK:

PIZZA | BROCCOLI SALAD | CHEDDAR CARROT BALLS



BY NOURISH

Contact Melanie @ the Health Centre to sign up: 705-657-2557

MEN'S GROUP

CRAIG BROCHMANN WILL BE HERE ON JANUARY 15TH AND 29TH TO SHARE TRADITIONAL KNOWLEDGE AND LIFE SKILLS THAT WILL HELP ENHANCE, MAINTAIN AND PROMOTE LIVING A BALANCED LIFE STYLE.

JANUARY 22ND IS DINNER AND A MOVIE

FEBRUARY 5TH AXE THROWING

Please contact Lori or Courtney to register 705 657 2557
lorif@curvelake.ca or
Courtneyt@curvelake.ca



EASTER Photoshoot

Come to 3 programs until April &
get a FREE Easter Photoshoot!

Healthy Babies Healthy Children's Program. For parents &
caregivers with children 0-6 years old. For more information
contact Melanie @ the Health Centre 705-657-2557



Teen Outing 13-18yrs

Movie Night

January 21, 2020

**Bus will leave the church parking lot at
5:30pm and return around 10pm.**

**Contact Lionel @ the Health Centre
705-657-2557 to sign up.**

Youth Drop in Nights

For ages 6-12

Monday evenings.

January 13th, 20th & 27th

**@ the Family Resource Centre
from 5:30pm-7:30pm**

Snacks and refreshments provided.

*Fossball, Air Hockey, Video Games, Ping Pong,
Board Games, Arts & Crafts*

DANGER!

CARBON MONOXIDE (CO) POISONING



**CAN'T BE
SEEN**



**CAN'T BE
SMELLED**



**CAN'T BE
HEARD**



**CAN BE
STOPPED**

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas. Following these important steps can keep your family safe.

CO DETECTORS

- Install battery-operated or battery back-up CO detectors near every sleeping area in your home.
- Check CO detectors regularly to be sure they are functioning properly.

OIL & GAS FURNACES

- Have your furnace inspected every year.

PORTABLE GENERATORS

- Never use a generator inside your home or garage, even if doors and windows are open.
- Only use generators outside, more than 20 feet away from your home, doors, and windows.

PROTECT YOUR FAMILY

REMINDER

This is a reminder to please check the expiration date on your Naloxone kits.

Is your kit close to expiry or has it expired?
If you answered yes, please come in and exchange your kit.

As always Naloxone kits are available on a walk in basis NO health card required.

Please contact Lori or Marcie at the Health Centre if you require more information.

705 657 2557



**OUTWARD BOUND
CANADA**

PROGRAMS FOR INDIGENOUS YOUTH

Outward Bound Canada's programs for Indigenous youth and adults combine the philosophy of Outward Bound with the values reflected in Indigenous cultures and communities. For more than 25 years, Outward Bound Canada has worked with various Indigenous communities and organizations to help develop inspiring and meaningful programs for First Nations, Métis and Inuit Peoples.

Please join us Hiawatha, Alderville & Curve Lake Youth
Wednesday, January 22nd, 2020 @ 6:00 PM – 8:00 PM
Dinner & Presentation @ Alderville Community Centre

Please call Lionel @ the Health Centre if you are interested in learning more about this exciting opportunity by 12 noon Friday, January 17th to register.
(Program in planning stages with possible date at the end of Summer 2020)

Open Houses 'The Link' Rural Transportation

Provide feedback on the new public transportation system called 'The Link', Expected to launch in May 2020, The Link is a 3-year pilot project funded through the Province of Ontario. Drop-in during any of the following open houses:

Monday, February 10th from 4:00-6:00PM

Curve Lake Community Centre
(20 Whetung Street E. Curve Lake)

Wednesday, February 19th from 4:00-6:00PM

Community Care Chemung Office
(549 Ennis Road, Ennismore)

Thursday, February 20th from 4:00-6:00PM

Niels Pind Room, Lakefield-Smith Community Centre
(20 Concession Street, Lakefield)



**Peterborough
Public Health**

Serving the residents of
Curve Lake and Hiawatha
First Nations, and the County
and City of Peterborough

Prenatal Classes for Young Parents

6 Week Series

from 6:00 p.m. - 8:00 p.m.

**Wednesdays, February 5, to
March 11, 2020**

**Wednesdays, May 6, to
June 10, 2020**

**Wednesdays, September 16, to
October 21, 2020**

Peterborough Public Health
Jackson Square, 185 King Street, Peterborough

FREE

To register and for more information, call

705-743-1000

www.peterboroughpublichealth.ca



www.peterboroughpublichealth.ca

Follow us on... @ptbhealth



Curious about **EDIBLE CANNABIS?**

While they may look like common food or drink items, cannabis edibles are like other drugs and can affect the way we think, feel and act.

If you choose to use cannabis, understand the health effects and how to lower your risk.



Peterborough
Public Health

For more information, visit
peterboroughpublichealth.ca/cannabis.



Beading is a great way to unwind, destress and can actually help with relieving Anxiety.

Come on down to the Health Centre
have a cup of tea, socialize
and create your very own piece
of beaded Art Work.

No experience necessary. All supplies will be provided.

Starting January 7th from 6:30 -8:00pm

At the Curve Lake Health Centre

For more information contact Marcie @ 705-657-2557





**GETSIINYAG 55+
BOWLING TRIP!**

"BOWLING IS FUN IN YOUR SPARE TIME"

Tuesday January 28th

Lakeview Bowling Lanes

Bus will depart from the Church at 11:00AM

Join us for 2 Games of bowling! Shoes & Lunch will be provided!

We will be enjoying the Lunch Special at Jacks Family Restaurant prior to bowling.

Register today by contacting Joanne at
(705) 657-2557 or JoanneP@curvelake.ca

SPACES ARE LIMITED!

FOOD BANK – JANUARY CALENDAR

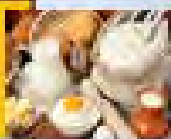


Food Bank

**Wed January 8
9:00 am to 11:00 am**


Dairy Box

**Wed January 15
2:00 pm to 4:15 pm**



Produce Box

**Wed January 29
12:00 pm to 4:15 pm**



- Clear bags will be provided on Food Bank day, two per household.
- If your Food Bank Client Form has changed, please advise me and I will update it for you.

For more info, contact the Food Bank- 705-957-3539 or 705-979-2055

Women's Full Moon Ceremony

SPIRIT MOON

January 10th, 2020

6:00 pm

Curve Lake Health Centre

Pot Luck Feast To Follow

Please Bring A Small Dish To Share

Long Skirts are required.

For More Info

Contact Marcie @ 705-657-2557

Or by email @

MarcieW@curvelake.ca



Traditional Healer Pete Keshane

Saturday February 1st 2020 at the Old Seniors Building.

Pete offers private individual appointments for your Mental Health, Addictions and Physical Health needs with the ability to work along side of your western medications and current health concerns.

This service is free for Curve Lake band members. A small fee is required for non-members.

An offering of Tobacco is welcome.

For more information or to book your appointment please call
Marcie @ 705-657-2557





MEDIA ADVISORY

FOR IMMEDIATE RELEASE

Friday, January 3, 2020, Peterborough

Board of Health Meets January 8

*Location: J.K. Edwards Board Room, Peterborough Public Health,
Jackson Square, 185 King St., Third Floor*

Media and the community are advised that the next Board of Health meeting will take place on **Wednesday, January 8, 2020 at 5:30 p.m.**

To download the agenda and the online board package, please visit:

<http://www.peterboroughpublichealth.ca/about-us/about-us-2/board-of-health/meeting-agendas>

This meeting is open to the community and members of the media. Guests are asked to use the buzzer located on the wall to the right of the main front doors to alert Peterborough Public Health staff when they arrive. The board room is located on the third floor of Jackson Square, 185 King St. Free parking is available after 6 p.m. on the street or across the road at the King St. Parkade.

-30-

For further information, please contact:

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



MEDIA RELEASE

FOR IMMEDIATE RELEASE

Friday, January 3, 2020, Peterborough

First Influenza Outbreak Confirmed in Local Long Term Care Home

Flu Shot Still Widely Available in the Community

Peterborough Public Health is reporting the season's first influenza outbreak at a local long term care home.

"Residents of the facility have tested positive for Influenza A, which is one of the many strains contained in this year's flu vaccine," said Dr. Rosana Salvaterra, Medical Officer of Health. "Long term care residents are particularly susceptible to complications from the flu, which is why we strongly encourage healthcare workers and all local residents to get the flu shot."

Dr. Salvaterra noted this outbreak serves as a good reminder to get vaccinated for those who have yet to receive their flu shot because it's not too late to protect yourself and others.

The flu shot is free and recommended for everyone over six months of age. It is especially important for people with a weakened immune system, pregnant women, young children, the elderly and anyone who takes care of people in these groups.

Flu shots are available at many local pharmacies, physician offices, and walk-in clinics. Peterborough Public Health is also holding a flu shot clinic for children under five years of age without a healthcare provider on Thursday, January 16, 2019 from 3:00-6:00 p.m. To book an appointment, please call 705-743-1000, ext. 349. For a listing of pharmacies offering free flu shots, [click here](#) or visit www.peterboroughpublichealth.ca/flu.

In addition to getting the flu shot, Dr. Salvaterra recommended that those who are feeling unwell stay home to prevent the spread of the infection, practice proper handwashing, clean and sanitize commonly-used surfaces frequently, and cough or sneeze into your sleeve or tissue and washing hands afterwards.

-30-

For further information, please contact:

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

Peterborough Native Learning Program



Unit 6 – 360 George St. N.
Peterborough, ON, K9H 7E7
info@pnlp.org
<https://www.pnlp.org>
(705) 741 – 0798

Essential Skills Survey – Curve Lake Members

Peterborough Native Learning Program is an adult skills development service provided for all adults 19 and over, both indigenous and non-indigenous. We operate with an Indigenous focus and our funding is provided through the Ministry of Training, Colleges and Universities under the Native Stream.

We are currently looking to enhance our programming to the Members of Curve Lake to better suit member needs for essential skills upgrading.

Each person who completes this survey is eligible to enter a draw for three chances to win a \$100 gift card. Draw Date will be held on February 14, 2020. (in order to be entered into the draw you must be 19 and older and you must provide name and email address at the bottom of the survey)

This survey should take no more than 5 minutes to complete. Please return to the ERC (in an envelope) before January 31, 2020 for your chance to win, or you can mail it to our address at the top of this page.

We thank you in advance for your participation in this survey.

1) What is your age range?

19 – 25

26 – 35

36 – 45

46 – 55

 56+

2) Where do you live?

In Curve Lake

Off Reserve

3) What is your primary source of income?

OW/ODSP

Part Time Employment

Full Time Employment

Self Employed

Other: _____

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- 4) What is your highest level of education?
- JK – 8
 - 9 – 11
 - OSSD (Grade 12 or 13 diploma)
 - GED
 - Some College
 - College Diploma/Certification
 - Some University
 - University Degree
 - Apprentice (any level)
- 5) Have you ever been home schooled?
- Yes
 - No
- 6) Please Check **all** of the below that you identify with: - Please note, you can self-identify or it can be an official identification.
- Newcomer
 - Racialized Person
 - Deafblind
 - Deaf
 - Person with a disability
 - Inuit
 - Metis
 - First Nations
 - Francophone
- 7) If you aren't currently employed are you actively seeking employment?
- I am employed
 - Yes I am looking for employment
 - No I am not looking for employment
- 8) If you are not looking for employment: (choose all that apply)
- Are you in school?
 - Are you looking to upgrade your essential skills?

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9) When it comes to learning new skills, what method do you prefer?

- Self-paced learning
- On-Line (Distance) Learning
- Classroom
- A combination of all of the above.

10) Do you feel you would benefit from any of the following classes (check all that apply):

- Microsoft Office Training (Word, PowerPoint, Excel)
- Basic Computer Skills (for example: email, internet search, online job applications)
- GED Preparation
- Indigenous Language Classes (Anishnaabemowin)
- Cultural Preservation workshops (e.g. Medicines, Language, Elder Discussions)
- Other: _____

11) If you wanted to attend a class, what are potential barriers to attendance? (check all that apply):

- Transportation
- Child care
- Disability
- Time
- Money
- Food
- Technology (no access to computers)

12) Where do you find information for services offered in Curve Lake? (check all that apply)

- Employment Resource Centre
- Cultural Centre
- Social Media
- Band Office
- Newsletter
- Newspaper
- Word of Mouth
- Radio
- OW/ODSP

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13) Are you aware of the Peterborough Native Learning Program?

- Yes
- No

14) If you answered yes, how are you aware of the Peterborough Native Learning Program?

- Word of Mouth
- I have used their services
- Newsletter
- Employment Resource Centre
- Social Media

15) Did you know the office for PNLP is located at the ERC?

- Yes
- No

16) Have you ever used the Peterborough Native Learning Programs Services?

- Yes
- No

17) Please feel free to share your experience with the program with us:

Draw for 3 \$100.00 Gift Cards

Name: _____

Email Address or Telephone Number:

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January

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 BEADING at the Health Centre 6:30-8pm	8	9	10	11
12	13 WOMEN'S WELLNESS GROUP: SELF-EMPOWERING WORKSHOP 5:30-7:30pm Youth Drop-in 5:30-7:30pm @ FRC	14 BEADING at the Health Centre 6:30-8pm	15 BABY & TODDLER GROUP @ FAMILY RESOURCE CENTRE 10am-11:30am GETSIINYAG TAI CHI 11am @ Community Centre	16 Healthy Child Development 5:00-6:30 Dinner & Presentation	17 WOMEN'S FULL MOON CEREMONY 6pm @ Health Centre	18
19	20 WOMEN'S WELLNESS GROUP: SELF-CARE BINGO 5:30-7:30pm Youth Drop-in 5:30-7:30pm @ FRC	21 FAD DIETS & BODY IMAGE 5-5:30pm Dinner 5:30-6:30pm Presentation Teen Movie Night at the Cinema; BEADING	22 BABY & TODDLER GROUP @ FAMILY RESOURCE CENTRE 10am-11:30am GETSIINYAG TAI CHI 11am @ Community Centre	23 Kids Cooking Class @ Community Centre 5-6:30pm	24	25 COMMUNITY MEETING @ THE COMMUNITY CENTRE 10am-2pm
26	27 WOMEN'S WELLNESS GROUP: CRAFT NIGHT 5:30-7:30pm Youth Drop-in 5:30-7:30pm @ FRC	28 BEADING at the Health Centre 6:30-8pm GETSIINYAG Bowling 11am	29 BABY & TODDLER GROUP @ FAMILY RESOURCE CENTRE 10am-11:30am GETSIINYAG TAI CHI 11am @ Community Centre	30	31	

MEN'S GROUP-Craig Brochmann will be here on January 15 and 29; January 22 Dinner and Movie; February 5 Axe Throwing