



August



August 12th -
TRUST FUND

**AUGUST
CIVIC
HOLIDAY**

Offices Closed
Monday August 5th



See Notice inside
regarding Office Closures!



SORRY
WE'RE
CLOSED

Monday August 5, 2019

AUGUST CIVIC HOLIDAY

Offices Open

Tuesday August 6, 2019



Chronological no.

2019/20-028

File reference no

BAND COUNCIL RESOLUTION

NOTE

The words "from our Band Funds" "capital" or "revenue", whichever is the case, must appear in all resolutions requesting expenditures from Band Funds

The council of the HENVEY INLET FIRST NATION		Cash free balance							
		Capital account	\$ _____						
Date of duly convened meeting	Province	Revenue account	\$ _____						
<table border="1"> <tr> <td>D</td> <td>M</td> <td>Y</td> </tr> <tr> <td>2 2</td> <td>0 7</td> <td>1 9</td> </tr> </table>	D	M	Y	2 2	0 7	1 9	Ontario		
D	M	Y							
2 2	0 7	1 9							

DO HEREBY RESOLVE

Whereas we the Chief and Council of Henvey Inlet First Nation are aware that there is a **FIRE BAN** in effect within the Parry Sound District;

Be it hereby resolved that we the Chief and Council approve a **FIRE BAN** effective immediately disallowing open fires for recreational use, cooking, brush burning, and fireworks within the boundaries of French River I.R.#13 aka Pickerel, Henvey Inlet I.R.#2, aka Bekanon, and Cantin Island aka Contin Island;

Be it finally resolved that this **FIRE BAN** will only be removed as fire bans are removed on adjacent crown lands; in the Parry Sound District.

Quorum _____ 4 _____

(Councillor)

(Chief)

(Councillor)

(Councillor)

(Councillor)

(Councillor)

(Councillor)

FOR DEPARTMENTAL USE ONLY					
Expenditure	Authority (Indian Act Section)	Source of funds	Expenditure	Authority (Indian Act Section)	Source of funds
		<input type="radio"/> Capital <input type="radio"/> Revenue			<input type="radio"/> Capital <input type="radio"/> Revenue
Recommending officer			Recommending officer		
_____ Signature			_____ Signature		
_____ Date			_____ Date		
Approving officer - Approuvé par			Approving officer		
_____ Signature			_____ Signature		
_____ Date			_____ Date		



Notice Regarding Prescription Delivery to Homes

Prescriptions are now being delivered directly to The
Clients Home. *

This will be Every Wednesday anytime from 1:30pm to 3:00pm

If you will not be home please call the pharmacy to notify and
arrange for the prescription to be dropped off at the Health
Centre. Your prescription could be brought back to the
Pharmacy if they are not notified of absence.

***Please call your Refills in on Mon./Tues. for delivery on
Wednesday! If you call your refill in on Wednesday morning, it
could possibly not be ready for the afternoon delivery.***

Noelville Pharmacy 705-898-2999



Notice To Community

Members

Please Contact the Health Centre if any Needles/Sharps are found in the Community.

A Staff Member will come to dispose of it properly and safely.

Sharps Containers are available at the Health Centre for anyone.

Thank You!



**Henvey Inlet
First Nation**

Pickerel, ON P0G 1J0

Administration
295 Pickerel River Road
T 705-857-2331
F 705-857-3021
1-800-614-5533

Health Centre
354A Pickerel River Road
T 705-857-1221
F 705-857-0730
1-866-252-3330

Day Care
354B Pickerel River Road
T 705-857-0957
F 705-857-1369

Chief
M. Wayne McQuabbie
Council
Patrick Brennan
Tony Solomon
Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

July 31, 2019

From: Maureen Kagagins, Councillor/ Health Centre and Day Care Portfolio

Att: Community Members, Parents and Caregiver's, HIFN Staff

RE: Day Care Authorization

It's been brought to my attention of community members going in and out of the Day Care freely as they feel this is acceptable. Please be advised for the safety and consideration of our children and parents, we need to be more respectful of the staff and children.

Once parent/parents or authorized individual named on written or verbal consent from a parent/parents drop their child/children off at the scheduled time Monday through Thursday at 8:30 a.m. to 4:30 p.m., Friday 8:30 a.m. to 12:00 p.m. We should not have any other members going into the Day Care. Our child/children, once in the Day Care should not be subject to any unauthorized visits. Please note also that anyone under the influence of drugs or alcohol should not be permitted to enter our Day Care, please abide by these policies and procedures.

Please feel free to contact me, Maureen Kagagins, Councillor/ Health Centre and Day Care Portfolio at (705) 690-7648 or (705)698-7435.

Respectfully,

Maureen Kagagins

MK/mp

c.c. Charlene Ashawasagai, Day Care Supervisor



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MEMORANDUM

To: Band Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: July 24, 2019
Re: **New Maintenance Building**

Chief and Council have recently approved Al Lanteigne Steelworks Ltd. to construct our new Operations and Maintenance Building.

It will be a new structure located to the North side of the baseball diamond measuring 80' w x 240' in length, at a cost of \$2,559,000, which will be paid from the Henvey Inlet Wind Farm proceeds. This building will house all of our assets, including vehicles, equipment and provide storage of materials for staff.

The construction is planned to start by the end of August 2019 and hopefully be done by December 2019.

Pierre Lanteigne the owner of this company is willing to employ those interested and meet his qualifications during this construction period. Employment opportunities will be posted with the Administration office shortly.

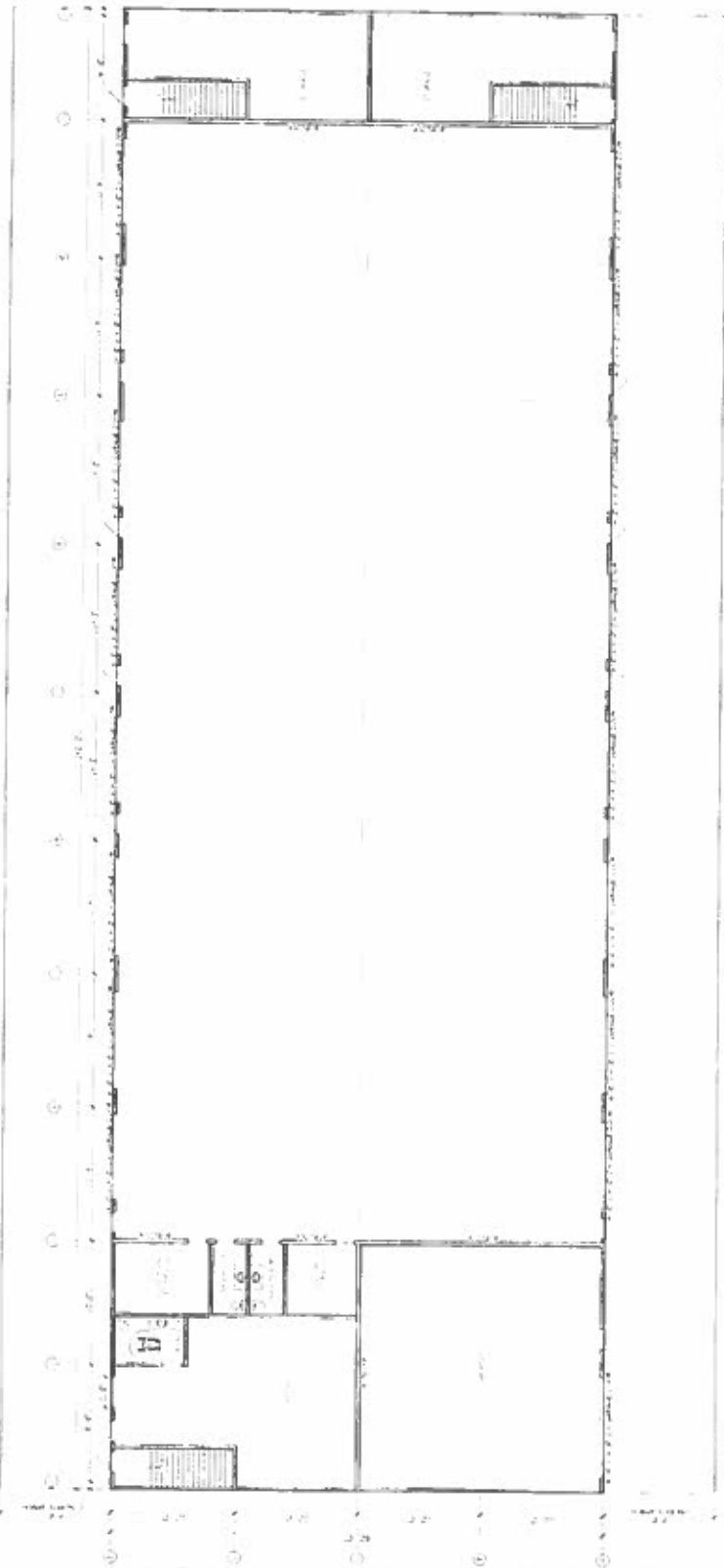
We remind all parents that this area will be an active construction site and ask your cooperation with keeping your children away from this area.

The following two pages show the floor plan of the proposed building, it will have a main level floor and a second level.

FYI

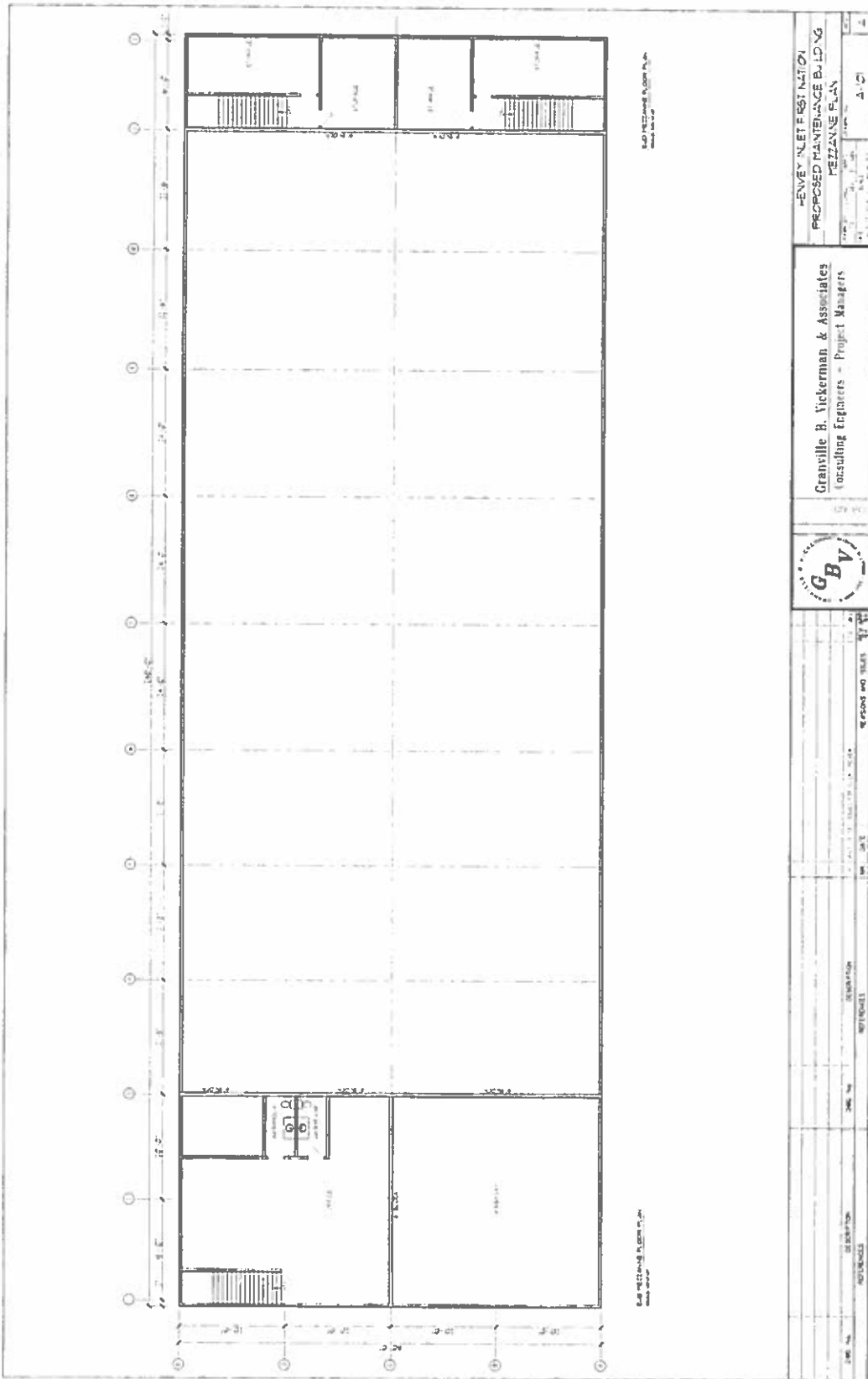
Millie Pawis
Director of Finance/Administration

/MP



GRANVILLE B. VICKERMAN & ASSOCIATES CONSULTING ENGINEERS - TRAVEL MANAGERS			HENRY WEST STATION RECEIVED MAINTENANCE BUILDING FLOOR PLAN	
DRAWING NO. 100-100-100-100	SHEET NO. 1-100		DATE: 10-1-58	SCALE: 1/8" = 1'-0"

GROUND LEVEL



Scale: 1/8" = 1'-0"

Scale: 1/8" = 1'-0"

HEWEY NETHERSTON
PROPOSED MAINTENANCE BUILDING
MEZZANE PLAN

Granville B. Vickerman & Associates
Consulting Engineers - Project Managers



DATE: 11/11/11
BY: [Signature]

NOTES: [Blank space for notes]

DATE: 11/11/11
BY: [Signature]

UPPER LEVEL



MEMORANDUM

Henvey Inlet First Nation

Pickeral, ON P0G 1J0

Administration
295 Pickeral River Road
T 705-857-2331
F 705-857-3021
1-800-614-5533

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To: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: July 25, 2019

Re: **Employment Opportunities**

Henvey Inlet First Nation is currently accepting applications for the following positions:

Water Treatment Operator Trainee
Home Maintenance Worker

See attached job postings for more information.

Be sure to check local communication boards or our website at www.hifn.ca/community-2/job-postings-2.html for regular job posting updates.

Miigwetch,

Samantha Bradley, PCP
Human Resources Coordinator



EMPLOYMENT OPPORTUNITY

WATER TREATMENT OPERATOR TRAINEE

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a **Water Treatment Operator Trainee** to join our Administration for a short-term contract funded by Aboriginal Affairs and Northern Development Canada from August 2019 to March 2020. The Water Treatment Operator Trainee reports to the Water Treatment Plant Operator and is responsible for learning the quality control measures that go into providing Henvey Inlet First Nation with safe, potable drinking water. The Water Treatment Operator Trainee will be expected to engage in the continuous learning and training required to prepare for successful completion of the Operator in Training Exam. This position requires a high degree of self-motivation and a strong work ethic.

MAIN RESPONSIBILITIES

The Water Treatment Operator Trainee will be responsible to:

- Attend and complete all required meetings, training, and exams, including the Operator in Training Exam
- Observe, monitor, and eventually operate control systems used in treatment and distribution of water
- Check flow meter gauges and other recording instruments to measure water output
- Review, sample, record and report water quality in appropriate logbooks as required
- Ensure pumps, motors, chlorinators and other equipment are in good operating condition, reporting when maintenance and repairs are required
- Maintain various distribution components including hydrants, valve boxes, and curb stops
- Accompany Water Treatment Plant Operator on call-outs
- Assist Water Treatment Plant Operator with preparation of reports for community and other meetings as required
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Must be 18 to 30 years of age per funding agreement
- Must be unemployed and not in school per funding agreement
- Grade 12 diploma or equivalent
- Valid Ontario Class G Driver's License with access to a reliable vehicle
- Previous data collection and analysis experience an asset
- Previous report writing experience an asset
- Current First Aid and CPR Level C an asset
- Current WHMIS training an asset
- Basic computer and typing skills
- Basic mathematical skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to multi-task
- Professional attitude and a strong work ethic
- Willingness to work rotating and flexible hours, including occasional weekends, a must

HOURS OF WORK

Full-Time – 35 hrs/week

REMUNERATION

\$14/hour

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled.

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickereel River Rd.

Pickereel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.



EMPLOYMENT OPPORTUNITY

HOME MAINTENANCE WORKER

POSITION SUMMARY

Henvey Inlet First Nation is currently seeking a full-time **Home Maintenance Worker** to join our Administration. The Home Maintenance Worker reports to the Community Health Nurse and is responsible for providing primarily exterior home maintenance and minor home repairs for eligible clients in the Community. This position requires excellent customer service and interpersonal communication skills and a strong work ethic.

MAIN RESPONSIBILITIES

The Home Maintenance Worker will be responsible to:

- Ensure the safety and adaptation needs of clients are met via installation of support bars, railings, etc.
- Check and report any extraordinary maintenance or safety concerns to the Supervisor
- Provide appropriate level of service to all clients as assigned and noted in the monthly calendar
- Accompany Supervisor on quarterly home visits to clients to review services being provided and ensure client satisfaction
- Perform various preventative, routine and seasonal home maintenance duties for clients including:
 - Basic plumbing such as repairing leaky faucets, broken pipes, etc.
 - Interior and exterior painting, window washing and basic carpentry
 - Changing light bulbs and smoke detector batteries
 - Deck and porch repair
 - Installation of clotheslines when requested
 - Hanging wall fixtures, safety bars or décor
 - Ensuring mailboxes are kept in good order for incoming mailing delivery
 - Cutting, piling, splitting and delivering wood
 - Lawn maintenance such as grass and brush cutting, raking leaves and removal of fallen trees
 - Assisting with planting, watering, weeding and harvesting of gardens
 - Clearing snow from driveways, steps, ramps, pathways, garbage bins, and mailboxes
 - Salting and/or sanding driveways, steps, ramps and walkways prior to and immediately following snow or ice storms
 - Hanging Christmas lights and outdoor decorations
 - Cleaning chimneys, stove pipes and gutters/eavestroughs
 - Winterizing doors and windows
 - Water delivery
 - Picking up and removing garbage and other debris in and around the property
 - Assisting with more difficult tasks in and around the home as required
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Grade 12 diploma or equivalent
- Valid Ontario Class G Driver's License with access to a reliable vehicle
- Current CPIC
- Basic home maintenance and carpentry skills
- Previous brush cutting or landscaping experience an asset
- Chainsaw Safety Certification preferred
- Ability to stand, bend, reach and twist for long periods of time
- Ability to lift up to 20lbs continuously
- Previous experience providing respectful and compassionate service to Elders preferred
- Current First Aid and CPR Level C
- Excellent customer service and interpersonal communication skills
- Exceptional organization and time-management skills
- Professional attitude and a strong work ethic
- Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours a must

HOURS OF WORK

Full-Time – 31.5 hrs/week

REMUNERATION

\$16/hour

START DATE

As soon as possible

APPLICATION DEADLINE

August 6, 2019

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.



CATERER NEEDED!

For Info Session on August 12th
Meal to be served at 3:00pm

MENU TO CONSIST OF:

Roast Beef, Chicken, Mashed potatoes and Gravy, and Green beans and Buns. Dessert is pudding with sliced bananas, whip cream and fresh fruit. Coffee, Tea, Juice, pop, water, sugar, cream and milk.
Cups, plates & utensils

MENU FOR 80 PEOPLE

Deadline to Submit Bids: August 7, 2019 @12 noon

Submit Bids with breakdown of Catering Fee, Mileage, and Groceries Costs to Rosemarie at Lands Office or to Rachel at Administration.

Caterer must possess current Safe Food Handlers Certificate

Please Contact Rosemarie if you have any questions 705-857-5211

Community Info Session



Rob Cruickshank of Ridgewood Capital and Steve Partridge of BMO will be in the Community for an Information Session regarding HIFN's Trust Account.



****All Community Members are Welcome to Attend! ****

August 12, 2019 @ 1:00PM

Hot Meal to Be Served at 3:00pm

Located @ HIFN FIRE HALL

Mandatory for ALL HIFN Staff to attend



HENVEY INLET FIRST NATION

295 Pickerel River Road, Pickerel, ON P0G 1J0

705-857-2331 | www.hifn.ca

Information Highway...

by: Rosemarie Simmons

New Relationship Fund (NRF) Point Person

Hello everyone, I felt that it was important for me to reach out and introduce Myself to the band membership. One of my duties within this community is to conduct community engagement sessions to increase membership participation in land use planning. What this means is our Chief and Council would like to hear your thoughts about what you want to see within the community in growth towards a better future for all members...

Also, I will be conducting research on the historical land use and long-term use of occupancy of the Band's Traditional Territory. Develop internal archives of historical research to support above activities.

I will be doing update on what is happening within the community such as, what is happening down at the Marina.

All levels of leadership are looking forward to developing positive relationships with community development, business development, environmental protection, and more

I can be reached at the Lands Office 705- 857-5211 for anyone that would like to make known their thoughts on this matter.

- August 12, 2019 Community Information Meeting 1:00 PM, Bank of Montreal Investment Manager for Henvey Inlet First Nation Trust Account. As you are aware, the above Trust account has been established with the BMO Trust

Company (BMIC) acting in the capacity as Corporate Trustee and Ridgewood Capital Asset Management (Ridgewood) managing the investment holdings of the Trust.

- 3:00 PM Dinner, Hot Meal, Roast Beef, chicken, mash potatoes and gravy green beans, mixed salad, dessert and beverages.

Come out and have your say...

Rosemarie Simmons

705-857-5211



**Henvey Inlet
First Nation**

Pickering, ON P0G 1J0

Administration
295 Pickering River Road
T 705-857-2331
F 705-857-3021
1-800-614-5533

Health Centre
354A Pickering River Road
T 705-857-1221
F 705-857-0730
1-866-252-3330

Day Care
354B Pickering River Road
T 705-857-0957
F 705-857-1369

Chief
M. Wayne McQuabbie
Council
Patrick Brennan
Tony Solomon
Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

MEMORANDUM

To: Henvey Inlet First Nation Members
Fr: Housing Assistant
Dt: August 1, 2019
Re: Monthly home maintenance tips

Just a few home maintenance ideas for the month of August.

- Check your washing machine connections.
- Prune dead wood from your lawn and garden.
- Deal with wasps, mosquitoes, and other insects.
- Get your furnace prepped for winter.

Heidi Kimberley
Housing assistant

/HK

WAGAMAKE LEARNING CENTRE

REMINDER!

Wagamake Learning Centre will only be open until June 2020.

Did you know that there are several ways you can earn your Grade 12 Diploma? It isn't all paper-work! You can actually earn a credit in 4 weeks, depending on the subject and your determination to complete it! Others might take a bit longer.

You can also earn credits from past or present work experience AND workshops attended here in the community.

Imagine being able to add Grade 12 to your resume 😊

Please see Carol Froelich to find out what credits you need to graduate and what options are available to you.

Carol is at the Learning Center on the following days:

Monday: 8:30 - 4:30

Tuesday: 8:30 - 4:30

Wednesday: 1:00 - 4:30

Thursday: 8:30 - 4:30

Carol is even willing to change her schedule to accommodate students who are currently working so be sure to stop by to speak to her!

CLASS OF 2019 STUDENT ACHIEVEMENTS

Alfreda McQuabbie is the first student to complete her high school diploma through Wagamake Learning Centre! I'm so glad you took the opportunity Alfreda; it's just the first one of many I'm sure!

Kohl Contin has officially finished his Grade 12!

Way to go Kohl!

Dandra Pelletier and Kayden Contin will be attending Parry Sound High this fall as our new Grade 9 students. It's time to spread your wings once again!

We are very proud of all our students and we look forward to your continued success!

A special thank you also goes to Janice for the fantastic dinner and lunch she served to our parents, students and Graduates.

And chii miigwech to all who helped set up tables, chairs and hang our decorations: Lara Zenhenko, Madison McQuabbie, Avery Contin, Alyssa McQuabbie, Debbie Lemieux and Carol Froelich. Your help was very much appreciated!

Student Achievement Awards Dinner Photos



WAGAMAKE LEARNING CENTRE
CELEBRATING OUR FIRST GRADUATE!

ALFREDA MCQUABBIE
GRADUATING CLASS OF 2019



On July 16th, Alfreda was the guest of honour as we celebrated her commitment and dedication to the achievement of her GRADE 12 High School Diploma!

WAY TO GO ALFREDA!

YOU ARE AN INSPIRATION TO US ALL!



ALFREDA MCQUABBIE

It was of great joy and pride to see Alfreda graduate!

It was an honour to share this
important moment in her life.

Alfreda's hard work, dedication, and discipline
has paid off.

You have done it!

Congratulation's on your
brilliant success and achievement!

I am so proud that you are a graduate now!

There is no limit to what you can do
if you keep believing in yourself!

Your teacher, Carol Froehlich

Alfreda McQuabbies Graduation Photos



ATTN: Parents & Community Members

There will be no Right to Play Summer Camp Program on Tuesday August 13th or Thursday August 15th.

On August 13th there is a canoe safety course for older youth and on August 15th Angele and Debbie will be away at a staff retreat.

If you have any questions or concerns contact Angele Dubois at Tribal or on my cell phone.

Miigwetch 😊

Reserve your spot now!
Angele Dubois at 705-918-1590



BOAT SAFETY COURSE AND LICENSE EXAM

FREE FOR HI FN MEMBERS 8 AND UP

**August 6th 1-4pm
at the Firehall**

JULY 22-AUGUST 29

AGES 6-12

YOUTH SUMMER DAY CAMP

Activities

SNACKS

Math and Science

ARTS AND CRAFTS

TEAM BUILDING

Sports

reading challenges

TRIPS

At Tribal
Monday to Thursday
10am - 3pm

Youth will need to go home
for lunch each day from 12-1

Contact Angele Dubois or Debbie Lemieux
for registration or more information



RIGHT TO PLAY
PLAYING TOGETHER, MAKING A DIFFERENCE

PROMOTING LIFE-SKILLS IN ABORIGINAL YOUTH (PLAY) PARTICIPANT REGISTRATION FORM



The Promoting Life-skills in Aboriginal Youth (PLAY) Program uses sport and play to build essential health, education and life skills among children and youth. Angele Dubois is an employee of Henvey Inlet's Band and has chosen to deliver the PLAY program with the support of Right To Play from July 2019 to August 2020.

At the PLAY program, you can expect to have fun, meet others, share your ideas and be challenged! Expect to learn more about how you can be a youth leader in your community. Wear comfortable clothes that you can play games and sports in. At the PLAY program you will engage in a variety of games, leadership workshops, arts and crafts, sports, and other exciting activities.

PARTICIPANT INFORMATION

Name: _____

Birth Date: _____ Age: _____ Gender: _____

Address: _____

Health Card Number: _____

Special medical concerns/dietary restrictions: _____

Parent/Guardian (or emergency contact) Full Name: _____

Email: _____

Phone (work and/or home): _____

I consent to my child's participation in PLAY program activities in my community.

I consent to my child's participation in special events and initiatives associated with the PLAY program in my community, including but not limited to: Sport For Development clinics; activities facilitated by Right To Play partner organizations; community events and tournaments.

I understand that Right To Play and my community's PLAY program have a zero tolerance policy for violence, drugs or alcohol. Anyone found engaging in such activities will be excused from program activities, at the discretion of the PLAY Community Mentor.

I _____, agree to follow these policies and acknowledge the implications of breaking the rules.

Participant Signature

Parent/Guardian Signature

PARTICIPANT RISK WAIVER

I understand that, as in all sports/activities, there is a risk of physical injury and damage to property. I hereby give my consent for my child/youth _____ (print child/youth's name):

To receive emergency medical care which may become necessary in the course of such activities.

I further agree not to hold Right To Play, Right To Play Staff, the Community Mentor or anyone acting on Right To Play's behalf, responsible for any injury occurring to the named participant during Right To Play activities.

Upon registration of my child in the PLAY program, I permit my child to participate in a full range activities, and I authorize the Community Mentor and/or Right To Play staff in the event of an accident or illness affecting the above named participant; to authorize on my behalf all procedures, including admission to hospital and necessary treatment therein, as he/she may deem essential for the care and well-being of the participant. Such action shall be taken only when immediate contact with the undersigned cannot be made.

Signature of Parent/Guardian

Date

PHOTO AND RESEARCH CONSENT

Right To Play requests permission to use, copy, or display participant's name, photograph, or video recorded image to promote Right To Play events & advertisements on websites, news releases, brochures, pamphlets or other:

Yes, I grant permission to Right To Play to use my child's photo, or video recorded image.

Yes, I grant permission to Right To Play's partner organizations to use my child's photo, or video recorded image.

I agree (or give consent for my child) to participate in research associated with the PLAY Program which may include: having a discussion associated with the PLAY Program research tape-recorded, quotes from my child being used, without any information that would identify my child, for the purposes of program improvement and reporting to partners and donors.

No, please do not use my child's photo, or video of my child.

Signature of parent /guardian

Date



Summer Reading Program @ Library

Please Join Debbie Lemieux and Debbie Fox

**EVERY MONDAY FROM 3PM TO 4:30PM
FOR 6 WEEKS**

MONDAY JULY 22, 2019 IS REGISTRATION DAY FROM 3PM TO 4:30PM AND BOOKLETS WILL BE HANDED OUT TO TRACK HOW MANY BOOKS YOU READ! LAST DAY OF READING PROGRAM IS AUGUST 29, 2019. NO PROGRAM ON AUGUST 5 DUE TO HOLIDAY!

Prizes and special treats for every book you read! Debbie will be available throughout the Summer for those who wish to read to her! Children/Youth can access Library anytime outside of the reading program times to get more books or support!

Ten Summer Reading Tips for Parents

1. Read aloud together with your child every day.

Make it fun by reading outdoors on the front steps, patio, at the beach or park. Read to your child and let them read to you.

2. Set a good example!

Parents must be willing to model behavior for their children. Turn off the TV and have each person read his or her book, including mom and dad. Decide on a time (e.g. 20 minutes) for the whole family to read their own books together in the same space. This may be looking at pictures for little ones. Keep lots of reading material around your home.

3. Pair books with activities

Read the book before seeing a movie or even after it. Find non-fiction books around activities that your child is interested in and read to learn the 'how to' as well as to encourage and validate their enthusiasm.

4. Read the same book your child is reading and discuss it.

This is the way to develop capacity for thought and insight and provide joint discussion around literature.

5. Let kids choose what they want to read including graphic novels/books and picture books.

Being too prescriptive with what kids read over the summer will only discourage the reading habit.

6. Buy books on tape or take out from your local library

Listen to them in the car, or turn off the TV and have the family listen to them together.

7. Take your children to the library regularly.

Most libraries sponsor summer reading clubs with easy-to-reach goals for preschool and school-age children. Check the library calendar for special summer reading activities and events. Libraries also provide age appropriate lists for summer reading.

8. Subscribe, in your child's name, to magazines like *Sports Illustrated for Kids*, or *National Geographic World*.

Encourage older children to read the newspaper and current events magazines to keep up the reading habit over the summer and develop vocabulary. Ask them what they think about what they've read, and listen to what they say.

9. Make trips a way to encourage reading by reading aloud traffic signs, billboards, notices.

Show your children how to read a map, and once you are on the road, let them take turns being the navigator.

10. Encourage children to keep a summer scrapbook.

Tape in souvenirs of your family's summer activities picture postcards, ticket stubs, photos. Have your children write the captions and read them and read them aloud as you look at the book together.

HENVEY INLET FIRST NATION

CAREER FAIR/JOB FAIR

WHEN: WEDNESDAY, AUGUST 7TH, 2019

WHERE: COMMUNITY FIRE HALL

TIME: 10:00 A.M



**COLLEGES, UNIVERSITIES, APPRENTICESHIP AND
TRADES, ORGANIZATIONS THAT OFFER SERVICES
TO STUDENTS FOR EDUCATION, EMPLOYMENT
AND TRAINING**

Contact: Debbie jones, Student Coordinator

Email: debbiejones17400@gmail.com

ONTARIO WORKS PROGRAM

INTERESTED COMMUNITY MEMBERS TO SET UP A SHED FOR ELDERS

Must be in receipt of Ontario works

(2) individuals to set up (2) SHEDS

Start date: Monday, August 19th, 2019

Complete by: Friday, August 30th, 2019

Time: 9:00 a.m – 4:00 p.m

**Incentive: \$200.00 per shed per person upon
completion.**

**Please call or come into office and let Dorothy or Judy
know if you are interested in doing this work.**



YOUTH WELLNESS RETREAT: LAND-BASED INITIATIVE

Sponsored by the
69/400 Mental Wellness & Crisis Response Team

in support of Wasauksing, Henvey Inlet, Magnetawan, Wahnapitae,
Dokis & Nipissing First Nation



August 20th & 21st, 2019
Location: Dokis First Nation

Two AGE GROUPS: 8-13 yrs AND 14-17 yrs old
Meals will be provided, and we invite any participants who have a feast
bundle (reusable plate, cutlery and cup) to bring them.

Please register for this session by July 29, 2019 by contacting Fawn Pettifer:

pettiferfawn@gmail.com



69/400 Mental Wellness & Crisis Response Team Youth Wellness Retreat Registration Form 2019

Program: Mental Wellness Land-Based Program Initiative

Dates: August 20 & 21, 2019

Individual Registration:

Last Name:	First Name:	Age:	Male/Female:
Address:	Home Number	Cell:	
PO Box	City:	Postal Code:	
Allergies:	Medical Conditions:	Emergency Contact & contact information:	
Health Card Number:			
Participant/Volunteer: Yes <input type="checkbox"/> No <input type="checkbox"/>		Contact Number:	

I understand the 69/400 MWCRT and First Nation (Nipissing, Dokis, Wahnapiatae, Henvey Inlet, Magnetawan and Wasauksing) Staff and/or volunteer will be utilizing staff vehicles to transport my child(ren) to and from their destination.

Should the need arise I give permission for a member of the 69/400 MWCRT and/or First Nation (listed above) to see and/or administer necessary medical attention.

Disclaimer Clause

69/400 MWCRT and all employees, partners, volunteers and representatives are not responsible for any injury, loss or damage of any kind sustained by any person while participating in activities held in relation to this initiative or any loss or damage which might be caused by negligence of the MWCRT. Young person to be accompanied by an adult when utilizing boat and/or canoe. Life Jackets are mandatory.

Picture Waiver (Photos)

69/400 MWCRT has my permission to use my and/or my child(ren)'s photograph, video or story in future publications, web pages and other materials produced used by and representing MWCRT initiatives. I understand the circulation of the materials could be worldwide and there will be no compensation to me for this use.

Signature:

Participant (parent if under 18)

Print Name

Date

By signing this document, you confirm you are the parent or legal guardian of the minor participant and as such you are assuming parental obligations with may have financial and other consequences.

**CONNECT WITH
ART, CULTURE
AND NATURE**



THE ROM OFFERS FREE GENERAL ADMISSION TO INDIGENOUS PEOPLES

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on a journey from 4.5 billion years ago to today

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R·M
**ROYAL ONTARIO
MUSEUM**

Offer can be redeemed onsite at the ROM's admissions desks. No ID is required.

Offer is valid on General Admission only. Visitors can upgrade to see the special exhibitions at an additional cost. This offer does not apply to special programs and annual membership. All images © ROM, 2019, unless otherwise stated. Photo of ROM: Sam Javineau. Top: Figure of Yamantaka Vajrabhava. Tibet, 18th century AD. Left: Child's moccasins. Beaded hide soles and upper. Lakota or Dakota (Sioux), Manitoba, Edmund Morris Collection. The ROM is an agency of the Government of Ontario.

FOOD BANK FUNDRAISING REPORT

Activity	Cash Bingo #
Date	July 17, 2019
Helpers/Volunteers	Tom, Karen, Jane & Charlotte
Total Funds:	\$201.00
Expenses	Draws \$10 x 2 Consolation \$25.00 Pizza & water \$40
Profit	\$116.00
Comments	Miigwetch for the support! Attendance: 17 Jackpot winner: Karen Toonie Pot @ 102.00





Ontario

Ministry of Education

School Year Calendar 2019 - 2020

Legend → **H** - Statutory Holiday Schedule
E - Scheduled Examination Day
P - Professional Activity Day

Board Designated Holiday **B**
 Half Day

Start: Tuesday, September 3, 2019
 End: Friday, June 26, 2020

Month	Number of Instructional Days	Number of Professional Activity Days	Number of Scheduled Examination Days	1st Week							2nd Week							3rd Week							4th Week							5th Week													
				M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F												
August 2019		1						1	2					5	6	7	8	9	12	13	14	15	16	17	18	19	20	23	24	25	26	27	30					26	27	28	29	30			
September 2019	19	1																																											
October 2019	21	1																																											
November 2019	20	1																																											
December 2019	15																																												
January 2020	19	1	4																																										
February 2020	19																																												
March 2020	16																																												
April 2020	19	1																																											
May 2020	20																																												
June 2020	19	1	6																																										
July 2020																																													
TOTAL	187	7	10																																										

Note: The 2019-2020 calendar provides for 194 possible school days between September 1, 2019 and June 30, 2020. The school year shall include a minimum of 194 school days of which three days must be designated as professional activity days with respect to specific provincial education priorities as outlined in the Policy/Program Memoranda 151 and up to four extra days may be designated by the board as professional activity days. The remaining school days shall be instructional days. The boards may designate up to ten instructional days as examination days

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

AUG. 13, 2019-Henvey Inlet Community Outreach
Sandra Martin will be available to meet with you in the community.

WHERE	DATE & TIME
Henvey Inlet—Fire Hall/Library	Tuesday, AUG. 13/19 1:00pm— 3:00pm

Unemployed & Looking for Options?
Are you Indigenous or a member of one of these First Nations?

- *Henvey Inlet First Nation*
- *Magnetawan First Nation*
- *Shawanaga First Nation*
- *Wasauksing First Nation*
- *Dokis First Nation*
- *Wahnapiatae First Nation*
- *Temagami First Nation*

Purchase of Training:

- For full-time programs (20+ hours/week)
- Must obtain diploma within 52 weeks
- If eligible, funding may be available for tuition, books/supplies, transportation, dependent care, and living allowance

PROGRAMS TO ASSIST UNEMPLOYED

Apprenticeship:

- Wage Subsidies available for Registered Apprentices
- Purchase of Training for In Classroom Offer of Training

Wage Subsidies:

50% of wage for full-time jobs

Mobility:

Assistance to attend job interview

Relocation:

Assistance to relocate for a full-time job

Employment Support:

Up to \$250 to start a full-time job

Self Employment Information Administer Second Careers



HENVEY INLET CAREER FAIR

**CATERER REQUIRED FOR CAREER FAIR
MUST HAVE FOOD HANDLERS CERTIFICATE**

**PLEASE SUBMIT FOR COSTS FOR SERVICE FEE
LUNCH FOR (50) PEOPLE AND MILEAGE
ATTENTION: MILLIE PAWIS, DIRECTOR, FINANCE**

SUBMIT BY: TUESDAY, JULY 30TH, 2019

LUNCH WILL BE SERVED AT: FIREHALL (NOON)

DATE: WEDNESDAY, AUGUST 7TH, 2019



**MENU: INDIAN TACOS – MADE WITH LEAN GROUND BEEF
BANNOCK, TOPPINGS: LETTUCE, TOMATOES, CHEESE, SOUR
CREAM**

**SIDE DISH: TOSTIOS CHIPS WITH SALSA, SOUR CREAM AND
MELTED CHEESE**

**DESSERT: FRESH STRAWBERRIES, RASPBERRIES,
BLUEBERRIES WITH WHIPPED CREAM**

**DRINKS: GINGER ALE, ICE TEA (CAN), GATORADE, WATER
AND CRANBERRY JUICE, ORANGE JUICE**

**Please clean up food afterward and take garbage to bins
Important: Food must be prepared in a non-smoking
environment**



Y.E.S. YOUTH EXPO SHAWANAGA

Join us for 2 days full of fun and education on
ENTREPRENEURSHIP, CAREER & SELF CARE

SPECIAL GUEST :
MICHAEL LINKLATER - BOYS WITH BRAIDS

Monday, August 12th & Tuesday, August 13th

9am -4:30pm Each Day

Ages 14 - 29

Door prizes and travel incentives!

***Optional EXTRA - Monday Night Boat Cruise Learning about Land Based
Careers ***

REGISTRATION DEADLINE - AUGUST 7, 2019

Register at: 705-366-2526 - Curtis

705-366-2378 - Josh or Miranda

Start planning for YOUR future beyond high school!



Y.E.S. YOUTH EXPO SHAWANAGA

Schedule of Events:

MONDAY AUGUST 12TH

9am - Light Breakfast

10am - Opening Ceremonies

11am - Michael Linklater - Boys
with Braids

12:30pm - *LUNCH*

1:30pm - Stations with LOCAL
Entrepreneurs

5:00pm - **Optional** Boat Cruise
Learning about Land Based
Careers

TUESDAY AUGUST 13TH

9am - Light Breakfast

9:45am - Opening

10am - Motivational Speaker

12pm - *LUNCH*

1pm - Career / Self Care Fair

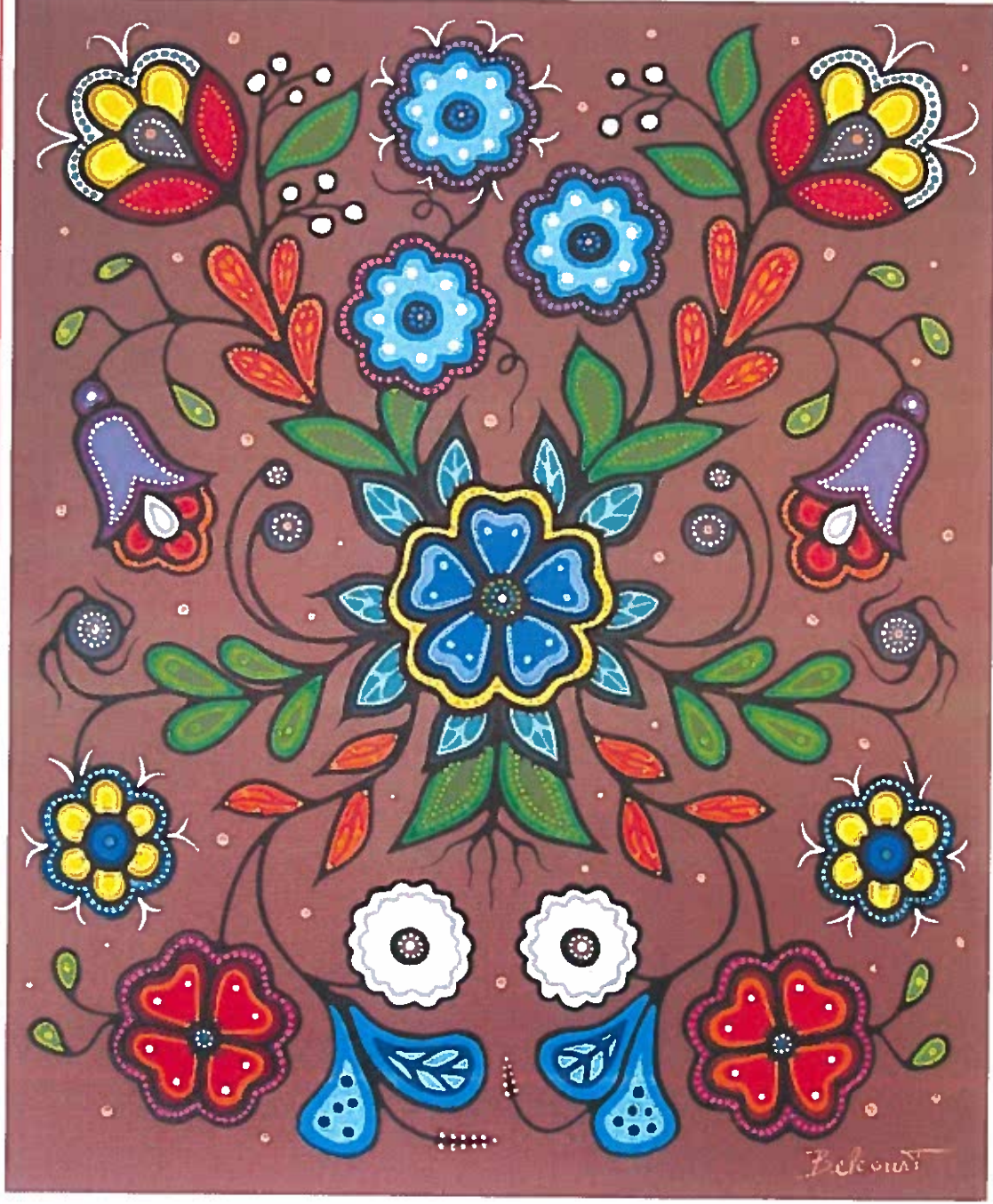
4pm - BBQ Dinner

4:30pm - Closing Ceremony

REGISTRATION DEADLINE - AUGUST 7TH

**Register at: 705-366-2526 - Curtis
705-366-2378 - Josh or Miranda**

COMMUNITY WELLNESS PROGRAM NEWS



This program is designed to deliver primarily client and participant-based services to Aboriginal individuals, families and children. The priority focus of programming is related to reducing family violence.



COMMUNITY WELLNESS PROGRAM

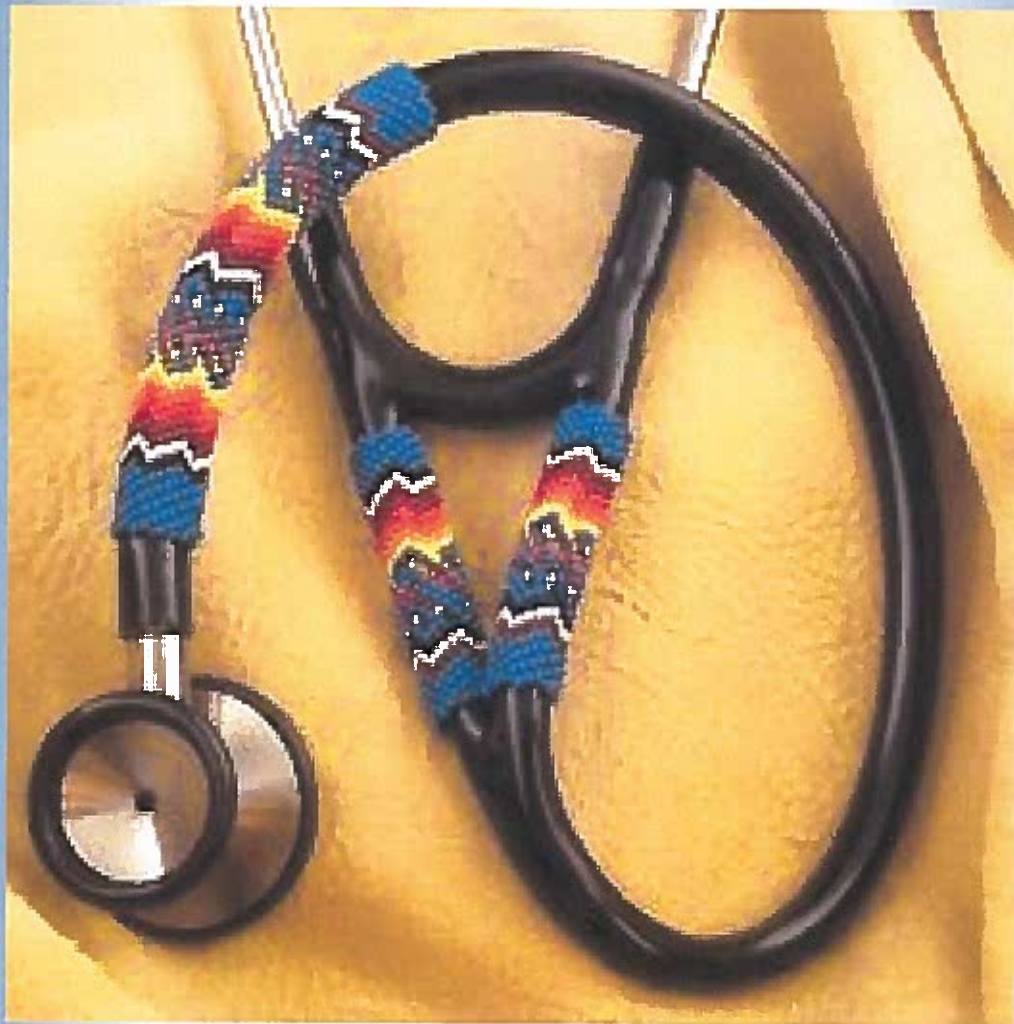
RECOVERY IS A PROCESS. IT TAKES TIME. IT TAKES PATIENCE.

AUGUST 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 OUT OF OFFICE APPT.	2 ELDER INTERVIEWS FOR CALENDAR	3	
4	5 CIVIC HOLIDAY	6 STAFF MEETING CEMETERY RESEARCH	7 HOME VISITS	8 IN OFFICE	9 ELDER INTERVIEWS FOR CALENDAR	10
11	12 IN OFFICE/A.M. RBC/TRUST FUND COMMUNITY MEETING @IPM	13 CEMETERY RESEARCH	14 HOME VISITS	15 IN OFFICE A.M.	16 STAFF RETREAT	17 STAFF RETREAT
18	19 OUT OF OFFICE	20 OUT OF OFFICE	21 HOME VISITS	22	23	24
25	26	27	28	29	30	31

Community Health Nurse



Debbie Brennan

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 OFFICE HOME VISITS	2 OFFICE	3
4	5 OFFICE HOME VISITS	6 OFFICE HOME VISITS	7 OFFICE	8 OFFICE HOME VISITS	9 OFFICE	10
11	12 OFFICE HOME VISITS	13 OFFICE HOME VISITS	14 OFFICE	15 Staff Retreat	16 Staff Retreat	17
18	19 OFFICE HOME VISITS	20 OFFICE	21 PROGRAM PREP.	22 BP/BS SCREENING CLINIC	23 OFFICE	24
25	26 HCC TRAINING	27 HCC TRAINING	28 HCC TRAINING	29 Training workshop	30 Training workshop	31

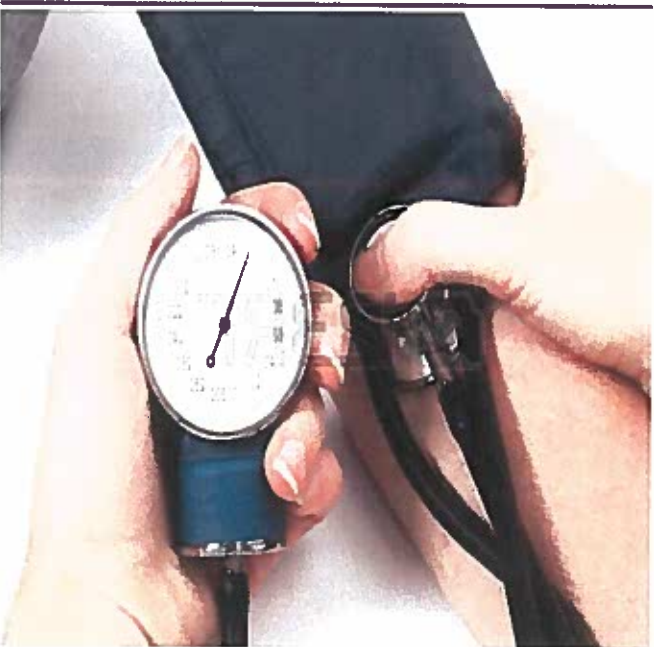
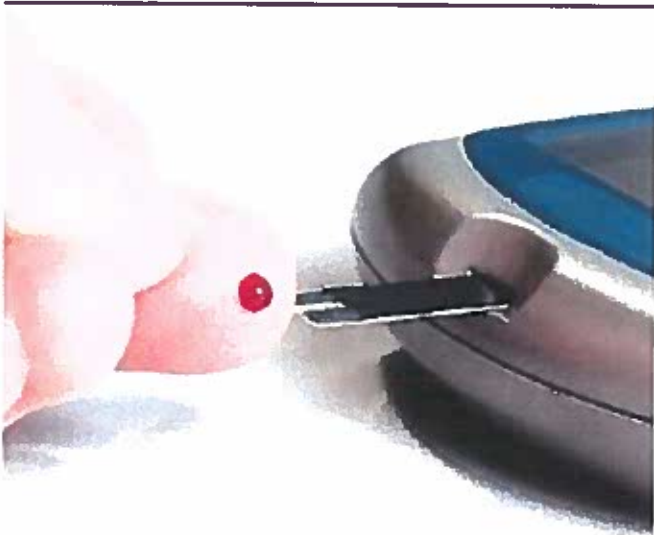


DEBBIE BRENNAN
CHEN

B/P & Blood Sugar Screening Clinic

Date: August 22, 2019

Time: 10:00 am—2:00 pm



Location: Health Centre

No sign-up necessary!
Up to 3 individuals who visit the CHN to have their B/ P and B.S.

checked will be eligible to win 2 bags of perishables, such as fruit/vegetables, eggs, bread, and healthy treats.

**CONTACT: Debbie Brennan,
CHN**



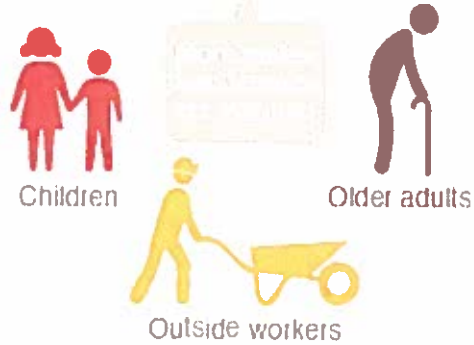
BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

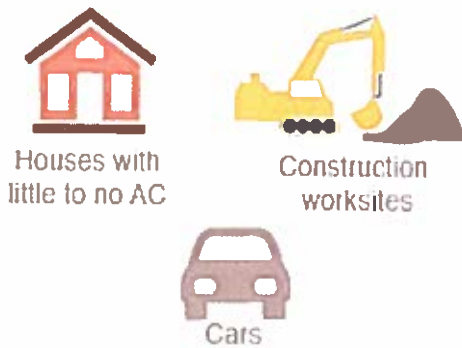
WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



WHERE:



HOW to AVOID:



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



HIFN Daycare Newsletter August 2019

August is here in all her glory! Just one more month for the children to play and enjoy all that Mother Nature has to offer. As this month starts it has been good summer so far. The children are golden brown. Please make note that during this month there will be a few days that we will be closed. Take a look at the calendar and we have reminders posted at the daycare also.

So please take a look at our newsletter and post on your fridge or board.

Our topics for the month are as follows:

Daycare Closed	Monday August 5, 2019
Seashell Crafts	August 6 to 9, 2019
Staff Meeting	Tuesday August 6, 2019
Bear Week	August 12 to 14, 2019
Daycare CLOSED	Thursday August 15 & Friday August 16, 2019
Staff Meeting	Monday August 19, 2019
Sunflower Week	August 19 to 23, 2019
Back to Basics	August 26 to 30, 2019

Please make sure to sent your child/ren with hats for their outside play. Which we have been doing a lot of this summer. The daycare hasn't planned for any outing this summer so we didn't do any fundraising. We will be enjoying the new playground equipment that we have. If your child/ren have up coming appointments please notify the staff if your child/ren will be absent. Wishing everyone a relaxing, sun filled Month of August!

Thank you

Charlene Ashawasegai *Carrie L. Bennett* *Erin McQuabbie*
RECE Daycare Program Supervisor RECE Daycare Worker ECE Daycare Worker

August

2019

HIFN Daycare Newsletter

Important Dates


Daycare Closed Monday August 5, 2019

Staff meeting Tuesday August 6, 2019

Staff Meeting Monday August 19, 2019

Staff Retreat August 15, 16, 17, 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Closed Civic Holiday	6 STM	7 Topic: Seashell Crafts	8 Sand, painting, gluing, seashell pictures frames.	9 The children will be using their cognitive skills.	10 
11 	12 Topic: Bear Week	13 Bear week is one of crafts, discussions, and	14 Their meaning to our culture.	15 Daycare CLOSED	16 STAFF RETREAT	17
18	19 STM	20 Topic: Sunflower Week	21 Sunflowers will be cutting, pasting, sorting	22 And making beautiful flowers.	23 	24
25	26	27 Topic: Back to Basics:	28 Is a chance to get the children ready to go back	29 To school. So we will concentrate on more work	30 Sheets and getting back to thinking school.	31

August

2019

HIFN Daycare Newsletter

Important Dates




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Government
of Canada

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[Home](#) > [Health](#) > [Healthy living](#) > [Health and the environment](#)
> [Sun safety](#)

Extreme heat: heat waves

Many places in Canada have a high number of extreme heat events, often called "heat waves." Extreme heat can put your health at risk, causing illnesses like heat stroke and even death. It is important to take steps to protect yourself and your family.

What are extreme heat events?

Extreme heat events involve high temperatures and sometimes high humidity. Although the level of temperature extremes may vary between regions, unusually high heat can have negative impacts on your health.

Health risks



Your body produces heat, especially during physical activity. Hot air, sun rays, and hot surfaces also heat your body. This heat is lost by contact with cool air and by sweat production, which cools your body as it evaporates.

Weather conditions play a big role in how your body regulates its temperature. For example, if it's windy, sweat evaporates faster, which helps to cool you. But high humidity slows down this process, contributing to increased body temperature.

Heat illnesses can affect you quickly, and can lead to long-term health problems and even death. They are mainly caused by being over-exposed to extreme heat especially if you are doing too much for your age and physical condition. Heat illnesses include:

- heat edema (swelling of hands, feet, and ankles)
- heat rash
- heat cramps (muscle cramps)
- heat fainting

- heat exhaustion
- heat stroke

Did you know?

Over the next 30 years, the number of extremely hot days in a year is expected to more than double in some parts of Canada.

While extreme heat can put everyone at risk from heat illnesses, health risks are greatest for:

- older adults
- infants and young children
- people with chronic illnesses (like breathing problems, mental illness, and heart problems)
- people who work in the heat
- people who exercise in the heat
- homeless people
- low-income earners

If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat. Some medications can make your skin more sensitive to ultraviolet (UV) rays as well. Talk to your health care provider if you have any questions about your medication.

See these brochures on heat for specific at-risk groups:

- Seniors: [It's way too hot! Protect yourself from extreme heat](#)

- Parents: Keep children cool! Protect your child from extreme heat
- Athletes: You're active in the heat. You're at risk! Protect yourself from extreme heat

Safety tips

Heat illnesses are preventable. During extreme heat, the most important thing is to keep cool and hydrated.

Follow these five steps to protect yourself and your family in very hot weather:

1. Prepare for the heat
2. Pay close attention to how you - and those around you - feel
3. Stay hydrated
4. Stay cool
5. Avoid exposure to extreme heat when outdoors

Step 1 - Prepare for the heat

- **Tune in regularly to local weather forecasts and alerts** so you know when to take extra care.
- **Arrange for regular visits** by family members, neighbours or friends during very hot days in case you need help. Visitors can help identify signs of heat illness that could be missed over the phone.
- **Find ways to keep cool** before the hot weather starts. If you have an air conditioner, make sure it works properly. If you have ceiling fans or other fans they can help as long as the

humidity isn't high. Find an air-conditioned spot close by where you can cool off for a few hours on very hot days. This will help you cope with the heat.

- **Have cool drinks in your vehicle** and keep your gas tank topped up.

Step 2 - Pay close attention to how you - and those around you - feel

Heat stroke is a medical emergency!

Call 911 or your local emergency number immediately if you are caring for someone who has a high body temperature and is either unconscious, confused or has stopped sweating.

Watch for symptoms of heat illness, which include:

- dizziness or fainting
- nausea or vomiting
- headache
- rapid breathing and heartbeat
- extreme thirst (dry mouth or sticky saliva)
- decreased urination with unusually dark yellow urine
- changes of behaviour in children (like sleepiness or temper tantrums)

If you have any of these symptoms during extreme heat, move to a cool place and drink liquids right away. Water is best.

While waiting for help - **cool the person right away by:**

- moving them to a cool place, if you can
- applying cold water to large areas of their skin or clothing
- fanning the person as much as possible

Step 3 - Stay hydrated

Drink plenty of cool liquids (especially water) **before you feel thirsty** to decrease your risk of dehydration (not having enough fluids in your body). Thirst is not a good indicator of dehydration.

- Remind yourself to drink water by leaving a glass by the sink.
- Flavouring water with natural fruit juice may make it more appealing.
- Eat more fruits and vegetables as they have a high water content.
- If you eat less, you may need to drink more water.
- Drink water before, during and after physical activity.

Step 4 - Stay cool

Did you know?

Your body is not used to (not acclimatized to) extreme heat at the beginning of the summer. If you are physically active, you are also not acclimatized if you don't exercise regularly during hot weather.

Dress for the weather

- Wear loose-fitting, light-coloured clothing and a wide-brimmed hat made of breathable fabric.
- When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.

Take a break from the heat

- If you must do physical activity in extreme heat, take extra breaks, remove gear to let your body cool off and drink lots of water. Don't expect your usual performance in hot weather. Give your body time to recover after being in the heat.

Keep your home cool

- Make meals that don't need to be cooked in an oven.
- Block the sun by closing awnings, curtains or blinds during the day.
- If safe, open your windows at night to let cooler air into your home.
- If you have an air conditioner with a thermostat, keep it set to the highest setting that is comfortable (somewhere between 22°C/72°F and 26°C/79°F). This will reduce your energy costs and provide you with needed relief. If you are using a window air conditioner, cool only one room where you can go for heat relief.

If your home is extremely hot

- Take cool showers or baths until you feel refreshed.
- Use a fan to help you stay cool and aim the air flow in your direction.

- Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot like a shopping mall, grocery store, or public library.

Step 5 - Avoid exposure to extreme heat when outdoors

Did you know?

Sunburned skin loses its sweating efficiency. This makes it harder for your body to regulate its temperature.

Never leave people or pets inside a parked vehicle or in direct sunlight.

- When the outside air temperature is 23°C/73°F, the temperature inside a vehicle can be extremely dangerous - more than 50°C/122°F.

Reschedule or plan outdoor activities during cooler parts of the day.

- Before heading out, check the Air Quality Health Index in your area, if available. Air pollution tends to be at higher levels during very hot days.
- Plan strenuous outdoor activities for cooler days, or choose a cooler location like a place with air conditioning or with tree shade.

Avoid sun exposure. Find or bring shade when possible.

- Tree-shaded areas can be as much as 5°C/9°F cooler than the surrounding area.
- Shade yourself by wearing a wide-brimmed, breathable hat, or using an umbrella.
- Wear loose-fitting, light-coloured clothing made of breathable fabric.
- Wear sunglasses that have UVA and UVB protection.
- Use a sunscreen with sun protection factor (SPF) 15 or higher and follow the manufacturer's directions. Don't use sunscreen on a child less than 6 months old.

Remember!

Sunscreen will help protect against the sun's ultraviolet (UV) rays, but not from the heat.

How the Government of Canada protects you

Health Canada works with partners to better understand how extreme heat affects the health of Canadians and to promote efforts to reduce these risks. We provide information to Canadians on steps they can take to maintain and improve their health. This includes information on how they can prepare themselves to adapt to prolonged periods of extreme heat.

For more information

- [Infographic: Staying Healthy in the Heat](#)
- [Climate change and health](#)
- [First aid advice for sunburn and heat illness](#)
- [Heat-health brochures](#)
- [Extreme heat events](#)
- [Air Quality Health Index](#)
- [The ultraviolet index and your local forecast](#)
- [Sun safety basics](#)
- [Smog and your health](#)
- [Health effects of ultraviolet radiation](#)
- [Environment Canada - Weatheroffice](#)

[For industry and professionals](#)

Date modified:

2019-04-09