

The MANITOULIN EXPOSITOR



Vol. 141, No. 23 \$1.43 + GST

Little Current, Ontario

Wednesday, October 21, 2020

Superior Court decides to move Island jury trials to Sudbury



The courthouse in Gore Bay is a hive of activity on most days during normal times, but the COVID-19 pandemic has put severe limits on what can take place there. A plan is underway to move jury trials to Laurentian University's Hub Centre in Sudbury. Local First Nation and municipal leaders were shocked to learn of the plan which will have a heavy impact on Island residents and communities.

Indigenous leaders object, noting lack of consultation in decision that also surprised municipal leaders

by Michael Erskine

GORE BAY—Manitoulin Island's legal community is abuzz with concern following the revelation that the Superior Court has decided to not hold any jury trials on Manitoulin Island, but to instead require accused people and their defence staff to attend jury trials to be held at the Laurentian University hub centre.

Apparently, until earlier this month, the Island's legal community was under the impression that court services were seeking a suitable venue to host the trials. But calls to local municipal and First Nations leaders confirmed that they had not been approached prior to the decision being taken to move the venues.

"I never heard anything from anybody about this until I was approached by a local lawyer," said Aundeck Omni Kaning Chief Patsy Corbiere, who is also serving as the United Chiefs and Councils of Mnisoo Mnisoo (UCCMM) Tribal Council chair. "There are lots of places in our communities, Little Current and Wiikwemkoong come to mind, even M'Chigeeng has community centres that could host the trials. I don't know what they are thinking."

Gore Bay Mayor Dan Osborne, Manitoulin Municipal Association chair (and Burpee and Mills reeve) Ken Noland and Northeast Town mayor Al MacNevin had not heard about the move—although Mayor Osborne said he had heard some rumours in the street.

"There was no consultation or anything," said Chief Corbiere, who noted that the move of venue would not only place an unreasonable burden on low income residents of Manitoulin Island but would also wreak havoc with the troubled jury selection pool for which the justice system is already under fire due to underrepresentation of Indigenous jurors.

"Our people have historically been tried by non-Anishinaabe juries with no consideration of the importance of our culture or

our right to be tried by our peers," said Chief Corbiere, who pointed out that significant efforts had been made on Manitoulin Island to redress that situation. "Now those juries will be selected from the jury pool in Sudbury and that will probably make things even worse than they were for our people for the last 100 years on Manitoulin."

The move to Sudbury will have a major impact on the predominantly low income accused, with the onerous burdens of paying for transport and accommodations in that city and the impact on witnesses. Additionally there are questions as to whether those added costs would be covered by Legal Aid Ontario (LAO), which itself is reeling from funding cuts introduced by the current provincial government.

There are also questions as to whether LAO will cover the travel and additional expenses of counsel to attend trials in Sudbury.

"Sudbury is three hours away from Wiikwemkoong," noted Chief Corbiere, making even a

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Low circulation leads to closure of Prov library

by Michael Erskine

PROVIDENCE BAY—The writing will no longer be on the wall at the public library in Providence Bay following a decision by the Central Manitoulin library board to permanently close the facility.

"The library in Providence Bay has not been open for a while now," said Central Manitoulin Library board chair Bruce Wiggins. "We haven't opened it since the start of COVID."

The challenge in opening the library is manifold, he suggested, pointing to the single set of stairs leading into the library and the challenge of maintaining physi-

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2020 is a crucial year for flu shots

Now available all over Manitoulin Island

by Michael Erskine

MANITOULIN—Where you get your flu shot this year will depend a lot on where you live on Manitoulin. In some cases, the annual flu shots are taking place at family health team clinics and health

centres, while in others they are at the local pharmacy. COVID-19 has contributed to the mishmash as some facilities are not large enough to accommodate physical distancing.

In the case of Little Current

and environs, those served by the Northeast Manitoulin Family Health Team, manager Judy Miller said that anyone who is scheduled in any way to come into the clinic, such as picking up travel grant forms or other documentation or are scheduled for an in-person meeting with any of the health staff, "we give them the shot while they are in."

Ms. Miller said that the clinic is trying to limit the amount of traffic coming into the facility as much as possible. "So we are not holding a flu clinic per se," she said. The key element is to have those coming in pre-screened for the virus symptoms and travel.

Before the advent of the COVID-19 pandemic the pharmacy industry had presented the provincial government with a business case for having all of the flu shots giv-

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Public Health warns against potential 2020 'twindemic' and urges flu shots this fall

MANITOULIN—This year the annual influenza epidemic is on a collision course with the ongoing COVID-19 pandemic. Public Health Sudbury and Districts (PHSD) is encouraging everyone six months of age and older to get

their flu shot and avoid the "twindemic." Even more important this year, the flu shot helps keep you healthy and helps keep our health care system from being overwhelmed by people who may be ill with serious respiratory illness, a press release from PHSD states.

"The flu shot is safe, free, widely available, and is proven to reduce the number of doctor visits, hospitalizations and deaths related to flu," said Dr. Penny Sutcliffe, medical officer of health with PHSD. "With COVID-19 circulating, we need to do all we can to stay healthy. At this time of the year, in addition to washing your hands, staying home when ill, keeping your distance and masking, this includes getting your free flu shot."

The flu vaccine protects against influenza A and influenza B: the two strains that cause seasonal epidemics of disease. Although the flu shot doesn't provide protection against COVID-19, it is

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Halloween a go with health unit

Medical officer of health gives guidelines for Island trick or treaters

by Warren Schlote

SUDBURY—The Halloween season is nigh and, although the 2020 edition will be quite different from recent years due to the COVID-19 pandemic, the top doctor at Public Health Sudbury and Districts (PHSD) tells The Expositor there are still plenty of modified ways to enjoy the special day while also staying safe.

"I know people are so tired of hearing this but it's critically impor-



Shutterstock

tant that we don't give the virus the chance to get a stronghold here. Let's keep our distance and celebrate Halloween but do it in a way that won't give the virus a leg up," said Dr. Penny Sutcliffe, medical officer of health with PHSD, in an interview with The Expositor.

Ontario released Halloween COVID-19 guidance as of press time on Monday, October 19 and it officially discouraged trick-or-treating in

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...Island content, authors featured in new Indigenous health journal

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fortable for those who are hesitant right now or who don't see their voice in academia ... we wanted to change the narrative and certainly promote different ways of doing Indigenous health research," said the inaugural issue's co-editor Hiliary Monteith, who worked alongside co-editor Sharon Tan.

"We wanted to inspire people to pursue something they may have doubted themselves about, but also allow for people in (health) and outside the field to rethink what research can be and what's publishable," added Ms. Tan.

The journal is based on a holistic understanding of Indigenous health "and its many interconnected contributing factors such as the land, culture, healthcare and education," stated a description of the project's scope.

It exists through the Waakebiness-Bryce Institute for Indigenous Health within the Dalla Lana School of Public Health. The journal serves to amplify Indigenous voices, present scholarship rooted in traditional ways of knowing and act as a conduit for exchanging academic knowledge with Indigenous communities and the public.

'Heartwork' is the title of this first issue; Ms. Monteith said a lot of thought went into finding a name that would represent the genuine intentions of the team to learn about decolonial processes.

The idea of the journal emerged in November 2018 and its first call for submissions happened in April 2020. It is a Turtle Island-focused companion to the 'International Journal of Indigenous Health.'

Dr. Angela Mashford-Pringle, an Algonquin who is associate director of the Waakebiness-Bryce Institute, understood the value of such a project. Both Ms. Tan and Ms. Monteith had met her during their education and they became the co-editors through an 'organic' process.

Roughly one-third of the journal's core team is Indigenous and neither of the two co-editors identifies as such. They told The Expositor that this sparked hesitations about assuming the roles but they accepted them because they felt they could work to create spaces for Indigenous voices and demonstrate allyship.

"Moving forward, of course we want to see Indigenous peers in leadership roles," said Ms. Monteith. "We feel very strongly that Indigenous voices should take the lead and should be what's heard. Because we're in a leadership role, our focus is on how we privilege (those voices) and make sure those voices are heard."

The list of Indigenous people in western academia remains somewhat limited and the co-editors said they hoped the journal would encourage more Indigenous people to pursue higher education.

Anishinaabe-kwe artist Chief Lady Bird has created visuals in several locations throughout the journal. The team included this to normalize art within academia, a topic that does not receive as much scholarship, as well as to create a narrative as one reads through the journal.

The journal's mission includes bringing knowledge and perspectives back to communities through gatherings and mentorship networks between scholars and community members.

"In light of COVID-19, we had to cancel our community practice events. What we wanted when we published issues was to make a virtual space where people are able to connect with one another, celebrate

authors and contributors and so forth," said Ms. Tan. "We hope to do them for our next issue."

Although the journal is presently based at the University of Toronto, the co-editors said other schools and communities will oversee future issues to ensure diverse voices can contribute.

One of the journal articles in this issue involves a study in partnership with M'Chigeeng and two authors of other articles have Island roots.

Amy Shawanda

Wiikwemkoong citizen Amy Shawanda, of Murray Hill, is featured in the journal's inaugural issue for her study on knowledge within dreams. She spoke at a Canadian Indigenous/Native Studies Association conference about the role of dreams in Indigenous scholarship and how it contrasts with Western research methods.

A visiting scholar at Trent University spoke about holographic epistemology and Native common sense; this inspired Ms. Shawanda to further pursue the topic. Holographic epistemology refers to knowledge from three aspects of nature—physical, mental and spiritual.



Amy Shawanda

"Creator always has a plan for us to show us the way, so when I saw (TIJIH) was releasing its first issue, I thought I'd submit what I had based on that presentation. They liked it," she said.

Scholars gave her plenty of feedback during the peer review process and her academic colleagues also offered insights. Many described it as ground-breaking work.

"One of the things I really like about TIJIH is I'm able to use more plain language as opposed to academic language. I did that specifically because I wanted to reach communities for young students and elders to read and comprehend without the garbled academic language," said Ms. Shawanda. The journal's co-editors said they were pleased to hear that many authors felt flexible in their word choice because accessibility of language was one of their main intents.

Ms. Shawanda was able to use Anishinaabemowin both within the article and in its title—a choice that fellow Wiikwemkoong citizen Joshua Manitowabi also made for his entry.

"The way they created this journal was through community consultations and speaking with elders. It's been such a great and positive experience; everyone on the team has always been supportive and asking for ways they could help move the work along," she said. "I felt safe submitting my ideas on dream knowledge to them."

Ms. Shawanda's own creative process was also rooted in community. She completed much of her writing for this article at the kitchen table back home in Wiikwemkoong where she consulted with her mother Nancy Shawande and got help in some of the translation process.

Dana Hickey

Anishinaabe-kwe researcher Dana Hick-

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OFA seeks to modify elections for provincial compliance


by Warren Schlote

NORTHERN ONTARIO—The Manitoulin/North Shore region of Zone 15 (Northern Ontario) in the Ontario Federation of Agriculture (OFA) held a virtual meeting last Friday, October 2, where area members of the federation endorsed a proposed update to provincial-level bylaws that would change the executive election process to align with provisions under the Ontario Not-for-profit Corporations Act (ONCA).

The provisions under the provincial legislation (which is scheduled to come into force at the end of 2020) threatened to dissolve the federation's regional representation, an important part of the work it conducts. Its board of directors would all be elected as directors-at-large, meaning no region would have guaranteed representation to air local issues at a provincial level.

Recently, however, the Ontario government enabled OFA to be grandfathered

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NOTICE

Please be advised OCWA will be swabbing the water lines in Little Current the week of November 2 to 6, 2020.
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PROPERTIES FOR SALE

The Town is now accepting sealed bids for the following properties:

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- Sheguiandah Town Plot 7 WS David Street Lot 2 RP31R383 Part 2
- 23 Campbell Street – Howland Con 11 Lot 24 Town Plot 2W Pt Lot 16
- Sheguiandah Con 12 Lot 26 RR90 Part 7 and 8

Bids will be accepted until October 30 at 12 o'clock NOON.

Highest or any bid not necessarily accepted.


NOTICE OF MEETINGS

Due to the ever-changing environment that we are all dealing with,

Council meetings will be held every
 Tuesday Night at 7:00 pm via Zoom Video
 Meeting # 489 313 1974
 Or call 1-587-328-1099

Please be advised regular protocol will be in place and members of the public will not have the ability to make comments or ask questions during the meeting.
 For a full copy of the agenda please visit our website.

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48th Wiky Road races and fitness walks!

Sunday morning dawned windy and threatening. Gale force winds were forecast for Lake Huron and the MS Chi-Cheemaun even cancelled its last sail of the year. That, however, did not deter all of the athletes who even committed to be prepared an hour later than even the tradition suggested.

In accordance with current pandemic protocols organizers needed to go the "extra mile." Not only did they commit to organize another year they needed to have all runners pre-register. From there they had to prepare for to have limited-runner "flights" to limit the chance of a viral spread. Additionally, they even added a 5km run option.

In accordance with all of the extra effort, the fitness community did not back down. Thankfully there was a large number of people who came out under daunting conditions to continue their tradition or decided to attend for the first time ever.

Hats off to the walkers in the 5km who included: Darlene Peltier, Gail Assiniwe, Sue Ann Oshkabewisens, Jessica Trudeau, Tasheena Trudeau, Hawk Eshkawkogan, Mackenzie Simon, Radim Eshkawkogan and Lachlan Eshkawkogan. 10 km: Evelyn Diebel, Cheryl Peltier, Chenyah Brisard, Doreena Trudeau, Lilly Trudeau Pheasant, Doreen Trudeau, Seraphine Ominika, Janin Pitawanakwat, Marsha Oshkabewisens and Seven BigMountain.

In the 5km running race, our local phenoms were front and center. M'Chigeeng's Maren Kasunich won the race overall in an astonishing time of 17:55! From there there was a steady stream of mostly Manitoulin runners! Congratulations to: Kylee Fowler, Annie Balfe, Mya Balfe, Ava Corbiere, Greg Bond, Clifton Wassengesa, Lindsay Dantouze, Lorrilee McGregor, Doug Bannister, Ashley Jacko, Kristin Clarke, Hailey Sutherland, Tara Dantouze, Peyton Pitawanakwat, Koda Peltier, Logan Peltier, Stacey Dell, Ariana Recollet, Jean Recollet, Joseph Jacko and Shaiana Jacko.

Last but not least is the original Kaboni to Wiikwemkoong 10km road race! Earning the Manitoulin Expositor's top men's winner trophy is local speedster in a sub 40 effort, Aurel Fox. In second overall and the winner of the Wiikwemkoong Board of Education trophy for the top female runner was Tricia Goeldher. The other 34 finishers included: Michelle Kennedy, Dillon Ominika, Bridget Schulte-Hostedde, Frederic Diebel, Robin Craig, Sierra Pangowish, Keegan Peltier, Michael Eshkawkogan, Tammy Rolston, Edwin Toulouse, Jeff Eshkawkogan, Leslie Marshall, Tim Quetton, Laurie Beaudin, Leo Makadebin, Ramona Shawana, Vince Perdue, Luke Armstrong, Joanna Recollet, Simon Diebel, Bella Szwender, Sheila Madahbee, Brayden Wabano, Laura Shigwadja, Tracy Cleland, Shannon Manitowabi, Pamela Manitowabi, Evelyn Williams, Peyton Ominika, Lily Beaudry, Sarah Odjig, Darcy Maionowi and Mayliah Beaudry.

Manitoulin well represented at first RDSB meet!

Kivi Park was the venue of the SDSSAA Preliminary meet No. 1 and Manitoulin runners turned in some great results. In the novice boys' race Brodie Pennie finished 6th overall, Andrew Rose (20), and T.J. Green (22). Up in the junior boys' race, Alan Wilkin finished in 5th place, Keaton Gauthier (16th), Jack Pennie (18th) and Ben Willis (23rd) completed their scoring quartet. The senior boys' event featured Julian Wemigwans finishing in 18th as sadly the lone mustang runner.

In the novice girls' event, Manitoulin runners dominated. Maren Kasunich won the race handily but teammate Mackenzie Green close behind in third, Annie Balfe in sixth and Morgan Green in 14th! The junior race featured a lone Manitoulin runner in Katie Chapman. Congratulations to all the finishers and hoping everyone on the team can enter the next race!

Sudbury Rocks COVID

The fact that the Wiky Road Race came together on Sunday is all the more noteworthy when you consider that the Sudbury Rocks Race weekend has decided to go virtual. Originally postponed from their usual spring slot, organizers hoped to have a more standard race in the fall. Unfortunately the race, a fundraiser for the Northern Canel Foundation has had to go with the familiar virtual format.

There are still the perks and prestige from finishing the 42.2 km race although you get to choose your route. Please visit Sudburyrocks-marathon.com for more information and registration.

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Many opportunities are available for members of the Manitoulin Sea Cadets each year. Former cadet Miranda MacKay, who remains involved in the cadets to this day in North Bay, had one such adventure at training camp.

Sea Cadets begin to meet in person with COVID-19 protocols in place

by Alicia McCutcheon

MANITOULIN—The No. 348 Sea Cadet Corps Manitoulin is continuing to meet for its weekly parade nights, but the constraints of hosting virtual meetings in a time when many, and perhaps youth especially, are suffering from online fatigue led corps officers to bring the cadets back into face-to-face meetings as of this week.

"It's been quite different, that's for sure," said Sylvain Boucher, 348 Manitoulin commanding officer (CO).

One of the highlights of the career of a cadet is summertime when a world of opportunities arises. Cadets can opt for summer camps nationwide, and even further afield, to learn more skills to bring back to the corps. Senior Manitoulin cadets have also had paid teaching opportunities at summer training facilities across Canada. This year, those camps were cancelled and held virtually, with many Island cadets gaining their boating licences and VEH radio licence.

The cadets have resumed their Monday parade nights, but CO Boucher explained that the disparity of the Manitoulin internet services has made this difficult and disheartening for some cadets. Like so many organizations and businesses, the Sea Cadets are utilizing the online meeting application Zoom, which also allows users to call in via phone.

In an attempt to keep things light and fun, all while learning, CO Boucher has been creating games for his corps with a cadet theme. "You can imagine how difficult it is to play when you can only call in," he said.

Because of discrepancies in internet from community to community, cadets are no longer being penalized for missing parade nights, but can make up for lost time later in the year. CO Boucher has submitted an application for in-person cadet meetings, as well as a COVID-19 operations plan, to CFB Borden, which oversees all cadet operations nationwide. The plan was evidently approved as the corps held its first in-person meeting off he season this past Monday, October 19.

The corps normally parades at Manitoulin Sec-

ondary School, but Rainbow schools are not allowing outside groups in any of its schools during the pandemic. The Municipality of Central Manitoulin has kindly offered the use of its community centre in Mindemoya for Monday parade nights.

Under the recently approved plans, all cadets must wear a mask, both indoors and outside, and all will be screened prior to attendance being taken. "There will be a paper trail for everything we do."

"It's not ideal for everybody, but our main focus is safety," CO Boucher added.

Drills will also be done in keeping with physical distancing guidelines and training will be modified to "more hands on, fun stuff," the commanding officer added, "just because there's so much going on right now."

The cadet landscape will look different this year for other reasons, too, as competitions will not be taking place, with the exception of the award-winning 348 Manitoulin marksmanship team, which will be taking part in a "postal shoot."

"Targets are sent ahead of time," CO Boucher explained. "Cadets fire on them, sign then and return them in the mail for judging."

The corps is already looking ahead to March Break and is planning a sleep camp for Island cadets only which will be led by the senior cadets (who will get paid for their duties) as well as some officers.

The Manitoulin Sea Cadets are still seeking recruits who can join at any time throughout the year. Currently, there are 18 cadets enrolled in the program, but CO Boucher said he hopes to see that number grow to the usual 25 to 30.

"It's still free, the uniform too," CO Boucher said. "You can join at any time, just reach out."

"We're a small corps, which has its advantages over big corps, which can have upwards of 100 to 150 cadets," he added. "We have more than enough room to physical distance, plus we know everyone by name!"

All the information on recruitment, including enrolment, can be found at 348Manitoulin.com as well as cadets.ca.

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Wikwemikong Nursing Home residents celebrate new Tim Hortons franchise

WIKWEMKOONG—Wikwemikong Nursing Home (WNH) residents are eager to celebrate the highly-anticipated opening of Manitoulin's first Tim Hortons and to mark the occasion, staff held a drive-thru for residents on Sunday.

Emily Barnes, WNH recreation manager, explained that because of the pandemic, residents aren't able to physically go to the new Tim Hortons, which is scheduled to open on October 26, so staff decided to bring the experience to them.

Donuts and Timbits were donated by Espanola Tim Hortons owners the Lefebvre family (who also owns the Little Current franchise), with coffee pur-



Administrators get to join in the fun as Cheryl Osawabine-Peltier collects her donut and coffee.



Farrell Kanasawe gives a thumbs up to the residents' drive-thru.

chased for the event by WNH.

A drive-thru window was created in one of the nursing home's hallways and residents and staff alike cruised on through with their orders.

"We had 100 percent par-

ticipation, which is great," Ms. Barnes told The Expositor. "They were so thrilled."

The official ribbon cutting was made by Farrell Kanasawe, locally referred to as "the mayor of Buzwah."

"WNH residents are so eager to take part in significant Island events," Ms. Barnes said, noting that sometimes it just takes a little creativity and imagination.



Rita Wemigwans grabs her Timbits and coffee to go at the "drive-thru" window.

...pandemic-era Wiky Road Race

...continued from page 10

Dantouze ranked first in the 18-50 adult female category, while Clifton Wassengoso took the top place in the adult male category. Maren Kasunich took home the high school female title.

Lorrilee McGregor won the 50-plus female category and Greg Bond took the honours in the 50-plus male division.

For the child aged 10-13 division of the 5K, Mya Balfe took top spot followed by Ava Corbiere.

In the child under 10 category, Logan Peltier placed first and Joseph Jacko placed second.

There were 10 walkers on the 10K route and five walkers on the five-kilometre route.



Runner Lindsay Dantouze from Temiskaming First Nation crosses the finish line with smiles.



Cecilia Pitawanakwat waves to supporters as she finishes the 5 km recreational run.



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A sweet sampling of public Manitoulin Island Halloween events this year

by Warren Schlote

MANITOULIN—Although the number of Halloween activities on Manitoulin Island are down this year, many communities are supporting their young citizens with physically distanced, safer events, some of which are shared below.

The Northeast Town is planning a downtown trick-or-treat hour from 1 to 2 pm on Halloween where Water Street businesses will hand out candy to children who may not otherwise go out in the evening.

The Township of Assiginack is hosting a pumpkin carving contest for kids until Halloween; details of how children can enter are posted at assignack.ca.

The Central Manitoulin Lions Club is hosting a 'Night of the Living Dead' haunted trail at the Mindemoya pioneer museum this Friday and Saturday, October 23 and 24, for \$5 per person. Anyone interested must pre-register for a time slot and follow physical distancing, masking and other government protocols. See the ad below (Page 12) for more details.

In Wiikwemkoong, Marlon Wemigwans is preparing for his second year of a haunted trail/house at the Wiky Smoke Shop, 1705 Wikwemikong Way, also \$5 for admission.

The trail is open Friday and Saturday evenings from 8 to 11 pm and a small group of 12- to 14-year-olds organize it. Marlon's uncle recently graduated from sound engineering school and has brought unique sound effects for this year's event.

"Physical distancing was one of the big things they talked about this year because they're big on that at school. They only allow two or three people in at a time, we ask people not to touch anything, the groups are spaced apart and the inside portions have open doors with lots of airflow through," said Marlon's grandmother Mona Oshkabe-wisens.



A sign of the changing times

The familiar Tim Hortons sign is hoisted above the Island's first branch of the iconic Canadian coffee shop. The location on Highway 6 in Little Current is planned to open on October 26 for at least drive-thru customers.

photo by Warren Schlote

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...2020 is a crucial year for flu shots

...continued from page 1

en out at local pharmacies—except those for children. Then came the pandemic and a host of complications arose, particularly in the case of smaller pharmacies with limited floor space, staff and personal protective equipment needed to maintain safety. But the enabling legislation does authorize pharmacies to set up off-site flu clinics.

“I had a conversation with Rudy at the Little Current Guardian and offered to be their clinic,” said Ms. Miller. “He sent over the flu shots they had received and we have been giving them out here at the family health team in Little Current.”

The family health teams have not been issued with the high dose shots normally given out to those over 65 or with severe complications that make them more susceptible to the flu, but even those provided to the pharmacies were very limited in number—only 10 have arrived so far. “We have prioritized the most vulnerable, those with two or three complicating factors,” said Ms. Miller.

The Guardian Pharmacy in Manitowaning is administering flu shots, but they have very small numbers, said Ms. Miller. Mindemoya and Little Current Guardians, however, are not administering the shots and are referring to the family health teams.

In Wiikwemkoong the health centre is getting the flu shots as Mnis IDA has not given out the shots before, noted Ms. Miller.

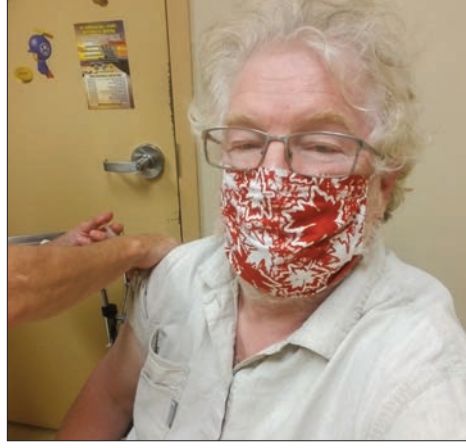
“We sure are,” responded Erica Hare at Sweetgrass Pharmacy and Compounding

...Public Health warns against potential ‘twindemic’

...continued from page 1

your best defense against the flu and will help keep you healthy. Having COVID-19 and the flu close together, or at the same time, could put you at higher risk for severe illness.

The influenza vaccine is readily available at many locations throughout the community including by appointment with local pharmacies and health care providers’ offices. PHSD also offers the vaccine by appointment. Please plan to get



Reporter Michael Erskine was one of the first in Little Current to receive his flu shot last week.

selfie by Michael Erskine

when asked if they are giving flu shots. “Call and book an appointment. We have quite a few people coming in.”

The Gore Bay Medical Centre will be holding a flu shot clinic at the fire hall, but the exact timing of that plan has not yet been determined. At Robinson’s IDA those seeking a flu shot are advised to call to book an appointment. “Call and we will put you on the list and call you when it is time to come in,” said Tammy Robinson.

Wherever the flu shots are available in your community, medical professionals are adamant that people get them this year.

“Even if you don’t normally get the flu shot, this is probably the year when you should,” said Ms. Miller.

your flu shot as soon as it becomes available since it can take up to two weeks for your body to build immunity against the viruses.

Important things to remember: Wash your hands often or use an alcohol-based hand sanitizer if soap and water are not available; practice physical distancing and wear a face covering when distancing is not possible; cover your mouth when you cough or sneeze with a tissue or your

...continued on page 15

The solution to COVID-19 starts with keeping your distance.

- Wear a face covering.
- Keep 2m apart from anyone outside of your household.
- Limit your close contact to your household only.
- Wash your hands often.

**Little Current Guardian Pharmacy
has set up a
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