



CHIEF REPORT

K'we Dear Lennox Island Families,

Since mid-March, we have been working diligently to protect and support our families through this unprecedented time of danger and uncertainty related to Covid 19.

We, the Band Council and your staff have been busy seeking out, and securing resources to respond to the Threat of Covid as well as continue to provide essential services to our people.

As well we are all working on different platforms and from different locations, which present challenges that we are all learning to overcome. We are learning new ways to use technology to continue to move our files forward. We want to be well positioned to move to a new normal way of doing business that will be safe for our staff and for all those we serve.

We are working on Business Continuity Safety Plans for all our Departments and Buildings that will ensure that as we open for business, we do it in a way that will best protect everyone. Our goal is to be positioned to open up more of our programs and services safely in July. This is absolutely dependant on the situation in the province, as it would directly impact on what we do here. I am cautiously optimistic that we will continue to see great results here on PEI. We can each do our part by following the safety guidelines that we have been talking about right from the start, Social distance, wash hands, stay home if you are sick and now you are being asked to wear masks in areas where social distancing is not possible. Many businesses are now requiring us to wear masks when you go into their shops. I am pleased to have been able to supply cloth masks to all our families in Epekwitk, along with garden packages this month.

We are very fortunate to have been able to access and secure funding both federal and provincial, to support all our families so far throughout this pandemic. We are now planning and preparing for the coming months as it is likely that there will be a second wave of Covid 19 and I want to do everything I can to ensure that we will be positioned to get through that event as great as we did the first wave!

I am very pleased to announce that we have been able to secure the extra \$500,000 to build our new Fire Hall. As I stated before, the government had approved the 2-bay fire hall based on the cost of the project 20 years ago. So, we will be doing final design and planning work and will bring the \$2.2 million Fire Hall to tender in August! Building will be complete in early spring 2021!

I believe that everyone received new mailbox keys recently! Our New Mailboxes are scheduled to arrive very soon, so keep your keys safe. It is wonderful to have new improved mailboxes and as a reminder our new postal code is now C0B 1J0. So please use this new code from now on so that your mail will arrive on time.

It was wonderful to see all our Epekwitk families participate in the Clean-up Challenge! It goes a long way in making you feel good when your property and litter free! Well done families!!!!

This month marked the celebration of Aboriginal Awareness Week here in Epekwitk and it was the occasion that jump started our joint initiative with the provincial government to have Mi'kmaq Place Name signs erected across the province. I am so proud of this work and believe that this is another example of the commitment of this government to take positive actions in our shared efforts towards reconciliation.

I have been asked to sit ex officio as a sector champion on the new Premiers Council for Recovery and Growth! I am honoured to have been asked and I will work hard in this capacity to help find best ways to support islanders thrive and succeed the years ahead and also to help set bold aspirational goals that will position our province to seek a bigger part of all the world has to offer. I look forward to being involved in this important work!

In closing, I wish each and every one a wonderful summer. A summer that will be different, but can still be great! Please follow all the safety guidelines, as we are still living with Covid, so stay diligent, stay safe!

Sending much love to you all,
Chief Darlene, xo



To Submit

UPCOMING:

Birthdays/New Babies
Anniversaries/Weddings
Program Updates
Stories Events Notices

Please Contact:

Mary Ann Lewis - Communications &
Technical Support Staff Person
Phone: (902)831-2711
Cell: 902-439-5372
Email: kwimu.admin@lennoxisland.com
Facebook: Kwimu Messenger

What's Inside...

- Pg. 2 - Epekwitk's Mi'kmaq
-History Comes to Life
- Pg. 3 - Renewing PEI Together
-PHASES
- Pg. 4 - Renewing PEI, Together Cont.
- Pg. 5 - Community Health Nurse
Update
- Pg. 6 - Summer Safety Tips
- Pg. 7 - Non-Medical Mask & Face
Coverings/Notices
- Pg. 8 - Notices Cont.
Job Opportunities
- Pg. 9 - Job Opportunities Cont.
- Pg. 10 - Celebrations



The following is distributed by L'nuey

For Immediate Release



Charlottetown, PEI – 15 May 2020

Epekwitk's Mi'kmaq History Comes to Life

Tignish? Tracadie? As many Islanders know, numerous PEI place names have a Mi'kmaq language origin. However, few people know what they mean.

In recognition of Aboriginal Awareness Week, L'nuey and the Government of PEI are partnering to recognize some of these locations and celebrate Prince Edward Island's Mi'kmaq history. At nine locations across the Island, heritage signage will be placed to highlight locations with names that have a Mi'kmaq origin or that hold particular importance to the Mi'kmaq people. These signs have been installed in Tignish, Portage, Crapaud, Tracadie, Borden, Fox River, North River, Panmure Island and at the Grand/Ellis River in Day's Corner.

Mi'kmaq place names are insights into the Island's geography and human history. Unlike many English language place names that have been transposed from locations in other countries or named after people, the Mi'kmaq names are rooted in a description of that specific location or highlight activities that would take place there.

Tracadie, for instance, has its origins in the Mi'kmaq word "Tlaqatik," which means "the place where people gather." Historically, the area that surrounds Tracadie Bay was a significant summer gathering place for fishing and preparation for the long winter to come.

Portage, known in Mi'kmaq as "Unikansuk," which means "portage trail." The Brae, historically, was a landing place for Mi'kmaq people coming across the Northumberland Strait from New Brunswick in the spring. They would travel up the Percival River, then travel overland through Unikansuk, in order to quickly access Cascumpec Bay and Malpeque Bay.

"The Mi'kmaq place names of Epekwitk are a window in a history that we all share as Islanders," said Chief Junior Gould of Abegweit First Nation. "There is a great deal that we can learn about Prince Edward Island through knowledge of these place names and what they mean."

"Names given by our ancestors for certain locations provide insights into the Mi'kmaq world view and our Mi'kmaq language," added Chief Darlene Bernard of Lennox Island First Nation. "These place names are very descriptive and rooted in natural and human history, in geography, and they provide a guide into how we traditionally went about our daily lives."

"One of the reasons Prince Edward Island is such an incredible place is because of the people. The cultural fabric of our province would be incomplete without our foundational Mi'kmaq traditions and language," said Premier Dennis King. "There is no doubt that we stand to gain a great deal when we take the time to learn from, recognize and celebrate our Indigenous history."

Aboriginal Awareness Week (May 19-22) has been recognized and celebrated across Canada since 1992 as an opportunity to create greater public awareness of the role of Indigenous People across the country.

- 30 -

For further information contact:

Sean Doke: sdoke@lnuey.ca or 902.330.4420

L'nuey is an initiative focused on protecting, preserving, and implementing the constitutionally entrenched rights of the Mi'kmaq of Prince Edward Island.



	Current	PHASE 1 Starting May 1 st , 2020	PHASE 2 Starting May 22 nd , 2020	PHASE 3 Potential June 1 st , 2020	PHASE 4 Looking ahead
Border screening and self-isolation	Traveler screening in place at points of entry to PEI and self-isolation requirements	Traveler screening in place at points of entry to PEI and self-isolation requirements	Traveler screening in place at points of entry to PEI and self-isolation requirements	Traveler screening in place at points of entry to PEI and self-isolation requirements	Further relaxation of measures as situation permits
Gatherings	Stay home as much as possible and only essential interactions	Limited outdoor/indoor gatherings while physical distancing and limited physical contact.	Limited indoor/outdoor gatherings while physical distancing and limited physical contact	Slightly larger indoor/outdoor gatherings; including religious gatherings, while social distancing	
Recreation	Interaction between members of a household only	Non-contact outdoor and indoor recreational activities	Non-contact outdoor/indoor recreational activities	Organized recreational activities, recreational facilities and services, public spaces	
Business and NGOs	Focus on essential services serving the public; non-essential services able to operate by phone, virtual services, delivery or pick-up	Select outdoor and construction services	Retail businesses and select indoor services	Additional personal services, indoor in-room dining, and accommodations	
Childcare services	Childcare for essential service workers	Childcare for essential services workers	Unlicensed and licensed child care centers	Unlicensed and licensed child care centers	
Health Care	Essential services only	Priority non-urgent health care services	Additional non-urgent health care services	Continued transition to increased non-urgent health services	
Public Services	Essential services only	Priority public services	Additional public services	Further public services	
Education	Home-based learning options	Home-based learning options, with some limited activities	Home-based learning options, with some limited activities	Home-based learning options, with some limited activities	
Long-term care	Visitor restrictions in place	Visitor restrictions in place	Visitor restrictions in place	Limited visitations allowed	



Phases build on one another and following public guidance is essential for each phase.

This is **Phase 3** of four distinct phases that will be implemented with a progressive lifting of public health measures on individuals, communities and organizations over **three-week periods**.

All plans are subject to change as the situation continues to evolve. Organizations and businesses are not required to re-open on the first date of each phase of Renew PEI, Together. They may choose to continue operating virtually or online.

Not all organizations and businesses have been identified in the respective phases. Those referenced represent the types of services and activities that fall within that phase. Organizations and businesses that are unsure about when they may re-open can seek direction from the Chief Public Health Office.

MONDAY, JUNE 1st, 2020

Slightly larger indoor and outdoor gatherings

Re-introduce gatherings of **no more than 15 people indoor, and 20 people outdoors** (for example, worship services, large families having visitors or playing frisbee in the park)

- Maintain physical distancing with individuals who are not part of one's household
- Limited sharing of equipment among individuals from different households with precautions

At this time, gatherings may not include choirs or bands involving singing or wind and brass instruments (unless only members of the same household are present); one designated or one wind or brass instrumentalist may sing or play music provided there is a minimum of 3.5 metres (12 feet distance) from everyone else. Vigorous vocalization should also be avoided when closed than 3.5 metres (12 feet) distance from other individuals (e.g. shouting, cheering).

Gatherings Guidance – Organized recreational activities and facilities

Re-introduce guidance recreational activities, recreational facilities, services and public spaces while following physical distancing guidance:

- Organized recreational activities permitted while adhering to the gathering guidance, including:
 - Soccer, baseball, flag football, tennis (some activities will require modification.)
- Recreational facilities allowed to re-open include:
 - Swimming pools, hot tubs and outdoor spas; Arenas, wellness recreational centres; Bowling alleys; Gym and fitness facilities; Yoga and Pilates studios
- Public spaces permitted to re-open including:
 - Art galleries; Libraries; Youth centres and community centres

(Some activities at these locations may qualify as gatherings and as such must follow gathering guidance (e.g. classes, sporting events, etc.).

Organized Recreational Activities and Team Sports Guidance and Gathering Guidance

Personal services, indoor dining and accommodations

Re-open such services

- Additional services permitted to re-open with some restrictions on specific high-risk activities including:
 - Nail and other salons and spas; Tattoo and piercing studios
- Indoor dining and services at food premises, breweries, cideries and wineries permitted:
 - 50 persons permitted inside, with additional persons permitted on patio; no buffet style
- Accommodations can re-open for PEI residents only:
 - Campgrounds
 - Hospitality homes
 - Inns
 - Bed and breakfasts

Childcare – Unlicensed and licensed child care centres and day camps to re-open

Health Care

- Dental will begin scheduling elective treatment with priority on urgent and emergency care.
- Continued transition to increased non-urgent health services.

Public services – Further Public Services

Education – Home-based learning options continue, with some limited activities.

Long-term care

Some forms of visitation permitted with controls in place using the following guidelines:

- All visitors and residents must maintain physical distancing of two metres (6 feet)
- If physical distancing is not possible, visitors must wear a mask (non-medical grade preferred) or face shield;
- All visitors will be screened before visiting. Anyone with symptoms will have to postpone their visit;
- Designated staff or volunteers must accompany visitors directly to the outdoor visiting space (and assist them with safely donning/doffing mask or face shield if required);
- All visitors must practice appropriate hand hygiene prior before and after visiting.

Routine Visiting

- Outdoor visits will take place in designated areas;
- A maximum of two designated visitors per resident;
- Designated visitors remain consistent and do not change;
- Designated visitors may visit together or separately;
- Visits will be limited to a maximum of 60 minutes to allow access to all residents within the property;
- Visits will be scheduled at specific visiting times to allow for appropriate staff support to help during the visit;
- Enhanced cleaning of spaces will take place between visits.

End of life visiting

- These visits entail bedside visits in residents' rooms;
- A maximum of six designated visitors will be selected per resident;
- Only two of the six designated visitors may visit at one time;
- The two daily visitors may visit together or separately.

Additional changes for long-term care

- Residents are able to use designated outdoor spaces as indicated by each home;
- Individual homes may schedule times when outdoor spaces are free to use to ensure physical distancing;
- Residents must remain within the grounds of their home;
- Residents must practice physical distancing when within the home grounds/designated area.

Public Health Guidance

The following is public guidance for all phases of Renew PEI, Together:

- Stay informed, be prepared and follow public health advice
- Maintain physical distancing of 2m (6 ft) with individuals who are not part of one's household
- Adhere to mass gathering limits
- Stay home when ill and call 811 promptly if experiencing symptoms of COVID-19
- Wash your hands often with soap and water for 20 seconds; if not available, use hand sanitizer containing 60-80% alcohol
- Don't touch your face with unwashed hands
- Cough or sneeze into a tissue or your sleeve, and wash your hands directly after
- Ensure enhanced cleaning and disinfection of commonly touched surfaces
- With employer's support, continue working from home and encourage others to do the same
- Continue to use online, home delivery, and curbside pick-up shopping options where available
- Co-workers and neighbours can carpool or share drives if physical distancing is maintained
- Vulnerable individuals should exercise caution and minimize high-risk exposures
- Limit personal non-essential travel
- Consider wearing non-medical masks in certain situations (E.g. public transit)
- Keep log of interactions to self-monitor and to facilitate contact tracing should a case be detected.

COVID-19 is still out there so protect yourself and others



STAY HOME-SAVE LIVES



Help stop coronavirus

1. **STAY** home as much as you can
2. **KEEP** a safe distance of 6 feet or wear a non-medical mask if you can't
3. **WASH** hands often or use hand sanitizer
4. **COVER** your cough
5. **SICK?** Call ahead

Protect yourself and others around you by knowing the facts and taking appropriate precautions. Follow advice provided by your local public health agency.

To prevent the spread of COVID-19:

Clean your hands often. Use soap and water, or an alcohol-based hand rub.

Maintain a safe distance from anyone who is coughing or sneezing.

Don't touch your eyes, nose or mouth.

Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze

Stay home if you feel unwell.

If you have a fever, cough and difficulty breathing, seek medical attention. Call in advance. Follow the directions of your local health authority. Avoiding unneeded visits to medical facilities allows healthcare systems to operate more effectively, therefore protecting you and others.

Summer Safety Tips

Car Safety

BUCKLE UP!!!! We see too many children standing up in the front seat. Accidents can happen even going up the road. Take that few minutes to make sure your children are safe. It is the law in Prince Edward Island that children traveling in vehicles are safely secured in a car seat or booster seat that is appropriate for their age, weight and height including Lennox Island.

Tips to avoid distraction behind the wheel

- Put your phone on silent or on Do Not Disturb mode. You won't be tempted by an alert you don't hear.
- Even better, use an app or a built-in function that activates a Do Not Disturb feature automatically when connected to your vehicle's Bluetooth or when increased speed is detected.
- Out of sight, out of mind – put your phone in a glove compartment, a zipped purse or knapsack, or even the back seat.
- Make sure to leave enough time in your schedule to eat and groom before getting in the car.
- Ensure that your temperature, music and GPS are set before you leave.
- If it's really that important, pull over.

Helmets Save Lives

Make sure your child wears a helmet when biking, roller blading, playing sports, or going on scooters, and hover boards.

Drowning: It can happen in seconds

1. Actively supervise children when they are in or around water.
2. For extra protection, especially if you are watching more than one child, have children under five and weak swimmers wear life jackets when playing in and around water. While boating always wear your own lifejacket and ensure children are outfitted with lifejackets that fit them properly.
3. Learn First Aid and CPR (Cardiopulmonary Resuscitation).
4. Put your kids in swimming lessons. Although formal swimming lessons can't "drown-proof" children, some studies show kids who receive swim training are less likely to drown.
5. Fence it: if you have a backyard pool (including above-ground pool or temporary pool that will not be emptied after each use), or if you have a spa or **hot tub, the best practice is to fence it off completely on all four sides.**

Hot Car Warning

Never leave children or animals in a hot car even with the window cracked.

Temperatures inside even a previously air-conditioned car can rise dangerously high within minutes. Extreme heat affects infants and small children more quickly and dramatically than adults because of their size. Their core temperature can increase three to five times faster than that of an adult. Heatstroke, or hyperthermia, occurs when the body's core temperature reaches 40.5C (105F).

Who do I call for issues with my health?

*Call 911 if it is an emergency

*Call your Doctor or Nurse Practitioner (if you have non-life-threatening health concerns or need refills.

*Call 811 if you have any of the following symptoms:

- Fever greater than 38C
- Cough (New or worsening of a chronic cough)
- Sore Throat
- Runny Nose
- Marked Fatigue

*Self-assessment online tool:

<https://www.princeedwardisland.ca/en/service/self-assessment-covid-19>

*Call 1-800-558-6400 if you have questions about Covid-19 (Coronavirus).

Medication Refills contact your pharmacy to see if you have a refill or if they can give you an emergency supply until you reach your Doctor or Nurse Practitioner. They cannot prescribe narcotics and pharmacy hours are reduced. If you have issues with getting essential medications call 902-831-2711 for assistance. If no answer, leave a message for a nurse to call.

***For Mental Health Concerns Call:**

- **The Island Helpline** – 1-800-218-2885 (toll-free)
- **Kids Help Phone** – 1-800-668-6868 (toll-free)

Dental Offices are seeing emergency patients only.

Remember only go out to appointments that are essential to your health, otherwise stay home!

Doctor's Appointments

If you have a scheduled appointment with a specialist please confirm before going and if you can't make it please call to cancel. Call the Health Centre for assistance, if you are unable to reach the specialist. Regular Doctor's appointments are still happening over the phone for now, but there are times they may need to bring clients to the clinic to be seen. No clinics in Lennox Island for now. We will update you if anything changes.

If Dr. Montgomery is your Doctor of you do not have a family doctor you can call 902-831-5800 for an appointment with him or Gurbir Martin NP. You will be given a time that they will call you.

Prescription Refills

If you just require a refill on a medication you have been using on a regular basis, call your pharmacy and they can fax the prescriptions you require to the Doctor and you will not need to see the Doctor or NP at this time.

COVID-19 testing at the Cough and Fever Clinic

If you develop COVID-19 symptoms, including new onset fever, new or worsening cough, sore throat, runny nose, sneezing, congestion or unusual fatigue, you should call your family physician or nurse practitioner. If you do not have a family physician or nurse practitioner or are unable to reach them, call 8-1-1. You can use the self-assessment tool to guide you to when to call which is located online at:

<https://www.princeedwardisland.ca/en/service/self-assessment-covid-19>.

Health Emergencies

If you have a health emergency please contact 911 or go to the nearest emergency department. If it is not life threatening you can call your Doctor, Nurse Practitioner or 811 for advice.

Footcare

We have been talking with our footcare nurse and are looking into guidelines on how we can safely offer clinics. We will be in contact with clients as soon as we can offer this service again.

Summer Safety Tips/Notices



Water Safety Tips

Swim in designated areas supervised by lifeguards.



Always swim with a friend.



Wear a life jacket when you go boating.



Install and use a Baby Guard Pool Fence around your home pool or hot tub.



Actively supervise children whenever around the water.



Reach or throw aid to distressed swimmers - don't go!



Always stay within arm's reach of young children and avoid distractions.

Keep toys not in use away from the pool and out of sight.



SUN SAFETY

SUMMER SKIN PROTECTION



WEAR BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE CLOTHING



AVOID SUN BETWEEN 11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE WATER



REFLECTION CAUTION



SEEK SHADE



AVOID DIRECT SUNLIGHT

COVID-19 Update

Mental Wellness



During a time of such uncertainty, it is important to know what supports exist for you and your family during COVID-19. It is understood that everyone is experiencing social isolation in different ways—while some enjoy the time alone, others struggle. It is crucial for community members to be aware of the resources available to them in times of need—you are not alone.

Through the Non-Insured Health Benefits Program (NIHB), eligible First Nation's are entitled to up to 22 hours of Mental Health counselling with a registered clinician. During COVID-19, many of these clinicians are offering tele-counselling services. Please contact your NIHB Navigator, Jasmine Perley, at 1 (506) 206-0150 for more information.

Indigenous Services Canada (ISC) has launched the First Nation and Inuit Hope for Wellness Help Line, an online chat counselling service that is available completely online, 24 hours a day, 7 days a week. This service provides immediate mental health counselling and crisis intervention to all Indigenous people across Canada. The toll-free number is 1 (855) 242-3310, or the chat option can be used at: <https://www.hopeforwellness.ca/>.

Our community Health and Wellness Centres are staffed with many competent and warm-hearted people who have made it their duty to better the lives of our people. Contact your Health Centre staff for guidance and support during these times.

Other useful resources can be accessed at the following numbers...

CHIMO	1 (800) 667-5005
Kid's Help Phone	1 (800) 668-6868
National Suicide Hotline	1 (800) 273-8255

Please do not hesitate to reach out if you, or someone you know is struggling. COVID-19 has presented us with obstacles that we need to work through together.

Woliwon/Wela'in/Merci/Thank-you and stay safe,

Jasmine Perley
NIHB Navigator

Notice

The Health Centre has a locked Mailbox located to the left of the door. For Example, to drop off Maritime Electric Bills and other forms requested by staff.



TMAWEY INC. Hours

Monday	10:00 am -2:00pm
Tuesday	10:00 am -2:00pm
Thursday	10:00am -2:00pm
Friday	12:00pm-4:00pm

HOURS
of
OPERATION

Non-Medical Masks & Face Coverings

How to protect others

The best thing you can do to prevent spreading COVID-19 is to wash your hands frequently with warm water and soap for at least 20 seconds. If none is available, use hand sanitizer containing at least 60% alcohol.

To protect other's, you should also:

- Stay at home if you are ill
- Maintain a 2-metre physical distance from others
 - When physical distancing cannot be maintained consider wearing a non-medical mask or homemade face covering
- Avoid touching your face, mouth, nose or eyes

Wearing a homemade non-medical mask/facial covering in the community is recommended for periods of time when it is not possible to consistently maintain a 2-metre physical distance from other's, particularly in crowded public settings, such as:

- Stores
- Shopping areas
- Public transportation

Public health officials will make recommendations based on a number of factors, including the rates of infection and/or transmission in the community.

Recommendations may vary from location to location.

Wearing a mask along will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing.

Appropriate use of non-medical mask or face covering

When worn properly, a person wearing a non-medical mask or face covering can reduce the spread of his or her own infectious respiratory droplets.

Non-medical face masks or face coverings **should**:

- Allow for easy breathing
- Fit securely to the head with ties or ear loops
- Maintain their shape after washing and drying
- Be changed as soon as possible if damp or dirty
- Be comfortable and no require frequent adjustment



- Be made of at least 2 layers of tightly woven material fabric (such as cotton or linen)
- Be large enough to completely and comfortably cover the nose and mouth without gaping

Some masks also include a pocket to accommodate a paper towel or disposable coffee filter, for increased benefit.

Non-medical masks or face coverings **should**:

- Not be shared with others
- Not impair vision or interfere with tasks
- Not be placed on children under the age of 2 years
- Not be made of plastic or other non-breathable materials
- Not be secured with tape or other inappropriate materials
- Not be made exclusively of materials that easily fall apart, such as tissues
- Not be placed on anyone unable to remove them without assistance or anyone who has trouble breathing

Limitations

Homemade masks are not medical devices and are not regulated like medical masks and respirators:

- They have not been tested to recognized standards
- The fabrics are not the same as used in surgical masks or respirators
- The edges are not designed to form a seal around the nose and mouth

These types of masks may not be effective in blocking virus particles that may be transmitted by coughing, sneezing or certain medical procedures. They do not provide complete protection from virus particles because of a potential loose fit and the materials used.

Some commercially available masks have exhalation valves that make the mask more breathable for the person wearing it, but these valves also allow infectious respiratory droplets to spread outside the mask

Masks with exhalation valves are not recommended, because they don't protect others from COVID-19 and don't limit the spread of the virus.

Medical masks, including surgical, medical procedure face masks and respiratory (like n95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

NOTICES

LENNOX ISLAND HEALTH CENTRE NOTICE TO COMMUNITY MEMBERS

Re: COVID-19 HOURS

The Lennox Island Health Centre will be remaining closed until further notice with the exception of essential services listed below. We want to ensure safety of our community members as well as our staff. Please call (902)831-2711 **before** coming to the Health Centre for approved essential services only.

Monday to Friday 10:00am to 2:00pm:

- Telephone lines will still be answered from 10:00am to 2:00pm
- Messages can be left during off hours

Wednesday and Thursdays 10:00am to 2:00pm:

- A nurse will be available by appointment. Please call (902)831-2711 to book appointments for essential appointments (i.e. Injections, Immunizations.)
- Cheques (i.e. Income Assistance) will be prepared and delivery will start at 9am on Thursdays.
- If you need to speak to someone regarding Income Assistance, please call (902)831-2711 to book telephone appointments.

Mental Health Phone Sessions:

- Mental Health Telephone sessions are available Monday to Friday. Please call (902)831-2711 between 10:00am to 2:00pm to leave a message for Donna MacIntyre.
- For Mental Health concerns call toll free:
 - **The Island Helpline – Call 1-800-218-2885**
- Kids Help Line: **1-800-668-6868** or text **CONNECT to 686868**
 - Kids service is available 24/7 to young people in Canada. A young person can dial **1-800-668-6868** in any moment of crisis or need to speak with a Kids Help Phone counsellor.
 - By texting **CONNECT to 686868** you will be able to connect with a trained, volunteer Crisis Responder. Young people don't need a data plan, Internet connection or app to access this service. All conversations between young people and volunteer Crisis Responders are confidential.
 - 24/7 texting service is confidential. Due to the nature of texting technology, connecting with a volunteer Crisis Responder is not anonymous. Only Kids Help Phone's phone and Live Chat services are both anonymous and confidential. Go to kidshelpphone.ca.

MEDICAL TRANSPORTATION – COVID 19

Please be advised that we will not be asking medical carriers to transport clients.

- If you have a medical appointment please call ahead to verify that it is still going to happen.
- Ask a well family member to take you. (private rate medical transportation)
- If you cannot get a drive to a medical appointment from a family member, please call the health centre at (902)831-2711 to arrange for a drive. We will only be taking people to essential appointments at this time. We will be using the Lennox Island Vans to ensure social distancing. Social Distancing is a way that we can all help reduce the spread of COVID-19 in our communities, and within the province. The recommendations for social distancing from the Chief Public Health Officer, is that people stay at least two (2) metres, six (6) feet apart and to avoid unnecessary close personal contact.

First Nations and Inuit Health NIHB COVID-19 UPDATE:

The Non-Insured Health Benefits (NIHB) program continues to provide benefits and services during the COVID-19 pandemic. Atlantic clients – for more information call 1-800-565-3294 or email atnihb@hc-sc.gc.ca. Read the latest information and guidance at <http://ow.ly/oYkt50yR4c0>.

CANADA DAY AWARDS

**ACCEPTING NOMINATIONS
FOR
YOUTH & CITIZEN
OF THE YEAR**

As it stands, this year we will be celebrating Canada Day a little differently this year.

We will be having a Virtual Flag Raising via Facebook Live, recipients will be invited to witness the flag raising.

DEADLINE TO SUBMIT NOMINATIONS

JUNE 18TH, 2020

All nominations for youth and citizen of the year are to be sent to Robin Enman either by email at robin_enman@hotmail.com; via Facebook Messenger; you may also text your nominations to his cell, 902-439-8612.

Please include a small write-up to help assist with making a decision.

NOTICE

SPRING CLEANUP

PICKUP

The pickup for Spring Cleanup will be on

FRIDAY, JUNE 19th and will start

At 7:00 A.M. – Date is posted on the Garbage pick-up schedule.

Items must be properly sorted in order to be picked up.

(WASTE, COMPOST, RECYCLABLES)

If not sorted properly, it will not be picked up.

**Items* must be roadside and should be put out before that date and time to ensure pickup.*

MI'KMAQ

Words/Phrases of the Month

Names & Titles

Ni'n = me or myself	Ki'j = You (Singular)
Ninen = We (Exclusive)	Kinu = We (inclusive)
Kilew = You (plural)	Nekmow = They.
E'piti'ji'j = Little girl	L'pa'tu'ji'j = Little Boy
Kisiku = Elderly Man	Kisikui'skw = Elderly Woman
Mijua'jii = Baby	li'j = Little one
Nekm = s/he	E'pit = Woman
	li'nm = Man

Job Description

Lennox Island Mi'kmaq Cultural Centre

Title: RESEARCHER/DIGITAL ARCHIVER/TOUR GUIDE

Reports to: Director of Culture and Tourism

Based at: Lennox Island Mi'kmaq Cultural Centre

Job Purpose:

Research the Cultural Practices, Traditions and History of the Mi'kmaq of Prince Edward Island for the Lennox Island Mi'kmaq Cultural Center. Ensuring that accurate information regarding current and historical issues of significance to the community of Lennox Island and the Mi'kmaq Nation are being relayed to future guests.

Develop a Digital Database of historical documents and information currently stored at the Lennox Island Mi'kmaq Cultural Centre

Key Responsibilities:

1. Research, Record/Document information regarding the Cultural Practices, Traditions and History of the Mi'kmaq of Prince Edward Island
2. Develop a Digital Database of historical documents and information currently stored at the Lennox Island Mi'kmaq Cultural Center
3. Provide tours to visitors of the Lennox Island Mi'kmaq Cultural Center and respond to questions they may have
4. Provide tours to visitors of the Lennox Island Church and respond to questions they may have
5. Ensure that information being provided is accurate
6. Maintain a clean work environment (Dusting, Sweeping & Mopping floors, Wiping displays and information boards, etc.)
7. Assist with planning and implementation of Cultural Events in the community
8. Sale of Mi'kmaq Crafts and other items available for purchase
9. Maintain a weekly work log and provide weekly activity report to the Director of Culture and Tourism

Occasional Duties:

1. Answering phones and responding to inquiries
2. Soliciting and Receiving donations
3. Attendance and participation in staff/team building meetings
4. Typing of documents
5. Providing administrative Support to Director of Culture and Tourism and other staff when requested
6. Assist with Lennox Island Pow Wow fundraising activities and events
7. Assist with St. Anne Sunday Activities initiated by the Lennox Island Mi'kmaq Cultural Center
8. Assist with the planning and implementation of the Annual Lennox Island Pow Wow
9. All other duties as required

Qualifications:

- Must be able to work as part of a team
- Must be friendly, personable and professional
- Outstanding Customer Service skills
- Effective communication skills
- Motivated and task oriented
- Ability to use a computer and various computer program and applications
- Ability to be assigned tasks and to work independently to complete tasks
- Understand the history and structure of the Lennox Island First Nation and the community

Working Conditions:

- Work week will consist of 37.5 hours per week
- Shift Work including Evenings and Weekends
- Some work will be conducted outdoors

Physical Requirements:

- Lifting up to 25 lbs
- Ability to stand for long periods of time

Please submit resume via email to Jamie.thomas@lennoxisland.com or drop off at the band office between 11am – 2pm Monday through Friday.

All applications must be received no later than 4pm on Jun14th, 2020.

Job Description

Lennox Island Mi'kmaq Cultural Centre

Title: MEDIA RELATIONS/MARKETING SUPPORT

Reports to: Director of Culture and Tourism

Based at: Lennox Island Mi'kmaq Cultural Centre

Job Purpose:

To provide professional Media Relations support and create a Marketing Strategy for the Lennox Island Mi'kmaq Cultural Centre and Experience Lennox Island.

Key Responsibilities:

1. Media Relations support for the Lennox Island Mi'kmaq Cultural Centre and Experience Lennox Island
2. Marketing Strategy and implementation plan for the Lennox Island Mi'kmaq Cultural Centre and Experience Lennox Island
3. Create and manage digital media outlets for the Lennox Island Mi'kmaq Cultural Centre and Experience Lennox Island
4. Provide tours to visitors of the Lennox Island Mi'kmaq Cultural Centre and respond to questions they may have
5. Provide tours to visitors of the Lennox Island Church and respond to questions they may have
6. Ensure that information being provided is accurate
7. Maintain a clean work environment (Dusting, Sweeping & Mopping floors, Wiping displays and information boards etc.)
8. Assist with planning and implementation of Cultural Events in the community
9. Sale of Mi'kmaq crafts and other items available for purchase
10. Maintain a weekly work log and provide weekly activity report to the Director of Culture and Tourism
11. Assist with the creation of an online sales platform for the Lennox Island Mi'kmaq Cultural Centre and Experience Lennox Island
12. Ensure website is up to date

Occasional Duties:

1. Answering phones and responding to inquiries
2. Soliciting and Receiving donations
3. Attendance and participation in staff/team building meetings
4. Typing of documents
5. Providing administrative Support to Director of Culture and Tourism and other staff when requested
6. Assist with Lennox Island Pow Wow fundraising activities and events
7. Assist with St. Anne Sunday Activities initiated by the Lennox Island Mi'kmaq Cultural Center
8. Assist with the planning and implementation of the Annual Lennox Island Pow Wow
9. All other duties as required

Qualifications:

- Must be able to work as part of a team
- Must be friendly, personable and professional
- Outstanding Customer Service skills
- Effective communication skills
- Motivated and task oriented
- Ability to use a computer and various computer program and applications
- Ability to be assigned tasks and to work independently to complete tasks
- Understand the history and structure of the Lennox Island First Nation and the community

Working Conditions:

- Work week will consist of 37.5 hours per week
- Shift Work including Evenings and Weekends
- Some work will be conducted outdoors

Physical Requirements:

- Lifting up to 25 lbs
- Ability to stand for long periods of time

Please submit resume via email to Jamie.thomas@lennoxisland.com or drop off at the band office between 11am – 2pm Monday through Friday. **All applications must be received no later than 4pm on Jun14th, 2020.**

Job Description

Lennox Island Mi'kmaq Cultural Centre

Title: PRODUCT DEVELOPER

Reports to: Director of Culture and Tourism

Based at: Lennox Island Mi'kmaq Cultural Centre

Job Purpose:

To assist in the creation of new tourism experiences for the Lennox Island Mi'kmaq Cultural Centre and Experience Lennox Island

Key Responsibilities:

1. Research, test, develop and script new experiences to be launched in 2021
2. Provide tours to visitors of the Lennox Island Mi'kmaq Cultural Centre and respond to questions they may have
3. Provide tours to visitors of the Lennox Island Church and respond to questions they may have
4. Ensure that information being provided is accurate
5. Maintain a clean work environment (Dusting, Sweeping & Mopping floors, Wiping displays and information boards etc.)
6. Assist with planning and implementation of Cultural Events in the community
7. Sale of Mi'kmaq crafts and other items available for purchase
8. Maintain a weekly work log and provide weekly activity report to the Director of Culture and Tourism
9. Assist with the creation of an online sales platform for the Lennox Island Mi'kmaq Cultural Centre and Experience Lennox Island

Occasional Duties:

1. Answering phones and responding to inquiries
2. Soliciting and Receiving donations
3. Attendance and participation in staff/team building meetings
4. Typing of documents
5. Providing administrative Support to Director of Culture and Tourism and other staff when requested
6. Assist with Lennox Island Pow Wow fundraising activities and events
7. Assist with St. Anne Sunday activities initiated by the Lennox Island Mi'kmaq Cultural Center
8. Assist with the planning and implementation of the Annual Lennox Island Pow Wow
9. All other duties as required

Qualifications:

- Must be able to work as part of a team
- Must be friendly, personable and professional
- Outstanding Customer Service skills
- Effective communication skills
- Motivated and task oriented
- Ability to use a computer and various computer program and applications
- Ability to be assigned tasks and to work independently to complete tasks
- Understand the history and structure of the Lennox Island First Nation and the community

Working Conditions:

- Work week will consist of 37.5 hours per week
- Shift Work including Evenings and Weekends
- Some work will be conducted outdoors

Physical Requirements:

- Lifting up to 25 lbs
- Ability to stand for long periods of time

Please submit resume via email to Jamie.thomas@lennoxisland.com or drop off at the band office between 11am – 2pm Monday through Friday. **All applications must be received no later than 4pm on Jun14th, 2020.**

CELEBRATIONS

May 2020

May 1st – Happy Birthday to my mother Doreen Jenkins! Love Chrissy

May 1st – Happy Birthday Nana! Love MacKenzie, Alicia, Andrew & Carson

May 2nd – Happy Birthday Autumn Lewis! Love Mom, Dad, your sisters & Gerry Jr.

May 2nd – Happy Birthday Uncle Gippy! Love MacKenzie, Alicia, Andrea & Carson

May 11th – Happy Birthday Jenna! Love Dad, Mom, MacKenzie, Alicia, Andrew & Carson

May 18th – Happy Birthday Jackoby! Love Mom & Shanaya

May 22nd – Happy 7th Birthday to Hunter! Love you! Love Nan, Owen & Daddy

June 2020

June 2nd – Austin Lewis

-Happy 11th Birthday Austin! Love Juju & Dada

-Happy Birthday Austin! Love Sagi MaryAnn, Chris, Aurora & Dryden

-Happy Birthday Austin Taylor! Love Mom, Dad, Ophelia & Violet

June 2nd – Happy Birthday to my brother Rene Bussiere! Love Chrissy

June 3rd – Big Happy 39th Birthday to Preston! Love Candace

June 7th – Happy 13th Birthday Zachary! Love Dad, Mom, Maddy & Ava xoxo

June 9th – Happy Birthday to our beautiful daughter Breanne Lewis! Love Mom & Dad

June 14th – Rik Bernard

Happy Birthday to my wonderful husband Rik, love Allena & Family

-Happy Birthday to my son Rik Bernard! Love Mom & Papa Richard

June 15th – Cass Alder

-Happy Birthday Hunny! I hope you have an amazing day! I love you! Dee xoxo <3

-Happy Birthday Daddy! We love you so much! Have an awesome day! Love Lexi, Luka & Loni

June 16th – A big Happy 8th Birthday to Shanaya Wells! Love Mom & Jackoby

June 18th – Happy 9th Birthday Ava! Love Dad, Mom, Maddy & Zach! Xoxo

June 20th – Wowkwis Lewis

-Happy 6th Birthday to Wowkwis (Gwamut)! Love Mom & Dad

-Wishing my grandson Wowkwis a very Happy 6th Birthday! With love from Giju

-Happy Birthday Wowkwis from Godfather Uncle Nevin & Godmother Auntie Geraldine

-Happy Birthday Wowkwis! Love MaryAnn, Chris, Aurora & Dryden

June 21st – Nevin Di Julio

-Happy Birthday to Godfather Nevin! Love Wowkwis

-Happy Birthday Dad/Dada! Love MaryAnn, Chris, Aurora & Dryden

-Happy Birthday Nevin! Love Geraldine

-Happy Birthday to my brother-in-law Nevin! Enjoy your special day Nev! From Roseanne

-Happy Birthday Nevin! Enjoy Grandpahood! From Methilda Knockwood

June 21st – Happy 19th Birthday to Lawrence Sock! Love Always Mom & Siblings

June 24th – Happy Birthday to my beautiful Mom! Love Sheryl & Kids

June 25th – Matilda Ramjattan

-Happy Birthday Matilda! Love Geraldine & Nevin

-Happy Birthday Matilda! Enjoy your special day! Love Roseanne

-Happy Birthday Auntie Matil! Love MaryAnn, Chris, Aurora & Dryden

June 28th – Happy Birthday to Ricky Jr. From Nanny, Papa Richard, Sarge and Charlie

June 29th – Happy Birthday to my youngest daughter Amber Snache! Love Mom & Family

June 29th – Joseph Thomas

-Happy Birthday Joseph! Love Rhonda

-Happy Birthday Dad! Love MacKenzie, Alicia, Andrew & Carson

-Happy Birthday to Lloyd! Have an awesome one! Love yah bunches from Nanny Sadie

-Happy Birthday to my daughter-in-law Stephanie! Have an awesome one Love Sadie

-Happy Birthday 18th to Nikdea Sark! From Dad, Love you tus

-Happy Birthday to our girl Nikeda! It's only the beginning, you deserve the world Love Auntie Madlene & Family

-Happy 11th Birthday wishes to Jacenta Augustine! From Daddy, love you tus

-Happy Birthday Jacenta Love Auntie & Family

-Happy Birthday Jancenta! Have an awesome one! Love Auntie Sadie

-Happy Birthday to Tenna Mitchell! Love Nanny Sheila

-Happy 14th Birthday Skyler! I love You <3 Mom

-Happy Birthday to my granddaughter Hailey! Love yah bunches! <3 Nanny Sadie

-Happy Birthday to my nephew Robert! Auntie Sadie loves yah bunches!

-Happy Heavenly Birthday goes out to Lisa Joseph! Love yah, Sadie

Have a story idea, community notice or birthday wishes?

Please Contact: Mary Ann Lewis

Work: 902-831-2711 Cell: 902-439-5372

kwimu.admin@lennoxisland.com

*Facebook Search "Kwimu Messenger". Please add as friend.

Submissions can be received via inbox.

Father's Day Wishes

-Happy Father's Day Roger! Love yah, Mom

-Happy Father's Day to Edward! Love yah bunches, Mom

-Happy Father's Day to my dad in heaven, love yah bunches, with lots of hugs and kisses from your daughter Sadie

-Happy Father's Day to Cyrus Bernard! From Junior

-Happy Father's Day Dad (Peter Gallant)! I love you and Thank you for always being there for me! Love Nicole & Kids

-Happy Father's Day to George Paul, best dad in the world, your biggest fan with all my love from your one and only daughter Sunrise <3

-Happy Father's Day Dad! We love you! Love Danielle & Cory <3

-Happy Father's Day Dad! We are so grateful for all that you do! Love Maddy, Zach & Ava <3

-Happy Father's Day! We love you daddy! Travis Lewis you're an amazing Father! Love Mika & Antwan

-Happy Father's Day to Papa Lush! We love you and we are so grateful for everything you do for all of us! Love Brittany, Sean, Keegan, Warren, Miah, Owen & Richie

-Happy Father's Day to Howard Sark! Love Val, Jon, Joey & Chailo

-Happy Father's Day Dad (Hubert Sark) couldn't have made it this far in life without you! Love Rose Bud & Family

-Happy Father's Day Dada! Love Shelby-Lynn & Hannah Arsenault

-Happy Father's Day to Kevin Labobe! Love you, <3 Judy

-Happy Father's Day to the best dad ever Hubert Sark! Love Cindy

-Happy Father's Day dad (Peter-Joe)! Love Jill, Keagan, Kayden, milo & whiskers

-Happy Father's Day Dad (Nelson)! Love Jill & Chase

-Happy Father's Day Dad (Peter)! Love Peter Joe, Jill, Keagan & Kayden

-Happy Father's Day Dad! I love you so much, thank you for all you do! Love Alicia <3

-Happy Father's Day Dad/Papa, Wendell Labobe! Love Michelle, Brad, Klara, Ty and Carson

-Happy Father's Day to the most amazing dad ever! Love Riley & Keira

-Happy Father's Day Shawn, love Avery & Britt xox

-Happy Father's Day to Lawrence Sock! Love Adrian

-Happy Father's Day to the most amazing dad ever! So much love from your wife and all the kids!! Kendall, Justice, Jewel, Jace & Charlotte xoxo

-Happy Father's Day to my son, Shawn (Shawnee) Labobe! You are an amazing father, who make us all so very proud. I'm happy I got to see your dreams come true of you and Brittany having a mini-you <3 Love you always Shawnee <3 Much love, Mom, Troy, Blaize & Evan

-Happy Father's Day Jason! You are truly the glue that holds this family together <3 no matter what obstacles come our way, you always have the ability and strength to carry us through. We all love you sooo much <3 Thank you for everything you do for us xo Ashley, Felicity & Clarity

-Happy Father's Day to my brother Travis! You are such a good father to those kiddos and they are very lucky to have you in their lives <3 Ashley

-Happy Father's Day Jimmy! Love James David & Makayla

-Happy Father's Day Cecil! Love Janet

-Happy Father's Day Dad (Travis)! Love Connor, Keely, Riley & Reece

-Happy Father's day to my father, Kenny Bernard! From Care & Family

-Happy Father's Day to Papa Allan! From Care & Family

-Happy Father's Day to Kevin! From Amber & Abigail

-Happy Father's Day to Joel! From Link & Lou

-Happy Father's Day to Parker! Love from Care & the Kids

-Happy Father's Day Dad! From Cassidy & Ryan <3 <3 xoxo

-Happy Father's Day dad/granddad! Love always, Savanna & Kaizor <3

-Happy Father's Day Dad! Love Sheila, Owen, Daniel & Hunter xoxo

-Happy Father's Day to both of my dad's, Joey Thomas and Joe John Sanipas! Love Patsy

-Happy Father's Day Dad! Love MacKenzie, Alicia, Andrew & Carson

-Happy Father's Day Mike Bernard! Love from Sunil xoxo

-Happy Father's Day to Allan Ramjattan From Matilda

-Happy Father's Day Gerry Lewis! Love Mom

-Happy Father's Day Peter Gallant! From Cheryl & Tyler Thank you for always being there.

-Happy Father's Day to my son George! Keep up the good work son.

Grandkids are the best. Loved my time with you all. Love Mom

-Happy Father's Day to my dad Angus Sark! Love Samantha & Wowkwis

-Happy Father's Day to my fiancé Adam! Love Samantha & Wowkwis

-Happy Father's Day to Kevin! From Jezebel, Evin & Kevin Jr.

-Happy Father's Day to my Dad, Cecil! From Jennifer & Family

-Happy Father's Day Dad (Timmy)! Love River, Shahonna, Atticus & Tim

-Happy Father's Day to the Best of the Best! Love you Dad/Poppa Happy Father's Day! Love Jamie, Lenny, Justin, Jordan & Xavier

-Happy Father's Day to the best daddy a kid could ask for. Happy

Father's Day Lennox! Love you to the moon and back! Jordan, Justin & Xavier xoxoxo

-Happy Father's Day Connor! Love Cohen!

-Happy Father's Day Dad/Grampy (Alan Francis)! Love Corinne & Family

-Happy Father's Day Dad/Grampy (Earl Dymont) Love Travis & Family

-Happy Father's Day Gerard, thanks for everything you do for us! Love Chelsey & the boys & fur babies.

-Happy Father's Day Dad/Papa (John Arsenault) we love you! Love Chelsey & the boys

-Happy Father's Day to Chris Duskey! Love Aurora & Dryden

-Happy Father's Day Dad/Dada! Love MaryAnn, Chris, Dryden & Aurora

-Happy Father's Day Dennis! Love Tia & The Kids

-Happy Father's Day Dennis! Love MarvAnn, Chris, Dryden & Aurora