

TELLING GOOD STORIES

# Minwaaajimo



# LAND BASED EDUCATION

Q+A

CARTER BEAR

Q+A

EMMA BEAR

BUSINESS HIGHLIGHT: **SESAME TREET**

A ONE IN  
**200**  
YEAR FLOOD



## A digital magazine to inform and engage

**MINWAAJIMO** (*Telling Good Stories*) is a Peguis Communications project focused on introducing our youth into the areas of digital communications, photography, graphic design, journalism, finance and business management through this publication.

Our goal is to inform members with important news, events, health information, education, employment, training, traditional language, sports, member profiles and updates including Peguis First Nation ventures and projects. As a digital magazine, there is no printing fees. Only a few copies are printed each issue for our Elders at the Peguis Personal Care Home.

This publication is approved by Peguis Chief and Council.

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# CONTENTS

---



## **2 LAND BASED**

---

We sat down with Bernard McCorrister, the Land Based teacher for Peguis Central School, to ask a few questions to learn more about what Land Based class is like.

## **8 A ONE IN 200 YEAR FLOOD EVENT**

---

Flooding occurred throughout the community reaching water levels never seen before and affecting homes that never seen flood waters.

## **12 BUSINESS: SESAME TREET**

---

Opened year-round, Sesame Treet also features a drive-thru for easy pick-up. Sesame Treet features a variety of Treet: Hard Ice Creams, Slush Puppies...

## **16 SPORTS**

---

**16** CARTER BEAR

**17** EMMA BEAR

## **18 HEALTH**

---

**18** COVID-19 ISOLATION GUIDELINES

**19** MONKEYPOX VACCINE FACT SHEET

## **22 COMMUNITY CALENDAR**

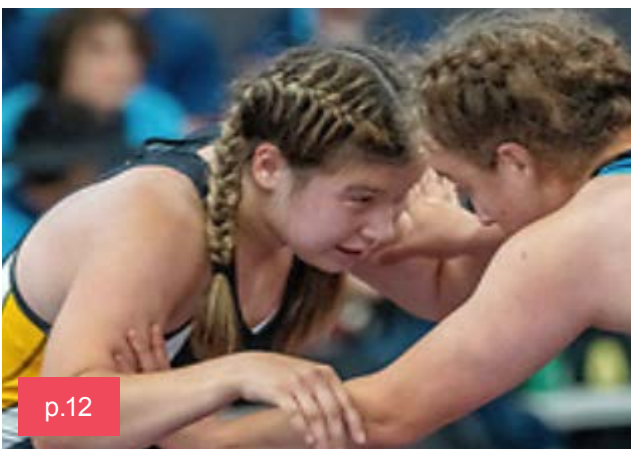
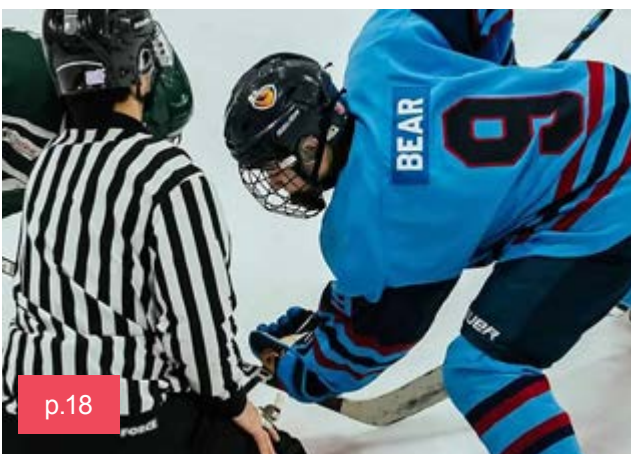
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## **23 PEGUIS CENTRAL SCHOOL CALENDAR**

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## **25 PEGUIS JOB BANK**

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with Bernard McCorrister, *Land Based Educator*

We sat down with Bernard McCorrister, the Land Based teacher for Peguis Central School, to ask a few questions to learn more about what Land Based class is like. Mr. McCorrister started back in 2010 as a Land Based Education Assistant, then in 2016 he received his Education Degree and Bachelor of Arts Degree for his current job. Bernard was introduced to our traditional culture through his wife, Shelly McCorrister. Today, Bernard and Shelley raise their three children teaching the ways of traditional life.

### WHAT IS LAND BASED?

Land Based can be anything relating to our culture, our history, our people and most important the Land. Bernard was once told from a knowledge holder that “Once you know who you are and where you come from, you will know where you are going.” This is the style of teachings he uses both inside the classroom and outdoors, because each student offers various skills to the program which makes Land Based an amazing program for any school.

The skills learned in Land Based are important on a personal level,

because our culture helps show us who we are and where we come from. Language is important in this same way. Each word we say in the language has story to tell, that makes land based a better connection for our students. The land has a good spirit that teaches them. When a student finds their interest, skills begin to grow from there and can stay with them forever.

Peguis Central School offers a Land Based class for high school grades. The course includes trapping, hunting, fishing, Peguis history, culture and many more activities. There is a Kindergarten to grade 8 Land Based program which follows activities with the high school students. This class also has outdoor trips to the Peguis School Board Camp and other schools in Manitoba to learn on the land.

Mr. McCorrister’s main goal for this year is for the students to have a great time while at school because there have been so many missed days due to the pandemic and flood. Bernard is excited to welcome back those members returning from being evacuated and is going to miss those that are unable to return home.

*“We will try our best to make Land Based education a successful year.”* said Mr. McCorrister.

Bernard spoke about how he watched the land and animals, so he knew the flood was coming. When trapping and hunting he noticed the animal’s nests were far from the water and flood areas. The beaver’s (Amik) also built their dams higher than usual to protect their home. Animals are connected with the land and know how to prepare for the upcoming season. The land was also very dry so the ground was like cement, when the water came through it had no nowhere to go.

Being a Land Based Teacher doesn’t stop when I leave the school, it continues with me wherever I go and I share the knowledge that was passed on to me with others. Most of the time knowledge is passed back and that is what I like the most, how our people can work together.

When we share our knowledge and skill with each other we grow, and we grow together as one.

Miigwech





Lone Island Lake, Whiteshell Provincial Park, MB





Canoeing on Lone Island Lake



Digging Seneca root in Whiteshell Provincial Park, MB



Finding a plume in Whiteshell Provincial Park, MB





**NATIONAL DAY FOR  
TRUTH AND RECONCILIATION**

SEPTEMBER 30, 2022

Wear **ORANGE** on September 30<sup>th</sup> and show your support!



**PEGUIS FIRST NATION TRAINING & EMPLOYMENT (PFNTE)** receives funding and operates under the guidelines of the Aboriginal Skills and Employment Training Strategies (ASETS) a federally funded program through Employment & Social Development Canada.

Our Program objective is to provide resources and services that address labour market challenges and barriers by providing a wide range of skill development programs and employer focused training opportunities. Target clientele include Unemployed Peguis First Nations Adults, Peguis First Nations Youth (15-30), Urban/ Off Reserve Members.

Programs and Services include:

- Skill Development/ Training Sponsorship (programs 1 year or less)
- Training for High Demand Jobs
- Employment Assistance Services
- Job Search
- Programs for Youth

#### **CONTACT INFORMATION**

##### **Main Office**

Box 609 Peguis, MB R0C 3J0  
Phone: (204) 645-3405  
Fax: (204) 645-2198  
Toll Free: 1-866-552-0166  
Email: [receptionist@pfnte.ca](mailto:receptionist@pfnte.ca)

##### **Sub-Office**

Suite 204, 1075 Portage Avenue  
Winnipeg, MB R3G 0R8  
Phone: (204) 784-5591  
Fax: (204) 784-5594  
Email: [urbanadmin@pfnte.ca](mailto:urbanadmin@pfnte.ca)



# NEWBORN TO SCHOOL AGE VACCINATIONS



March 2020 to June 2022 has been tough to get infant, children, or school age vaccines and Health is working very hard to catch up those children/youth that need their vaccinations updated. Here is a list of vaccines that each newborn, infant, child and school age are eligible for.

## Typically, your child will be vaccinated:

- Newborn BCG
- 2 months & 4 months-will be given DTaP-IPV-Hib: Diphtheria, Tetanus, Pertussis (Whooping Cough), Polio, Haemophilus Influenzae type B (Hib) Pneu-C-13: Pneumococcal, Rota: Rotavirus
- 6 months-DTaP-IPV-Hib: Diphtheria, Tetanus, Pertussis (Whooping Cough), Polio, Haemophilus Influenzae type B (Hib) Pneu-C-13: Pneumococcal
- 12 months-Men-C-C: Meningococcal Disease, MMRV: Measles, Mumps, Rubella, Varicella (Chickenpox)
- 18 months-DTaP-IPV-Hib: Diphtheria, Tetanus, Pertussis (Whooping Cough), Polio, Haemophilus Influenzae type B (Hib) Pneu-C-13: Pneumococcal
- Preschool between 4 to 6 years-DTaP-IPV: Diphtheria, Tetanus, Pertussis (Whooping Cough), Polio, MMRV: Measles, Mumps, Rubella, Varicella (Chickenpox)
- COVID Vaccines given from age 6 months to elderly. Booster doses available for

## School Age Grade 6

- HB: Hepatitis B (2 doses)
- HPV: Human Papillomavirus (2 doses)
- Men-C-ACYW-135: Meningococcal Disease

## Grade 8-9 (13-15 years old)

- Tdap: Tetanus, Diphtheria, Pertussis (Whooping Cough)

Parents, guardians if your child needs any vaccines or if you would like to check up on their vaccine status call Chantel Settee 204-645-2169 or any one of the Community Health Nurses to help you. Health will book you an appointment and get your child's immunizations updated.





Highway #224, South of Teen Bridge

# A One In **200 YEAR** Flood Event...now what?

Imagine a home flooding. Imagine that home flooding again a few weeks later. Imagine the second flood being the worst flood you have ever seen. Imagine knowing ahead of time. Then imagine being denied support to help protect this home.

This is the reality of our community. Flooding is a problem and it's a problem we face every spring.

However, this year was different. Unlike previous floods, Peguis was denied Flood Prevention funding this spring. Governing bodies outside of the community decided that Peguis 1B was not going to flood this year. Forgetting the elevation drop from Fisher Branch, forgetting the inadequate drainage throughout our community, forgetting the amount of snow that accumulated this long

winter, and forgetting that Peguis floods every year.

Flooding occurred throughout the community reaching water levels never seen before and affecting homes that had never seen flood waters.

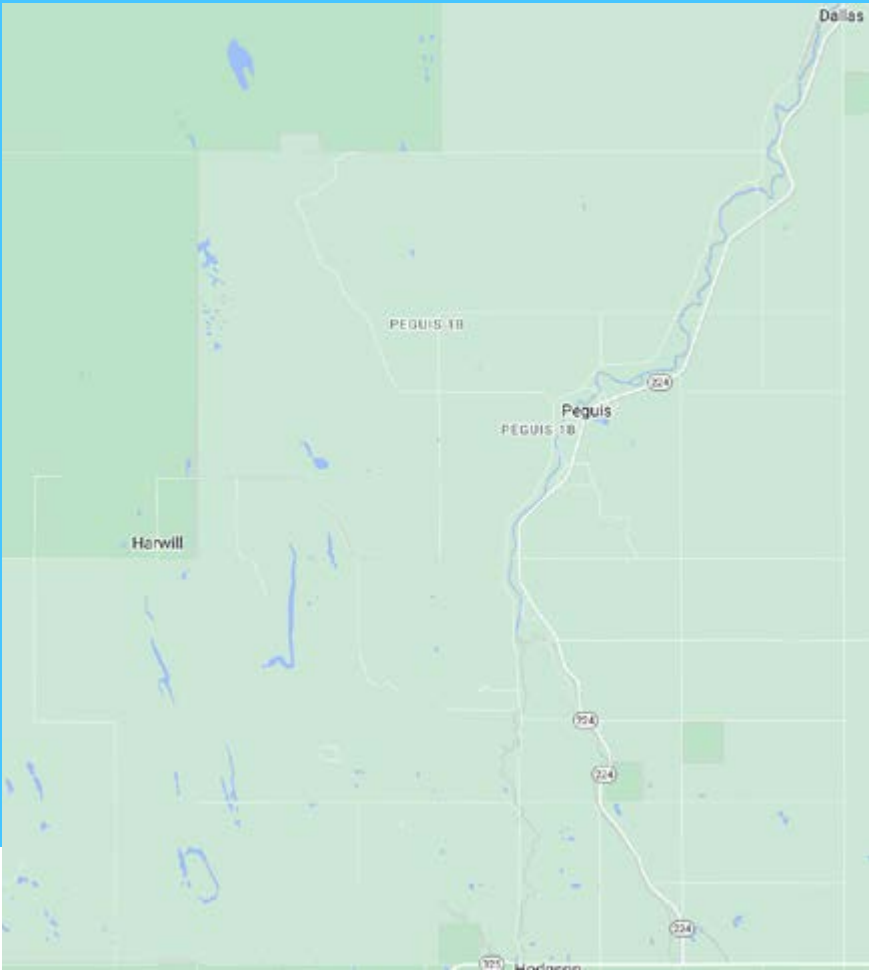
Looking forward, there is major infrastructure work required to prevent future flooding. This will include flood mitigation, housing, and upgrading our roads and highways.

All of this work will require a trained and certified workforce. Peguis First Nation is planning to train our members to become certified in various areas. This training will be local and fast-tracked to get as many as our members trained in preparation for these projects.

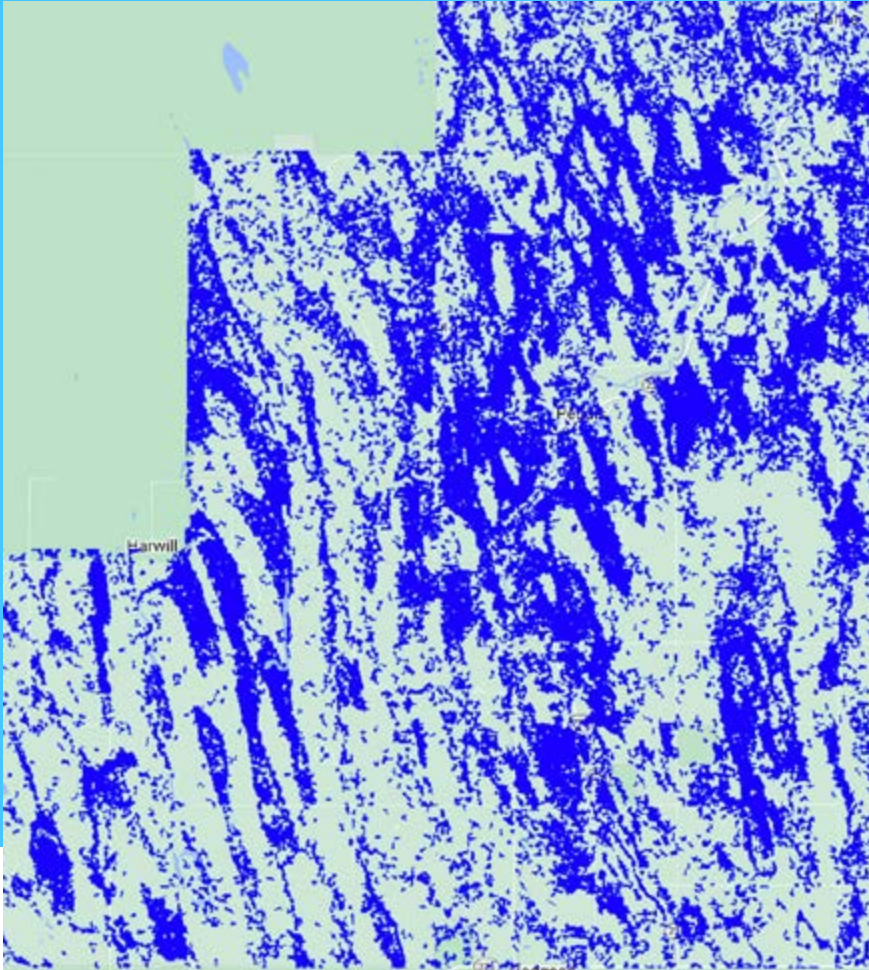


MINWAJIMO





Map of Peguis 1B during normal water levels.



Flood Mapping of Peguis 1B around May 5, 2022, highlighting the difference in bodies of water compared to map on the left.



Repairing a Tiger Dam breach at a home surrounded by flood waters

TELLING GOOD STORIES





# Waste Diversion Project

Keeping Mother Earth Healthy  
for Future Generations

## Our Goal:

To create a clean,  
healthy, safe,  
and sustainable  
Peguis First Nation  
community.

## What is this project about?

- > The Peguis First Nation landfill is being improved to meet standards, codes, and best practices.
- > Improvements to the landfill are nearly complete including upgrades to the recycling area to meet community recycling goals.

If we can reduce, reuse, recycle, and recover; we can really decrease our waste! The 4 R's are important and will help us achieve our Community Vision!





## Improvements to the Existing Peguis Waste Site:

- > Upgraded design of waste cells and future expansion
- > Improved site operations & processing of loads
- > New signage, fencing, office, storage building, track dozer, and baler

## How much waste does Peguis First Nation produce?



- > The population of PFN is 3,600 people. It is estimated that 3,400 tonnes of garbage are produced every year.
- > That is equivalent to 157 school buses every year!

## Community Activities Coming Soon!

Look for the Waste  
Diversion Guide  
Book coming to  
community soon!

Drawing  
Competition

Collection  
System  
Launch

Community  
Event

For questions, contact the Peguis Public Works Department at  
(204) 645-2359



## LOCAL BUSINESS



**SESAME TREET** is a 100% independently owned and operated business located in Peguis First Nation. This business is owned by Peguis Member Vicki Sutherland. Opened year-round, it also features a drive-thru for easy pick-up.

Sesame Treet has a variety of Treet: Varieties of Hard Ice Cream, Slush Puppies (Blue Raspberry, Cherry, Cream Soda, Thelma's Original Lemonade, and Hershey's Cookies and Cream, Cotton Candy, Candy Apples, Theater Popcorn, Chips, Drink, Bars, gift cards and more!

### HOT FOOD MENU

- Pizza
- Fries
- Poutine
- Chili Fries
- Taquitos
- Onion Rings
- Chicken strips
- Chicken bombs



A customer picks up a cool treat at the drive-thru window

- Popcorn chicken
- The Unkle Burger
- The Aunty Burger
- The Cuzzin' Burger
- The Chog Burger
- Cheese burger
- Hamburger
- Chog Dog
- Hot Diggity Dog
- Hot Dog

### HOURS OF OPERATION

Monday: 11:00pm-8:00pm  
Tuesday: 11:00pm-8:00pm  
Wednesday: 11:00pm-8:00pm  
Thursday: 11:00pm-8:00pm  
Friday: 11:00pm-8:00pm  
Saturday: 12:00pm-6:00pm  
Sunday: Closed

[www.sesametreet.com](http://www.sesametreet.com)  
[sesametreet@hotmail.com](mailto:sesametreet@hotmail.com)  
1 (204) 645-5511  
Peguis First Nation, MB





# 1ST ANNUAL WOMEN'S GATHERING

*We are uniting to take a step towards  
Truth and Reconciliation*

**Ladies come and join us on**

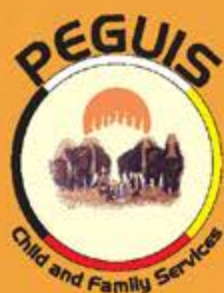
September 21, 2022, 10:00 AM- 5:00 PM

September 22, 10:00 AM- 5:00 PM

September 23, 10:00 AM- 2:00 PM

**Place: Peguis First Nation - Rainbow Lodge Ceremonial Grounds**

**Traditional Teachings • Traditional Meals • Traditional Crafts**



**To register, please contact  
Michelle Wilson at (431) 278-9338 for directions  
and items you may need.**

**This is an outdoor event and all Peguis First Nation Covid-19 guidelines will be followed.**







# YOU'RE INVITED!

## Peguis First Nation

### Solar Feasibility Study

### Community Open House

Wednesday, September 28th @ the Community Hall

Session 1: 2:30-4:30pm

Session 2: 6:30-8:30pm

Light refreshments provided!



**Peguis**  
FIRST NATION

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### Solar Feasibility Study

The study aims to understand the needs and requirements for a solar energy farm and the potential for future expansion of solar energy in the community.

Come out and learn about solar energy and the project!

Connect with Kinnan Stevenson-French

Email: [SpecialProj.Coord@peguisfirstnation.ca](mailto:SpecialProj.Coord@peguisfirstnation.ca)



Solar Feasibility Study |





Peguis First Nation  
Income Assistance Department  
204-645-2359 Ext. 106

Peguis First Nation Members who are registering for Peguis Income Assistance must provide the following items to register:

**1. Notice of Assessment Form**

- Phone # 1-800-959-8281 Press \*

**Option 1**

You can request a copy of your NOA to your mailing address.

*(You will have received in the mail from CRA when you have filed your taxes for the year)*

- **Option 2**

Sign into your Canada Revenue Service or My Service Canada Account with online banking to retrieve your Notice of Assessment.

*(Can Access the CRC office to print your NOA)*

**2. Manitoba Health Card (With Peguis Address)**

1-800-392-1207

*(online applications can be completed in the Computer Resource Room)*

**3. 60 Day Bank Statement**

This can be retrieved from your Online Banking/ or your nearest Bank Facility

*(Can access the CRC office to print your statements)*

**PLUS ANY TWO (2) OF THESE FORMS OF IDENTIFICATION**

- |                            |  |
|----------------------------|--|
| ➤ Copy of Driver's License | ➤ Passport   |
| ➤ Social Insurance Number  | ➤ Status Card/ Letter <i>(Contact Peguis Membership Clerk)</i> |
| ➤ Birth Certificate        |  |

***\*If you do not have any of these forms of identification, you can request applications from the Computer Resource Centre @ 204-645-3405 Ext. 135.***

If you require assistance or additional information, Please contact the Income Assistance department at 204-645-2359 Ext. 106

Thank you

Peguis Income Assistance Department



## SPORTS HIGHLIGHT



Q+A

# CARTER BEAR

Peguis member Carter Bear, 15, is the son of Conrad and Misty Bear. A hockey phenom, Carter has his eyes currently set on playing in the WHL.

We catch up with Carter as he is about to take his next step in his path to the NHL.

**We would like to know who influenced you to begin skating and how your career started?**

My Dad played hockey and he taught me how to skate at our community outdoor rink close to our home in Winnipeg. I was two years old when I started skating. As a family we always attended public skating once a week at Billy Mosienko Arena.

I started playing Timbits when I was 4 years old and always played against older players. Being born in November I was always playing against players 1-2 years older.

**How did you achieve competing at such a high level of hockey?**

I have always worked hard in practice and pushed myself to do my very best at each drill. I was taught that

being focused and working hard in practice will translate into my games. I also work on my stickhandling and shooting techniques every day at home.

**How did you find yourself on the radar of a WHL team?**

I believe it was making Hockey Manitoba's Team Manitoba U16 team, that competes in the WHL Cup, and the U18 Winnipeg Thrashers where I started the season at 14 years old.

**Explain how it felt finding out that you're going to be in the selection class for the WHL?**

It was a great feeling being selected to the Everett Silvertips organization. I knew I needed to continue to put the work in, to be signed and to make the team. Being drafted is only one of the steps in the process.

**Can you reflect on some highlights during your career?**

Looking back, Hockey has taken me to a lot of places. I was invited and attended the World Selects Invitational with the Midwest North

American Selects in Italy and France. We played against top invited players from each country in my age group. They were very competitive tournaments, with a lot of good players. I met a lot of people and gained a lot of experiences throughout my hockey career so far and I am looking forward to the future.

**Is the NHL a road you are pursuing?**

I definitely want to get drafted into the NHL and have a successful NHL career. I am looking forward to having a strong training camp in Everett this season and making the team as a 16 year old player. I have put the work in in the off season at the gym and on the ice and I am confident I will do well.

**What advice can you give to your fellow Indigenous athletes looking to pursue sports?**

My advice to Indigenous athletes is to always prepare and get better in areas you want to excel in. If you want to do well on a test (games) you need to put the work in studying (practicing). You also need to surround yourself with good, positive, knowledgeable people.

**What NHL team would you like to play for?**

I would like to be drafted to the Toronto Maple Leafs, Toronto is an awesome City and they have a lot of great players.

**How do you feel about being one step away from the NHL?**

It takes a lot of hard work and some luck in getting to the NHL. I feel when I am there, I will be grateful and honored and will always try being the best I can be.

We wish Carter success on his path!





Q+A

# EMMA BEAR

Peguis member Emma Bear, 18, is the daughter of Desmond and Dawn Bear. A recent graduate of Peguis Central School, she has become nationally ranked in Canada for wrestling.

Emma started wrestling in the seventh grade, but it wasn't until the ninth grade when she committed seriously to the sport. Emma is currently ranked 5th in Canada for her wrestling category. That is an amazing achievement.

We sat down with Emma to see how everything is going.

**Can you explain how you started wrestling and why you have such a passion for wrestling?**

I started wrestling in the after school program at PCS. My best friend suggested it and I've been hooked on the sport since then.

I love the feeling in a match, the adrenaline rush and the hype I get from my team and coaches. It makes me feel free.

publication@peguisfirstnation.ca

**How do you deal with pressure?**

Getting a good warm up about a hour before my match is always good and I take my headphones, so I listen to lots of music while I practice my moves on the side.

**What's it feel like to win?**

Its a great feeling to win a match or a competition, I feel like I am on top of the world when I win.

**What does it take to qualify for wrestling teams?**

To make a team in wrestling, you usually have to try out in a weight category. My current weight category is 74kg, so the heaviest I can be after making the team was 162.2lbs.

**Are there any long term goals you would like to achieve?**

My long term goals for wrestling right now are to make to worlds and the Olympics one day

**Is there any athlete you look up to or as a role model?**

Erica Wiebe, Leah Fergurson and Bridgette Laquette are just a few athletes that I look up as a role model.

**You have been selected to wrestle for the Canada Summer Games, how does that feel?**

I was super excited and ready to train with team Manitoba for such an amazing opportunity. I was also kind of nervous about such a big tournament to compete in.

**How did you achieve competing at such a high level?**

I was really lucky and my coach Leah Fergurson took me under her wing, she saw I had the dedication and will power to the sport and trained me personally. My mom also did lots of travelling back and forth to the city and back for my evening practices during the week.

We want to congratulate Emma on her accomplishments and will continue to watch her journey to the Olympics!



# COVID-19 ISOLATION GUIDELINES

*As of August 23, 2022*



## COVID-19 VACCINE

- \* Peguis Health Centre Monday, Wednesday and Friday from 9:00 am to 4:30 pm. Walk-ins welcome. COVID Vaccine Booster doses available. Call ahead to confirm vaccines available. Vaccines are ordered every 4 weeks.
- \* COVID Vaccines available for those 6 months to elderly.
- \* Tuesday and Thursdays are reserved for Infant and School vaccines. If a nurse is available on Tuesday or Thursday, you may call ahead to request for a COVID Vaccine.
- \* Booster doses recommended for 12 years and over to reduce the severity of COVID.

## COVID-19 SYMPTOMS

- \* If you are having cold symptoms-sniffles, sore throat, achy body, cough, nasal stuffiness, nose is dripping, fever or headache then do a COVID home test. If you feel that you are having a difficult time to breathe or short of breath than you can call the ambulance (204) 645-2000 or make your way to the hospital. Please call ahead to the hospital (204) 372-8444 so they are expecting you.

## HOME TEST KITS

- \* Available from Peguis Health Monday to Friday 9:00 am - 5:00 pm.
- \* Please keep kits available for your use should you need them after hours or on weekends. Health does not deliver COVID Test kits after hours or on weekends.
- \* Health has 3 different types of home test kits, and each has their own directions to perform the test correctly. Make sure and follow directions as listed.
- \* If your Home Test is +COVID call Peguis Command Centre (204) 645-2869 or (204) 645-4738 provide them with your name, call back number and a nurse will get back to you.
- \* Please inform your employer/supervisor of your results.
- \* Grocery Stores in Winnipeg, Fisher Branch and Arborg have FREE COVID test kits.

## COVID-19+ ISOLATION

- \* COVID + must isolate until they are symptom free for 24 hours and a negative home test to make sure you are no longer contagious before resuming normal activities.
- \* People who test +COVID and no symptoms are advised to isolate for 5 days and if any symptoms develop to isolate until they are 24 hours symptom free.

## CONTACTS OF A COVID-19+ PERSON

- \* Regardless of vaccination status do not need to isolate but:
- \* They must self-monitor for symptoms for 14 days and if they develop any cold or COVID symptoms they must do a home test. If you have symptoms and your home test is negative for 3 days in a row, then you are declared negative COVID.
- \* If the home test is even a faint pink line means +COVID.

## ALTERNATE ISOLATION ACCOMMODATIONS (AIA)

- \* If you test +COVID and there are more than a few people in home and you would like to isolate away from your household-Health can arrange alternate isolation in WPG.
- \* Health recommends isolating away if you have a large family as COVID maybe passed onto the others in the home. This just reduces the risk of illness for anyone else in the home.
- \* This is arranged daily 9:00 am - 3:00 pm.



# Monkeypox Vaccine

## Public Health – Factsheet

Immunization is one of the most important accomplishments in public health. Over the past 50 years, immunization has led to the elimination, containment and control of diseases that were once very common in Canada.<sup>1</sup> Vaccines help our immune system recognize and fight bacteria and viruses that cause diseases.

### What is monkeypox?

Monkeypox is a viral illness most commonly found in parts of Central and West Africa. Monkeypox virus is related to the smallpox virus, but typically causes less serious disease. The virus is usually spread to humans by touching or being bitten by an infected animal such as rodents or non-human primates. Outside of Africa, cases have usually been linked to international travel or imported animals from these regions.

In May 2022, human cases of monkeypox were identified in several countries where it is not typically found, including Canada. Investigations are ongoing, but many of the global cases identified to date have reported close or intimate contact with other cases. Although this virus is not typically considered a sexually transmitted infection, close intimate contact during sex with someone who has monkeypox is a risk factor for infection.

### What are the symptoms?

Symptoms are typically flu-like, and can include fever, headache, muscle aches, backache, chills, exhaustion and swollen lymph nodes. Several days after these symptoms appear, a rash may appear anywhere on the body, but is typically found on the face, palms of the hands and soles of the feet. The rash may also start on the area of contact (e.g. genital area) without further spread on the body.

### How does it spread?

In countries where monkeypox is commonly found, the virus is believed to mainly spread to humans through direct contact with an infected animal (i.e. via a bite or scratch, or through bush meat preparation). Monkeypox does not generally spread easily between people. Human-to-human transmission can occur with:

- prolonged face to face contact via respiratory droplets
- direct contact with monkeypox lesions or bodily fluids
- indirect contact with contaminated surfaces and materials, such as bedding and clothes

A person is infectious for five days prior to the onset of the rash and until all the skin lesions have resolved.

<sup>1</sup> The Public Health Agency of Canada

This information is subject to change. It is accurate as of June 15, 2022.

Monkeypox is usually a mild illness and most people recover on their own within two to four weeks.

### What is the monkeypox vaccine?

Imvamune® is the name of the vaccine used to protect against the monkeypox virus. Although Imvamune® is called the smallpox or monkeypox vaccine, it does not contain the smallpox or monkeypox viruses. It contains a weakened form of the vaccinia virus. Because this virus is closely related to the smallpox and monkeypox virus, the vaccine can protect against both infections.

Health Canada has approved the Imvamune® vaccine for use in adults aged 18 years and older who are assessed as being at high-risk for exposure to monkeypox.

The monkeypox vaccine can be used in two different ways to try to prevent infection:

- before getting exposed to the virus in someone at high risk of exposure (Pre-Exposure Prophylaxis – PrEP); or
- after being exposed to the virus, but before infection occurs (Post-Exposure Prophylaxis – PEP).

Infection could still occur even after vaccination, but if infection does occur, the infection is likely to be less severe compared to an unvaccinated person.

For more information about eligibility criteria, please visit <https://www.gov.mb.ca/health/publichealth/diseases/monkeypox.html>.

### How is the vaccine administered?

Imvamune® is administered by a needle in the upper arm. It is usually given as a series of two needles (i.e., two doses), given 28 days apart. Some people may only need one dose of the monkeypox vaccine (e.g. people who have previously had a smallpox vaccine, or people without ongoing risk of exposure to monkeypox). Your health care provider will determine if you need one or two doses of the vaccine.

### Who should get the monkeypox vaccine?

In Manitoba, the populations at greater risk of being exposed to monkeypox are eligible to receive pre-exposure prophylaxis. Public health officials will also follow-up with individuals who may have been exposed to the monkeypox virus and may recommend that they receive the monkeypox vaccine.



# Monkeypox Vaccine

Vaccination used for pre- or post-exposure to the monkeypox virus may help prevent the disease or make it less severe. For post-exposure prophylaxis, the sooner the vaccine is given after exposure, the more effective it is at protecting against the virus. It can be given up to 14 days after exposure.

## Who should NOT get the monkeypox vaccine?

You should not get the vaccine if you have had a major reaction to a previous dose of the monkeypox vaccine, including a severe allergic reaction or myopericarditis (inflammation of the heart muscle and lining of the heart). If you are allergic to any of the contents of the vaccine, please speak with your health care provider.

For information about any of the vaccine ingredients, please review the vaccine manufacturer's product monograph at [https://pdf.hres.ca/dpd\\_pm/00063755.PDF](https://pdf.hres.ca/dpd_pm/00063755.PDF) or speak with your health care provider.

Someone with a high fever should not be immunized. In discussion with your health care provider, the vaccine can still be given if the illness is mild, like a common cold.

Your health care provider will advise you on when it's the best time to get the monkeypox vaccine. Generally, the monkeypox vaccine should not be given at the same time as other (live or inactivated) vaccines, and you should wait two to four weeks before receiving or getting another vaccine.

## Information for specific populations

Speak with your health care provider about the risks and benefits of vaccination, if you:

- are younger than 18 years of age
- are pregnant, planning to become pregnant or breastfeeding
- have a weakened immune system caused by disease or medical treatment (e.g., cancer)

There is limited information on the use of Imvamune® among these individuals. Except for those who are breastfeeding, these individuals also have a higher risk of severe illness if infected with monkeypox. Your health care provider knows your health history best and can provide you with information to help guide your decision to get the monkeypox vaccine or not.

## Possible side effects of the monkeypox vaccine

The following side effects are very common, are generally mild or moderate, and go away about a week after vaccination:

- pain, redness and swelling at the injection site
- feeling tired
- headache
- nausea
- muscle pain

Individuals with atopic dermatitis or eczema are more likely to experience these very common side effects after vaccination. Vaccination may also make the symptoms of atopic dermatitis temporarily worse. Talk to your health care provider about the individual risks and benefits of vaccination if you have atopic dermatitis.

For a full list of possible side effects, review the vaccine manufacturer's product monograph at: [https://pdf.hres.ca/dpd\\_pm/00063755.PDF](https://pdf.hres.ca/dpd_pm/00063755.PDF) or speak with your health care provider.

Although no confirmed cases of myopericarditis have been associated with Imvamune®, previous smallpox vaccines have been associated with myopericarditis. The signs and symptoms can include shortness of breath, chest pain, or the feeling of a rapid or abnormal heart rhythm. **If you experience any of these symptoms, go to the nearest emergency department or health centre.**

It is important to stay in the clinic for 15 minutes after getting any vaccine because there is a rare possibility of a severe allergic reaction. This can include hives, difficulty in breathing or swelling of the throat, tongue or lips. **Call 911 or go to the nearest emergency department for immediate attention should any reaction occur after leaving the clinic.**

**Report any serious or unexpected adverse reactions to a health care provider, or call Health Links – Info Santé at 204-788-8200 or 1-888-315-9257 (toll free in Manitoba)**

## Your record of protection

Make sure your immunization provider updates your immunization record card or that of your child(ren), after you receive an immunization. Keep the card in a safe place! All immunizations administered are recorded on an individual's immunization record in Manitoba's immunization registry. This registry:

- allows the health care provider to find out which immunizations you or your child(ren) have had or need to have
- may be used to produce immunization records, or notify you or your health care provider if a particular immunization has been missed



- allows Manitoba Health and public health officials to monitor how well vaccines work in preventing disease

The Personal Health Information Act protects your information and/or that of your child(ren). You can have your personal health information and/or that of your child(ren) hidden from view from health care providers. For additional information, please contact your local public health office or speak with a health care provider.

If you need information on the immunizations that you or your child(ren) have received, contact your health care provider. Contact your local public health office for a copy of your or your child(ren)'s immunization records.

For a listing of public health offices please visit:  
[www.manitoba.ca/health/publichealth/offices.html](http://www.manitoba.ca/health/publichealth/offices.html)

#### For more information

For more information about monkeypox or the monkeypox vaccine, talk to your health care provider.

You can also contact Health Links – Info Santé in Winnipeg at 204-788-8200 or 1-888-315-9257 (toll free in Manitoba). Or visit:

#### Manitoba Government:

[www.manitoba.ca/health/publichealth/diseases/monkeypox.html](http://www.manitoba.ca/health/publichealth/diseases/monkeypox.html)

#### The Public Health Agency of Canada:

[www.canada.ca/en/public-health/services/diseases/monkeypox.html](http://www.canada.ca/en/public-health/services/diseases/monkeypox.html)

#### Centers for Disease Control and Prevention:

[www.cdc.gov/poxvirus/monkeypox/index.html](http://www.cdc.gov/poxvirus/monkeypox/index.html)

#### The World Health Organization:

[www.who.int/news-room/fact-sheets/detail/monkeypox](http://www.who.int/news-room/fact-sheets/detail/monkeypox)

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# COMMUNITY CALENDAR

## SEPTEMBER 2022

September 17 & 18, 2022 | Peguis Juniors Tryouts  
Peguis Multiplex

September 19, 2022 | Queen Elizabeth II - National Day of Mourning

September 21-23, 2022 | 1st Annual Women's Gathering  
Rainbow Lodge Ceremonial Grounds, Peguis First Nation

September 24, 2022 | A Day to Honor Our Elders, Residential & Day School  
Survivors at Old Stone Church, Selkirk, MB

September 28, 2022 | Solar Feasibility Study Open House  
Peguis Community Hall

September 30, 2022 | Truth and Reconciliation Day

## OCTOBER 2022

October 7, 2022 | Grandparents Day, Peguis Central School

October 10, 2022 | Thanksgiving

October 26, 2022 | Picture Day, Peguis Central School

October 27 & 28, 2022 | Staff Professional Development Day, Peguis Central  
School

October 31, 2022 | Halloween



2022

## Peguis Central School

2023

| S -       | August          |    |    |           |    |    |  | T - 1 |
|-----------|-----------------|----|----|-----------|----|----|--|-------|
| S         | M               | T  | W  | Th        | F  | S  |  |       |
| 21        | 22              | 23 | 24 | 25        | 26 | 27 |  |       |
|           |                 |    |    | Admin Day |    |    |  |       |
| 28        | 29              | 30 | 31 |           |    |    |  |       |
| Admin Day | Start P.D. Days |    |    |           |    |    |  |       |



| S - 18                              | February |           |    |                        |    |    |  | T - 18 |
|-------------------------------------|----------|-----------|----|------------------------|----|----|--|--------|
| S                                   | M        | T         | W  | Th                     | F  | S  |  |        |
|                                     |          |           | 1  | 2                      | 3  | 4  |  |        |
|                                     |          |           |    | Final Exams            |    |    |  |        |
| 6                                   | 7        | 8         | 9  | 10                     | 11 |    |  |        |
| Semester 2<br>Nursery - Change over |          |           |    |                        |    |    |  |        |
| 12                                  | 13       | 14        | 15 | 16                     | 17 | 18 |  |        |
|                                     |          | Staff Mtg |    |                        |    |    |  |        |
| 19                                  | 20       | 21        | 22 | 23                     | 24 | 25 |  |        |
| Louis Riel Day                      |          |           |    | Aboriginal Justice Day |    |    |  |        |
| 26                                  | 27       | 28        |    |                        |    |    |  |        |

| S - 18    | September            |           |    |                              |    |    |  | T - 20 |
|-----------|----------------------|-----------|----|------------------------------|----|----|--|--------|
| S         | M                    | T         | W  | Th                           | F  | S  |  |        |
|           |                      |           |    | 1                            | 2  | 3  |  |        |
|           |                      |           |    | Staff P.D. Days              |    |    |  |        |
| 4         | 5                    | 6         | 7  | 8                            | 9  | 10 |  |        |
| Labor Day | First Day of Classes |           |    |                              |    |    |  |        |
| 11        | 12                   | 13        | 14 | 15                           | 16 | 17 |  |        |
|           |                      | Staff Mtg |    |                              |    |    |  |        |
| 18        | 19                   | 20        | 21 | 22                           | 23 | 24 |  |        |
|           |                      |           |    |                              |    |    |  |        |
| 25        | 26                   | 27        | 28 | 29                           | 30 |    |  |        |
|           |                      |           |    | Truth and Reconciliation Day |    |    |  |        |

| LEGEND  |  |
|---|--|
| HOLIDAYS  |  |
| PARENT DAYS   |  |
| ADMINISTRATION / STAFF PROFESSIONAL DEVELOPMENT (P.D.) DAYS |  |
| PCS EXAMS   |  |
| A - 25.26.29  | Administration Days                    |
| A 30-32   | Professional Development Days          |
| S - 5   | Labor Day                              |
| S - 6   | First Day of Classes                   |
| S - 13  | Staff Meeting 2 p.m. dismissal         |
| S - 20  | Truth and Reconciliation Day           |
| O - 3   | Grandparents Day                       |
| O - 10  | Thanksgiving Day                       |
| O - 11  | Staff Meeting 2 p.m. dismissal         |
| O - 24  | Picture Day                            |
| O - 27.28   | Staff Professional Development Day     |
| N - 8   | Aboriginal Veterans Day                |
| N - 11  | Remembrance Day                        |
| N - 15  | Staff Meeting 2 p.m. dismissal         |
| N - 17.18   | Semester 1 Mid term Exams              |
| N - 21-22   | National Addictions Awareness          |
| N - 24  | Parent Day 2-6pm                       |
| O - 2   | Picture Retakes                        |
| O - 13  | Staff Meeting 2 p.m. dismissal         |
| O - 20  | Christmas Concert                      |
| O 22 - J 4  | Christmas Break                        |
| J - 5   | Classes Resume                         |
| J - 17  | Staff Meeting 2 p.m. dismissal         |
| F - 2.3   | Semester 1 Final Exams                 |
| F - 6   | Semester 2 Begins                      |
| F - 6   | Nursery Change-over                    |
| F - 15  | Staff Meeting 2 p.m. dismissal         |
| F - 20  | Louis Riel Day                         |
| F - 24  | Aboriginal Justice Day                 |
| M - 10  | Science Fair                           |
| M - 14  | Staff Meeting 2 p.m. dismissal         |
| M - 16  | Parent Day 2-6 p.m.                    |
| M - 27-31   | Spring Break                           |
| A - 3   | Classes Resume                         |
| A - 7   | Good Friday                            |
| A - 10  | Easter Monday                          |
| A - 11  | Staff Meeting 2 p.m. dismissal         |
| A - 12.14   | Mid term Exams                         |
| A - 26  | Festival of the Arts                   |
| M - 9   | Staff Meeting 2 p.m. dismissal         |
| M - 12  | Welcome to Kindergarten                |
| M - 19  | Heritage Day                           |
| M - 22  | Victoria Day                           |
| M - 23  | Parent Day 2-6 pm                      |
| J - 1   | Grade 8 Prom                           |
| J - 4   | Staff Meeting 2 p.m. dismissal         |
| J - 19  | Sports Day                             |
| J - 20  | Nursery Recognition                    |
| J - 21  | National Indigenous Peoples Day        |
| J - 22  | Kindergarten Graduation                |
| J - 22.23   | Semester 2 Final Exams                 |
| J - 24  | Student Recognition Days (grades 1-11) |
| J - 24  | Last Day of Classes                    |
| J - 27  | Grade 12 Graduation                    |
| J - 28.29.30  | Administration Days                    |

| S - 17.5 | March |           |    |            |              |    |  | T - 18 |
|----------|-------|-----------|----|------------|--------------|----|--|--------|
| S        | M     | T         | W  | Th         | F            | S  |  |        |
|          |       |           | 1  | 2          | 3            | 4  |  |        |
|          |       |           |    |            |              |    |  |        |
| 5        | 6     | 7         | 8  | 9          | 10           | 11 |  |        |
|          |       |           |    |            | Science Fest |    |  |        |
| 12       | 13    | 14        | 15 | 16         | 17           | 18 |  |        |
|          |       | Staff Mtg |    | Parent Day |              |    |  |        |
| 19       | 20    | 21        | 22 | 23         | 24           | 25 |  |        |
|          |       |           |    |            |              |    |  |        |
| 26       | 27    | 28        | 29 | 30         | 31           |    |  |        |
|          |       |           |    |            | Spring Break |    |  |        |

| S - 18           | October   |    |             |                 |                 |    |  | T - 20 |
|------------------|-----------|----|-------------|-----------------|-----------------|----|--|--------|
| S                | M         | T  | W           | Th              | F               | S  |  |        |
|                  |           |    |             |                 |                 | 1  |  |        |
|                  |           |    |             |                 |                 |    |  |        |
| 2                | 3         | 4  | 5           | 6               | 7               | 8  |  |        |
|                  |           |    |             |                 | Remembrance Day |    |  |        |
| 9                | 10        | 11 | 12          | 13              | 14              | 15 |  |        |
| Thanksgiving Day | Staff Mtg |    |             |                 |                 |    |  |        |
| 16               | 17        | 18 | 19          | 20              | 21              | 22 |  |        |
|                  |           |    |             |                 |                 |    |  |        |
| 23               | 24        | 25 | 26          | 27              | 28              | 29 |  |        |
|                  |           |    | Picture Day | Staff P.D. Days |                 |    |  |        |
| 30               | 31        |    |             |                 |                 |    |  |        |

| S - 18        | April     |    |    |           |                      |    |  | T - 18 |
|---------------|-----------|----|----|-----------|----------------------|----|--|--------|
| S             | M         | T  | W  | Th        | F                    | S  |  |        |
|               |           |    |    |           |                      | 1  |  |        |
|               |           |    |    |           |                      |    |  |        |
| 2             | 3         | 4  | 5  | 6         | 7                    | 8  |  |        |
|               |           |    |    |           | Good Friday          |    |  |        |
| 9             | 10        | 11 | 12 | 13        | 14                   | 15 |  |        |
| Easter Monday | Staff Mtg |    |    | Mid terms |                      |    |  |        |
| 16            | 17        | 18 | 19 | 20        | 21                   | 22 |  |        |
|               |           |    |    |           |                      |    |  |        |
| 23            | 24        | 25 | 26 | 27        | 28                   | 29 |  |        |
|               |           |    |    |           | Festival of the Arts |    |  |        |
| 30            |           |    |    |           |                      |    |  |        |

| S - 19.5 | November |                               |    |            |                 |    |  | T - 20 |
|----------|----------|-------------------------------|----|------------|-----------------|----|--|--------|
| S        | M        | T                             | W  | Th         | F               | S  |  |        |
|          |          | 1                             | 2  | 3          | 4               | 5  |  |        |
|          |          |                               |    |            |                 |    |  |        |
| 6        | 7        | 8                             | 9  | 10         | 11              | 12 |  |        |
|          |          | Aboriginal Veterans Day       |    |            | Remembrance Day |    |  |        |
| 13       | 14       | 15                            | 16 | 17         | 18              | 19 |  |        |
|          |          | Staff Mtg                     |    | Mid terms  |                 |    |  |        |
| 20       | 21       | 22                            | 23 | 24         | 25              | 26 |  |        |
|          |          | National Addictions Awareness |    | Parent Day |                 |    |  |        |
| 27       | 28       | 29                            | 30 |            |                 |    |  |        |

| S - 21.5 | May          |           |    |            |    |    |  | T - 22 |
|----------|--------------|-----------|----|------------|----|----|--|--------|
| S        | M            | T         | W  | Th         | F  | S  |  |        |
|          | 1            | 2         | 3  | 4          | 5  | 6  |  |        |
|          |              |           |    |            |    |    |  |        |
| 7        | 8            | 9         | 10 | 11         | 12 | 13 |  |        |
|          |              | Staff Mtg |    |            |    |    |  |        |
| 14       | 15           | 16        | 17 | 18         | 19 | 20 |  |        |
|          |              |           |    |            |    |    |  |        |
| 21       | 22           | 23        | 24 | 25         | 26 | 27 |  |        |
|          | Victoria Day |           |    | Parent Day |    |    |  |        |
| 28       | 29           | 30        | 31 |            |    |    |  |        |

| S - 15        | December   |                   |    |                 |    |    |   | T - 15 |
|---------------|------------|-------------------|----|-----------------|----|----|---|--------|
| S             | M          | T                 | W  | Th              | F  | S  |   |        |
|               |            |                   |    |                 |    | 1  | 2 | 3      |
|               |            |                   |    |                 |    |    |   |        |
| 4             | 5          | 6                 | 7  | 8               | 9  | 10 |   |        |
|               |            |                   |    |                 |    |    |   |        |
| 11            | 12         | 13                | 14 | 15              | 16 | 17 |   |        |
|               |            | Staff Mtg         |    |                 |    |    |   |        |
| 18            | 19         | 20                | 21 | 22              | 23 | 24 |   |        |
|               |            | Christmas Concert |    | Christmas Break |    |    |   |        |
| 25            | 26         | 27                | 28 | 29              | 30 | 31 |   |        |
| Christmas Day | Boxing Day |                   |    |                 |    |    |   |        |

| S - 17                          | June                |                                 |                         |    |              |    |   | T - 21 |
|---------------------------------|---------------------|---------------------------------|-------------------------|----|--------------|----|---|--------|
| S                               | M                   | T                               | W                       | Th | F            | S  |   |        |
|                                 |                     |                                 |                         |    | 1            | 2  | 3 |        |
|                                 |                     |                                 |                         |    | Grade 8 Prom |    |   |        |
| 4                               | 5                   | 6                               | 7                       | 8  | 9            | 10 |   |        |
|                                 |                     | Staff Mtg                       |                         |    |              |    |   |        |
| 11                              | 12                  | 13                              | 14                      | 15 | 16           | 17 |   |        |
|                                 |                     |                                 |                         |    |              |    |   |        |
| 18                              | 19                  | 20                              | 21                      | 22 | 23           | 24 |   |        |
| Sports Day                      | Nursery Recognition | National Indigenous Peoples Day | Kindergarten Graduation |    |              |    |   |        |
| 25                              | 26                  | 27                              | 28                      | 29 | 30           |    |   |        |
| National Indigenous Peoples Day | Grade 12 Graduation |                                 |                         |    |              |    |   |        |
|                                 |                     |                                 |                         |    |              |    |   |        |

| S - 19        | January         |           |    |                |    |    |  | T - 19 |
|---------------|-----------------|-----------|----|----------------|----|----|--|--------|
| S             | M               | T         | W  | Th             | F  | S  |  |        |
| 1             | 2               | 3         | 4  | 5              | 6  | 7  |  |        |
| New Years Day | Christmas Break |           |    | Classes Resume |    |    |  |        |
| 8             | 9               | 10        | 11 | 12             | 13 | 14 |  |        |
|               |                 |           |    |                |    |    |  |        |
| 15            | 16              | 17        | 18 | 19             | 20 | 21 |  |        |
|               |                 | Staff Mtg |    |                |    |    |  |        |
| 22            | 23              | 24        | 25 | 26             | 27 | 28 |  |        |
|               |                 |           |    |                |    |    |  |        |
| 29            | 30              | 31        |    |                |    |    |  |        |

| DAYCOUNT   |   |
|------------|---|
| SEMESTER 1 | 92.5 Student Days                       |
| SEMESTER 2 | 89 Student Days                         |
| TOTAL      | 181.5 - STUDENT DAYS 186 - TEACHER DAYS |
| SEMESTER 1 | 132 hours/credit course                 |
| SEMESTER 2 | 128 hours/credit course                 |

Monday, August 8<sup>th</sup>, 2022

Carrie Sutherland

Carrie Sutherland, Education Director, Peguis School Board

Nursery - Grade 12



# DIRECTORY

Peguis First Nation Band Office (204) 645-2359

Peguis Fire/Ambulance (204) 645-2000

Peguis Child & Family Services (204) 645-2049

Peguis Wellness Team (204) 645-2605

Peguis Emergency Flood Centre (204) 645-4582

Peguis Health Centre (204) 645-2169

Peguis Al-Care (204) 645-2666

Percy E. Moore Hospital (204) 372-8444

Peguis Healing Centre (204) 645-2605

Peguis School Board (204) 645-2648

Peguis Housing (204) 645-5640

Peguis Multiplex Centre (204) 645-4260

R.C.M.P. (204) 372-8484

## BUSINESS DIRECTORY

Peguis Family Foods (204) 645-2438

Peguis RBC (204) 645-2584

Peguis Post Office (204) 645-3547

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Peguis VLT's (204) 645-2434

MJS Powersports (204) 308-2530

Sesame Treet (204) 645-5511

Peguis One-Stop (204) 372-8765  
*Fisher Branch*

Peguis Midway (204) 645-4721

N.C. Transportation (431) 301-0706

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Leslie Daniels Garage (204) 645-2109

Favels Auto Service (204) 645-2235

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Pine Cone Diary Bar (204) 645-2204

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SMG Gas Bar (204) 372-8828



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# TRYOUTS '22

**SEPTEMBER 17 & 18, 2022**

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**REGISTRATION: 12:00PM**

**ICE TIME: 1:00PM**

**@KJHLJUNIORS**