



Important Dates:

- Monday May 2, 2016 is the Mother's Day Fish Fry! Open to all Mothers in our Community! Call the Day-care for more info.
- Tuesday May 3, 2016 is the Rabies Clinic, Please call the Health Centre to register your animals!
 - Sunday May 8, 2016 is Mothers Day!
- Tuesday May 10, 2016 is Treaty Payment Day at the HIFN Health Centre from 1:30 pm—3:00pm
 - Offices Closed on Monday May 23, 2016 for Victoria Day
 - Saturday May 28, 2016 is the Loonie Auction!



A MOTHER
IS SHE WHO CAN
TAKE THE PLACE
OF ALL OTHERS
BUT WHOSE PLACE
NO ONE ELSE
CAN TAKE

Anna, Salomon & Jack





May Birthdays

- Ally McQuabbie - May 3, 2016
- Dmitri Ashawasegai - May 6, 2016
- Kiana Moses - May 10, 2016
- Grace Contin - May 11, 2016
- Bertha Kagagins - May 13, 2016
- Matthew McQuabbie - May 14, 2016
- D'Andra Pelletier - May 14, 2016
- Brenda Contin - May 17, 2016
- Ed Panamick JR - May 18, 2016
- Quentin Ashawasegai - May 19, 2016
- Wakiya Ashawasegai - May 23, 2016
- Irvin Contin - May 29, 2016
- Earl Contin - May 29, 2016

Sorry if your name was missed, Please call Health Centre to add name to list.



Henvey Inlet First Nation Staff

Chief and Council

~Chief Wayne
McQuabbie~

~Lionel Fox~

~Patrick Brennan~

~Brenda Contin~

~Genevieve

Solomon-Dubois~

~Tony Solomon~

~Carl

Ashawasagai~

Daycare Centre

~Supervisor~

Charlene
Ashawasagai

~ Assistant ~

Erin McQuabbie

~Cook/Relief
Worker~

Carrie-Lynn
Bennett

Health Centre

Edward Panamick ~ Health Director

Kara Harkness ~ Community Health Educator

Darcy Ashawasegai ~ Program Supp. Clerk/Receptionist

Deborah Newton ~ Membership/Medical Van Driver

Kerri Campbell ~ Native Child and Family Worker

Louise Ashawasegai ~ NNADAP Worker

Brenda Contin ~ Community Health Nurse

Valerie Ashawasagai ~ Home Making Worker

Jonathon Contin ~ Home Maintenance Worker

Luana McQuabbie~ Community Wellness Worker

Administration

Millie Pawis ~ Director of Finance/Administration

Carla Noganosh ~ Executive Assistant

Doris Contin ~ Financial Assistant

Patty Walsh ~ Financial Assistant

Marianne Dunn ~ Housing/Financial Assistant

Lyndy McQuabbie ~ Administrative Assistant

Dorothy Contin ~ Social Services

Debbie Fox ~ Librarian

Judy Contin ~ Economic Development Officer

Greg Newton ~ Maintenance

Janice McQuabbie ~ Custodian

Genevieve Solomon-Dubois ~ Education Councillor

Raymond Kagagins ~ NRF Point Person

Angele Dubois ~ Community Mentor/YLP



Henvey Inlet First Nation Contact Info

Band Office Contact Info

Phone Number: (705)857-2331

Toll Free: 1-800-614-5533

Fax: (705)857-3021

EXTENSIONS

Dorothy- 222 Mary Anne-223

Raymond-224 Patty-225

Wayne-226 Doris-227

Judy -228 Genevieve-229

Millie- 230 Carla- 232

Health Centre Contact Info

Phone Number: (705)857-1221

Toll Free: 1-866-252-3330

Fax: (705)857-0730

EXTENSIONS

Darcy- 221 Kara- 222

Eddy- 223 Debbie- 224

Kerri- 225 Brenda- 226

Luana- 227 Louise- 228



Henvey Inlet First Nation

Lands Office

Sherry Contin-Lands Manager

Email: lands@henveyinlet.com

Amanda Barbe- Lands Assistant

Email: barbe_amanda@yahoo.ca

Located at: 25 West Road

Pickerel, ON

Mailing Address: 295 Pickerel River Road

Pickerel, ON

PoG 1J0

Phone Number: (705) 857-5211

Fax Number: (705) 857- 3021



Henvey Inlet First Nation First Response/Fire Rescue

**THE FOLLOWING ARE NUMBERS TO CALL IN THE
EVENT OF AN EMERGENCY:**

O.P.P.

1-888-310-1122

SUDBURY AMBULANCE

705-673-1117

PARRY SOUND AMBULANCE

705-746-6262

HENVEY INLET FIRE DEPT.

705-857-2121

BRITT FIRE DEPT.

705-383-2411

CRISIS LINES

B'SAANIBIMAADSIWIN

1-800-461-5424

HEALTH SCIENCES NORTH

705-675-4760



NOTICE TO BAND MEMBERS

If you have utilized an ambulance service and receive a bill. You must call the number on the bill and give them your account number on the bill and also give them your status number and they will bill Non-Insured Health Benefits!

This is a benefit covered under NIHB!

Medical Van Schedule

Monday	Sudbury
Tuesday	Parry Sound
Wednesday	Britt
Thursday	Sudbury
Friday	Emergency Only



REMINDER!!

There have been changes in The Medical Van Transportation Policies and Procedures that are in effect immediately! Appointment times MUST be between 10:00am

And 3:00 pm!

If not, a community submission can be used even if the van is travelling that direction.

Thank You!



Friendly Reminder!!

**The Health Centre will not
reimburse for Medical
Trips on the days the
Medical Van travels that
direction unless the
appointment times are
before 9:00am and after
3:00pm.**

Miigwetch

NOTICE

This is a reminder that if you make an appointment at Britt Nursing Station to see any of the Doctors and for any reason you cannot make it to your appointment. YOU must call/leave a message the morning of your appointment no later than 9:00 am. There will no exceptions!! A \$30.00 late fee could result from not cancelling. This fee is subject to change at any time!

Thank You Kindly!

Friendly Reminder

For the Community Members who use their own vehicles for Medical Appointments (Community Submissions).

It is very important that you hand in your submissions to The Health Centre the same month as the appointment date! As this affects our data input for the Medical Transportation Charts Quarterly Reports. Your co-operation would be greatly appreciated!

Miigwetch!





**In the Event of an
Emergency Please call
the Parry Sound or
Sudbury Ambulance
first. As the Health
Centre can only
accommodate you if
there are NO Booked
appointments.
Thank You!**

Notice



**The Health Centre
doesn't pay or
reimburse for
prescription pick up.**

**Thank You Kindly,
Health Centre**

Friendly Reminder

3 days notice is required to
have your name and
appointment put into the
Medical Van Transportation
Book. Effective
Immediately-Missed
Appointment charges/late
fees are the responsibility of
the **Band Member.**

Thank You Kindly,

Health Centre





Henvey Inlet First Nation
Gas Bar Hours

Monday-Friday 7:00am-7:00pm

Saturday 9:00am-7:00pm

Sunday 9:00am-7:00pm



Henvey Inlet First Nation Library Hours

Closed during lunch hours 12-1:00PM

Monday - 8:30am -4:30pm

Tuesday - 8:30am -4:30pm

Wednesday - 8:30am - 4:30pm

Thursday - 8:30am - 4:30pm

Friday - 8:30am - 12:00N



Henvey Inlet First Nation Library
Debbie Fox- Librarian

295 Pickerel River Road
Pickerel, ON
PoG 1J0

Phone:(705)857-2222
Email: maheengun12@hotmail.com





Prescription Deliveries!

Noelville Pharmacy will be
delivering Meds Thursdays @
10:00AM

If you wish to have Meds
delivered to the Health Centre,
You must fax the prescription in
by Wednesday at the latest!!

URGENT!!!!
ACTION REQUIRED!!!!

James Bay Railway Specific Claim Ratification Process

HIFN Leadership is preparing to settle the James Bay Railway Specific Claim Process with Canada.

Through Canada's process, the settlement agreement has to be agreed upon by eligible voting members.

We have been identifying eligible voters and now need YOUR help.

The benefits of this settlement agreement are going to be shared amongst the registered members of Henvey Inlet First Nation.

We encourage you to contact Lyndy McQuabbie, Administration Assistant at (705)857-2331 or go to our website at www.hifn.ca to update your address.

You are encouraged to contact Debbie Newton, Membership Clerk to assist you to register your children.

Also, to assist in the registration process, please visit our website.

If you need more information or have any questions, please attend all future meetings regarding the settlement agreement.

Miigwetch,

Jennifer Ashawasegai

Communications Coordinator

April 2016

Reminder

Interested Students
Seeking Summer Student Employment with
Henvey Inlet First Nation

Will be subject to the Summer Student Policy

Please see Attached

Director of Finance/Administration

Stewardship Youth Ranger Program

How youth, aged 16 or 17, can apply for a summer position as a Stewardship Youth Ranger with the Ministry of Natural Resources and Forestry. You could spend 8 weeks working outdoors on natural resource management projects in your own community.

How it works

You could be on a team composed of 4 Rangers and an experienced Team Lead. For 8 weeks you work in and around your own community on natural resource management projects. There are 45 teams located in communities across the province.

As a Ranger you:

- get hands-on work experience, education and training
- develop personal and professional skills
- develop career and community networks
- receive minimum wage
- earn 2 high school co-op credits (not available at all locations)
- will work outdoors the majority of the summer performing physical tasks in various terrain and in a variety of weather conditions

Who is eligible to be a Ranger?

You could be eligible if you:

- were born in 1999 (16 turning 17 sometime in 2016, but not turning 18 before December 31, 2016)
- are eligible to work in Canada

Types of projects

Stewardship Youth Rangers take part in a wide range of projects that could include:

- creating habitat for species at risk
- monitoring the health of forests
- maintaining provincial parks (campsites, trails, beaches)
- rehabilitating wetlands
- helping with environmental and cultural community events
- You might even have an opportunity to work in backcountry wilderness, which may involve overnight canoe trips to clear portages and maintain campsites.

Application deadline for Rangers

April 29, 2016

For more information: URL: <https://www.ontario.ca/page/stewardship-youth-ranger-program>

REMINDER

Band Council Meeting
Wednesday June 1, 2016

@
6:00 p.m.

At the
Fire Hall

PUBLIC HEALTH BULLETIN #2016-004

Date: April 26, 2016

To: #47 – Wright Clinic #48 Medical Associates #55 Parry Sound Physicians
#114 Britt Nursing Station #139 Henvy Inlet #141 First Nations
#146 Dokis FN #98 Dr. Jakubowski #99 Dr. Fargher
#118 Pointe Au Baril Nursing Station #79 West Parry Sound Health Centre

From: Dr. J. Chirico, Medical Officer of Health/Executive Officer

Subject: Britt Public School students/staff consumed recalled frozen berries

The health unit is working with Britt Public School representatives to follow-up with students/staff who may have consumed the *Nature's Touch Organic Berry Cherry* blend brand frozen berries, linked to an outbreak investigation of Hepatitis A. There are no reported cases of Hepatitis A in our district.

Public Health Nurses (PHNs) from vaccine preventable disease (VPD) team will be on site at the school tomorrow to assess Hepatitis A immunization status and to immunize those who consumed the recalled frozen berries product. PHNs from our Communicable Disease Control (CDC) team will be providing information/counselling regarding Hepatitis A, including the importance of monitoring for signs and symptoms of Hepatitis A. Students and their parents will be directed to contact their health care provider should symptoms develop.

More information is available on the health unit's website myhealthunit.ca (Partner & Health Provider Resources).

Include one of the two statements:

If you suspect or have confirmation of Hepatitis A please call the health unit immediately at 705-474-1400 or 1-800-563-2808 ext. 2229 between 0830 – 1630; after hours ask to speak to the CDC nurse on call.



Communicable Disease Control Program
681 Commercial Street
North Bay, ON P1B 4E7

Tel: 705-474-1400 or 1-800-563-2808
Fax: 705-474-2809
myhealthunit.ca



Aboriginal Affairs and
Northern Development Canada

Affaires autochtones et
Développement du Nord Canada



Sudbury Business Centre
40 Elm Street, Suite 290
SUDBURY, ON P3C 1S8

Your file - Votre référence

Our file - Notre référence

March 16, 2016

Chief and Council
Henvey Inlet First Nation
295 Pickerel River Road
PICKEREL, ON P0G 1J0

RE: 2016 TREATY PAYMENT

Please be advised that the cash distribution of **TREATY PAYMENTS** for the **HENVEY INLET FIRST NATION** will be held at the **Health Centre** on **TUESDAY, MAY 10th, 2016** between the hours of **1:30 P.M. – 3:00 P.M.**

We encourage all Band Members to have their Status Cards available on Treaty Day to ensure greater efficiency and to expedite the Treaty Payment Process.

Please be reminded that Third Party pick-ups are no longer permitted; however one can collect for a spouse, and parents can collect for children under the age of 18 whom are still living at home.

We would appreciate your **CIRCULATING AND POSTING** this notice for the information of your Membership.

Yours truly,

Tanya Hutchings
Registration, Revenues & Band Governance
Governance, Individual Affairs and Government Relations
Sudbury & Brantford Business Centres



B'saanibamaadsiwin

Canadian Mental Health Association-Muskoka- Parry Sound Branch

April 14, 2016

To all First Nation Communities and Parry Sound Friendship Centre

Greetings all

I am taking this opportunity to inform all of our partners along Highway 69 Corridor and in the town of Parry Sound, that I am resigning from my position as Program Coordinator with B'saanibamaadsiwin effective May 6, 2016. My last formal community event will be at our Annual Health Fair, I hope all can make it.

My new position will be as the Health Director for the Wasauksing First Nation begins on May 9, 2016. I will still be active on the mental health file and look forward to continuation of professional support collectively as a region in all areas of primary health care.

My good wishes to all and hope to see all soon.

Yours in the spirit of community development

A handwritten signature in black ink, appearing to read 'Deborah Pegahmagabow'. The signature is fluid and cursive, with a long horizontal stroke at the end.

Deborah Pegahmagabow
Program Coordinator

11th Anniversary MEGA MONSTER BINGO



*Out-of-town advance payments will be accepted by visa & master card between FEBRUARY 1, 2016 to July 29, 2016 @ NOON or while seating is available

Monday, August 1, 2016

Garden River Bingo Enterprise
Garden River, Ontario

Doors open 8:00am • Mini's start at 12:30pm

Advanced Tickets \$200 For 4 strips

Extra strips in advance \$40.00

At the door \$250 For 4 strips

Extra Strips \$50.00

4 Strips Minimum

GET YOUR ADVANCE TICKETS NOW!

CALL PROMOTIONS

(705)253-8718 EXT 227 OR 234

OVER **\$100,000** IN PRIZES TO BE WON!

RAFFLE TABLE, CASH MACHINE, PRIZE WHEEL

**LIMITED
SEATING
AVAILABLE**

**10 FULL CARD
SPECIALS OF
\$10,000**



FRANCIS PEGAHMAGABOW COMMEMORATION - 2016

Please Join Us!

For the Unveiling of

The first life-sized bronze monument commemorating

Francis Pegahmagabow

The most highly-decorated First Nations soldier
WWI

**Tuesday, June 21, 2016 - National Aboriginal Day
11 am - 1 pm**

Charles W. Stockey Centre for the Performing Arts
2 Bay Street
Parry Sound, ON

Outdoor unveiling and ceremony, indoor reception to follow

*RSVP: oneca@oneca.com
(705) 692-2999*



For more information please visit:  /parryislandhero2016

For more information about Parry Sound, please visit: parrysoundtourism.com

Canada 

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

May 4, 2016—Community Outreach

Unemployed? Looking for Options?

Are you 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

Sandra Martin will be available to meet with you in the community.

WHERE	DATE & TIME
Henvey—Health Centre	Wednesday, May 4/16 2:15—3:00pm

Purchase of Training:

- For full-time programs (25+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



BUILDING YOUR SELF-ESTEEM AND THE MOTIVATION TO MOVE TOWARDS YOUR GOALS IN LIFE

"This program has taught me that it really is up to me to do what needs to get done in my life..."

"I really liked the goal setting exercises...this was not boring at all...it was a lot of fun and it made the learning so much easier"

I will from this day forward strive for Minobiimatziwin...Thank you!"

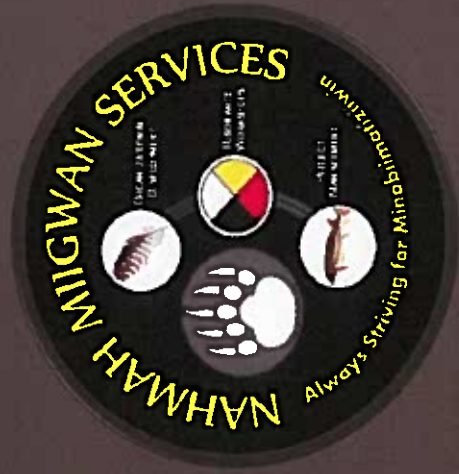
"I am excited now to see what I can accomplish in life"

**Attention Students @
HIFN Learning Ctr.**

Date: May 19th, 2016

Time: 9:30 am – 3:30 pm

Lunch, refreshments and door prizes!



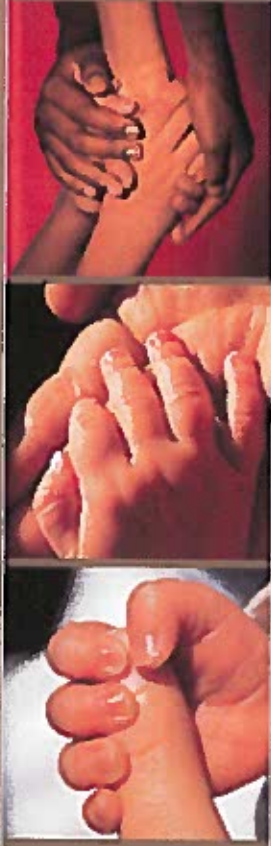
Understanding the Effects of Colonization and Building Awareness of our False Consciousness



"I didn't know what this workshop was about but now I understand what colonization means and how my thinking comes from that..."

"It was an eye opener to see how we came to be the way that we are..." "This was a good workshop! Miigwetch ☺"

"False consciousness's whether we believe or not it is real...it has certainly changed my thinking"



Attention Students @ HIFN Learning Ctr.

Date: May 24th, 2016

Time: 9:30 am – 3:30 pm

Lunch, refreshments and door prizes!

Chi Miigwetch!!

To all PARTICIPANTS that took part in the Annual Spring Community Clean-Up Day on April 25, 2016 ☺

Altogether we picked up **49 Bags of garbage** from within the Community with a total of **36 participants!!**

(Figures do not include staff members who did not sign up)

The Prize Winners are as follows:

1st Place was **Team 3** with 10 Garbage Bags – Pat Brennan and Riley Kagagins

2nd Place was **Team 12** with 9 Garbage Bags – Kim and Raine McQuabbie & Grace Contin

3rd Place was a Tie between **Team 6 and 7** with 7 Garbage Bags (an Elder broke the tie with a name draw for Team 7) – Luana McQuabbie

MIIGWETCH TO ALL PARTICIPANTS WHO SIGNED UP ATTENDED:

Joanne Barbe
Maurice Barbe
Pheonix Barbe
Patty Walsh
Lyndy McQuabbie
Millie Pawis
Doris Contin
Carla Noganosh
Tracy Flood
Edwin Kagagins
Day Care Staff

Paige Myke
Melissa Kagagins
Brooklyn Kagagins-Ashawasegai
Samantha Contin
Earl Contin
Darcy Ashawasagai
Angele Dubois
Brenda Contin
Charlotte Contin
Tony Solomon
Day Care Children

Jon Contin
Mathew Newton
Bernie McQuabbie
Carl Ashawasegai
Lionel Fox
Judy Contin
Ryan Ashawasegai
Jason Fox
If you did not receive your gift
please see Amanda Barbe



FOOD BANK NOTICE

Ahnee!

- **Date:** Friday, May 20th
- **TIME:** 11 a.m.

PLEASE NOTE* you must fill out your request form & pick up your own bags of food.

EXCEPTION: Elders can have a family member pick up for them or a staff person.

Families, Couples and Single Adults eligible to receive assistance from the Food Bank **must only be in receipt** of the following **fixed low incomes**:

- ◆ Ontario Works
- ◆ O.D.S.P. (Ontario Disability Support Program)
- ◆ O.A.S. (Old Age Security)
- ◆ C.P.P. (Canada Pension Plan)
- ◆ E.I. Benefits (Employment Insurance)
- ◆ Post-Secondary Student Allowance



COMMUNITY NOTICE

**MAY 20TH
WILL BE THE LAST DAY OF
FOOD DISTRIBUTION
FROM THE FOOD BANK.**

**THE NEXT THREE MONTHS
WILL BE DEDICATED TO
FUNDRAISING ACTIVITIES.**

**IT WILL START UP AGAIN
SEPTEMBER 16TH, 2016.**





Education News!

Genevieve Solomon-Dubois

HIFN Education Councillor



HENVEY INLET FIRST NATION

Post-Secondary Education Assistance (PSEA) Policy

Revised: June 28, 2011

June 29, 2011

January 22, 2015

May 8, 2015

April 12, 2016

294 Pickerel River Rd.

Pickerel ON P0G 1J0

education@henveyinlet.com

1-800-614-5533

Tel: 705-857-2331

Fax: 705-857-3021

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Introduction

Henvey Inlet First Nation is committed to the educational success of our students. Every effort will be made to ensure that the greatest number of students are funded and supported through this program however it is important for students to remember that the Education budget is determined by INAC (Indigenous Affairs & Northern Development Canada) and is further limited by the number of students receiving assistance in any given academic year. Students are encouraged to research and apply for Scholarships and Bursaries throughout the year to enhance their financial resources.

Purpose

The Post-Secondary Educational Assistance (PSEA) Policy is designed to assist Henvey Inlet First Nation members to offset the personal cost of obtaining a post- secondary education by assisting with tuition and other qualified allowances as set out in this policy.

Role of Education Counsellor

- a) Ensure that potential applicants are aware of the availability of the Post-Secondary Education Assistance (PSEA) Policy;
- b) If necessary, assist students to complete the application for post-secondary assistance and ensure they understand their rights and responsibilities;
- c) Assist students to develop realistic academic plans;
- d) Direct students to resources that can assist them to acquire academic, social, emotional support services; provide direct services when possible;
- e) Provide students with monthly updates regarding obligations and opportunities;
- f) Maintain up-to-date student files that include the student's application, academic records and guidance related to the individual student's needs;
- g) Act as liaison with Chief and Council and HIFN Administration; provide student advocacy and recommendations for approvals;
- h) Manage the Education Budget and complete INAC reports as required.

Eligibility for PSEA

1. Applicants must be a registered member of Henvey Inlet First Nation.
2. Students must have been a resident in Canada for twelve (12) consecutive months prior to the date of application for PSEA.
3. The post-secondary program must be provided by an accredited institution recognized by the provincial or territorial Ministry of Colleges, Training and Universities.
4. Applicants must meet University/College entrance requirements and be accepted for enrolment to be eligible for funding.
5. All first-time applicants must include a 'Letter of Acceptance' with their application.
6. Mature students must include an 'Offer of Admission' or equivalent documentation with their application.

7. Students who drop-out (i.e., withdraw after the institution's identified date for withdrawal) will be deemed to have abandoned their studies and will not be considered for future funding until they have re-paid the First Nation for the cost of tuition and other expenditures.
8. Providing false information will result in immediate termination of funding.
9. Applications must be received by Henvey Inlet First Nation no later than 4:00 p.m. on May 30th. If May 30th falls on a weekend, the deadline will automatically become the next business day.

Eligibility for Living Allowance

Only *full-time students (*as defined by the institution) are eligible for the INAC living allowance. Living allowance cheques cover the period from September to April however they are deposited during the last week of the previous month i.e.) from August to March. Since the First Nation does not receive enough funds to cover the true cost of living, this allowance is intended to assist with rent or food and/or personal needs. The following chart identifies the living allowance rates.

Category	Monthly Allowance
S1 Single Student	\$ 775.00
S2 Single Parent <ul style="list-style-type: none"> • With 1 dependent • With 2 dependents • With 3 dependents • \$50.00 per month for each additional dependent 	\$ 1145.00 \$ 1305.00 \$ 1455.00
M1 Married Student with employed spouse <ul style="list-style-type: none"> • With 1 dependent • With 2 dependents • With 3 dependents • \$50.00 per month for each additional dependent 	\$ 775.00 \$ 950.00 \$ 1130.00 \$ 1305.00
M2 Married Student with dependent spouse <ul style="list-style-type: none"> • With 1 dependent • With 2 dependents • With 3 dependents • \$50.00 per month for each additional dependent 	\$ 995.00 \$ 1145.00 \$ 1305.00 \$ 1455.00

**Dependent child is a child who is under age 18 who is dependent on the student and who is not in receipt of PSEAP funds from Henvey Inlet First Nation. Students with dependent children must submit proof of the child/ren's age (eg: copy of birth certificate or status card) and proof of custody.*

**Dependent spouse means a married or common law partner (meaning: s/he has lived with the student at least 1 year prior to application) whose income does not exceed the income allowed for a dependent spouse by Revenue Canada. A student claiming a dependant spouse must provide proof of EI or an ROE.*

HIFN Selection Priorities

Priority I

- a) Continuing students who are currently enrolled full-time (and who maintain a passing Grade Point Average - GPA) in a post-secondary program funded by Henvey Inlet First Nation PSEAP;
- b) Continuing students who are enrolled full-time (and maintain a passing GPA) in a post-secondary program but who were previously funded by OSAP, scholarship or other funding source;
- c) Recent Grade 12 graduates: those who graduated in the current year or one year prior and who are enrolling in post-secondary studies for the first time.
- d) Students accepted into a full-time Anishnaabemwin program and who maintain a passing GPA. Individuals enrolling in Anishnaabemwin programs will not be limited by prior levels of study as per INAC Regulations.

Priority II

- a) Continuing part-time students who maintain a passing GPA
- b) Continuing part-time students who maintain a passing GPA and who now wish to study on a full-time basis;
- c) Recent post-secondary graduates who wish to further their studies eg) students who completed college or university more than one year ago and now wish to study at the next post-secondary level;
- d) Returning students (students who maintained a passing GPA but) who stepped out from their post-secondary studies and who now wish to resume their program.
- e) Henvey Inlet Staff who wish to increase their expertise in their current job as per the HIFN Personnel Policy;

Priority III

- a) Mature students: those who have obtained a grade 12 equivalent, or are eligible for mature student standing and who have been accepted into a college or university.
- b) New applicants requesting part-time studies.
- c) Probationary students who were previously unsuccessful.

Eligible Tuition

Tuition support includes the cost of instruction, mandatory student fees (minus Health Insurance, Dental and/or Vision benefits) charged by the institution, books and supplies as identified on the institution's 'official course list'. Tuition support is provided for:

1. Students attending a Canadian Public Institution at the normal tuition rate charged by the institution for a Canadian student.
2. Students attending a Private or Foreign Post-Secondary Institution at the same rate charged by the Canadian Institution nearest to the student's place of residence (at the time of application)

which offers a comparable program. The student is responsible to provide evidence that the programs are comparable.

3. Students enrolled in a Foreign Institution at the actual tuition rate charged by the Foreign Institution where no comparable program is available at an Institution in Canada. The student must provide evidence that no comparable Canadian program exists.

Henvey Inlet First Nation will pay tuition upon receipt of an invoice from the institution; if the student receives an invoice it is their responsibility to forward it to the First Nation. Tuition will be paid at the end of each semester. Tuition will not be paid in advance under any circumstances.

INAC Regulations for Post-Secondary Assistance

Assistance can be provided at four levels of post-secondary education;

Level 1: Community college and/or University and College Entrance Preparation Program (UCEP) diploma or certificate programs;

*UCEP students must provide a statement from the relevant university or college stating that they will be eligible for admittance upon successful completion of the UCEP course of studies being applied for.

Level 2: Undergraduate University programs eg, B.A., B.Ed., LLB;

Level 3: Advanced or professional degree programs, eg., Master's, M.D., M.A.;

Level 4: Doctoral program (PhD)

Students will only be funded for courses required to graduate from their current program of study however the following options may be considered:

- Level 2 may also include assistance for an additional degree at the bachelor level which has, as a prerequisite, an undergraduate degree or undergraduate courses; and/or,
- If a student withdraws from a Level 2 (University) program prior to completing it, they may be eligible to attend a Level 1 (College) program however future Level 2 funding will only consist of the unused balance.
- Once a student has graduated from a Level 1, 2, 3 or 4 they are not eligible for additional funding at the previous, lower Level. For example, a University graduate is not eligible for post-secondary assistance to attend a College Diploma program.
- The First Nation may consider funding a student attending a different program at the same Level, 72 months after a student has graduated. For example, after 72 months a College graduate may be eligible for funding in an unrelated College program.

Educational Funding is limited to the official length of the program as defined by the institution.

HIFN Limits to Post Secondary Funding

1. Henvey Inlet First Nation will not reimburse academic institutions for 'Health Insurance, Dental or Vision' benefits. Students who do not 'opt out' of the institutions Benefit Plan will be responsible to pay these fees themselves.
2. Tuition and mandatory fees are paid as long as the student maintains a satisfactory academic standing (passing GPA) as defined by the educational institution.
3. Only required books and/or supplies as identified on the institution's 'official course list' will be paid for; the list and receipts must be submitted to the HIFN Education Counsellor for reimbursement, within 30 days of purchase.
4. Receipts submitted for monthly bus/parking passes will be reimbursed to full-time students.
5. Part-time students (as defined by the post-secondary institution) will receive tuition, mandatory student fees (not including Health Insurance, Dental and Vision benefits), books and supplies as identified on the 'official course list' however, part-time students are not eligible for a living allowance nor a bus/parking pass.

Overpayment

An overpayment is any payment or expenditure for which the student was or is not eligible and may result in suspension of assistance. For example: a student who withdraws from school and does not immediately notify the HIFN Education Counsellor while continuing to receive funds from HIFN. A student who enrolls as a full time student then drops to part-time and does not immediately notify the First Nation Education Counsellor. A student who misrepresents the number or type of credits required to graduate from their program.

Notification of changes must be provided to the Education Counsellor in writing. Overpayments may be reclaimed via deductions to a student's living allowance or through other arrangements agreed to by the student, Education Counsellor and the HIFN Finance Department. An overpayment must be paid in full before a student will be considered for additional funding.

Supplementary Funding Requests for Special Events

Requests for special events such as conferences, workshops, cultural events must include:

1. A letter from the student outlining the particulars of the event.
2. A budget that includes the student's own contribution to the cost of the event.
3. A letter from the Instructor supporting the student's participation and its relationship to their course of study.
4. All requests must be received by the Education Counsellor at least one month prior to the actual event. Approval is based on the availability of funds. Late submissions will not be considered for funding.

Living in Residence

Students who plan to live in college/university residence must complete the necessary arrangements with their institution themselves however they should inform the Education Counsellor of their intention. Residence deposits will not be reimbursed, as these fees are returned to students at the end of the school year. HIFN will provide either a Living Allowance or will contribute the equivalent amount to the institution to assist with residence fees however HIFN will not provide funding for both.

Probationary Standing

A student who is struggling to meet the academic requirements of their program may be placed on probation for one semester. Students with supporting documentation will have a different outcome based on individual circumstances and, communication with and between the Education Counsellor and their institution. It is therefore, to your advantage to contact the Education Counsellor and request help to meet your challenges. The following chart provides examples of specific situations and outcomes that may be implemented.

Course Failures per semester	Consequences for Student
One Course	There will be no effect on living allowance Student must contact the HIFN Education Counsellor and the Native Student Services Office or Academic Advisor to develop a student success plan prior to retaking the failed course.
Two Courses	Student must contact the HIFN Education Counsellor and the Native Student Services Office or Academic Advisor to develop a student success plan prior to retaking the failed courses. The student may be responsible for tuition costs to retake the failed courses.
Three Failures per semester	The student will be required to contact the HIFN Education Counsellor to discuss the following options: a) The student must pay back the tuition costs for all the failed courses. These costs will not be reimbursed if/when the courses are subsequently passed. b) The student's funding will be suspended for 1 academic year (8 months) during which time the student will need to successfully complete one semester prior to reapplying for funding.

After one semester on probation a student must demonstrate academic improvement in order to maintain eligibility for funding. Failure to do so could result in the student being required to reimburse HIFN and/or the cancelation of continued funding.

Student Responsibilities

1. Students are expected to demonstrate a commitment to their studies as evidenced by consistent attendance, regular contact with the HIFN Counsellor (at least once per semester) and by maintaining a passing Grade Point Average for their program.
2. All students must submit a new educational application with supporting documentation by May 30th each fiscal year. The fiscal year extends from April 1st to March 31st the following year.
3. Students should state their intention to attend Spring/Summer courses as early as possible however they are still required to submit a new application by May 30th since funding for these semesters comes from the budget for the next fiscal year. Students must also provide written documentation from the institution indicating that the Spring/Summer program is a required part of their program.
4. Students must submit their marks/e-Grades or a progress report (from the instructor) to the Education Counsellor by the following dates in order to qualify for their living allowance and/or tuition funding for the following semester.
 - January 18th for the September to December semester.
 - May 18th for the January to April semester.
 - September 18th for the May to August semester.
5. All students must submit a signed copy of the Henvey Inlet First Nation 'Authorization to Release Information' form with their application. Students must also get confirmation that their institution agrees to honour this form. If a University/College does not honour the HIFN Consent form the student must submit a signed copy of the institution's 'Authorization to Release Information' to Henvey Inlet First Nation, with their application. This authorization (sometimes known as Third Party Consent) will allow the HIFN Education Counsellor to verify attendance, marks and/or student progress. This form is usually available for download from the institution's website or can be obtained from the Office of the Registrar.
6. Students must submit the list of required books/supplies and associated costs for their program to the Education Counsellor at the beginning of each semester. Failure to do so may result in reduced funding for books/supplies.
7. All receipts must be mailed, photocopied and faxed or sent via email; Screen Shots are not accepted as a valid receipt and will not be reimbursed.
8. Students must discuss potential changes to their program with the HIFN Education Counsellor or the Director of Finance *prior to* making any changes. This includes adding or dropping courses. HIFN may refuse to pay for program changes made without the above noted consultation and approval.
9. If a student must withdraw for health reasons, they must provide a note from a medical doctor or nurse practitioner stating this recommendation.
10. Students must 'opt out' of the institution's 'Health Insurance, Dental and/or Vision' benefits or pay these fees themselves.
11. Students who incur late fees due to missed timelines are responsible to pay these fees.

Application Fees

Students must submit receipts for Application Fees with their Post-Secondary Application form. Fees such as OCAS will be reimbursed once the student is enrolled in their program and the 'official course withdrawal date' has passed. This will typically be in October or February.

Student Awards

All graduates receiving a College Diploma or University Degree shall be granted a one-time \$500.00 Award in recognition of their achievement and commitment to their studies.

Approval Process

1. The Education Counsellor will review applications and submit recommendations to Council, based on the date applications are received, HIFN Selection Priority and the INAC budget, by the end of June each year.
2. Council will review the submissions and approve funding for the upcoming academic year.
3. Notices are sent to all qualifying applicants by August 1st of each calendar year.

NOTE: Incomplete applications will not be considered for funding however the Education Counsellor will advise students if their applications are incomplete. Applications can be resubmitted however they must still arrive at HIFN by May 30th.

Appeals

Should a student be convinced that this policy has not been fairly applied to them, they may request a hearing by:

1. Submitting a letter to Chief and Council outlining their concerns and requesting a hearing.
2. Chief and Council shall review the request and provide the student with notice of a hearing date.
3. An Appeals Committee will be formed to hear the appeal.
4. The decision of the Appeals Committee is to be consistent with the Henvey Inlet First Nation PSEAP Policy and will be considered final and binding.

NOTE: The appeal process is not applicable when assistance is denied due to lack of funding.

Contact Information

For additional information please contact the HIFN Education Counsellor at 1-800-614-5533 or 705-857-2331, extension 229; or by email at education@henveyinlet.com .

NOTE: Henvey Inlet First Nation reserves the right to amend this policy without notice. An amendment becomes effective on the date it is posted to the HIFN website and is circulated within the community.



Date Received

APPLICATION FOR POST-SECONDARY ASSISTANCE

STUDENT INFORMATION

Last Name: _____ First: _____ Initial: _____ **Application Date** _____
PLEASE PRINT M D Y

----- Birthdate: _____
 HIFN Band Number Social Insurance M D Y

Gender: F ___ M ___ Have you lived in Canada for the past 12 months? Y ___ N ___

Home Address		Address while at School	
Street #		Street #	
City		City	
Province		Province	
Postal Code		Postal Code	

Cell number: (____) _____ Alternate Number: (____) _____

Email address _____
PLEASE PRINT CLEARLY

I give the HIFN Education staff permission to discuss my file with the following person/s. Y ___ N ___

 (Name of parent/spouse/other)

Emergency Contact: _____ Telephone: (____) _____

ALL PERSONAL INFORMATION IS KEPT CONFIDENTIAL

FOR OFFICE USE ONLY

Official Transcript	Priority I, II, III	S1, S2, S3, M1, M2	Fiscal Year	Placement
Tuition Invoice/Estimate	Level: 1 2 3 4	Cost	20__ to 20__	SPG/SUM
Signed HIFN Consent Form	Email address	Allowance x		
Status Card (copy both sides)	Telephone	Tuition x		
Bank - Direct Deposit Form	Residence Fee	Books x		
Spousal EI or ROE	OVP to Clear	Transportation x		
Child tax benefit statement	On Hold	Other x		
Acceptance Letter	Recommended Y N	Total		

STUDENT PROFILE

S1 Single Living with Parents M1 Married/Common Law- Employed Spouse
 S2 Single Living Away from Home M2 Married/Common Law-Dependent Spouse
 S3 Single Parent Number of children under 18 (evidence required)

PREVIOUS POST-SECONDARY EDUCATION

Please complete if applicable.

Institution: _____		Location: _____	
Program Major: _____		Full-time <input type="checkbox"/>	Part-time <input type="checkbox"/>
Program Completed: <input type="checkbox"/> Y <input type="checkbox"/> N	Dates Attended: <u> </u> / <u> </u> / <u> </u> to <u> </u> / <u> </u> / <u> </u> <small style="margin-left: 100px;">M D Y</small>		
Funding Source: <input type="checkbox"/> HIFN <input type="checkbox"/> SAPSCU <input type="checkbox"/> OSAP <input type="checkbox"/> Other			

EDUCATION PLAN

Institution: _____		Location: _____	
Program/Major: _____		Full-time <input type="checkbox"/>	Part-time <input type="checkbox"/>
Student Number: _____	Cost of Books per semester: \$ _____		
Length of Program: 1 2 3 4 years	Current Year of Study: 1 2 3 4		
Academic Period for this Application:		<u> </u> / <u> </u> / <u> </u> to <u> </u> / <u> </u> / <u> </u> <small style="margin-left: 100px;">M D Y</small>	

COLLEGE STUDENTS

UNIVERSITY STUDENTS

Number of semesters in current program _____			Number of credits to graduate program _____		
Number of semesters completed as of May 30 th _____			Number of credits earned by May 30 th _____		
<i>Identify semesters you are requesting funding for.</i>			<i>Identify semesters you are requesting funding for.</i>		
FALL	WINTER	*SPRING/SUMMER	FALL	WINTER	*SPRING/SUMMER
_____	_____	_____	_____	_____	_____
What is your expected date of graduation? <u> </u> / <u> </u> / <u> </u> <small style="margin-left: 100px;">M D Y</small>			What is your expected date of graduation? <u> </u> / <u> </u> / <u> </u> <small style="margin-left: 100px;">M D Y</small>		

REQUIRED DOCUMENTS

Students must submit the following documentation with their application. Please note that all students must submit a 'Letter of Acceptance' or 'Offer of Admission' from their institution with the exception of Continuing Students identified under: Priority I, a) and b) or Priority II, a).

GRADE 12 GRADUATES	STUDENTS WITH DEPENDANTS	CONTINUING STUDENTS
Official Transcript	Official Transcript	Official Transcript
Tuition Invoice/Estimate	Tuition Invoice/Estimate	Tuition Invoice/Estimate
*HIFN ATR or Institute ATR	*HIFN ATR/Institute ATR	*HIFN ATR/Institute ATR
Status Card (copy both sides)	Status Card (copy both sides)	Status Card (copy both sides)
Bank - Direct Deposit Form	Bank - Direct Deposit Form	Bank - Direct Deposit Form
Residence Fee (if using)	Residence Fee (if using)	Residence Fee (if using)
Class schedule	Spousal EI documentation or ROE	
Letter of Acceptance	Child tax benefit statement	
	Letter of Acceptance unless you are a Continuing Student	

*ATR is an Authorization to Release Information regarding student progress, documents and/or attendance; it is included in your application package.

Please confirm the following statements using a checkmark:

- I have verified that the institution will honour the HIFN Authorization to Release/consent form.
- I have included the institution's 'Authorization to Release Information' as per their requirement.
- I have included a signed and dated copy of one of the above forms with my application.

I declare that the information provided in this application is true and complete. I understand that any missing information will delay the processing of my application. I have read, understood and agree to abide by the HIFN Post-Secondary Education Assistance Policy; I understand that failure to do so may result in a loss of current and/or future Post-Secondary funding.

Signature: _____ Date: _____

If you have questions contact education@henveyinlet.com

APPLICATION CHECKLIST

Please use this list to ensure you have reviewed and submitted all required information. This check list is for your convenience and is not required as part of your application.

- Reviewed HIFN Post-Secondary Education Assistance Policy (PSEAP)
- Verified the institution will honour HIFN Authorization to Release Information

Forms Signed and Submitted

- Application for Post-Secondary Educational Assistance
- Direct Deposit Form from Bank
- HIFN Authorization to Release Information/consent form or
- Institution's 'Authorization to Release Information' to HIFN

Documents Included

- Copy of most recent Official Transcript
- Tuition fee statement/invoice or institution's estimate
- Copy of Status Card –both sides must be legible
- Residence fee – if planning to live in residence

First Year Students

- Letter of Acceptance or Offer of Admission
- Copy of most recent diploma (High School, College Diploma/Certificate or Degree)
- UCEP Applicants must include a letter from the relevant college or university stating that the UCEP Program meets the college/university entrance requirements

Additional Information re: students with dependents

- Proof of custody for child/ren under age 18
- EI documentation showing spousal income or most recent ROE

Send Application and documents to:

Henvey Inlet First Nation
295 Pickereel River Rd.
Pickereel, ON P0G 1J0
Attention: Education Counsellor
FAX: 705-857-3021 (Tel: 705-857-2331)
education@henveyinlet.com



HENVEY INLET FIRST NATION

Authorization to Release Information

Institution Name: _____

Address: _____

Office of the Registrar

To whom it may concern:

As a student sponsored by Henvey Inlet First Nation, I hereby authorize the above named institution to release my transcripts/grades, attendance records and any other documents/information pertaining to my progress, to Henvey Inlet First Nation for the 20__/20__ academic year.

Facsimile Transmissions will be deemed authentic documents.

Student Name: _____

Student Number: _____

Program: _____

Please mark all correspondence CONFIDENTIAL and fax to 705-857-3021 or mail to the address below:

Henvey Inlet First Nation
295 Pickerel River Rd.
Pickerel, ON, P0G 1J0
Attn: Education Counsellor
Fax: 705-857-3021
Tel: 705-857-2331

Student Signature

Date

For additional information please contact: education@henveyinlet.com



HENVEY INLET FIRST NATION SUMMER STUDENT EMPLOYMENT POLICY

May 2015

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Henvey Inlet First Nation

Summer Student Employment Policy

Introduction

The Henvey Inlet First Nation encourages registered members of Henvey Inlet First Nation of all ages to obtain their Ontario Secondary Level Diploma, who live on or off reserve.

The summer student employment policy has been created to outline eligibility criteria for summer employment which is one many incentives offered by Henvey Inlet First Nation to encourage successful academic completion.

Summer employment is offered to elementary, secondary, and post secondary level students, made possible with prior financial planning for a temporary period.

There is no guarantee that sufficient employment positions may be available for all students. A list of available positions will be posted in community buildings and included in newsletter to ensure awareness by community.

The daily management of the summer students will be the responsibility of a Coordinator, who may not necessary be a student enrolled in school, but an adult fulfilling the requirements set out in the job posting.

Summer students employed by the Henvey Inlet First Nation will be subject to applicable policies and procedures, and be the direct responsibility of the Director of Finance/Administration.

Eligibility Criteria

1. To be considered eligible for employment with Henvey Inlet First Nation during the summer break of an academic year, one must be a registered member of Henvey Inlet First Nation.
2. Consideration will only be given to those students who have attended their respective academic program a minimum of 75% of the time required which has been verified by the Education Counsellor.
3. Student's cooperation in authorizing HIFN to obtain their attendance records must be given to the Education Counsellor by completing the required "Authorization Form – Attendance Confirmation" Appendix "A" no later than May 31st annually.
4. A non member of Henvey Inlet First Nation may be considered for employment with the Henvey Inlet First Nation in the event that there are vacant positions required to be filled after registered members has been satisfied.

Age Requirement

1. In the event that an external funding agency stipulates age appropriate eligibility criteria, Henvey Inlet First Nation will comply and take this into consideration upon accepting applications from students.

Available Employment Opportunities

1. Upon determining the eligible number of elementary/secondary level students qualifying for summer employment a chart will be published in the June newsletter annually providing for the available employment opportunities.

Employment Application

1. Elementary Level students do not need to submit a resume, but a letter confirming interest they would like to be employed by the Henvey Inlet First Nation is required.
2. Secondary Level students, and Post-Secondary Level students need to submit a resume, preferable, a cover letter indicating their preferred available job opportunity. Up to date contact information is required for future communication.
3. Applications are to be delivered to Director of Finance/Administration at the Henvey Inlet First Nation Administration office @ 295 Pickerel R. Rd. or can be emailed to millie.pawis@henveyinlet.com.

Hiring Procedure

1. The Director of Finance/Administration will ensure that a hiring committee is coordinated to interview applicable students prior to the first day of employment.
2. To avoid conflict of interest, no member of the hiring committee shall be immediately related to any student applying for summer employment.
3. Each student will be contacted to indicate date of interview process.

Confirmation of Employment

1. Chief and Council will be made aware of the hiring process results.
2. The Director of Finance/Administration or designate will make the announcement of the results of the hiring process by invitation of all applicants to a central location to be determined.

Orientation

1. The Director of Finance/Administration will be responsible for the coordination and delivery of an orientation to be given to the Summer Students the first day of employment, where necessary forms are to be completed for personnel files and sizes are to be taken for safety gear.

External Funding

1. Henvey Inlet First Nation will make application to available external funding agencies for consideration of funding for summer employment.

Internal Funding – HIFN

1. Henvey Inlet First Nation will fund necessary positions that are not funded by external funding agencies.
2. Henvey Inlet First Nation will fund the “Floater” position(s).

Elementary Level Student – “Floater”

1. An elementary level student who is also a registered member of Henvey Inlet First Nation who has graduated from Grade 8 and is registered to attend a secondary level school beginning the academic year in September of the same year, is eligible for summer employment with Henvey Inlet First Nation.
2. Grade 8 graduates employed as summer students will be considered “Floaters” and given experience in a variety of different working environments.
3. Henvey Inlet First Nation will employ students of this academic level with funds from available internal sources.
4. An interview process is not mandatory, but may be necessary to decide what department is better suited to student and needs of the First Nation no later than June 27th annually.
5. Interest students are required to submit a letter of interest or resume.

6. This employment period will not exceed eight weeks (beginning July and ending August) this does not apply to the Coordinator position.
7. The remuneration of this student employee will be minimum wage with no employment related costs implemented.
8. All safety equipment required by the student to successful completion their designated tasks will be provided by the First Nation at no cost to the individual once in an employment period.

Secondary Level Students

1. A secondary level student who is also a registered member of Henvey Inlet First Nation who has attended a secondary level school from September to June is eligible to apply with Henvey Inlet First Nation for summer employment and be considered for the maximum number of weeks of employment available, and must be within appropriate age range for available funded programs.
2. Interested students who want to work for the First Nation are expected to submit a cover letter detailing preference of available job, and a resume to the administration office at 295 Pickerel R. Rd.
3. Secondary level student employment positions will require applicants to have a Social Insurance Number to enable the finance department to create a computerized employee payroll account.
4. If a Social Insurance number is not available, but been applied for, employment may be approved, but weekly remuneration will be adjusted to allow for eventual processing of mandatory employment costs being applied.
5. This employment period will not exceed eight weeks (beginning July and ending August).
6. The remuneration of this student employee will be minimum wages with employment related costs implemented.
7. All safety equipment required by the student to successfully complete designated tasks will be provided by the First Nation at no cost to the individual once in an employment period.
8. A secondary student who is graduated from a secondary level school may be eligible for application of the Coordinator or Assistant Coordinator position.

Post-Secondary Students

1. A secondary level student who is also a registered member of Henvey Inlet First Nation who is currently enrolled in an accredited college recognized by the Federal Government or recent graduate interested in working for the First Nation is eligible to apply for age appropriate available employment opportunities.
2. A post secondary student employment period may exceed eight weeks; if employed as the Coordinator or Assistant Coordinator responsible for elementary level, or secondary level summer students.
3. The remuneration of this student may be higher than minimum wage, with employment related costs implemented, will be dependent upon funding agreement in place.

4. In the event a Post Secondary level student is employed by the First Nation as the Coordinator, or Assistant any necessary safety equipment will be provided by the First Nation at no cost to the individual once in an employment period.

Coordinator Position

1. The Coordinator will not be a secondary student, but could be a post-secondary student.
2. The Coordinator position is responsible for the development of a work plan that will detail the fulfillment of the community needs for the duration of the employment period.
3. The Coordinator position will be fulfil all posted requirements of the position including have a driver's license to transport students to various job locations.
4. The Coordinator will be responsible for all equipment that is required to be signed out of the maintenance department for students to use; and for its return.
5. The Coordinator will have administrative duties; i.e. required documentation required for personnel files; timesheets, work plans, reports, and delegation of duties.

Approval

1. The Director of Finance/Administration will make recommendation to Chief and Council as per the recommendation of the hiring committee with respect to the fulfillment of positions, and budgetary details regarding the Summer Student Program.
2. The Summer Student Program budget will be approved by formal motion and recorded in the Finance Committee Meeting Minutes.

Appeal

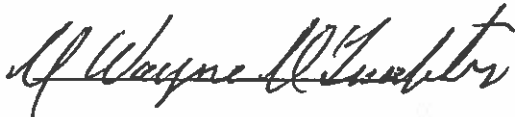
1. Concerns regarding this policy are to be put in writing, directed to Chief and Council.

Contact

1. For additional information please contact the Director of Finance/Administration at the Administration office.

Council Confirmation

The Henvey Inlet First Nation Summer Student Employment Policy as amended, is hereby approved by the Henvey Inlet First Nation Chief and Council on the 5 day of May 2015.



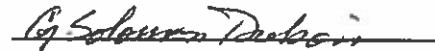
Chief Wayne McQuabbie



Councillor Lionel Fox



Councillor Patrick Brennan



Councillor Genevieve S Dubois




Councillor Brenda Contin





Councillor Carl Ashawasegai



Councillor Tony Solomon




ANISHINABEK APPROACH TO EDUCATION





Guiding Principles

- Anishinabek have the inherent right to educate our children.
- Anishinaabe education
 - Based on Anishinaabe intellectual, holistic knowledge
 - Ensures preservation and ongoing development of Anishinabek




Feb 12, 2016 v3 2




Education Goals

- Develop, operate our own education system
 - separate
 - parallel
 - publicly funded
- Negotiate: partnerships arrangements to provide programs and services our students need to succeed




Feb 12, 2016 v3 3




Achieving our Goals

- Negotiated education self-government agreement with federal government
- Signed Master Education Framework Agreement with Ontario
- Implementing Anishinabek Nation strategic plan on education




Feb 12, 2016 v3 4




Federal Negotiations

- 1995 Grand Council mandate: Anishinaabe control over Anishinabek education JK - 12
- Achieved:
 - Anishinabek Nation Education Agreement
 - Education Fiscal Transfer Agreement
 - Education Implementation Plan




Feb 12, 2016 v3 5




Ontario Negotiations

- Separate from federal negotiations
- Practical ways to operate the education system under our jurisdiction
- Progress:
 - Memorandum of Understanding (2009)
 - Master Education Framework Agreement (2015)
 - Master Education Agreement (proposed)




Feb 12, 2016 v3 6



Strategic Plan

- Approved by Grand Council (2013)
- Implemented by directors of Kinooaadziwin Education Body
 - Establish partnerships
 - Support discussions with Ontario
 - Education communications


Feb. 12, 2016 v3 7



Education Agreement

- Recognizes First Nation authority over education from JK – Grade 12
- First Nation education laws take priority
- Establishes Anishinabek Education System operated under Anishinabek education law
- First Nations still make funding decisions for college and university students


Feb. 12, 2016 v3 8



Education Agreement

- Federal government provides funding
- No change in amounts without our consent
- First Nations to define “students”
- No changes to treaty or aboriginal rights
- We can still negotiate treaties, other agreements, including agreements on education


Feb. 12, 2016 v3 9



Fiscal Transfer Agreement

- 5-year contract, renegotiated every 5 years
- Replaces current funding agreements
- Amounts can rise for price and volume, plus any general education funding increase
- College/university funds, New Paths, High Cost Special Education Funding are now core fund


Feb. 12, 2016 v3 10



Implementation Plan

- 10-year schedule of activities
- Starts after ratification by First Nations and federal Parliament
- Federal government to pay all costs


Feb. 12, 2016 v3 11



Benefits

- Culturally appropriate Anishinaabe education
- Anishinabek fully control education, including priorities and education spending
- Minister of Indian Affairs has no authority over the Anishinabek Education System
- Increased student success


Feb. 12, 2016 v3 12



Benefits

- No changes to the agreement or funding unless we and federal government agree
- Negotiated price and volume adjustors
- Discretionary funding (FNSSP, New Paths, Special Education) become core funding


Feb. 12, 2016 v3 13



Benefits

- Federal education funds may be included in self-government transfer payment
- May ask for more money for extraordinary circumstances, new programs and additional parties
- We define "students"
- Own-source revenue not counted in determining education transfer payments


Feb. 12, 2016 v3 14



Challenge: Working Together

- Make decisions on how to manage the education system
- Identify educational priorities and how to achieve them


Feb. 12, 2016 v3 15



Compare: Old and New

<u>Indian Act</u>	<u>Education Agreement</u>
Federal government makes laws	First Nations make laws
Federal terms and conditions for funding	First Nations decide how to spend education funds
Federal regulations and standards	First Nations set standards
No legislated minimum standards for on-reserve schools	We can set standards recognized throughout education world
Provincial curriculum and teaching methods	Anishinabek curriculum focussed on language and culture


Feb. 12, 2016 v3 16



Ratification

- Process negotiated with federal government
 - ANEA Schedule B
- Each First Nation to hold a community vote
- Requires BCR from each First Nation
 - Signals intent to hold vote


Feb. 12, 2016 v3 17



Ratification


- Minimum vote:
 - 25% + 1 of eligible voters must vote Yes
 - More Yes votes than No votes
- We supervise vote jointly with federal government
- Federal government pays ratification cost
- Ratification vote: Nov. 28 – Dec. 2, 2016

Feb. 12, 2016 v3 18



Communications

- November 2015 announcement
- Four phases this year:
 - Jan – Mar: Educational landscape
 - Mar – Jun: The agreements
 - Jun – Nov: Say Yes to AES
 - Sep– Nov: Voting opportunities




Feb. 12, 2016 v3 19



For More Information


- Attend education information meetings
- Sign up for mail-outs through your First Nation
- Visit www.sayyestoaes.ca
- Call us:
 - 705-497-3799
 - 1-877-497-3799 (Free call)
- Follow us:
 - Twitter: @AnishNation
 - Facebook: Anishinabek Nation



Feb. 12, 2016 v3 20



Anishinaabe Kinoomaadziwin Nongo Anishinaabe Pane



Feb. 12, 2016 v3 21



Indspire

Indigenous education | L'éducation des autochtones
Canada's future | L'avenir du Canada

(<http://www.indspire.ca/subscribe>) (<http://indspire.ca/create-an-account/>)

(<http://www.indspire.ca/>)

We help thousands of Indigenous students complete their education. We can help you too.

Building Brighter Futures: Bursaries, Scholarships and Awards

Successful futures are created through hard work, creativity, and perseverance. Each one of us has a unique potential to achieve, and for First Nation, Inuit, and Métis students, Indspire is here to help make that happen.

Program Guide

The following documents will be useful as you as you complete your application:

Guide for Students (<http://indspire.ca/wp-content/uploads/2015/06/indspire-building-brighter-futures-guide-2015-2016-150601.pdf>) (Version française : Directives pour une demande de bourse (<http://indspire.ca/wp-content/uploads/2015/04/indspire-building-brighter-futures-guidelines-spring-2015-fr.pdf>))

Program Guidelines (<http://indspire.ca/wp-content/uploads/2015/04/indspire-building-brighter-futures-guidelines-spring-2015-en.pdf>)

Program Policy (<http://indspire.ca/wp-content/uploads/2015/08/indspire-bbf-policy-2014.pdf>)

Apply

Post-Secondary Education

(full-time studies in a post-secondary education program)

Deadlines: June 1, 2016, November 1, 2016, February 1, 2017 at 11:59 p.m. PT

Application form (<http://secure.indspire.ca>) | **Formulaire de demande** (<https://secure.indspire.ca/francais>)

Petro-Canada Award for Indigenous Students

(high school students who are working at Petro-Canada stations)

Deadline: June 1, 2016, November 1, 2016, February 1, 2017 at 11:59 p.m. PT

Application Form (<http://indspire.ca/wp-content/uploads/2014/09/BBF-application-petrocanada-feb-2016-EN-Final.pdf>) | **Formulaire de demande** (<http://indspire.ca/wp-content/uploads/2014/09/BBF-application-petrocanada-feb-2016-FR-Final.pdf>)

Legal Studies for Aboriginal People (LSAP) Pre-Law Bursary

Deadline: May 15, 2016 at 4:00 p.m. PT

Application form (<http://indspire.ca/wp-content/uploads/2016/04/indspire-lsap-application-may2016-en.pdf>)

Apprenticeships, Skilled Trades, and Technology Programs

Post-Secondary Education Programs: part-time or full-time certificate or diploma programs (1 month to 4 year programs)

Deadline: June 1, 2016, November 1, 2016, February 1, 2017 at 11:59 p.m. PT

Application form (<http://indspire.ca/wp-content/uploads/2015/09/indspire-BBF-astt-general-application-2015-EN.pdf>)

Apprenticeships: (i.e on-the-job training)

No deadline: open all year

Application form (<http://indspire.ca/wp-content/uploads/2015/09/indspire-bbf-apprenticeship-application-2015-en.pdf>)

Incentives: (completed program within last 3 months)

No deadline: open all year

Application form (<http://indspire.ca/wp-content/uploads/2015/09/indspire-bbf-incentive-application-2015-en.pdf>)



Questions? We can help.

Listen to a webinar (<http://indspire.adobeconnect.com/p76tnp30goc/>) about how to complete your application.

For more information, please email education@indspire.ca (<mailto:education@indspire.ca>) or call 1.855.INDSPIRE (463.7747) x 223

Our Supporters

Learn about our many corporate, government, and individual supporters who are committed to helping enrich the lives of Indigenous students across Canada.

Click here (<http://indspire.ca/wp-content/uploads/2014/11/indspire-bbf-campaign-2014-en.pdf>).

COMMUNITY
HEALTH NURSING
PROGRAM



LUNCH N LEARN

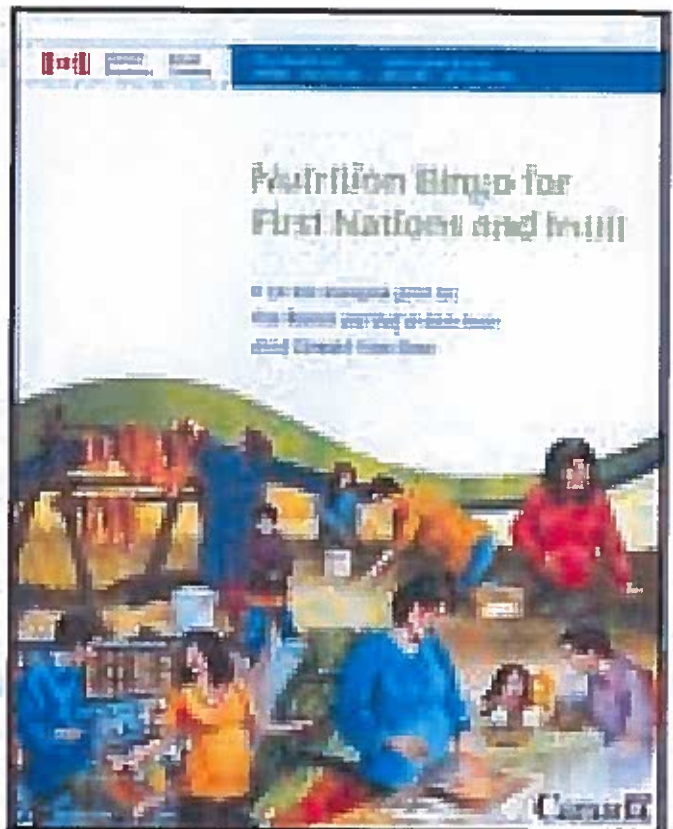
Location: Henvey Inlet Firehall

11:30 –1:00 pm

May 24, 2016

**Diabetes
Bingo**

**Please call
Darcy for sign
-up**



This program is open to a **Maximum of 20 participants ONLY**
and you must be 18 yrs of age and over!!!

Traditional Healer Colin Mousseau

May 17 & 18, 2016

May 17: 11:00 am – 7:00 pm

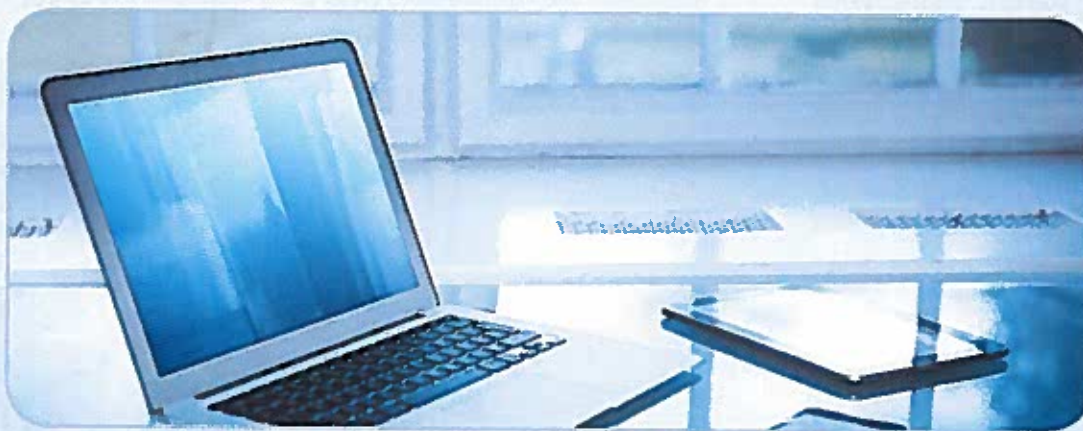
May 18: 9:00 am – 5:00 pm

**Upstairs at the Henvey Inlet Library.....Please be
ready to provide your semma 😊**

**COLIN IS BOOKED FOR MAY, AND I AM
BOOKING HIM INTO JULY...I will have
appt cards for those that already have an
appt for May...**

ONTARIO TELEMEDICINE NETWORK (OTN)

Registered dietitian services
now available via OTN with
Shkagamik-Kwe Health Centre
dietitian Robyn Edwards



FOR MORE INFORMATION AND TO REGISTER, PLEASE CONTACT:

Line Baillargeon at 705-675-1596 ext. 230, or by email at lbailargeon@skhc.ca



Shkagamik-Kwe
HEALTH CENTRE

161 Applegrove Street, Sudbury, Ontario P3C 1N2 www.skhc.ca

HIFN LOONIE “LIVE” AUCTION RULES

In a normal auction an item is bid on and the price keeps going up until no one wants to pay any more and the last bidder gets the item. A Loonie Auction doesn't work that way, items and services are donated, in advance by members of the community, businesses etc...they are displayed on a table to be viewed.

Upon entering the hall, you may view the display table and then come and register. Each registered person will be assigned a numbered plate that they will use during the course of the auction, as well as a supply of **HIFN Regulated Auction paper** and something to write with. **Doors will open @ 12Noon.** Viewing & registration can be done between **12 – 1 PM.**

The registered participant will then find a place to sit, organize themselves with their registered numbered plate, supply of paper, pen as well as their own supply of loonies. You will write your chosen # on all the provided pieces of **HIFN Regulated Auction paper** or on as many as you think you will use. A cashier will be on hand to convert your cash over to Loonies.

The auction will begin promptly at 1PM. As the auction begins the volunteer or auctioneer will raise the item up for bid, each participant in the audience if interested will raise their numbered plate to bid, as well as write their registered number on the provided piece of paper, around the room will be several collection people with containers and their job is to collect loonies and paper with your registered number written on it. *(Note: one registered number submission with each bid and any folded or crumpled pieces of paper will not be picked out of the ticket drum)*

The auctioneer will acknowledge each participating bidder with a raised plate and send a collector who will come and collect your loonie and one piece of paper with your written registered number on it. You may bid as many times as you like on that one item as long as you submit a loonie and numbered paper **each time** you raise your numbered plate. By doing this you **increase your chances** of winning that item. When the bidding stops, all numbered pieces of paper will be collected from the collectors and put into the ticket drum, the auctioneer will then draw **one unfolded, uncrumpled paper!!** Immediately the participant with that registered number will get the item.

Please note: Items in value of \$200.00 or more will be a \$5.00 bid.

The Loonie auction operates by luck of the draw! People have fun and you don't have to be rich to participate. All proceeds will go to the host community of Henvey Inlet First Nation towards the 2016 Henvey Inlet First Nation 13th Annual PowWow. Good luck to all participants 😊

For further information please contact: Brenda CONTIN, Auctioneer and Coordinator @ 705-857-1221

HENVEY INLET FIRST NATION POW WOW FUNDRAISER

LOONIE AUCTION

Saturday May 28, 2016

HIFN Firehall

281 Pickerel River Rd



@ 1:00pm



Auction items value from \$10 to \$2000

Bids are either a \$1.00 or \$5.00 bid

Items worth more than \$200 will be a \$5.00 bid



DOORS OPEN @ 12:00 pm

REGISTRATION b/t 12:00—1 pm

REGISTRATION b/t 12:00—1 pm



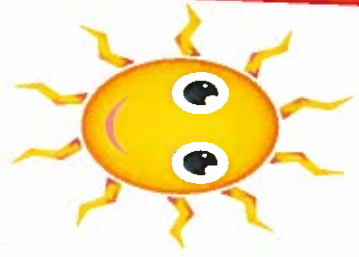
Rules and regulations will be available, everything will be provided for you no need to bring own pen/paper.

ALL PROCEEDS GO TOWARDS OUR 13th ANNUAL TRADITIONAL POW WOW

**CHILD & FAMILY
& COMMUNITY
HEALTH
EDUCATOR
PROGRAMMING**



MAY

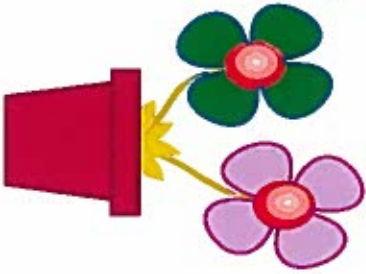


**Henvey Inlet
Health Centre**

354-A Pickernel River Rd.
Pickernel, ON
POG L1O

Phone: 705/857-1221 or 866-252-3330
Fax: (705) 857-0730
Email: kent.campbell@henveymedicalcentre.com

CHILD & FAMILY PROGRAM MAY 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Program Planning	Youth Craft Night Ages 8-12	Heal Sudbury In Office	In Office		
8	9	10	11	12	13	14
Mother's Day	Staff Meeting Program Planning	Program Planning	Staff Training Session	Heal Sudbury MAN'S DAY!		
15	16	17	18	19	20	21
	Program Planning	Program Planning	Safe Food Handling	Heal Sudbury Nutrition Bingo		
22	23	24	25	26	27	28
	Closed Victoria Day	Staff Meeting Youth Night Ages 6-12	Good Food Box	Parenting Program Outdoor Play		
29	30	31				
	In Office	Community Kitchen Quick & Easy Breakfast & Lunches				



Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy Children
For A Healthy Future"

354A Pickernel River Road
Pickernel ON P0G 1T0

Phone: 705-857-1221

Toll Free: 1-866-252-3330



Fax: 705-857-0730

E-mail:

kara.harkness@henveymedicalcentre.com

MAY 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
HOLIDAYS						
8 	9 STAFF MEETING	10	11 STAFF TRAINING SESSION	12 HEAL SUDBURY MAN'S DAY 1PM	13	14
15	16 WELL BABY CLINIC 10AM-12PM	17	18 SAFE FOOD HANDLING 8:30 AM	19 HEAL SUDBURY NUTRITION BINGO 1PM	20	21
22	23: 	24 STAFF MEETING YOUTH NIGHT 6-12 YRS	25 GOOD FOOD BOX	26 PARENTING PROGRAM 1PM	27	28
29	30 WELL BABY CLINIC 10AM-12PM	31 COMMUNITY KITCHEN 10AM	1	2	3	4

**Guess who's
Back!!**

Massage Therapist Ann MacDonald



Henvey Inlet First Nation Health
Centre

354A Pickerel River Road
Pickerel, ON
PoG 1J0

Phone: 705-857-1221
Toll Free: 1-866-252-3330
Fax: 705-857-0730



Limited spots available! So call to book
as spots fill up fast.

Ann will be back in the community on
two separate dates!

Thursday May 5, 2016

+

Thursday May 12, 2016

Please contact Darcy @ Health Centre
to book an appointment.



KIDS DINNER & CRAFT NIGHT AGES 8-12



Please Join us on Tuesday, May 3, at the Health Centre for
Dinner & Craft Night. For ages 8-12

Please call Darcy to sign up!

354-A Pickering River Rd.
Pickering, ON
POG 1J0

Phone: (705)857-1221 or 866-
252-3330
Fax: (705) 857-0730

*If transportation is needed please contact the Health Centre 3 days prior to the event to make arrangements

WHEN WE HEAL OURSELVES... WE HELP OTHERS TO HEAL



SESSION IN- CLUDES

10 MINUTE IN-
VIGORATE
10 MINUTE MEDI-
TATE
10 MINUTE
STIMULATE

Please call Darcy to sign up, Limited Participants per Outing.

If you have any questions about the Outing Please Contact:

Luana McQuabbie


Kara Harkness or

Kerri Campbell

354-A Pickerel River Rd.
Pickerel, ON
POG 1J0

Phone: 705)857-1221 or 866-
252-3330
Fax: (705) 857-0730

*If transportation is needed please contact the Health Centre 3 days prior to the event to make arrangements



*Kerri and Kara
invite you!!!*

**Join us for our
first
MAN'S DAY**

May 12th at 1pm

Ages 18-54

AT THE HEALTH CENTRE

Contact Darcy to sign up : (705) 857-1221

LIMITED TO 15 PARTICIPANTS!!!

Safe Food Handling



* Please join the Health Centre Team and Ray Alatalo, Environmental Health Officer on

May 18, 2016 8:30 am– 4:30 pm

Henvey Inlet First Nation

Fire Hall

Please contact Darcy at 705-857-1221 to sign up!!!

REMEMBER....IF YOU WANT TO CATER FOR COMMUNITY FUNCTIONS, YOU MUST BE IN POSSESSION OF A CURRENT SAFE FOOD HANDLER CERTIFICATE!!!

FIGHT BAC!



Keep Food Safe From Bacteria™



Health
Canada

Santé
Canada

NUTRITION BINGO

Time: 1:00pm

Date:

THURSDAY

MAY 19, 2016

**CALL TO SIGN UP!!! ONLY
ONE PERSON PER HOUSE-
HOLD!!! LIMITED TO 20
PARTICIPANTS!!!**



Contact person: DARCY 705 857 1221

**AT THE HEALTH
CENTRE....**

Free!



KIDS DINNER & GAME NIGHT AGES 6-12



Please Join us on Tuesday, May 24, at the Health Centre for
Dinner & Game Night. For ages 6-12

Please call Darcy to sign up!



354-A Pickering River Rd.
Pickering, ON
POG 1J0

Phone: (705)857-1221 or 866-
252-3330
Fax: (705) 857-0730

*If transportation is needed please contact the Health Centre 3 days prior to the event to make arrangements

GOOD FOOD BOX



**HENVEY INLET HEALTH CENTRE
354-A PICKEREL RIVER ROAD
PICKEREL ON POG 1J0**

**Phone: 705-857-1221
Fax: 705-857-0730**

GOOD FOOD BOX WILL BE OUT FOR DELIVER TO THE ELDERS IN THE
COMMUNITY ON

WEDNESDAY MAY 25, 2016

IN THE AFTERNOON.

IF YOU WILL NOT BE AT YOUR HOME ON THAT DATE, KINDLY CONTACT
DARCY AT THE HEALTH CENTRE TO ARRANGE A PICK UP ON THE FOL-
LOWING DAY. ANY LEFT OVER BAGS NOT PICKED UP ON THE FOL-
LOWING DAY (MAY 26, 2016) WILL BE DIPERSED TO INDIVIDUALS ON
A FIRST COME FIRST SERVE BASIS.

THANK YOU!!!!

OUTDOOR PLAY PARENTING WORK- SHOP

FUN IDEAS FOR OUTDOOR SUMMER ACTIVITIES FOR KIDS



Where: Health Centre

When: Thursday, May 26, 1PM

What: Outdoor Play Ideas for kids in the Summer

Please call the Health Centre to sign up there is limit of participants. Snacks & Refreshments will be provided.

354-A Pickerel River Rd.
Pickereel, ON
POG 1J0

Phone: 705)857-1221 or 866-
252-3330
Fax: (705) 857-0730

*If transportation is needed please contact the Health Centre 3 days prior to the event to make arrangements



Henvey Inlet First Nation Health Centre

Community Health Educator
&
NCFW

COMMUNITY KITCHEN

10:00 AM
HEALTH CENTRE

TUESDAY
MAY 31, 2016

LIMITED TO 6 PARTICIPANTS!!!



Community Kitchen

FOR MORE INFORMATION PLEASE CONTACT KARA AT (705)857-1221



Louise Ashawasegai
NNADAP



May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Reiki Laini Lascellis	3 Reiki Laini Lascellis	4	5	6	7
8	9 AA & NA Meeting in Sudbury	10 Pipe Ceremony	11	12	13	14
15	16 Fasting	17 Fasting	18 Fasting	19 Fasting	20 Fasting	21
22	23	24 AA & NA Meeting in Sudbury	25	26	27	28
29	30	31				

NNADAP

705-857-1221 ext: 228

Reiki With Laini Lascellis!!

What is Reiki?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Laini has 10 years experience in Reiki.

Monday May 2, 2016 and Tuesday May 3, 2016

At The Henvey Inlet Health Centre!

Please call Darcy to book an appointment!

REIKI

Restoring Balance and
Harmony to the Mind, Body
and Spirit



Will YOU send ONE postcard, letter, or small package to the Youth living in the reserve community of Attawapiskat?

Here's the address:



**Youth in Attawapiskat
P.O. Box 248
Attawapiskat ON
P0L 1A0**

A word of encouragement, a brief letter of support, or even a small gift, can make the difference in the life of a young person.



#FUNNYPARENTS

Never, and I mean NEVER make eye contact with a child on the verge of falling asleep. They will sense your excitement and abort mission!

@CAFFEINEANDF





#FUNNYPARENTS

Me: goodnight kids

Kids: goodnight dad

Me: goodnight monster that eats
children who are bad

Wife: [through radio under the
bed] GOODNIGHT

@THENATEWOLF



**National
Child
&
Mental
Health
Day**

MAY 7th

[Home](#)[Get Involved](#)[News](#)[Resources](#)[May 7th](#)[Contact](#)[About](#)[FamilySmart](#)

YOUTH - YOUNG ADULT

FamilySmart
 Youth - Young Adult
 Families
 Professionals
 FamilySmart Network



JOIN US TODAY!

There are many benefits to joining us and it will only cost you a commitment to show **I care about you** and provide your input on FamilySmart™.

YOUTH & YOUNG ADULT

In response to youth and young adults, we have taken the 'words' shared by young people and created a resource for adults on "how to talk to young people about their mental health. We also invite young people to share their own thoughts about what young people want adults to SAY and DON'T SAY to young people.

Don't Say:



Say:



Don't Say:

[DONATE NOW](#)

Your contribution will help ensure that the voice of families is heard.

QUICK LINKS

[Family](#)[Professionals](#)[May 7th](#)[Partners](#)[People](#)[Youth - Young Adult](#)[Reports and Publications](#)



Say:



Don't Say:



Say:



Don't Say:



Say:



Caring, Connected Relationships are a BIG DEAL to young people AND, it impacts their mental health.

At a youth mental health event in 2016, we asked high students "How do you want adults to talk to you about your mental health? What do you want them TO SAY and DON'T SAY?" Over 400 students from grades 8-12 wrote down how they would like to be spoken to, and not spoken to when talking about their mental health. Using their words, we have created a resource we are calling the "The Unfolding Conversation" (youth version) - an activity for teachers and students - [click here>>](#)

OUR YOUTH MATTER

Check out this great video with Tyler Exner (and Kirby), youth from

Invitation To Participate In The
17th Annual

Aboriginal Mental Health
& Wellness Expo

Hosted by B'saanibamaadsiwin
Aboriginal Mental Health Services

Thurs. May 5, 2016
10:00 AM—2:00 PM

At The
Bobby Orr Community Centre
Parry Sound

We encourage interested
organizations to come out and enjoy
the day while advertising &
promoting your program and
services.

B'SAANIBAMAADSIWIN

Our Mission:
The goal of the "Aboriginal Mental Health
& Wellness Expo" is to educate the pub-
lic on services, organizations and busi-
nesses that promote a healthy lifestyle.

WHO WE ARE

Our Name:

B'saanibamaadsiwin means "serene and peaceful life". In First Nation cultures, from traditional to present times, health means balance and harmony with and among the four parts of Self. Holistic psychological wellness is part of the full circle of mind, body, heart and spirit with respect to tradition, culture and lan- guage. The journey toward wellness is one that begins within us and includes caring for all within the circle of our communities. Within our communities, we have the teachings, wisdom and strength to move toward our vision of wellness, to live in unity and harmony, and to enjoy a serene and peaceful life.

What Is The Plan?

The "Aboriginal Mental Health & Wellness Expo" will be free of charge to all who attend. The day will run from 10:00 a.m. to 2:00 p.m. There will be a variety of informative and interactive booths and displays. There will be light snacks and coffee availa- ble throughout this event.

Why You?

We are looking for organizations or individuals who provide services relating to emotional and mental health issues/needs, and would be interested in setting up a display/booth, and possi- bly be available to make a brief 10 minute presentation on your services and how one would access them. There is no fee for participation; it would be our pleasure to include you in such an exciting event. If you would like to join us on our journey to "wellness", fill out the information to the right and return to us by Friday April 15th, 2016., as space is limited. We will do our best to accommodate your space requirements.

Crafts displays and demonstrations are also welcome.

All tables are free.

Contact Person and Organization Name:

Address:

Phone Number:

Email Address:

Will you be needing hydro for your booth/display?

Yes No

Space Requested: 4x4 4x8 (please circle)

We will do our best to accommodate your request for space.

Return to:

B'saanibamaadsiwin

Canadian Mental Health Association-MPS Branch

26 James St., 2nd Floor

Parry Sound, Ontario. P2A 1T5

Fax: 705-746-9590

if you have any questions please don't

hesitate to call 705-746-2512

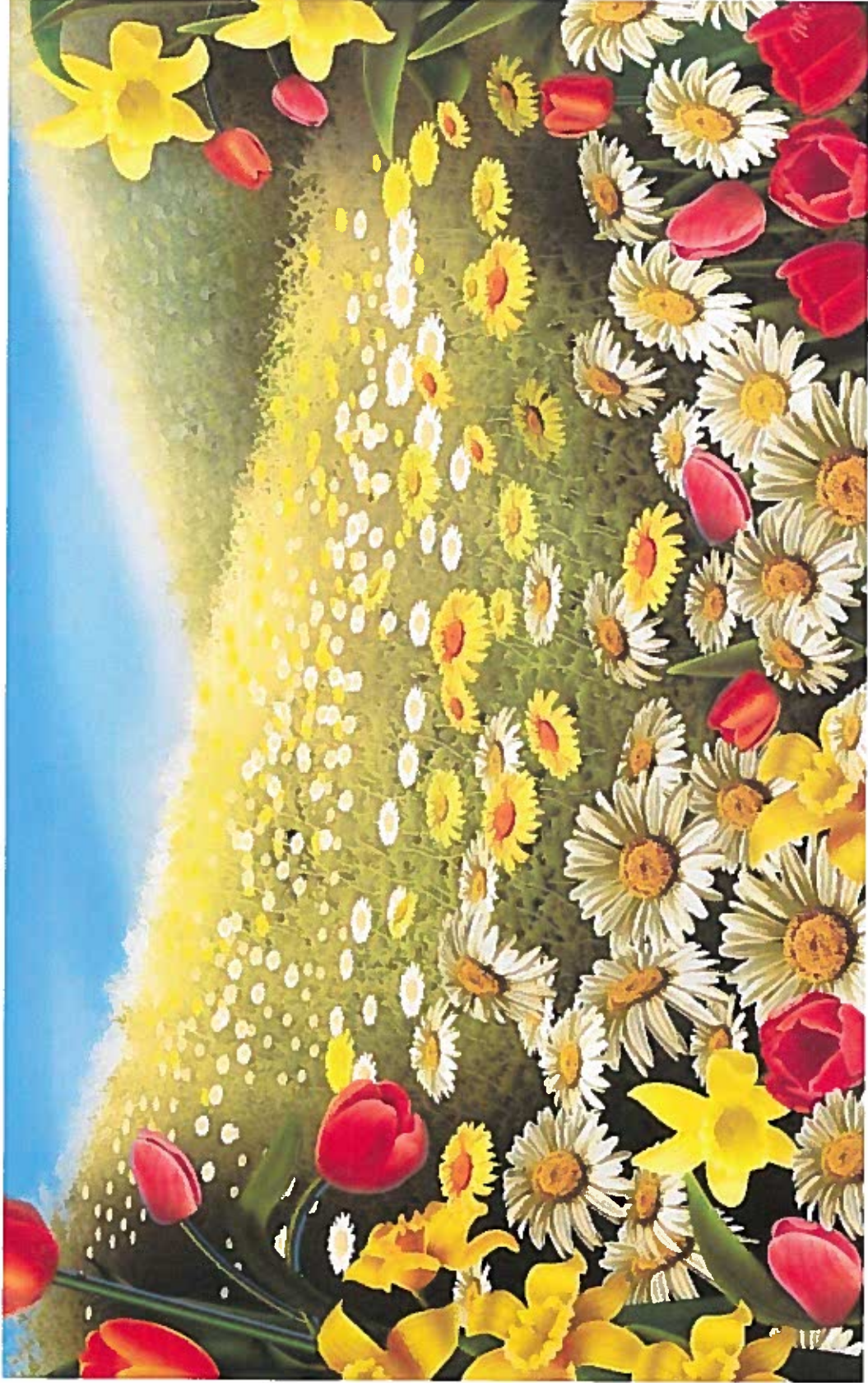
Supported by / financé par le conseil de



North Simcoe Muskoka Local
Health Integration Network
Réseau local d'intégration
des services de santé de
Simcoe Nord Muskoka



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

MAY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 INTERMEDIATE SEWING & DESIGN	3 HOME VISITS	4 HEAL INC/SUDB.	5 B'saanibamaadsiwin Aboriginal Mental Health Fair MOTHERS DAY SUPPER/ DAYCARE	6 CULTURAL ARTS CLASS	7
8	9 STAFF MTG INTERMEDIATE SEWING & DESIGN	10 HOME VISIT	11 HOME VISITS	12 HEAL INC/SUDB. HOME VISITS	13 CULTURAL ARTS CLASS	14 ELDERS' FUNDRAISER
15	16 INTERMEDIATE SEWING & DESIGN	17 PROGRAM SHOPPING/P.Sound	18 ELDERS LUNCH & BINGO	19 HEAL INC/SUDB. HOME VISITS	20 CULTURAL ARTS CLASS	21
22	23 VICTORIA DAY HOLIDAY	24 STAFF MTG QUILT DRAW ELDER BANKING	25 LEAVE/ELDERS TENNESSEE TRIP TOLEDO, OHIO DAYS INN	26 NASHVILLE, TN COMFORT INN	27 NASHVILLE, TN COMFORT INN	28 NASHVILLE, TN COMFORT INN
29 MEMPHIS, TN DAYS INN	30 LOUISVILLE, KY RAMADA INN	31 ARRIVE BACK FROM TRIP	1 OUT OF OFFICE	2 OUT OF OFFICE	3 OUT OF OFFICE	4

You Can Be Lured or Targeted

- Sharing personal information online can let unwanted strangers into your life
- “Trojans” look for people to exploit online and use what you share to connect with you
- Harmful material can be widely and quickly shared with many people
- Rumours and images can be posted publicly or sent to several people or groups

Deal with Cyberbullying Right Away

- File a complaint with the website, Internet service provider (ISP), or the cell phone company
- Tell cyber bullies to stop the harassment and remove the offensive material
- Ignore or block the communications
- Send a hard copy of the material to the bully’s parents. Get their help to stop the behaviour
- Get help from a school psychologist/counselor and principal
- If you have safety concerns, call the police

What Can Parents Do?

- Share rules for responsible online behaviour; set consequences for breaking the rules
- Keep home computers in visible places
- Talk with children; review their online activity
- Help kids understand that cyber bullying is harmful and unacceptable
- Install parental control software programs
- Establish a parent–youth Internet use contract
- Encourage anti-bullying laws and Internet safety policies at provincial and local levels

Friendship Centres in Ontario

Friendship Centres are community spaces that provide culturally appropriate activities, programs and services for Aboriginal people of all ages.

Contact or visit your local Friendship Centre:

- Sign up for a program or activity
- Seek support
- Find out what’s happening in your community
- Volunteer

For more information on this campaign, go to OFIFC.org or Kanawayhitowin.ca

1-800-772-9291



OFIFC

Ontario Federation of
Indigenous Friendship Centres



*This Project has received
financial support from the
Government of Ontario,
Aboriginal Healing and
Wellness Strategy*



Ontario

Behind the Screen

Safety in Cyberspace

Honour Life.
End Violence

See, Know and Act

Creating Positive Connections

There are disruptions that have led to a breakdown in relationships and our sense of responsibility for others, even when we use technology. Life teachings apply both in the physical and technological world. In cyberspace it is easier than ever to forget that our behaviours can have physical, mental, emotional and spiritual impacts on others that we cannot always see or feel. Cyber bullies can be harsher online and in text messages because they are not in the same physical space as their victim.

It is important to encourage our communities to be mindful of their contributions to the wellbeing and safety of one another. This mindfulness needs to include technology like email, cell phones and the Internet. Many teachings help address how to fulfil these social expectations; our stories, clan systems, feast orders, thanksgiving address, and much more all show our close connection with the world around us.

We all have responsibilities

What is Cyberbullying?

Cyberbullying happens when we act in cyberspace as if we have no responsibility for the wellbeing of others.

Cyberbullying includes:

- Sending abusive texts/ emails through Instant Messaging (IM), Black Berry Messaging (BBM), Tweets (on Twitter), or Social Networking Sites (Facebook, MySpace, etc.)
- Taking and sharing unflattering or private images, such as naked or sexual images (Flaming)
- Recorded assaults posted to cyberspace (Happy Slapping)
- Posting unkind or inappropriate images on social networking sites
- Harassment (cyber stalking, on-line or IM threats, creating a Bash Board)
- Excluding people from online chats or other communication
- Deliberately posting false information to entice others to contribute to the discussion (Trolling)
- Assuming the identity of the victim online and representing them negatively to damage their relationships

Children & Youth in Cyberspace

Young people are big users of new technologies. For some, cyberspace may be one of the most important places and even the only place to socialize. However, children and youth are vulnerable because they may not be able to source credible information. They may also be unfamiliar with how to safeguard their identity and private information, which can lead to them being preyed upon and exploited by cyberbullies.

Children Need to Be Safe While Learning the Truth

Children need to learn how to use tools that are in their world, like the Internet. Parents and caregivers can provide guidance when teaching children to use the Internet and technology responsibly. Children will make mistakes, and it's up to parents and caregivers to build positive relationships with them, to learn about trust and safety. Be near and available to help them learn how to use technology responsibly.

Youth Need to Be Safe While Challenging Truth

Youth need to be informed about activity behind the screen to prevent them from victimizing others or becoming a victim. Parents and caregivers have a responsibility to accept youth challenges while being aware of cyberbullying behaviours. Beware of warning signs that may indicate a child or youth is being bullied, such as reluctance to use the computer or go to school, or behavior and mood changes.



**A HERITAGE PRESERVATION
PROJECT**

All photos will be returned to their original owner after a scanned copy has been made for the Heritage Collection.

Same day return.

Please come with your photographs to the CWW office for scanning.

Thanks,



HERITAGE COLLECTION

OLD PHOTOGRAPHS ARE STILL NEEDED



In 2013, I have started to compile a small collection of photographs from Community Members for the purpose of using them in the 2014 Community Calendar and to begin a Heritage Collection. Copies of the original photographs will be made into 8"x10" copies and will be permanently displayed along the long hallway at the Band Administration Office once I have gathered enough to start a photo gallery. I need your help! The success of this project cannot be made possible without the help of its Contributors. This collection is such an important part of our heritage as well as our connection to one another.



**NO NEW PICTURES
THIS MONTH TO
DISPLAY.**

**COMMUNITY WELLNESS
PROGRAM**

**LUANA MCQUABBIE
COMMUNITY WELLNESS WORKER**

Phone: 705 857-1221 EXT 227

E-mail: luana.mcquabbie@henveymedicalcentre.com

INTERMEDIATE SEWING & DESIGN

MAY 2, 9 & 16 2016
BOARD ROOM @ H.C.



EVERY MONDAY

9:00A.M. or 10:00A.M. on a STAFF MTG DAY 😊

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This course is the next level from the Basic Sewing & Design Program offered in 2015. It is designed to teach intermediate hand sewing skills, sewing machine operation, decorative techniques of applique work and embroidery. Skills will be developed by working through a number of projects in which participants will research and develop their own designs. Participants will become familiar with the many types of tools and supplies and how these can be used to enhance their work. A light lunch will be served.



For More Information Contact:
CWW Luana McQuabbie
OW Dorothy Contin
EDO Judy Contin

CULTURAL ARTS PROGRAM

MAY 6, 13 & 20, 2016

HEALTH CENTRE BOARD ROOM



EVERY FRIDAY

9:00 A.M.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This program is open to all learners interested in developing artistic skills in traditional and contemporary Native arts and crafts. Participants will learn from hands on instruction including Beadwork, Decorative Arts, Nature Crafts & Small Crafts. A light BREAKFAST will be served. OPEN TO ALL WEEKLY.

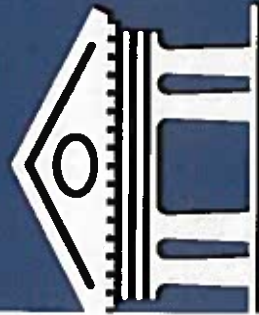
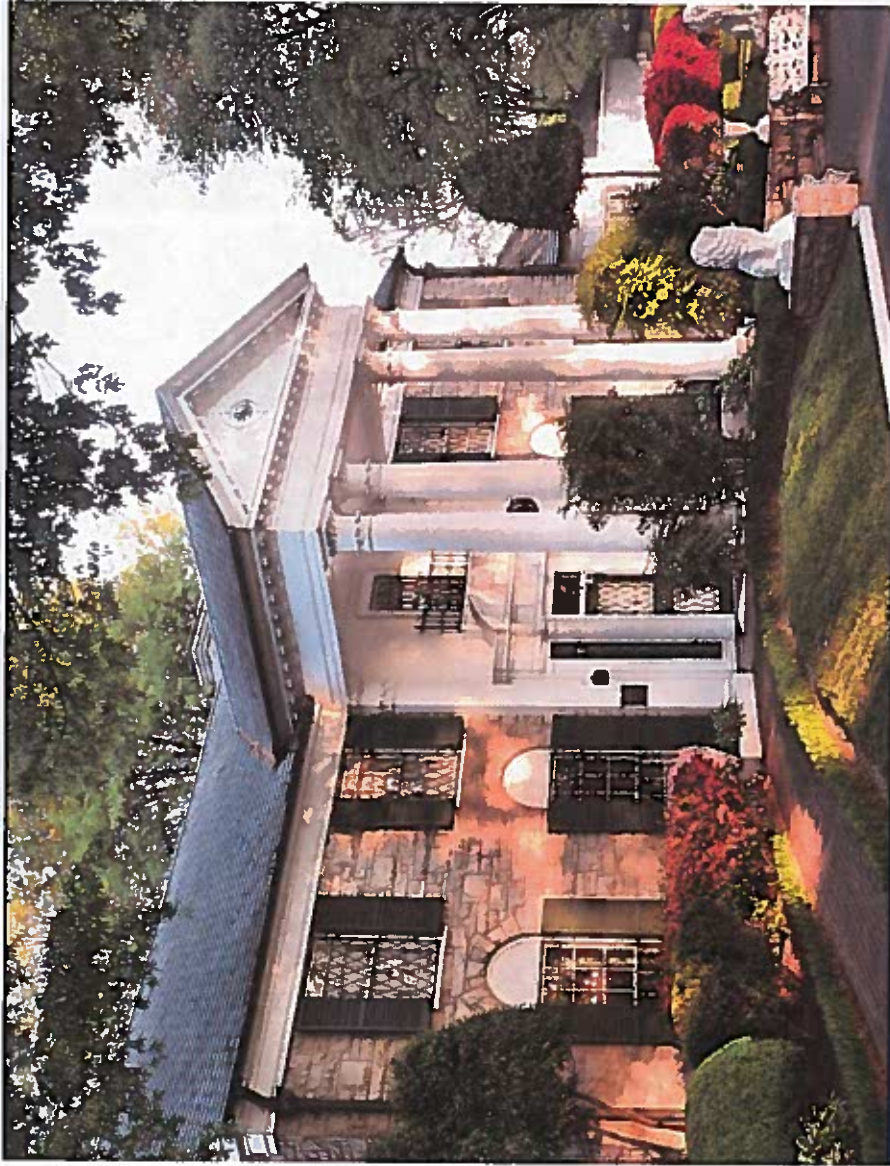


For More Information Contact:

CWW Luana McQuabbie

OW Dorothy Contin

EDO Judy Contin



Graceland

THE HOME OF ELVIS PRESLEY

TENTATIVE ITINERARY

DAY 1: LEAVE COMMUNITY, TRAVEL TO TOLEDO, OHIO/DAYS INN

DAY 2: ARRIVE IN NASHVILLE/ COMFORT INN

DAY 3: AMERICAN PICKER ANTIQUE ARCHAEOLOGY, NASHVILLE & GRAND OLE OPRY SHOW

DAY 4: COUNTRY MUSIC HALL OF FAME, NASHVILLE

DAY 5: CHECK OUT OF HOTEL IN NASHVILLE

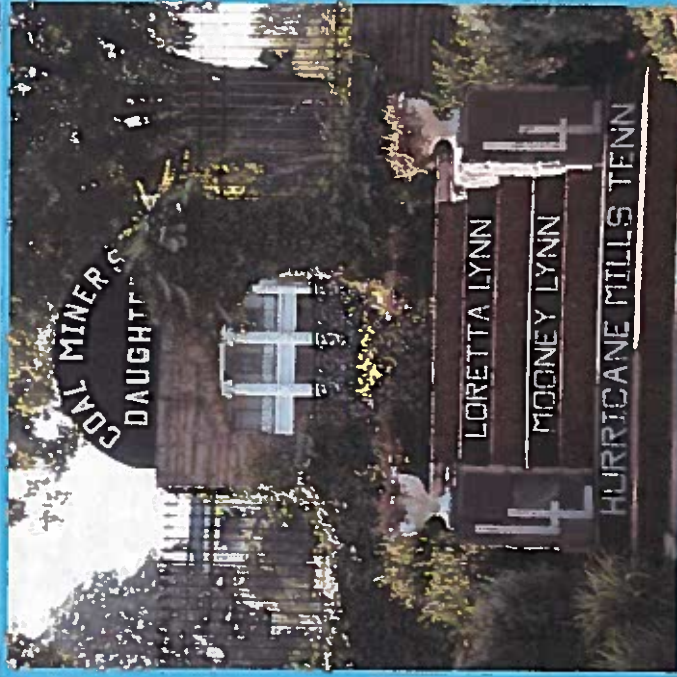
LORETTA LYNN RANCH, HURRICANE MILLS, TN

ARRIVE IN MEMPHIS, DAYS INNS

DAY 6: CHECK OUT OF HOTEL, VISIT GRACELAND, MEMPHIS TRAVEL TO LOUISVILLE, KY

DAY 7: TRAVEL HOME FROM LOUISVILLE, KY

MORE DETAILS TO COME!



ELDERS TRIP TO TENNESSEE in May 25-31, 2016

TRIP

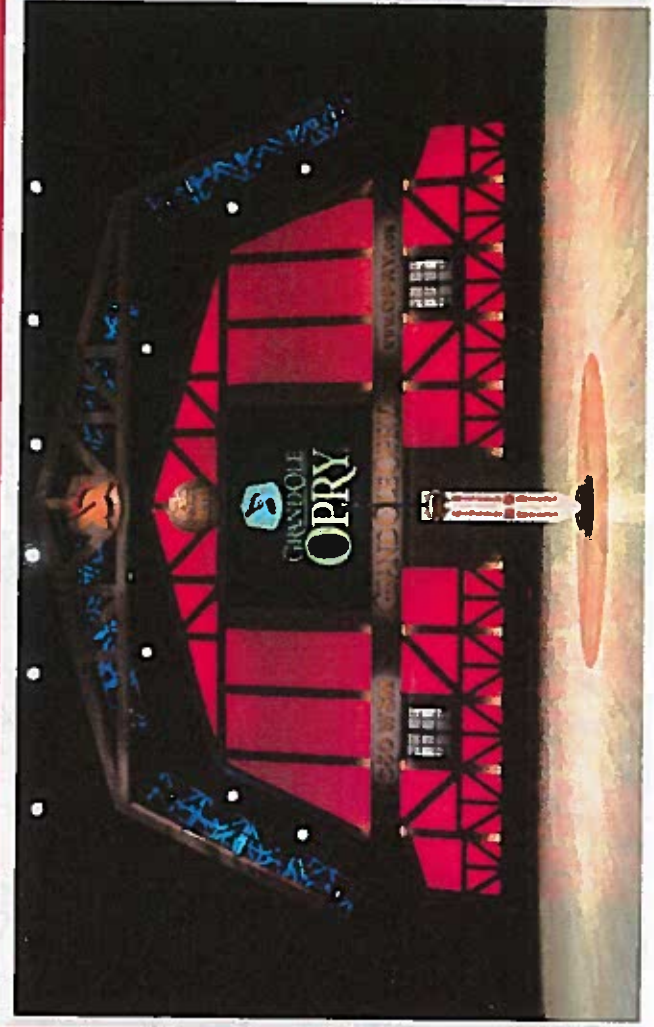
Shawanaga First Nation is organizing an Elder's trip to Tennessee for MAY 2016. This trip has been open to participants 50 years and up.

Our First Nation has been invited to partake in this wonderful opportunity to travel and sight see with neighboring First Nations. Originally, we were offered 7 seats, but due to an overwhelming interest with deposits and paperwork handed in, we ended up with 11 signed up. At a meeting in Shawanaga on January 15 our community was approved for the four extra seats needed.

In the upcoming months, these 11 individuals will be putting on many fundraising activities in the community. Family Members and Friends, please come out and show your support to this worthy cause.

Note to Trip Participants: We will be having our first meeting on Tuesday, February 2nd @ 1pm in the FIRE HALL KITCHEN. Please call Luana for a ride to the meeting.

*For further information please contact CWW
Luana McQuabbie at the HIFN Health Centre.
705 857-1221 Ext 227*





Graceland
THE HOME OF ELVIS PRESLEY

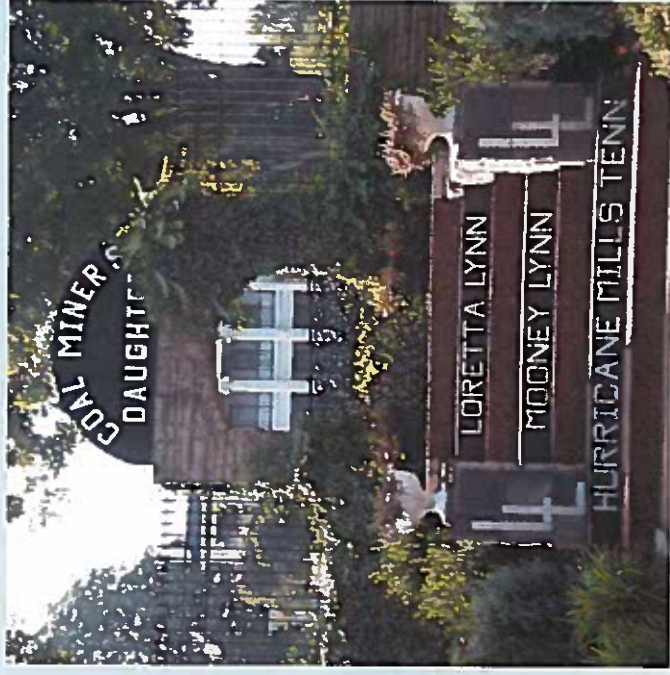
Meeting: MAY 4, 11 & 18, 2016

**ELDERS NASHVILLE TRIP
MEETING**

WEDNESDAY, MAY 4, 11 & 18, 2016

2PM

HEALTH CENTRE BOARDROOM





ELDERS NASHVILLE FUNDRAISER

DRAW: MAY 24TH @ 12 NOON



MENNONITE QUILT

TICKETS ARE AVAILABLE FROM:

LUANA MCQUABBIE
ISADORE ASHAWASEGA
MARINA ASHAWASEGA
ELSIE ASHAWASAGAI
MORRIS ASHAWASAGAI
LOUISE ASHAWASEGAI
JOANNE BARBE
DOROTHY JAMES



TICKETS ARE \$5.00 EACH

BERTHA KAGAGINS
MURIEL KING
FERN PANAMICK
& ALF. NETAGOG/ALFREDA M.



LAKE ROAD QUILTS

A Custom Quiltery
Specializing in
'LONESTAR' QUILTS

PLACE
STAMP
HERE



"Although I specialize in the 'Lone Star' design, I do 'Log Cabin' as well. I consider any pattern you choose. I will even use your fabrics if you want me to!"

- Rebecca Martin

Lake Road Quilts
350 Lacleche Lake Road
Massey, ON P0P 1P0



What We Do

Besides twin, double and queen-size quilts, I also do crib-quilts, wall-hangings and table runners. I always try to keep some quilts in stock.

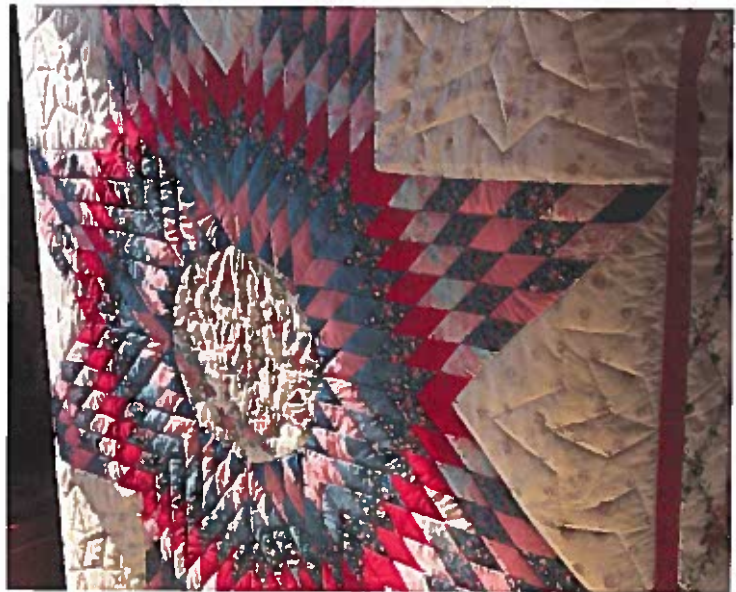
Prices;

- \$ 75 for Crib Quilts
- \$240 for Single
- \$280 for Double
- \$300 for Queen



Local Handmade Quilts

My quilts are hand-quilted. If you've pieced one and would like it hand-quilted, I can do that too.



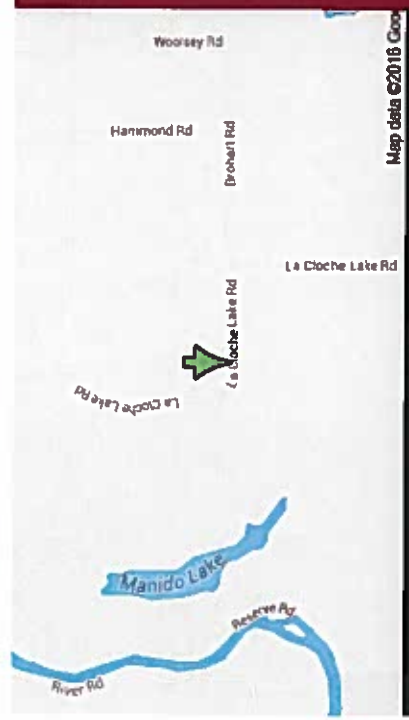
Where is Lake Road Quilts

Finding us is half the fun. Our road twists its way up and down hills, ending right on the dock of a scenic lake whose shoreline hugs the La Cloche Mountain range. Here's how to find our farm:

In Massey (a village on the Trans-Canada west of Sudbury) you turn south at the only set of traffic lights. Pass the hardware store and turn left onto River Street. This takes you straight across the majestic Spanish River over a bridge that is unique because it ends at the foot of the bluff. Turn left, and you're on Lee Valley Road. Very shortly you turn right onto La Cloche Lake Road; follow it for a couple of miles as it treads through the valley.

Finally you reach the big hill. At the top, on the right, is our farm. The sign at the end of our lane advertises the maple syrup produced by our son right here on the farm; he taps 1100 maples over our 50 acres of bush.

Call (705) 865-1768 for an appointment.



Massey, Ontario

Map data ©2016 Google

Contact Info

LAKE ROAD QUILTS
350 La Cloche Lake Road
Massey, ON P0P 1P0

(705) 865-1768



APRIL 30, 2016
1PM
CASH BINGO
FUNDRAISER

PICKEREL FIREHALL, PICKEREL RIVER ROAD
ALL PROCEEDS WILL HELP SUPPORT THE HENVEY INLET FIRST
NATION ELDERS ON THEIR TRIP TO NASHVILLE.



DOORS OPEN @
11:30

50/50 CASH SPLIT
JACKPOT 100%

CHILI & SCONE

50/50

STICK DRAW

BAKE SALE

HENVEY INLET
NASHVILLE ELDERS
PICKEREL, ON

FOR MORE INFO
CONTACT

705 857-1221 EXT 227



MAY 14, 2016

1PM

CASH BINGO

FUNDRAISER

PICKEREL FIREHALL, PICKEREL RIVER ROAD
ALL PROCEEDS WILL HELP SUPPORT THE HENVEY INLET FIRST
NATION ELDERS ON THEIR TRIP TO NASHVILLE.



DOORS OPEN @
11:30

50/50 CASH SPLIT
JACKPOT 100%

FISH FRY

50/50

STICK DRAW

BAKE SALE

HENVEY INLET
NASHVILLE ELDERS
PICKEREL, ON

FOR MORE INFO
CONTACT

705 857-1221 EXT 227

A cartoon sun with a smiling face, wearing black sunglasses, is holding a string attached to a butterfly. The sun is positioned behind a large, light blue cloud. The butterfly is orange and black, and its string trails down the left side of the page. The background is a light blue sky with white clouds and a yellow-to-white gradient.

FISH FRY

LUNCH

FUNDRAISER

MAY 14, 2016

PICKEREL FIREHALL



ALL PROCEEDS WILL GO TO HENVEY INLET FIRST
NATION ELDERS NASHVILLE TRIP.

FOR MORE INFO PLEASE CALL 857-1221 EXT 227

Bake Sale

**PLEASE SUPPORT US AS WE
FUNDRAISE FOR THE ELDERS
NASHVILLE TRIP.**

THANK YOU!

Date: SATURDAY, MAY 14th 2016

Time: 1:00PM



Where: FIREHALL

Time: 1PM

**FOR FURTHER INFORMATION
CONTACT CWW LUANA MCQUABBIE
@ THE HEALTH CENTRE**



Henvey Inlet First Nation
Daycare
Zaagibagaa-Giizis
May 2016
Newsletter

There are no seven wonders of the world in the eyes of a child. There are seven million.

~Walt Streightiff

May! Lovely, Lovely May! Mother Nature is warming up and the colors of spring are starting there show case. Even the fresh air is fresher. If that is possible. As the days are longer so is the time for the children to be able to play outside. With that make sure to send hats for protection from grandfather Sun, and remember to label their clothing.

Now on to the theme's for the month of May:

May 2 to 6, 2016: Mother's Day Week

This week is the Special made for MOM's And all that they do. We all recognize how much work there is in being a MOM. They wear so many hats every day. The children will be making special cards and gift for their Mom's.

MOTHER'S DAY SUPPER AT Daycare Monday May 2, 2016 @ 5 -6:30 pm

REMINDER: DAYCARE CLOSED FRIDAY MAY 13, 2017: STAFF ATTENDING WORKSHOP ON HUNTSVILLE

May 9 to 13, 2016: Flower Power

All things flowers! So there will be colors, Cutting, pasting, collages, learning the parts of a flower. At the end of the week the children will take home a care package they can do with their family.

May 16 to 20, 2016: Things that Buzz

May brings sunshine & flowers & insects. Welcome May along with the busy, buzzy Bugs. They're un-bee-lievable!

May 23 to 27, 2016: Transportation Week

Transportation Week is a "get up & go" week Activities, crafts and learning. They will "Get on the road" for some fun & educational Information about planes, trains, boats, or vehicles with wheels. The children will love learning about transportation.

May 30 to June 3, 2016: Rainbow Week

Rainbow week is a week filled with learning Fun facts about rainbows, colors, and crafts.

So our month of May, is one of learning, crafts, special occasions, and more outside play.

Thank you
HIFN Daycare

Charlene Ashawasegai
RECE Supervisor

Erin McQuabbie
RECE Educator

Carrie L. Bennett
RECE Educator


Zaagibagaa—Giizis 2016 May





Sun Mon Tue Wed Thu Fri Sat

1	2 STM	3 Theme: Mother's Day	4	5	6 HAPPY MOTHER'S DAY!	7
Mother's Day Supper @ Daycare 5-6:30 PM						

8 Mother's Day	9	10 Theme: Flower Power	11	12	13 Daycare CLOSED Mtg in Huntsville	14
						

15	16 STM	17 Theme: Things That Buzz	18	19	20	21
						

22	23 Victoria Day	24 Theme: Transportation	25	26	27	28
						

29	30 STM	31 Theme: Rainbow Week	June 1	June 2	June 3	
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HENVEY INLET FIRST NATION DAYCARE

Cordially invites you to our

MENU

White Fish

Wild rice Salad

COLESLAW

Baked Scone

Beverages

**Mother's
Day FISH
FRY**

MONDAY May 2, 2016

5:00 P.M. TO 6:30 P.M.

354B PICKEREL RIVER ROAD

PICKEREL, ONTARIO

Open to All MOM's In the COMMUNITY!





A Woman of Noble Character who can find?

She is Worth far more than Rubies or Diamonds!

Her Children arise and call her Blessed.

Many Women do Noble things, but YOU surpass them ALL!

Proverbs 31: 1, 28-29

HAPPY MOTHER'S DAY 2016

From HIFN DAYCARE



This Mother's Day

let us recognize ALL mothers.

The ones who nurture their children here on Earth.
The ones who carry some if not all of their children in their hearts
and the ones who yearn just to conceive a child.

www.CarlyMarieProjectHeal.com



Weather Facts



Rainbow Facts For Kids

Check out our fun rainbow facts for kids and enjoy a range of interesting information about rainbows.

Learn about different types of rainbows, how rainbows form, what colors can we see in a rainbow, and much more. Read on and have

fun learning everything you've ever wanted to know about rainbows!



porter
flying network

Warm up with a
two-day sale

SALE

Find Best Fares

Book by March 15, 2016
Travel by June 28, 2016
Some conditions apply.

- A rainbow is a multi-colored arc that forms in the sky.
- Rainbows are created by both reflection and refraction (bending) of light in water droplets in the atmosphere, which results in a spectrum of light appearing.
- A rainbow is in fact a full circle of light. However, due to most people viewing a rainbow on the ground we only see a semi-circle or arc of the rainbow.
- A rainbow is not situated at a specified distance, instead it will always be visible to a person at the precise angle freshwater droplets reflect the light which is 42 degrees in the opposite direction of the sun.
- A rainbow is not an object, it cannot be approached or physically touched.
- No two people see the same rainbow, in fact even our individual eyes see slightly different rainbows. If someone appears to be standing under a rainbow you can see, they will see a different rainbow at the same angle but further away.
- Rainbows can be seen not just in rain but also mist, spray, fog, and dew, whenever there are water drops in the air and light shining from behind at the right angle.
- Sir Isaac Newton identified the 7 colors of the visible spectrum that together make up white light. All of which are present in a rainbow in the order red, orange, yellow, green, blue, indigo and violet (the acronym or name ROY G BIV is a good way to remember these colors and their order).
- Most rainbows we see will be a "primary rainbow" whereby the color red can be seen on the outer edge through to violet on the inner edge.
- The sky within a primary rainbow is brighter than the sky outside of the arc. This is due to the fact that the millions of droplets needed to make a rainbow are spherical and overlap to create white light. At the edge however, these colored discs don't overlap so display their individual colors producing the rainbow arc.
- A "double rainbow" is where a second, much fainter arc can be seen outside of the primary arc. This is caused by the light reflecting twice inside the water droplets. As a result of this double reflection the colors of the second arc are inverted with violet on the outer edge and red on the inner edge.
- The dark, unlit sky between the primary arc and secondary arc is called Alexander's band, after Alexander of Aphrodisias who first described it in 200 AD.
- Very rarely, light can be reflected 3 or 4 times within a water droplet which produces even fainter tertiary (third) and quaternary (fourth) rainbows in the direction of the sun.
- A "moonbow" is a rare lunar rainbow or night time rainbow produced by light from the moon. Our eyes see it as white even though all colors are faintly present.
- A "fogbow" is formed by cloud and fog droplets, they are almost white with very faint colors visible. Fogbows are quite large and much broader than a rainbow.
- Create your very own rainbow by trying this fun [rainbow experiment!](#)



More Weather Facts!

- [Cloud Facts](#)
- [Flood Facts](#)
- [Hurricane Facts](#)
- [Lightning Facts](#)
- [Rain Facts](#)
- [Rainbow Facts](#)
- [Snow Facts](#)
- [Temperature Facts](#)
- [The Water Cycle](#)
- [Thunder Facts](#)
- [Tornado Facts](#)
- [Wind Facts](#)

Get up to **4%** cash back on your everyday purchases.

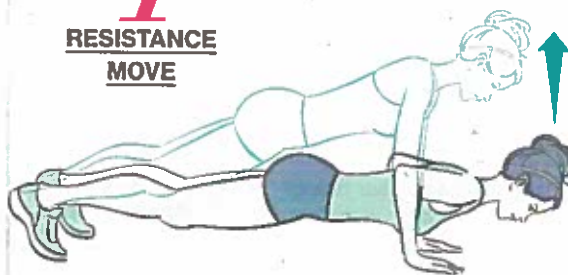
You're richer than you think.

Scotiabank

CUSTOMIZE YOUR CIRCUIT

Do you have five minutes?
Tony Horton, personal trainer and founder of the P90X home fitness program, says that's all you need to get a great workout using only your body weight. **BY KATE DALEY**

1 RESISTANCE MOVE



The Standard Pushup

With your hands and feet on the floor, your arms parallel and shoulder-width apart, and your legs straight behind you, lower your body toward the floor (keeping your arms at your sides), then push up to return to a plank position. Repeat.

MODIFICATION Hold a plank position with your arms straight and shoulder-width apart.

FOCUS Chest, shoulders, triceps and abs

REPS Do as many as you can with good technique.

TIP If you do pushups on your knees, you won't engage your core. If you can't lower your body all the way down in standard pushup form, Horton recommends doing a half or mini pushup instead.



“If you don't plan it, you won't do it. If you wing it, it won't work. Write it down in a calendar and work out whenever you can. Your schedule dictates what you're going to do.”



2

**CARDIOVASCULAR
MOVE**

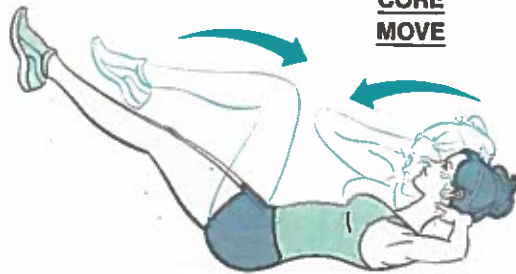
**Running on
the Spot**

MODIFICATION Marching on the spot, jumping jacks and boxing moves such as cross hooks or uppercuts

FOCUS Raising your heart rate

REPS Go as fast and as furiously as you can handle for one minute.

TIP There are no rules—just move your body as much and as fast as you can.



3

**CORE
MOVE**

The Bicycle

Lie on your back with your hands clasped behind your head, your knees bent and your feet lifted off the floor. Extend your right leg and reach your right elbow toward your left knee. Change to the opposite side, extending your left leg and reaching your left elbow toward your right knee. Continue changing sides, cycling your legs as if you're on a stationary bike and always reaching your elbow toward the opposite knee.

MODIFICATION Any lie-down ab exercises, such as scissors or ticktocks (lift your legs straight toward the ceiling and move them in a circular motion, keeping your torso stable)

FOCUS Abdominal muscles

REPS Start with 20 reps and work up to 30.

TIP Every time you exhale during a move, contract your abs as much as possible. Always protect your lower back—if it hurts, try a different position.

The Lunge

From standing with your legs together, step your right leg forward until both legs are bent at 90-degree angles, making sure your front knee doesn't extend past your ankle and keeping the weight on the right leg. Push off your right leg to return to starting position. Repeat on your left side.

MODIFICATION Squats, pliè squats, step-back lunges, or squats and lunges holding dumbbells

FOCUS Leg muscles

REPS Start with 20 reps and work up to 30.

TIP For a more advanced workout, perform the exercise plyometrically by incorporating jumps into the lunges.



4

**LEG-SPECIFIC
MOVE**

***Do as many sets of these four sequences as possible. (Three to six sets is ideal.) Give yourself 15 to 20 seconds of rest between each circuit.**

**CHOOSE THE
WORKOUT
FOR YOUR
PERSONALITY**

Find the activity that moves you—and one that burns the most calories while you're at it.

BY JILL BUCHNER

Outdoor Adventurer	CAL*
HIKING	202
CROSS-COUNTRY SKIING	272
SNOWSHOEING	272
Social Butterfly	
ZUMBA	270
HOCKEY	274
CROSSFIT	288
KICKBOXING	344
Independent Athlete	
WALKING	148
AEROBICS	207
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CHOPPING WOOD	207
SHOVELLING SNOW	207

*Based on half an hour of activity for a 150-pound woman

The Facts of Lice - Overview



What are head lice?

Head lice are small insects that live on the human scalp, feeding on human blood several times a day. These parasites make small bites in the scalp to suck blood and live off of human hosts. The bites do not hurt, but lice excrete a substance to prevent the blood from clotting, which can cause severe itching and allergic reactions. Without a host to feed on, lice will die within 1–2 days.



Who gets head lice?

Head lice are found worldwide and can infest any human. In the United States, infestation with head lice is most common among children 3-11 years old. Lice are most often found on children attending child care, preschool, and elementary school. Lice are also often transferred to the household members of infested children. The Centers for Disease Control and Prevention has estimated that up to 12 million children in the U.S. aged three to twelve are infested with head lice each year.

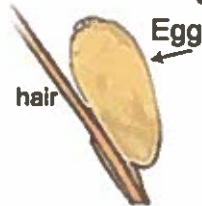


How do lice get into the hair?

- Head lice move by crawling; they cannot hop or fly.
- Head-to-head contact with a person who has head lice is the most common way to transfer lice. Head-to-head contact is common during play at school, at home, at the playground, at camp, at slumber parties, and during sports activities.
- Head lice may also be spread by sharing clothing items. Lice or eggs may have crawled or fallen onto items such as hats, scarves, coats, sports uniforms, helmets, hair ribbons, barrettes, combs, brushes, towels, stuffed animals, pillows, and bedding—to name a few.
- Head lice may also be spread on furniture and other household items such as beds, couches, chairs, and pillows.
- Dogs, cats, and other pets do not play a role in the spread of human lice.

Next: Life Cycle >>

The Facts of Lice - Life Cycle



Egg / Nit

Lice eggs are laid by the adult female at the base of the hair shaft nearest the scalp. Lice eggs are firmly attached to the hair shaft by a glue-like substance and are oval-shaped, very small (about the size of a knot in thread), and hard to see. Lice eggs often appear yellow or white. Living lice eggs can appear to be the same color as the hair they are on. After hatching, the empty eggshell is called a nit. Lice eggs and nits are often confused with dandruff or other debris. Lice eggs usually take 8–9 days to hatch. Lice eggs that are likely to hatch are usually located less than ¼ inch (5mm) from the base of the hair shaft.



Nymph

A nymph is a young louse that has recently hatched from a lice egg. A nymph looks like an adult head louse, only smaller. Nymphs, like adult lice, must feed on human blood to survive. Nymphs mature into adult lice 9–12 days after hatching.



Adult

A fully-grown adult louse is about the size of a sesame seed, has six legs, and is tan to grayish-white in color. Adult head lice may appear to be the same color as the hair they live in. To survive, they must feed on human blood. Head lice live about 30 days on a person's head, but will die within 1–2 days if they are removed from a food source, such as when they fall off the head. Adult female head lice are usually larger than males and can lay about 8–10 eggs each day.

<< Previous: Overview

Next: Treatment

The Facts of Lice - Treatment



Identify signs of head lice.

The first step is to determine if your child actually has head lice or not. Because lice are very small, move quickly, and avoid light, they may be difficult to find with a visual inspection. There are several signs to look for:

- Constant head scratching and/or complaints about itchiness on the head.
- Small dandruff-like particles appearing in the hair, especially along parts in the hair.
- A note from your child's school about a known head lice outbreak.



Start a **SAFE** lice treatment immediately!

Children and adults with an active head lice infestation should be treated immediately, and all other household members should be examined closely. The objective is to immediately kill or remove all lice from the infested person's hair. Without treatment, head lice will continue living on a person's head indefinitely. Immediate treatment is a must!



Traditional lice products are **TOXIC** and don't even work!

Over the years, head lice have become resistant to popular pesticide treatments. It is critical that your head lice remedy is effective against these new strains of lice--or else infestation will continue. Studies in recent years assert that up to 75% of lice strains are now resistant to Permethrin and Pyrethroids, the active ingredients in many head lice products currently on the market.

Your lice remedy should also be safe for your children. Unfortunately, traditional lice killing products are anything but safe. In a 2009 memorandum, The Environmental Protection Agency classified Permethrin as "likely carcinogenic to humans." The National Pediculosis Association, a non-profit group that advocates on head lice issues, has collected over 1,000 reports linking the use of pesticide shampoos to seizures, behavioral problems, and leukemia. Between 2005 and 2010, the U.S. Food & Drug Administration's Adverse Event Reporting System even documented complaints involving six deaths related to the over-the-counter pesticide Permethrin. We hope that you do not wish to use such toxins on your child!



Remove every last louse, egg, and nit.

Removal of lice eggs and nits that are glued to the hair is a critical step in defeating lice. Lice eggs hatch up to ten days after being laid, and it is important to get rid of newly hatched lice to prevent an ongoing infestation cycle. Additionally, many schools have "no-nit" policies that prevent kids from returning to school even if they only have remnants of dead or hatched lice eggs (called "nits"). Accordingly, any initial lice-killing or lice-removal treatment must be followed up by additional treatments to eliminate eggs and newly hatched lice.



Sanitize Your Home

In addition, you should thoroughly clean your home and any belongings that are likely to have been exposed to lice. This includes the following:

- Machine wash bed linens, hats, coats, scarves, stuffed animals and other such items in hot water, then dry using high heat drying cycle for 20 minutes or more.
- Items that are not washable should be dry cleaned or placed in a plastic bag and stored for two weeks (any lice will die during that period).
- Soak combs and brushes in very hot water.
- Thoroughly vacuum a child's room and play areas, including the floor and furniture where the infested person may have been.
- Head lice need to feed daily, and can not live away from a human host. Taking the above steps will help end the possibility of re-infestation by lice which may have temporarily located on an household item and are waiting to "hitch a ride" on another head.

<< Previous: Life Cycle
Next: Prevention >>

The Facts of Lice - Prevention



Avoid lice altogether.

Children and parents can take many step to prevent getting head lice in the first place.

- Avoid head-to-head contact with others who may have head lice. Unfortunately, it is hard to tell whether somebody else has lice, so it is best to avoid head-to-head contact with other children whenever possible.
- Avoid sharing clothing, hats, helmets, combs, or towels with others who may have head lice. This is especially common in daycare, schools, sporting activities, camps, and sleepovers.
- Avoid sharing beds, bedding, pillows, couches, or chairs with others who may have head lice.

roasted potatoes with apples, sausage and maple mustard glaze

Active Time: 25 minutes
Total Time: 1 hour, 5 minutes

Makes: 4 servings
Serving Size: 2 cups each

Ingredients

- 1 ½ pounds small potatoes, such as red, blue or gold, cut into 1-inch chunks (about 6 c.)
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- 4 links fully-cooked chicken sausage, sliced (12-ounces)
- 2 golden delicious apples, peeled, cored and cut into 1 1/2 -inch chunks
- 2 tablespoons whole-grain mustard
- 2 tablespoons maple syrup
- 1 tablespoon cider vinegar or red wine vinegar

Instructions

1. Preheat oven to 450°F.
2. Toss potatoes, oil, salt and pepper in a large bowl until coated. Spread out in a large heavy roasting pan. Roast 10 minutes. While potatoes roast, stir sausage, apples mustard, maple syrup and vinegar together in the bowl.
3. Reduce oven temperature to 375°F. Remove roasting pan from the oven. Scrape potatoes up from the pan with a spatula. Add sausage, apples and the mustard mixture to the potatoes and toss to combine. Return to the oven and bake, stirring once or twice until the potatoes and apples are tender and the glaze is caramelized, 45 to 50 minutes.

<http://www.healthyseasonalrecipes.com/roasted-potatoes-with-apples-sausage-and-maple-mustard-glaze/>



Sonoma Chicken Salad

Serves 8

This chicken salad is one of our classic Whole Foods Market dishes. The tender chicken breast, crunchy pecans and sweet grapes in each bite are hard to top.



Ingredients:

- **Dressing**
- 1 cup mayonnaise
- 4 teaspoons apple cider vinegar
- 5 teaspoons honey
- 2 teaspoons poppy seeds
- Salt and freshly ground pepper, to taste
- **Salad**
- 2 pounds boneless, skinless chicken breasts
- 3/4 cup pecan pieces, toasted
- 2 cups red seedless grapes, halved
- 3 stalks celery, thinly sliced

Method:

In a bowl, combine mayonnaise, vinegar, honey, poppy seeds, salt and pepper. Refrigerate until ready to dress the salad. This can be prepared up to 2 days ahead.

Preheat the oven to 375°F. Place the chicken breasts in one layer in a baking dish with 1/2 cup water. Cover with foil and bake 25 minutes until completely cooked through. Remove cooked chicken breasts from pan, cool at room temperature for 10 minutes, then cover and refrigerate.

When the chicken is cold, dice into bite-size chunks and transfer to a large bowl. Stir in pecans, grapes, celery and dressing.