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**P.O. Box 250
PARRY SOUND, ONTARIO
P2A 2X4**

**PHONE:
(705) 746-2531
FAX:
(705) 746-5984**

**CHIEF
Warren Tabobondung**

**CHIEF COUNCILLOR
Rebeka Tabobondung**

**COUNCILLORS
Vince Checkock
Brent Tabobandung
Dave Rice
Theresa McInnis**

March 18th, 2020.

Dear Citizens of WFN,

To all of the parents, organizers, volunteers and especially all of the young people who look forward to the Little NHL hockey, curling and other March break special events annually; we share your disappointment. We have observed your ambitious fundraising and organizing as a year-long effort in preparation for these events that so many anticipate for months. It was briefly considered to engage in alternative activities that might replace the tournament, but in light of the hourly escalation of the pandemic, both the Little NHL Committee, WFN Staff and Council agreed such a move would be too risky and irresponsible. Our goal is to protect our most vulnerable community members, which includes individuals who are immune-compromised and our Elders that possess so much valuable knowledge for our community.

At this time we encourage all WFN citizens living both in and outside our community to take care of one another. Check in with each other by phone and Internet and ensure the well-being of your family members and friends. If vulnerable family members require food or medical supplies and are not able, please help them to secure items so they are not unduly exposed. If you have just returned from travel outside the country or do not feel well, please self-isolate for the recommended 14 days.

Chi miigwetch to our exceptional Health Department and staff, who have been proactive by being prepared for such a global viral attack for 365 days a year. This does not mean that we should relax and let the rest of the world deal with things. Just because we haven't experienced any evidence of the Covid 19 virus in our midst yet, doesn't mean that we are immune to it. By all accounts, it's a very sinister virus that is non-discriminating. Do all of the things that are recommended regarding safety i.e. hand washing. The Wasauksing Health Dept. has been posting very important and useful information. Please adhere to it. Being well informed is your best defence.

Once again, our hearts go out to the young folks who were looking forward to the LNHL tournament and returning to school. In Wasauksing we are so lucky to be surrounded by beautiful forests, land, and water. Please remember to go outside and get fresh air and engage in fun activities with family or alone like reading a book, watching a funny movie, playing games, crafting, and cooking with your loved ones. As a WFN nursing staff reminded us, "Find joy and revel in it. We all need it...It is so easy to get pulled into the vacuum of the news but there is little it can tell you minute to minute and it can wear at your mental health very easily." So while being informed, a suggestion is to limit your watching to an hour or 2 hours a day.



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As the Covid-19 situation is changing quickly in Ontario and Canada, On March 18th Canada released a Covid- 19 economic and financial support plan.

Please visit the websites below to find up to date and reliable information.

Coronavirus disease (COVID-19): Canada's response and economic benefits:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>

Ministry of Health Ontario: <https://www.ontario.ca/page/2019-novel-coronavirus>

Public Health Agency of Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Protect Yourself and Others Everyday

- Wash your hands often! with soap and water or alcohol based hand sanitizer.
- Sneeze or cough into your sleeve
- Avoid touching your eyes, nose or mouth
- Avoid contact with people who are sick

- Stay home if you are sick and monitor your condition...If symptoms worsen- contact your local Health Care Provider.

Much love to all our families and members at this challenging time, we will get through this together.

WFN Chief & Council