

A Peguis First Nation Publication

ISSUE #2, OCTOBER 2022

Minwaaajimo

TELLING GOOD STORIES

The
PEGUIS JUNIORS

Halloween 2022

TRICK'OR'TREAT

BUSINESS HIGHLIGHT:
N.C. TRANSPORTATION

The
**PEGUIS
FLAG**

A flag that travelled the world



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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ORANGE T-SHIRT DAY







A HISTORY OF THE PEGUIS FLAG

An Interview with Freda Bear

The Peguis First Nation flag has a long history, an interesting meaning and has managed to make its way around the world. It was created by one of our very own Elders and she made it for the people of Peguis.

In 1983, a young Freda Bear working as a Accounting Assistant in Peguis Finance was unhappy with the band letterhead. To Freda, the letterhead did not look good and the band office would often receive phone calls from people thinking we were a musical band.

Freda asked Peguis Chief and Council if she could attempt to create a better letterhead for Peguis. A letterhead that reflected Peguis and its people. Leadership at this time were, Chief Louis J. Stevenson, Councillor Albert Thompson, Councillor Edith Bear, Councillor Carl Bird and Councillor Colin Williams.

While Freda was working on the new

design, she recalled the attending band meetings and what the elders would say. They would speak about treaties and how the next generation needed to remember our traditions and way of life.

Freda used some markers and began designing. On one design, she drew a yellow line, a green line, then a blue line on top of each other. Yellow representing the sun shining, green representing the grass growing and blue representing the water flowing. It was still not complete to Freda. She added a red circle to the middle, to represent our people and the circle of life.

Freda presented the design to Chief and Council and suggested it be made into a flag because we are a nation. Leadership at the time, approved the flag design and later presented Freda with the first ever Peguis First Nation flag as a gift.

Freda remembers her biggest supporters of the flag were her family, Chief Louis J. Stevenson, Councillor Carl Bird.

The original flag gifted to Freda Bear was hung in the St. Mathews Church until in 2018, when the church was broken into and the flag was stolen. This flag is an important artifact in our community's history.

If anyone has, or has seen, this flag (which has "Freda Bear" and "1st Peguis Flag" written on it) is asked to return it anonymously to the band office. There will be no questions asked.

Travelled Around the World

The Peguis flag has made its way to places around the world, it's been on TV numerous times and has been placed onto items such as sweaters, hats, pens, jerseys, cups and much more.

On one occasion, several Peguis flags were taken to England where Freda attended school. In the photo with the Late Reverend Canon Barry Bear, several flags were gifted to Freda's colleagues. After the photo was taken, her colleagues returned to their home countries of England, Indonesia, Angola (Africa), Brazil and India with their Peguis flags.

Peguis flags are permanently displayed at locations such as: Lower Fort Garry National Historic Site, Assiniboia Downs (Winnipeg), Old Stone Church (Selkirk), 1075 Portage Ave (Winnipeg),

Future plans include placing a permanent Peguis flag at the former Kapyong Barracks site.





MINWAJIMO

WINTERIZE

Your Home Checklist

It's that time of year again, it's time to get your home ready for winter.

Here are a few things you can do to prevent winter damage and keep your home warm and comfortable all season long. Before the cold weather starts, tackle this winter checklist:

- ☐ Turn off exterior faucets
- ☐ If you have a sump pump diverter, switch from field to tank
- ☐ Seal gaps and use window and door weather stripping
- ☐ Mark driveways for snow graders
- ☐ Plastic wrap windows
- ☐ If you own a generator, check oil and have extra gas available
- ☐ Check extension cords to make sure they work
- ☐ Make sure you have enough medical supplies and prescriptions
- ☐ For septic tanks, hay bales can be placed above to prevent freezing
- ☐ **Have a home emergency kit ready** (Candles, snacks, first aid kit, blanket, water, flashlight, batteries, radio)
- ☐ Keep wireless devices charged prior to storms



PEGUIS HALLOWEEN EVENT

WALK THRU PEGUIS MULTIPLEX

MONDAY OCT 31, 2022

TIME 2 P.M. TO 5 P.M.

OR UNTILL SUPPLIES LAST

ALL ORGANZATIONS WILL BE
HANDING-OUT TREATS

THEY WILL NOT BE HANDING
OUT TREATS AT WORK PLACE



Happy Halloween

SPONSORED BY

PEGUIS CHIEF AND COUNCIL

AND ALL ORGANZATIONS

FENRANES HAUNTED FOREST

7:30pm to 10:00pm

October

22nd - 30th

October 22nd is Free in honor of the late
Cassius Stevenson

@ The Fenrane Residence (Behind Mandi Mart)

Daily—\$2.00 Entry Fee, \$5.00 each Additional Entry

Canteen on site

Recommended for ages 10+ due to uneven walking paths & scary atmosphere

Staff /hosts not responsible for lost, stolen items, injury, or death.

All events/activities are at own risk

SEE YOU IN THE FOREST



N.C. Transportation is a 100% independently owned and operated business located in Peguis First Nation. This business is owned by Peguis member Clifton Campbell.

Clifton attended Peguis Central School and graduated in 2009. He identified the need in the community for pick-ups and deliveries on a variety of items. Clifton turned that need into a business.

N.C. Transportation is a pick-up/delivery service for businesses and private residents in Peguis First Nation and surrounding areas. Started in 2021, Clifton has been servicing Peguis and surrounding communities. Customers are located throughout the Interlake and pick-ups include a variety of items. The business name, N.C. Transportation, was created by Clifton and stands for his daughter's name Nova Campbell.

Most of the pick-ups are located in Winnipeg and Selkirk areas, however N.C. Transportation does make stops wherever needed.

By using N.C. Transportation,

customers that live on reserve can save the tax's on items. Delivery dates are Tuesdays and Thursdays. Pick up fee depend on parcel size. Type of pick-ups include:

- Small Appliances
- Parcels
- Parts
- Furniture
- Tires
- Restaurant Supplies

Future plans for N.C. Transportation are to purchase a larger transportation truck to increase deliveries.

Anyone that is in need of services provided by N.C. Transportation call or text for more info.

PICK-UP / DELIVERY DATES

- Tuesdays
- Thursdays

Please call to arrange your next pick-up or delivery.

campbellclifton@hotmail.com

1 (204) 308-0009

Peguis First Nation, MB



Delivery to a Peguis First Nation member.



LGBTQ2S+

YOUTH SUPPORT GROUP

TUESDAY OCTOBER 25, 2022

6:00PM – 7:30PM

WHERE:

PEGUIS CHILD AND FAMILY SERVICES MAIN OFFICE
PEGUIS, MB

SPECIAL GUEST:

JOHN PAUL TRAVERSE

AGES:

13-17 yrs

A Safe and Culturally Supportive Space for LGBTQ2S+ Individuals and Allies to meet, share and offer support for one another.

SNACKS AND REFRESHMENTS WILL BE PROVIDED

FOR MORE INFORMATION AND TO REGISTER,
PLEASE CONTACT **FAMILY ENHANCEMENT**
(204)645-2049 OR (204)632-5404
Email: FamilyEnhancement@peguiscfs.org



PEGUIS JUNIORS

TEAM PERSONNEL

Governor
Ryan McCorrister

Head Coach and General Manager
Kevin Monkman

Assistant Coach
Dale Bear

Trainer
Clint Webb

TEAM ROSTER

1	Sage Delaronde	G
2	Ayden Manningway	F
3	Everett Beaulieu	
6	Terris Jonasson	F
8	Brodie McPherson	D
13	Kyle Cochrane	D
15	Keenan McPherson	F
16	Bobby Orr-Roulette	F
18	Tyrone Meldrum	F
19	Jamie Matwayashing	D
20	Gabriel Beaulieu	F

23	Glen Murdock	
24	Dorion Cameron	F
25	Eli Kakewash	D
26	Keanu Woodhouse	
27	Ayden Daniels	F
33	Taylor Mcleod	G
55	Dion Fontaine	F
88	Nathaniel Murdock	F
97	Marcus Crate	D
	Malakai Sinclair	G

The Peguis Juniors Hockey Club would like to thank our fans for your support!

PEGUIS MULTIPLEX INFO

Entry fee's for games:

Adults	\$8.00
Youth 5-17	\$5.00
4-Under	Free
60+(Elders)	Free

14 & Under must be accompanied by an adult

HOMETEAM LIVE

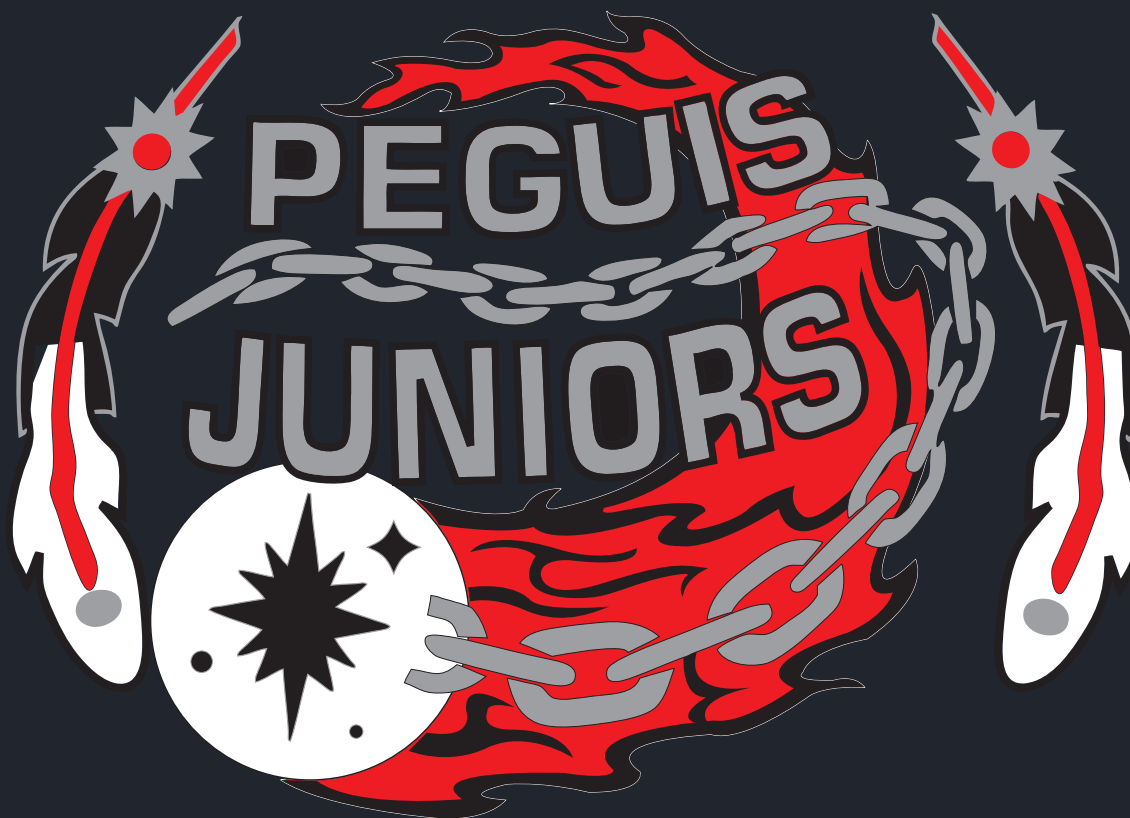
The Keystone Junior Hockey League is excited to announce that we have partnered with HomeTeam Live to stream all regular season and playoff games.

Each team will see all of its home and road games streamed via the online streaming service.

All games will be streamed live and available on demand after the game is complete. All games will include HD video, commentary, score clock, video content, and instant replays! A monthly pass to watch all games is \$14.99/month or \$39.99/Season.

Here is how to livestream the Keystone Junior Hockey League:

- 1) Head to app.hometeamlive.com
- 2) Click sign in
- 3) Create an account
- 4) Choose the plan "Keystone Junior Hockey League"
- 5) Complete your sign-up process
- 6) Watch the games here: <http://app.hometeamlive.com/>



2022/2023 SCHEDULE

OCTOBER 15, 2022, Peguis Juniors vs. NCN Flames @ 4:30 PM

OCTOBER 16, 2022, Peguis Juniors vs. NCN Flames @ 12:30 PM

OCTOBER 22, 2022, PBCN Selects vs Peguis Juniors @ 1:30 PM

OCTOBER 23, 2022, PBCN Selects vs Peguis Juniors @ 1:30 PM

OCTOBER 29, 2022, OCN Storm vs Peguis Juniors @ 7:30 PM

OCTOBER 30, 2022, OCN Storm vs Peguis Juniors @ 1:30 PM

NOVEMBER 5, 2022, Peguis Juniors vs. PBCN Selects @ 7:30 PM

NOVEMBER 6, 2022, Peguis Juniors vs. PBCN Selects @ 1:30 PM

NOVEMBER 11, 2022, Peguis Juniors vs. Cross Lake Islanders @ TBA

NOVEMBER 12, 2022, Peguis Juniors vs. Norway House North Stars @ 7:30 PM

NOVEMBER 13, 2022, Peguis Juniors vs. Norway House North @ 1:30 PM

DECEMBER 3, 2022, NCN Flames vs. Peguis Juniors @ 7:30 PM

DECEMBER 4, 2022, NCN Flames vs. Peguis Juniors @ 1:30 PM

DECEMBER 17, 2022, Peguis Juniors vs. OCN Storm @ 7:30 PM

DECEMBER 18, 2022, Peguis Juniors vs. OCN Storm @ 1:30 PM

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.

COMMUNITY INFORMATION SESSIONS

WEBINARS ON CHILD AND FAMILY SERVICES FUNDING

Honouring our Children, Families and Nation Act

We are pleased to welcome all members of Peguis First Nation to attend webinar sessions on the following dates.

Webinar Sessions:

Date: October 15, 2022	Time: 1:00 pm to 3:00 pm
Date: October 22, 2022	Time: 10:00 am to 1:00 pm 5:00 pm to 8:00 pm
Date: November 5, 2022	Time: 10:00 am to 1:00 pm 5:00 pm to 8:00 pm
Date: November 19, 2022	Time: 10:00 am to 1:00 pm 5:00 pm to 8:00 pm
Date: November 26, 2022	Time: 10:00 am to 1:00 pm 5:00 pm to 8:00 pm

ACCELERATOR BINGO

**ACCELERATOR JACKPOT
EVERY TUESDAY @ 5:30PM**

facebook.com/PeguisMediaBingo

PEGUIS MEDIA



**ACCUMULATIVE JACKPOT
EVERY WEDNESDAY**

1 GAME OF TOTAL BLACKOUT

facebook.com/PeguisMediaBingo

**COUNTRY
ROCK★RADIO
102.7 FM**

**TEXT YOUR
REQUESTS TO**

(204) 807-0187

peguisfirstnation.ca

60 DAY FLOOD CLAIMS DEADLINE

**Deadline:
DECEMBER 7, 2022**

The Peguis Housing Authority is making any homeowners aware that have not completed their flood claim that there is a 60-Day deadline ending December 7, 2022. After this date, no flood claims for 2022 will be accepted.

If you have any questions, please contact the Peguis Housing Office at (204) 645-5671.

**LUMBER
NOW AVAILABLE**



Peguis Home Hardware has most dimensional lumber in stock and custom sheds at great prices.

(204) 372-6562

MON-THU 9:00^{AM}-6:00^{PM} | FRI 9:00^{AM}-7:00^{PM} | SAT 9:00^{AM}-5:00^{PM}

COMMUNITY CALENDAR

OCTOBER 2022

October 18, 2022 | Men's Support Group, Counselling & Resource Centre
October 19, 2022 | Women's Support Group, Counselling & Resource Centre
October 22 – 30, 2022 | Fenrane's Haunted Forest
October 25, 2022 | LGBTQ2S+ Youth Support Group, Peguis CFS
October 26, 2022 | Picture Day, Peguis Central School
October 27 – 28, 2022 | Staff Professional Development Day
October 31, 2022 | Halloween

NOVEMBER 2022

November 8, 2022 | Aboriginal Veterans Day
November 11, 2022 | Remembrance Day
November 17-18, 2022 | Midterms, Peguis Central School
November 21-22, 2022 | National Addictions awareness
November 24, 2022 | Parents Day, Peguis Central School

DECEMBER 2022

December 2, 2022 | Picture Retakes, Peguis Central School
December 20, 2022 | Christmas Concert, Peguis Central School
December 22-January 4, 2022 | Christmas Break, Peguis Central School
December 25, 2022 | Christmas Day
December 26, 2022 | Boxing Day
December 31, 2022 | New Year's Eve

Monday, August 8th, 2022
Date
Carrie Sutherland
Carrie Sutherland, Education Director, Peguis School Board

Nijzhtaana Shaq Bezhik 21

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

Peguis Home Hardware (204) 372-6562

Peguis Pharmacy (204) 645- 5935

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

Mi-Ki-Nak (204) 645-3500

Leslie Daniels Garage (204) 645-2109

Favels Auto Service (204) 645-2235

Treaty Auto (204) 645-3732

Pine Cone Diary Bar (204) 645-2204

Country Rock Radio 102.7 (204) 645-3301

SMG Gas Bar (204) 372-8828

Peguis Job Bank

APPLY NOW!

CURRENT OPPORTUNITIES

Child Care Providers & Custodians
Probation Officer
Casual Dietary Aide
Respite Worker
Post Secondary Transition Program
Child Development Worker Program
Book Keeping Program

DEADLINE

October 28, 2022
October 21, 2022
October 31, 2022
October 18, 2022
Callout
Until Filled
January, 2023

PEGUISFIRSTNATION.CA

MORE JOBS



TELLING GOOD STORIES
Minwaajimo

ADVERTISE WITH US



Next Issue Deadline: October 23, 2022

Email publication@peguisfirstnation.ca for our rate sheet



ACTIVITY PROGRAM NAME & LOGO CONTEST

Deadline October 17, 2022

All forms of art accepted, whether that be a graphic design, a sketch or painting.

Prize To Be Announced

Aniinin community members of Peguis! The name "Activity Program" lacks creativity. We are looking for something more welcoming and exciting! The new name and logo art should have a sense of inclusiveness, culture and community. Send your logo and name ideas to Marcus Traverse email to marcus.traverse@peguiscfs.org or text to 431-276-6633.