

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 35 | UP-TO-DATE INFORMATION AS OF NOVEMBER 13TH, 2020



“We need everyone to help us keep our wall strong to re-double our efforts to protect our hospitals, our schools, our workplaces and our communities.”

Dr. Bonnie Henry

If you or someone you know is isolated or in need of assistance, please email health@mnbcbc.ca. MNBC's Ministry of Health team will help connect you to available Community supports.

Please also see the last page of this newsletter, with links to previous issues of our Health and Wellness Newsletter for more information on hand washing, physical distancing, and more.



INSIDE ISSUE 35

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BC CONTINUES TO REACH NEW HIGHS IN CONFIRMED COVID-19 CASES

This past week has continued to see record highs in confirmed COVID-19 cases in British Columbia, with almost each day this week reporting over 500 new cases.

Much of this recent transmission is connected to social gatherings.

This week also saw the highest number of confirmed new daily cases, with a staggering 594 new cases reported on November 12th.

FROM THE NOVEMBER 7TH AND 10TH JOINT STATEMENTS ON BC'S COVID-19 RESPONSE:

In the last two weeks, we have seen a rapid increase in COVID-19 cases, hospitalizations and outbreaks in health-care facilities centred primarily in the Fraser and Vancouver Coastal health regions.

These are the result of transmission in people's homes and in many workplaces, including food processing facilities, retail locations, public venues, as well as with indoor group physical activities.

We need to break the chains of transmission and slow the surge of COVID-19 cases – especially in the regions and locations of highest spread.

The regional health authority restrictions are a short-term pause on non-essential activities to ensure we can maintain capacity within our health-care system and continue important essential activities.

We need to slow down and take a step back to allow us to safely move forward in the weeks ahead.

READ THE FULL RELEASES [HERE](#) AND [HERE](#)

BC RENT FREEZE EXTENDED, PENDING INCREASES CANCELLED

Effective immediately, the Province is extending the freeze on rent increases until July 10, 2021, under the powers of the Emergency Program Act and COVID-19 Related Measures Act.

This is an interim measure to provide stability and advance notice for renters and landlords while a new cabinet is sworn in. Increases set to happen on Dec. 1, 2020, are cancelled, along with all pending increases through to July.

The Province originally froze rent increases on March 18, 2020, with the ban set to expire Dec. 1. All renters who have received notice their rent was set to increase after the March 30, 2020, ban, including increases set for Dec. 1, should disregard those notices and continue to pay their current rent amount until July 10, 2021.

FROM THE PROVINCE OF BRITISH COLUMBIA. [READ MORE HERE](#)

Rent freeze extended





NEW REGIONAL PROVINCIAL HEALTH ORDERS FOR FRASER HEALTH AND VANCOUVER COASTAL

From the Province of British Columbia (read the full post [here](#)):

On Saturday, November 7th, new regional provincial health officer (PHO) orders were put in place in the Vancouver Coastal and Fraser Health regions in response to a sharp increase in COVID-19 cases, hospitalizations and health-care outbreaks. The orders will be in place for the next two weeks until Monday, Nov. 23, 2020, at noon.

The purpose of the new orders is to break the chains of transmission connected to social gatherings occurring at a rapid rate in this part of the province.

We have seen the virus spread in people's homes, in a number of workplaces and with indoor group physical activities. This is increasing the risk across the entire province and we need to do all we can to stop this – now.

This latest action in our COVID-19 response is about putting a short-term pause on non-essential activities and travel to ensure our essential activities – like school and work – can safely continue.

For those regions included in the PHO orders, we ask that you prioritize 'critical' over 'optional' for the next two weeks. As we have done before, socialize virtually, plan parties and celebrations when it is safe to get together and support your neighbours at a distance.

If you are in doubt about whether to travel or see someone, do not do it. If you can adjust your usual routine to see fewer people, then now is the time.

FOR A FULL, DETAILED OUTLINE AND BREAKDOWN OF THE NEW REGIONAL PROVINCIAL HEALTH ORDERS FOR FRASER AND VANCOUVER COASTAL, VISIT:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/lower-mainland>

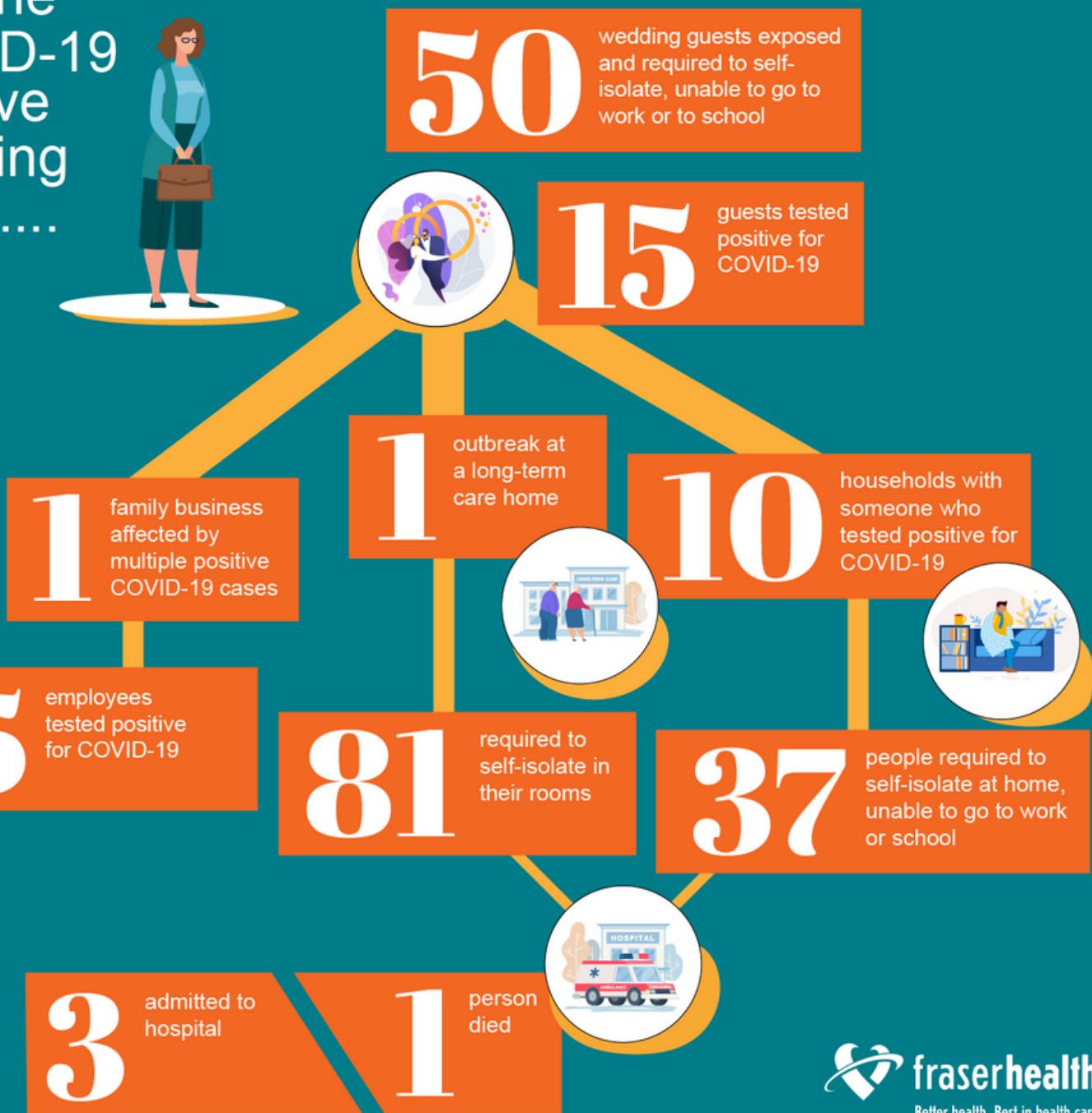


COVID-19 TRANSMISSION INFOGRAPHICS

From
just one
COVID-19
positive
wedding
guest....



Based on actual case data



COVID-19 TRANSMISSION INFOGRAPHICS

From just one COVID-19 positive person at a fitness class...

Based on actual case data



67

positive cases at two group fitness studios

180

required to self-isolate, unable to go to work or school

6

school exposures

37

more people tested positive after coming into contact with the 67 COVID-19 positive cases at the group fitness studios

4

people tested positive at a correctional facility after coming into contact with one of the 67 COVID-19 positive cases at the group fitness studios

7

tested positive for COVID-19 after attending a games night



3

people admitted to hospital



80

workers required to self-isolate and were unable to go to work



COVID-19 TRANSMISSION INFOGRAPHICS

From
just one
COVID-19
positive
employee...



Based on actual case data

48

positive cases at an
industrial worksite



7

people who tested positive
after interacting with the
48 COVID-19 positive
industrial workers

1

industrial worker
admitted to hospital

46

households
affected



4

additional worksites
put at risk

111

additional people
required to self-isolate,
unable to go to work
or school



1

car dealership

1

medical clinic

1

lumber mill

1

processing
plant



MNBC COVID-19 RESPONSE PROGRAMS



APPLICATIONS NOW OPEN AT [WWW.MNBC.CA/COVID](http://www.mnbc.ca/covid)

MNBC's recently sworn in Cabinet has approved additional COVID-19 response programs. During the first wave of COVID-19, MNBC launched a number of new and innovative initiatives, including a \$500 education grant per household to support remote learning, a rent subsidy of \$250 per household for up to three months, direct funding support to each MNBC Chartered Community and more. In anticipation of a second wave, MNBC formed a COVID-19 Response Committee with staff representation from across all ministries and departments. The Committee was instructed to submit a coordinated recommendation for review by the Cabinet on the best use of available funding to support Métis in B.C. who have been affected by the COVID-19 pandemic. Funding was provided by the Government of Canada through the Indigenous Community Support Fund.

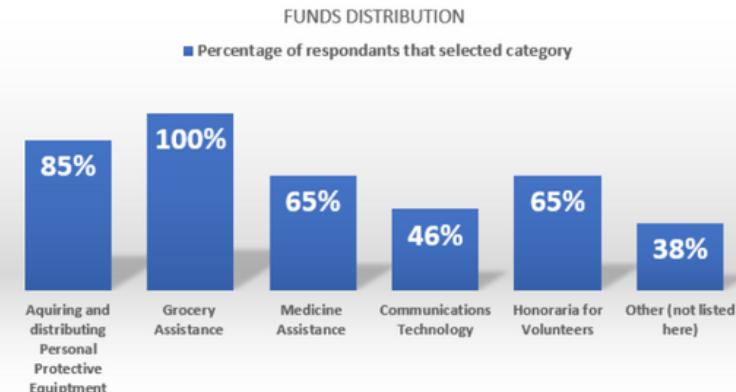
“I am thankful to MNBC’s staff for quickly putting together a package of recommendations for our Cabinet’s approval so soon after we were sworn in. These programs and supports meet the right balance of addressing some of the needs of our Métis communities, individuals and businesses.” – President Clara Morin Dal Col

PROGRAM DETAILS

Chartered Communities

Chartered Communities will be receiving direct financial support as a part of MNBC’s COVID-19 response programs. Every Chartered Community will also receive a new laptop computer to aid in their day-to-day operations, communications with MNBC and for community use. MNBC acknowledges Provincial Health Services Authority for funding this initiative.

WHERE COMMUNITIES SPENT FUNDS IN THE FIRST WAVE



EDUCATION TECHNOLOGY SUPPORT GRANT

MNBC is offering financial assistance of \$500 to Métis families with school aged children to support the costs of purchasing laptops or desktops.

Applications open at www.MNBC.CA/COVID in mid-November.



POST-SECONDARY EDUCATION SUPPORT GRANT

MNBC’s Ministry of Employment and Training is offering financial assistance to currently enrolled post-secondary students in the form of a one-time grant



PROGRAM DETAILS CONTINUED

Education Technology Grant

Applications for \$500 Education Technology Support Grants for 400 qualified Métis households. This is to support parents with school-aged children who are remote learning.

Elders

Funding has been set aside to financially assist Métis Elders. If you are an elder who needs assistance, or knows an elder who does, contact health@mncbc.ca.

Health

2,000 reusable fabric masks from Métis sewers will be distributed to Métis people across the province. Applications will open at a later date. Details on mental health supports to come later.

Housing and Homelessness

The Ministry of Housing and Homelessness will be offering three COVID-19 support programs: the COVID-19 Rent Supplement, the COVID-19 Utility Supplement and the COVID-19 Emergency Shelter Support Fund.

Post-Secondary Grant

Funding is available to qualified post-secondary students for a one-time grant of \$1,000.

Service Providers

MNBC has provided direct funding to the five service agencies: Lii Michif Otipemisiwak, Métis Family Services, Island Métis Family and Community Services Society, Kikino Métis Children and Family Services Society, and Métis Community Services Society of BC.

**APPLICATIONS NOW OPEN AT
WWW.MNBC.CA/COVID**

communications@mncbc.ca - 604.557-5851

REUSABLE MASKS

Reusable masks made by Métis sewists will be distributed to Métis people across the province.

Applications open at [www.MNBC.CA/COVID](http://WWW.MNBC.CA/COVID) in mid-November.



HOUSING SUPPORTS

MNBC is offering a new COVID-19 Utilities Support program and a COVID-19 Rent Supplement Program

Applications open at [www.MNBC.CA/COVID](http://WWW.MNBC.CA/COVID) in mid-November.



**FUNDING
FOR
ELDERS**

...
THERE IS FUNDING AVAILABLE TO SUPPORT ELDERS. IF YOU ARE AN ELDER OR KNOW ONE THAT NEEDS ASSISTANCE, CONTACT COMMUNICATIONS@MNBC.CA





NOVEMBER 16TH MARKS LOUIS RIEL DAY

The life of Louis Riel is becoming better known throughout Canada. He was born in 1844 at Red River Settlement, the son of a Métis father and French Canadian mother. He was elected president of the provisional government formed during the Red River Resistance of 1869-70, and negotiated Manitoba's entry into Canada in 1870.

Despite a significant bounty on his person, Louis Riel was elected three times to serve as Member of Parliament for the community of Provencher, Manitoba. He was exiled to the United States in 1875, and returned to the Northwest at the request of the Métis during the initial stages of the Northwest Resistance in 1884. Following the defeat of the Métis at Batoche, Riel was convicted of high treason and was sentenced to hang.

Each year on November 16, Métis from across the homeland remember with honour and pride the contributions made by our president, Louis Riel. On that day in 1885, Riel was unjustly murdered by Canada for his leadership role in defending the rights and aspirations of the Northwest Métis. During his own life, Riel was recognized as the father of Manitoba and is currently acknowledged as a founding father of Confederation in Canada. In addition to advocating for Métis rights, Riel also fought for greater religious freedom, French language rights, First Nations rights, and greater gender equality throughout the Northwest. Riel died as a staunch advocate for the Métis and as a defender of minority rights in general.

It is Riel's legacy that continues to attract Métis to remember the ideals and values that he died defending. For that reason, Métis across the homeland commemorate the anniversary of his death, as opposed to the day he was born. It is a day to celebrate the lasting culture and impact that Métis have had on Canadian society. It is a day to recount that Métis have long advocated democracy and freedom of expression for all Canadians. In fact, in one of his trial speeches, Riel prophetically stated that he "will perhaps be one day acknowledged as more than a leader of the half-breeds, and... will have an opportunity of being acknowledged as a leader of good in this great country".





NOVEMBER 16TH MARKS LOUIS RIEL DAY (CONTINUED)

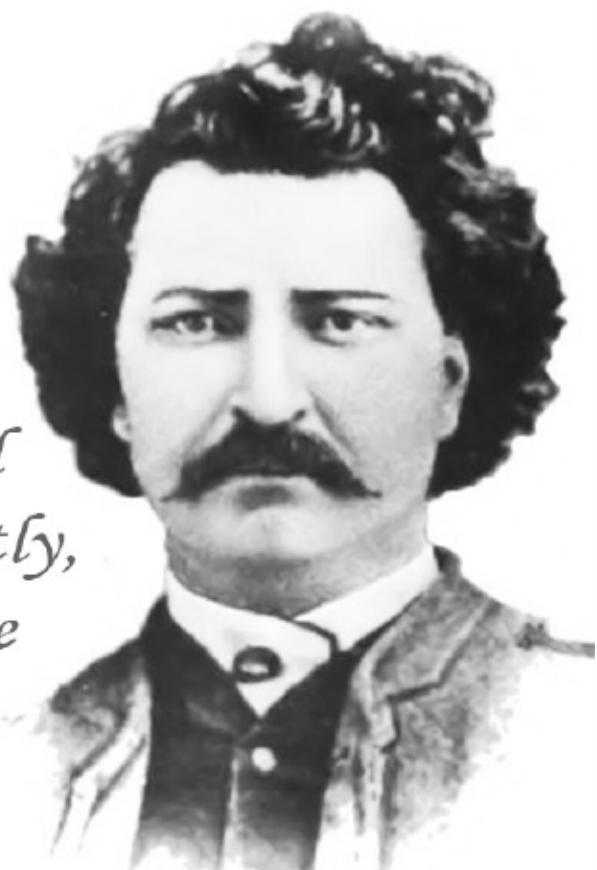
The Metis are constitutionally recognized as being one the three Aboriginal Peoples of Canada. As of 2016, there were over 89,000 self-identified Métis within the province of British Columbia and over 500,000 self-identified Métis across Canada. On this November 16, we acknowledge that Louis Riel was a “true leader of good” for the Métis Nation and his legacy continues to inspire all Canadians to his aspiration.

On November 16th, communities across Canada celebrate the legacy Louis Riel by raising the historic Métis Nation Flag. The iconic flag of the Métis Nation was first flown in June of 1816, making it the oldest flag indigenous to Canada. Having contributed to the growth and development of British Columbia since 1793, Métis are firmly cemented within the Aboriginal landscape of this province.

From a 2018 speech delivered by Brodie Douglas,
Métis Historical Researcher, MNBC Central Registry

Louis Riel

“I am more convinced everyday that without a single exception I did right. And I have always believed that, as I have acted honestly, the time will come when the people of Canada will see and acknowledge it.”





LET'S TALK MOVEMBER: MÉTIS WOMEN BC

November 1st marked the start of Métis Nation BC's 2020 Movember campaign called "Let's Talk Movember".

Movember is a worldwide annual health campaign that raises awareness for men's health issues such as prostate cancer, testicular cancer, and men's mental health through encouraging participants to grow moustaches for the month of November. Movember is working to "change the face of men's health".

So why is Movember important to women?

Women tend to be the gateway to health in a man's life – whether they're a mother or daughter, wife, girlfriend or pal. Women lead by example, and it's the women's health movement that Movember is emulating. Studies have shown that men are less likely to talk about their health, let alone act. Women play an important role in helping men break down the barriers that surround those simple health conversations and can be the catalyst in getting men to take action and stay active during the month.





HOW WILL YOU ROCK YOUR MOUST-SASH?

On November 1st, we launched our annual Moust-sash competition! We encourage you all to start growing your 'stash. But don't worry, if you're not as fortunate as others to be able grow a Moust-sash, you can still participate!

Below are some other ways to join in on our campaign:

- **Wacky hair style**
- **Take a selfie with a paper moustache!**
- **Get creative! One additional entry for creative and fun Movember submissions**

Eligibility Requirements:

- **Self-identify as Métis**
- **Métis Nation BC citizen**
- **Live in the province of BC**

Make sure to send your photos, stories or share this throughout the month of November for a chance to win one of our amazing prize packs. The more you submit, the more chances you have to win! Please send all entries to kpollard@mnbc.ca

This year we're doing points:

- **1 single/selfie photo = 1 point**
- **1 family photo = 3 points**
- **Youth (up to 30 yrs of age) = 1 extra point**
- **Creative photo = extra point!**

This year's campaign prize packs include:

- **1st place prize: \$300.00 to your gym of choice**
- **2nd place prize: \$150.00 grooming prize pack**
- **3rd place prize: \$50.00 prize pack**

Disclaimer: Please note, you will be required to complete a photo consent form after submitting your photo, in order to be entered into the draw.

Stay tuned for more exciting things happening for the month of Movember!



FOR THE MONTH OF NOVEMBER WE ARE RAISING AWARENESS OF MEN'S MENTAL HEALTH, PROSTATE CANCER, AND TESTICULAR CANCER THROUGH MNBC'S MOVEMBER CAMPAIGN "LET'S TALK MOVEMBER."

BE SURE TO SEND US YOUR STORIES AND PHOTOS FOR A CHANCE TO WIN!

MOVEMBER CAMPAIGN



Moust-sash?

PLEASE SHARE ON YOUR SOCIAL MEDIA PAGE FOR A CHANCE TO WIN!





THANK YOU

To our healthcare workers, first responders, frontline staff, and essential service workers - we thank you from the bottom of our hearts.

We are so deeply grateful for all that you do. Though we are apart for now, we stand with you always.





RECENT NEWSLETTER HIGHLIGHTS

Please note that these issues are up-to-date as of the dates they were originally published, and as such, some information may no longer be valid.

All past newsletter issues can be accessed on MNBC's COVID-19 website at:

<https://covid19.mnbc.ca/mnbc-covid-19-updates>



ISSUE 34. BC continues to reach new highs in COVID-19 cases. Your safe six. BC CDC: Aboriginal Veterans Day and Remembrance Day. Fraser Valley Métis Chartered Communities flu clinics. Let's Talk Movember: Prostate Cancer. MNBC National Addictions Awareness Week Campaign.

ISSUE 33. BC reaches new record high in confirmed COVID-19 cases. Masks in indoor public spaces are now the expectation. New provincial health order limiting household gatherings. Reminder on celebrating Halloween safely. Fraser Valley Métis Chartered Communities flu clinics. MNBC launches Movember campaign. Breast cancer awareness month. Register now: Alcohol and Community Health Dialogue Sessions.

ISSUE 32. COVID-19 symptoms? Get tested. Celebrating Halloween safely. Coping with stress, anxiety, and substance use during COVID-19. Breast cancer awareness month. Register now: Alcohol and Community Health Dialogue Sessions. Final week to submit: Resilient Roots issue #2.

ISSUE 31. Play and watch sports safely. Virtual mental health supports during COVID-19. October is breast cancer awareness month.

ISSUE 30. Thanksgiving: safer celebrations. Avoid the three C's. Mental Illness Awareness Week. Kids Help Phone: connecting Indigenous texters with Indigenous crisis responders. Call for submissions: Resilient Roots issue two.

ISSUE 29. Call for Métis mask makers and sewists. COVID-19 vs. the flu. Flu prevention during the coronavirus pandemic. The flu shot: fact sheet from Indigenous Services Canada. October 4th: Sisters in Spirit. MNBC marks Orange Shirt Day.