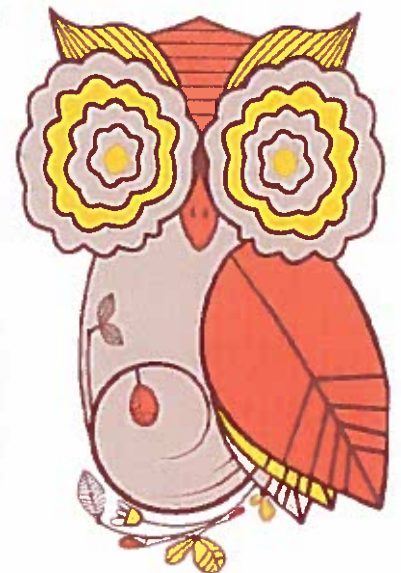




# November

## Important Dates

- Daylight Savings begins Sunday November 6, 2016
- Offices Closed Friday November 11, 2016 for Remembrance Day
- Christmas Meat Preference Deadline is November 18, 2016. Please call Darcy @ Health Centre if we don't receive a call your choice from last year will be used





# November Birthdays

Stanley Moses-	November 1, 2016
Kim McQuabbie-	November 1, 2016
Emery Tabobandung-Pawis-	November 3, 2016
Jaimes Contin-Plourde-	November 5, 2016
Ebony McQuabbie-	November 9, 2016
Jackie Pearce-	November 10, 2016
Phoenix Barbe-	November 10, 2016
Luana McQuabbie-	November 13, 2016
Ryan Ashawasagai-	November 15, 2016
David Contin-	November 15, 2016
Tracy Flood-	November 18, 2016
Darryl Newton-	November 19, 2016
Richard Nolin-	November 19, 2016
Marina Ashawasega-	November 22, 2016
Athena Panamick-	November 29, 2016

Sorry if anyone was missed, Please call the Health Centre to put your name on the 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 Ashawasagai ~ Program Supp. Clerk/Receptionist

Deborah Newton ~ Membership/Medical Van Driver

Kerri Campbell ~ Native Child and Family Worker

Louise Ashawasagai ~ 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](mailto:lands@henveyinlet.com)**

**Amanda Barbe- Lands Assistant**

**Email: [barbe\\_amanda@yahoo.ca](mailto: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

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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

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295 Pickereel River Road  
Pickereel, 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!!

## **NOTICE TO MEMBERS!!!**

When utilizing Community Submissions ALL fields must be filled out! We will not process your payment for medical appointments unless all fields are filled out! Name, Date and time of appointment, Date of Birth, Band Number, Name of Doctor, Destination, Reason, Drivers signature and Printed name also as we cannot make out some signatures, and most importantly the Stamp/Signature of Receiving Officer!!!



**Henvey Inlet  
First Nation**  
Pickeral, ON P0G 1J0

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

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

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

Chief  
M. Wayne McQuabbie  
Council  
Lionel Fox  
Patrick Brennan  
Carl Ashawasagai  
Brenda Contin  
Genevieve Solomon-Dubois  
Tony Solomon

# Memorandum

**To:** Henvey Inlet First Nation Community  
**From:** Darcy Ashawasegai-P.S.C./Reception  
**Date:** 7/26/2016  
**Re:** **Non-Band Members utilizing the Medical Van**

---

The Medical Transportation Vehicle may be used by Non-Band Members. However, The Non Band Member must call and put their name in the Medical Transportation Book. Their name can only be added in the book if there is already Medical Appointments booked for that day for Band Members. Non Band Member appointments must be after the First appointment in the book and before the last appointment in the book and follow the Medical Transportation Schedule in order to be put in the book.

Reminder for Band Members/Non Members, Please book your appointments according to the Schedule which is:

Monday- Sudbury

Tuesday- Parry Sound

Wednesday- Britt

Thursday- Sudbury

Friday- Emergencies Only

ONLY Band Member appointments that do not coincide with this schedule or are not within the acceptable hours will be eligible to utilize a Community Submission. We at the Health Centre would appreciate your cooperation.

/DA



# **BRITT NURSING STATION**

## **NOTICE**

**ALL PATIENTS ARE ASKED  
TO BOOK APPOINTMENTS.**

**WALK INS WILL ONLY BE  
SEEN AFTER APPOINTMENT  
PATIENTS ARE SEEN.**

**LABS ARE DONE ONLY  
BETWEEN 8:00 – 12:00**

**THANK YOU**



**Henvey Inlet  
First Nation**  
Pickereel, ON P0G 1J0

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

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

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

Chief  
M. Wayne McQuabbie  
Council  
Lionel Fox  
Patrick Brennan  
Carl Ashawasagai  
Brenda Contin  
Genevieve Solomon-Dubois  
Tony Solomon

# Memorandum

**To:** Henvey Inlet First Nation Members  
**From:** Henvey Inlet First Nation Health Centre  
**Date:** 9/29/2016  
**Re:** Prescription Pick-ups/Reimbursements

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This is in regards to Prescription pick-ups/reimbursements to remind Band Members that Henvey Inlet First Nation Health Centre does not pick-up prescriptions from any Medical offices ie: Britt Nursing Station as we utilize Noelville Pharmacy for delivery of Prescriptions. We also do not reimburse clients for Over the Counter Prescriptions.

If you wish to have your prescriptions delivered to the Health Centre, Please get your prescriptions transferred/faxed to Noelville Pharmacy as they deliver prescriptions to the Health Centre every Thursday.

DA/ep



## Henvey Inlet First Nation

Pickerel, ON P0G 1J0

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

Health Centre  
354A Pickerel River Road  
T 705-857-1221  
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M. Wayne McQuabbie  
Council  
Lionel Fox  
Patrick Brennan  
Carl Ashawasagai  
Brenda Contin  
Genevieve Solomon-Dubois  
Tony Solomon

# MEMORANDUM

To: Band Members  
Fr: Millie Pawis, Director of Finance/Administration  
Dt: October 27, 2016  
Re: **Annual Christmas Party 2016**

---

At Chief and Council's finance committee meeting of January 27, 2016, Council has made the decision to accept a recommendation that gifts no longer be purchased for the children of the community but rather it will be a responsibility of the parent(s).

The following will now apply:


1. The parent/guardian will call the Administration Office to confirm their attendance to the Annual Christmas Party, by the deadline.
2. A designated staff member of HIFN will be responsible for purchasing the required number of RBC VISA cards as per the list of attendees.
3. The parent/guardian will purchase their respective child/children gift(s) before the Annual Christmas Party.
4. The parent/guardian must attend the Annual Christmas Party on the date set along with their child/children and bring their wrapped gifts.
5. When the parent/guardian arrive they will sign in with the designated staff member of HIFN to confirm their attendance where they will provide a "duplicate gift receipt" that details the purchase of the gift for their child/children enabling the retention of the original receipt by the parent/guardian.
6. The parent will then be responsible for putting the gift under the tree.
7. As the gifts are distributed, the parents/guardians are to return to the designated staff member to receive a RBC VISA card for up to \$100 value as their reimbursement for each child/children's gift.
8. Anyone who does not attend the Annual Christmas Party will not be reimbursed.

This year's Annual Christmas Party is set for **December 13, 2016**, dinner starting at 5:00 p.m.

**The deadline for calling the Administration Office (705) 857-2331 to notify us of your attendance is 4:30 p.m. December 12, 2016.**

**Please note also, that the \$20/ea is no longer be available.**

Thank you for your cooperation in this matter.

  
Millie Pawis  
Director of Finance/Administration  
/MP



**Henvey Inlet  
First Nation**  
Pickeral, ON P0G 1J0

Administration  
295 Pickeral River Road  
T 705-857-2331  
F 705-857-3021  
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Chief  
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Council  
Lionel Fox  
Patrick Brennan  
Carl Ashawasagai  
Brenda Contin  
Genevieve Solomon-Dubois  
Tony Solomon

## MEMORANDUM

To: CMHC Tenants/Elder Tenants  
Fr: Millie Pawis, Director of Finance/Administration  
Dt: October 26, 2016  
Re: Rent Incentive – Tenants in Band Owned Units

Chief and Council are prepared to provide tenants and elders who reside in a Band Owned unit a rent incentive again this year. It has been proven to be an effective method to encourage tenants to be current with their rent/lease.

In order to qualify for a rent free December 2016 you need to meet the following criteria:

1. You must have a zero balance on your CMHC Account Statement as at November 30, 2016.
2. You must have attended at least one housing workshop since April 2016.

This incentive is based on availability of funds.

/MP

c.c. Social Services Administrator  
Financial Administrator

## Turkeys & Hams

- Its that time of year again! Every
- household will receive either a Turkey or Ham. Please call Darcy at the Health Centre to give her your preference. If we don't receive a call by **Friday November 18 @ 12 noon**, your choice you made last year will be used.

Reminder of one Turkey or Ham per household!







# **Henvey Inlet First Nation's**

Administration Office, Daycare, Health  
Centre, Lands Office, Library, Nigig Power,  
Pickerel Contracting, & the Water Plant

will be closed at

Noon on Wednesday December 21, 2016

for the Christmas Holidays and will be

Opened Monday January 9, 2017 at 8:30 a.m.





Community Christmas Party  
Tuesday December 13, 2016  
Agenda

- 4:00 Shuttle Pickup in BeCanon
- 5:00 Dinner
- 6:00 Christmas Festivities
- 7:00 Special Visitor
- 8:30 Penny Table Social
- 9:00 Shuttle Return to BeCanon





Community Christmas Party  
Tuesday December 13, 2016  
Feasting starts at 5:00 p.m.

Turkey w stuffing

Roast Beef

Pineappled Ham

Mashed potatoes, veggies, gravy

Apple, Cherry, & Pumpkin Pies

Celebration to take place at the Fire Hall

Special Visitor to arrive at 7:00 p.m.





# DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

## **NOVEMBER 15, 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
<b>Henvey—Health Centre</b>	<b>Tuesday, Nov. 15/16 2:15—3:00pm</b>

### **Purchase of Training:**

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



### **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**



**ONTARIO WORKS SCHEDULE**

**MONDAY TO THURSDAY 8:30 a.m. to 2:30 p.m.**

**November 2 – 4 Out of Office attending SAIL training**

**November 8<sup>th</sup> out of office for Privacy training**

**November 9 & 10<sup>th</sup> Staff Wksp with Earl Lambert**

**Tuesday, November 15<sup>th</sup> ODSP Info Session @ Health Ctr.**

**EMPLOYMENT ASSISTANCE**

**JUDY WILL BE SCHEDULING AN EMPLOYMENT INFORMATION  
SESSION ON WEDNESDAY, NOVEMBER 30<sup>TH</sup>**

**DELICIOUS LUNCH AND GIFT CARDS**

**FOR THOSE IN ATTENDANCE ☺**

\*\*\*\*\*



**FOOD BANK**

**FRIDAY, NOVEMBER 18<sup>TH</sup> @ 11 A.M.**



# ONTARIO WORKS

**"EMPLOYMENT ASSISTANCE INFORMATION SESSION"**

**9:00 A.M. WITH NAVIGATING EMPLOYMENT PATHWAYS**

**Transition program**

## **Education and Employment**

**10:00 a.m Contact North**

**DIFFERENT COURSES AVAILABLE ON-LINE PRESENTATION**

**REFRESHMENTS WILL BE AVAILABLE: COFFEE, TEA, JUICE, MUFFINS & FRUIT, LUNCH PROVIDED AND INCENTIVE PRIZES.**

**MONDAY, OCTOBER 31,2016**

**9:00 A.M. TILL APPROXIMATELY 1:00 P.M.**



**AT THE**

**FIREHALL**

Please note\* if you require informal childcare because your child is under 2 ½ years old and cannot attend the daycare, childcare costs can be covered.

## Food Bank Fundraising Report

<b>Activity</b>	Halloween Dance Canteen
<b>Date</b>	October 21, 2016
<b>Helpers/Volunteers</b>	Sherry
<b>Total Funds:</b>	\$327.00
<b>Expenses</b>	<b>\$220.00 Supplies</b> Pizza, Pop, Hotdogs, Buns, Condiments, Tablecloth, Chips & Chocolate Bars, Plates
<b>Profit</b>	<b>\$107.00</b>
<b>Comments</b>	<b>Megwetch for supporting the food bank 😊</b>

# Memo

## **HENVEY INLET FIRST NATION**

To: Chief and Council & Staff  
From: Dorothy Contin  
CC: Community Members  
Date: 10/25/2016  
Re: Christmas Penny Table

Comments: Our annual Christmas Dinner is almost upon us and I am once again requesting a donation from you "personally" or from your "program" for the Food Bank Penny Table.

I would like to have at least 10 – 12 items on the table.

If you can donate "something" it would be much appreciated and I will be sure to include your name on the Penny Table with your donated item.

Megwetch. ☺





## CATERER REQUIRED FOR ODSP WKSP

**Requirement:** Food Handlers Certificate

Please submit your costs for service fee, food for 20 people and mileage to Millie Pawis, Finance Director

**by Tuesday, November 8th**

**for a Light Lunch @ 12 noon November 15<sup>th</sup>, 2016**

**Caterer will be responsible for the following:**

- Egg Salad sandwiches on whole wheat bread & cold cut platter with buns & condiments (lettuce, tomatoes, mayo, and mustard)
- Cheese and crackers
- Large bowl of cut up strawberries
- Vanilla yogurt, granola
- Coffee, herbal teas, juice & bottled water
- Cups, utensils, plates, bowls & napkins

**And:** Clean-up of food afterwards & bring full garbage bags to bin outside.

Oct 26, 2016

To all Community Members

As of April, 2017, I will be retiring from Henvey Inlet First Response and Fire Dept. If any members are interested in taking this position on please let me know and I will arrange training for you.

Thank-you

Lionel Fox





# Hello!

Community Members,

My name is Melissa Kagagins, I am a mother to a 21 month old daughter and I am the successful candidate for the position of Recreation Coordinator. As the Recreation Co-ordinator I do things such as recreational , leisure and sport activities and programming for the community.

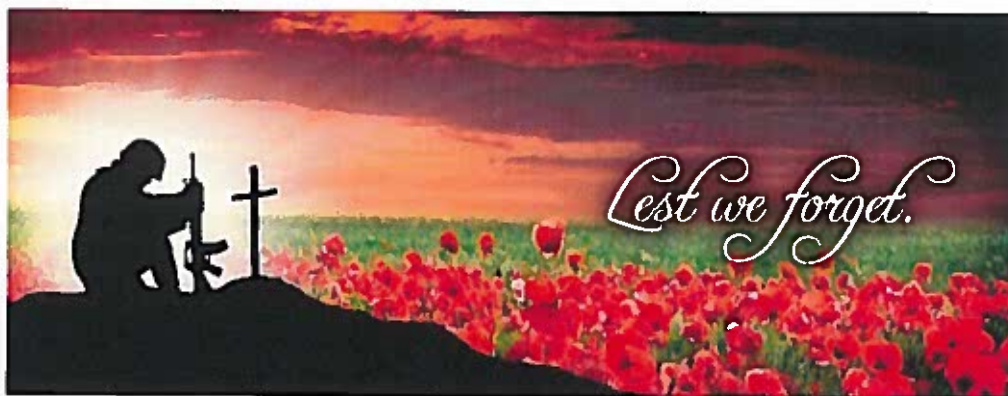
I've enjoyed this job since I started in September and I'm currently working with Angele Dubois for the Right To Play program. I like interacting with the youth in our community. I am looking forward to planning more activities for the youth and community.

One thing I would like to see in the future for my daughter and other children/youth is more activities for them in the community now and when she's older. I believe more activities would keep the community positive and active. If you have any questions or suggestions feel free to call or email 249-878-9796

Or email [melissakagagins@gmail.com](mailto:melissakagagins@gmail.com)



**CHILD AND FAMILY**  
**&**  
**HEALTH EDUCATOR**  
**NOVEMBER 2016**





# Henvey Inlet Health Centre

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

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

## CHILD & FAMILY PROGRAM NOVEMBER 2016

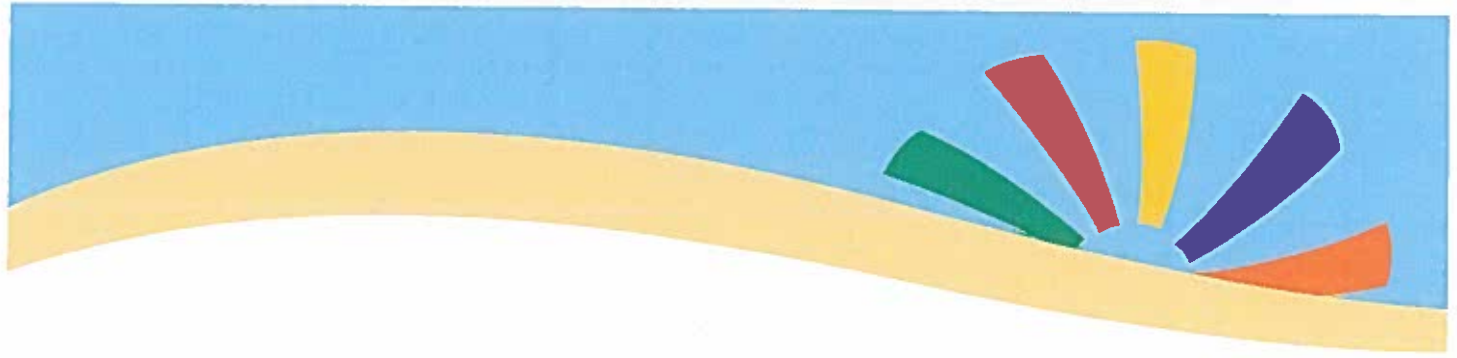


Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Rescheduled Workshop	2 Program Plan- ning	3 Bread Venture	4 Parry Sound	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	HOLIDAYS	Parry Sound, Britt Home Visits	Program Plan- ning	Parenting Program Sensory	Sudbury	
20	21	22	23	24	25	26
	In Office	In Office Pro- gram Prep	Program Plan- ning	Faceless Doll Quilt Unveiling		
27	28	29	30			
	In Office	Program Plan- ning	Bring On Winter Community Bingo			

**HOLIDAYS**

Remembrance  
Day Office  
Closed

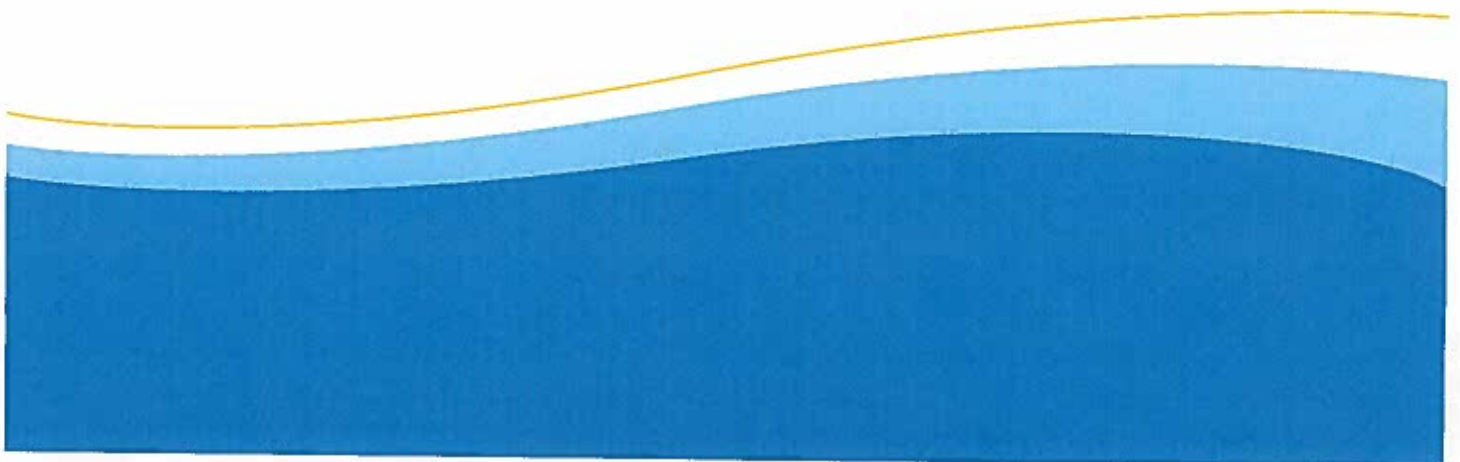




# *HOLIDAY NOTICE*

## NATIVE CHILD & FAMILY WORKER

PLEASE NOTE THAT I WILL BE ON HOLIDAYS FROM NOVEMBER 7 TO NOVEMBER 14. I WILL BE RETURNING TO THE OFFICE ON NOVEMBER 15. IF THERE ARE ANY CHILD WELFARE ISSUES PLEASE SEE CHIEF WAYNE McQUABBIE. IF YOU NEED ANY OTHER ASSISTANCE PLEASE SEE ANOTHER HEALTH CENTRE STAFF.



DATE: NOVEMBER 3, 2016

TIME: 8:45 AM

Janice Campbell will be back  
one more time to teach those  
in the Community, how to  
make Real Homemade Bread  
from scratch!!!

Workshop starts at 9:00 am, not one minute  
later, if you are not in the boardroom at  
9:00am, you will not be able to participate!!!

CONTACT DARCY TO SIGN UP  
705-857-1221  
LIMIT OF 5 PARTICIPANTS!!!



THOSE WHOM HAVE  
NEVER PARTICIPATED  
WILL BE GIVEN FIRST  
PRIORITY!!!

BREADADVENTURE



THE HEALTH CENTRE

WILL BE CLOSED

FRIDAY NOVEMBER 11TH

TO OBSERVE

REMEMBRANCE DAY



*Fancy Bowman-King*

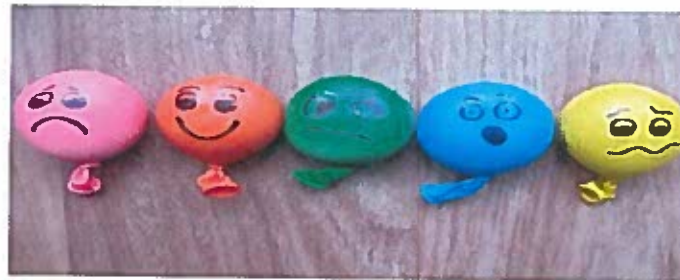
# PARENTING WORKSHOP

## Sensory Kits to Help Calm An Angry/Anxious Child

Do You Have An Angry or Anxious Child.  
Please Join Us at The Health Centre to Make  
A Sensory Kit to Help Calm Your Child.



**CALM DOWN JARS**  
with **LEGO**



**Where:** Health Centre

**When:** Thursday, November 17, 2016 @ 1pm

**What:** Sensory Kits

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

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



# BRING ON WINTER COMMUNITY BINGO

*You're Invited to a Community Event: Bring On Winter Bingo at the Fire Hall. Let Us Help You Prepare For Winter!*



**Contact person: 705-857-1221**

**DATE: NOVEMBER 30, 2016**

**TIME: 1:00 PM**

*PLEASE CALL TO SIGN OPI*

*Lunch Is Provided*

*AGES 18+*

**HENVEY INLET HEALTH CENTRE**

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

Phone: 705)857-1221 or 866-252-3330

Fax: (705) 857-0730

Email:;

\*If transportation is required please call the Health Centre 3 days prior to event to make arrangements



# ***CHRISTMAS BAKE N' SHARE & CLEAN***



**Limit of 6  
Participants  
Recipes  
Must Be  
Submitted  
On Time To  
Be Able To**

When: Wednesday, December 7, 2016 @9:30am

Where: Health Centre

For those who signed up & submitted their recipes please join us for a day full of baking & sharing! **RECIPES DUE Thursday, December 1 by**

**12 pm. Please send 2-3 Recipes**

Please contact Kara or Kerri for any additional information.

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

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

COMMUNITY  
HEALTH NURSING  
PROGRAM





# November 2016

Brenda CONTIN, C.H.N.  
 Henvey Inlet Community Health Nursing Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Program Shop- ping	2 Stop Smoking Ca- fé 11:30 am	3 OFFICE/FLU CLINIC	4 Not in office: DUE TO APPT	
	7 OFFICE	8 NORTH BAY: Pri- vacy Wkshop	9 Earl Lambert: WORK	10 STAFF UNITY SHOP	11 REMEMBRANCE DAY OFFICE CLOSED	
	14 STAFF MTG./ OFFICE	15 HOME VISITS/ FLU CLINIC 4:30- 7:00 pm	16 OFFICE	17 OFFICE	18 Program Shopping	
Program Cooking 3.5 hrs.	21 Lunch n Learn	22 OFFICE	23 HOME VISITS	24 SUDZ: SKHC BOARD MTG	25 NOT IN OFFICE: OFF FOR LIEU HRS ON 20/11	
	28 STAFF MTG. FINANCE	29 OFFICE	30 OFFICE			



# FLU CLINIC

**DATE: Nov.3, 8:30—4:00 pm;**

**Nov. 15th, 4:30 pm—7:00 pm**

You can also visit the CHN office anytime during the month of November, but please call Darcy to see if CHN is available...:)

**LOCATION:** Henvey Inlet Health Centre

BEAT <sup>the</sup> FLU BUG



Get your **Shot!**

**NOTE:** YOU MUST BE PREPARED TO WAIT 15 MIN. POST VACCINA-

**CONTACT PERSON:** Brenda Contin, CHN

# LUNCH N LEARN

Location: Henvey Inlet Firehall

11:30 –1:00 pm

November 21, 2016

## Diabetes Bingo

Please call Darcy for sign-up!!

You must be present at program  
by 11:45 or your name will be  
bumped by next person on waiting  
list...

**You must be 18 years of age and over to play!!**

# QUIT SMOKING

— Café —

Every Wednesday from  
November 2 to November 30, 2016  
10 a.m. to 11:30 a.m.  
Henvey First Nation Health Centre

*A light lunch and refreshments will be available.*



**FOR MORE INFORMATION PLEASE CONTACT:**

Brenda Contin, [Brenda.Contin@henveymedicalcentre.com](mailto:Brenda.Contin@henveymedicalcentre.com)



**Shkagamik-Kwe**  
HEALTH CENTRE

161 Applegrove Street, Sudbury, Ontario P3C 1N2 [www.skhc.ca](http://www.skhc.ca)





## CATERER REQUIRED FOR ODSP WKSP

**Requirement:** Food Handlers Certificate

Please submit your costs for service fee, food for 20 people and mileage to Millie Pawis, Finance Director

**by Tuesday, November 8th**

**for a Light Lunch @ 12 noon November 15<sup>th</sup>, 2016**

**Caterer will be responsible for the following:**

- Egg Salad sandwiches on whole wheat bread & cold cut platter with buns & condiments (lettuce, tomatoes, mayo, and mustard)
- Cheese and crackers
- Large bowl of cut up strawberries
- Vanilla yogurt, granola
- Coffee, herbal teas, juice & bottled water
- Cups, utensils, plates, bowls & napkins

**And:** Clean-up of food afterwards & bring full garbage bags to bin outside.

# **ODSP INFO WKSP**

## **WHEN**

**NOVEMBER 15<sup>TH</sup>  
11 A.M.**

## **WHERE**

**HEALTH CTR.**

**FACILITATOR: ODSP WORKER  
MAUREEN CHAMBERLAIN**

**WILL BE PROVIDING INFORMATION  
AND ANSWERING ANY QUESTIONS  
YOU MAY HAVE RE: ELIGIBILITY  
FOR ODSP AND BENEFITS**

## **3 DOOR PRIZES**

**\$25.00 GIFT CARD  
TIM HORTONS**

**\$25.00 FOOD BASICS**

**\$25.00 INDEPENDENT  
GROCERS**

**LUNCH WILL  
BE PROVIDED**



**Louise Ashawasegai**  
**NNADAP**





# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Harry S. Sweat	3 Harry S. Feasting of the soul	4 Harry S.	5
6	7 Wreath making	8	9	10	11 Remembrance day	12
13		15	16	17	18	19
20	21	22 AA & NA Meeting Sud-bury	23	24	25	26
27	28	29	30			

# Snowshoe making

**NNADAP**  
 705-857-1221  
 Ext 228



**Wreath making for Remembrance Day**

**Date: November 7**

**Time: 8:30 am till 8:30 pm**

**Where: Health Centre**

**If you need a ride please phone Darcy at the health center, Light lunch and supper will be provided.**

## THE STORY OF THE POPPY



The inspiration behind the poppy as a symbol of Remembrance.

### THE STORY OF THE POPPY

In the spring of 1915, shortly after losing a friend in Ypres, a Canadian doctor, Lieutenant Colonel John McCrae was inspired by the sight of poppies growing in battle-scarred fields to write a now famous poem called 'In Flanders Fields'. After the First World War, the poppy was adopted as a symbol of Remembrance.

## THE POEM

### IN FLANDERS FIELDS

In Flanders' fields the poppies blow  
Between the crosses, row on row,  
That mark our place: and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders' fields.

Take up our quarrel with the foe;  
To you from failing hands we throw  
The torch; be yours to hold it high,  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders' Fields.



# **Remembrance Day**

**November 11 @ 11:00AM**

**We will be observing**

**The day at The**

**Cemetery**

**To be Followed by Lunch**

**@ 12:00 N**

# TAKE A STAND; Taking back our communities



**Date: Oct 24, 2016**

**Time: 10am**

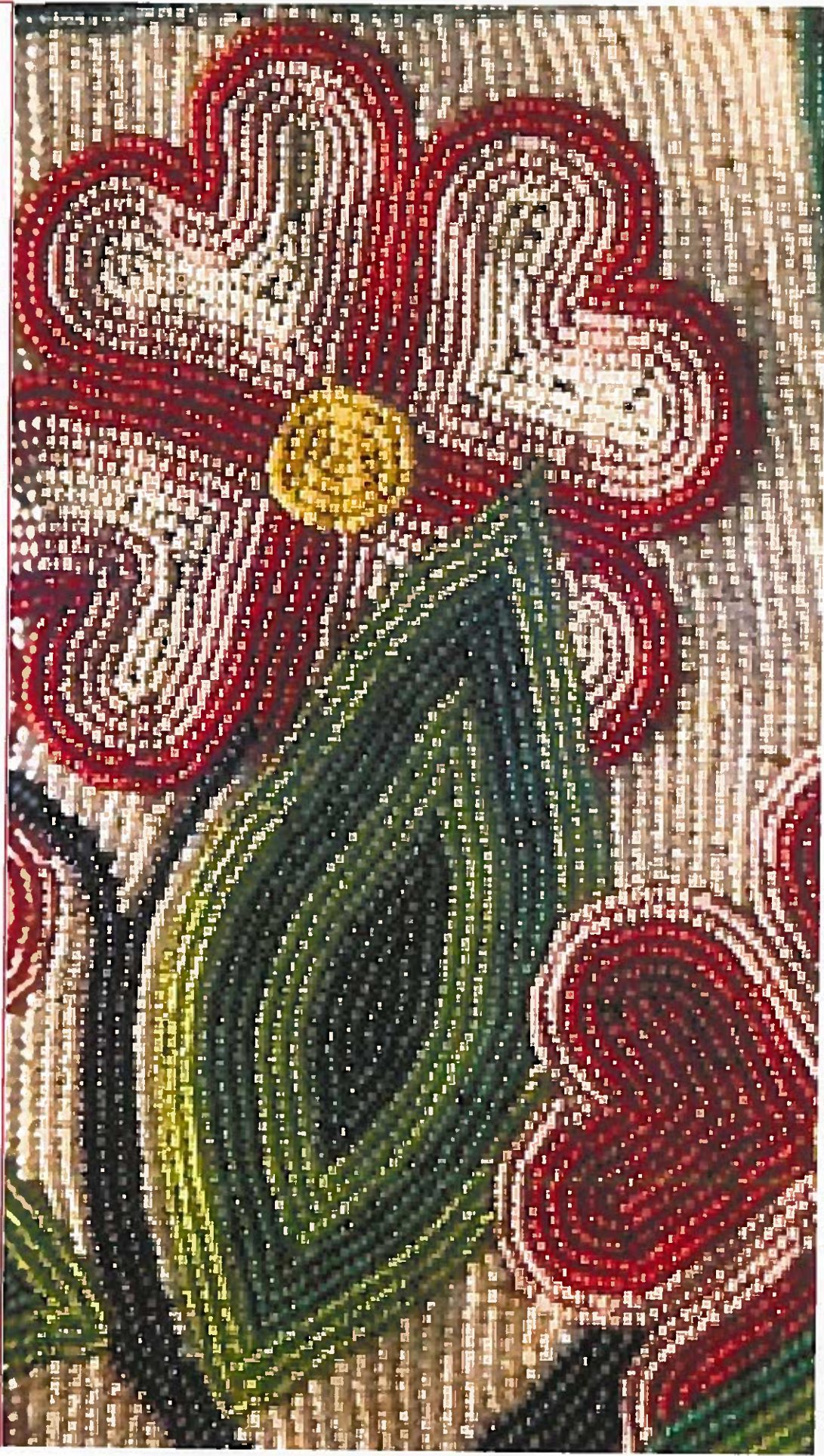
**Location: Henvey First Nation  
to Parry Sound**

Walk/bike/drive in support of Taking a stand against Illicit drugs in our communities. No more. Our communities have been plagued with Illicit drugs for far to long. Lets bring awareness to this issue.

**Contact person: 249-988-0201 or  
[ctabobandung@gmail.com](mailto:ctabobandung@gmail.com)**



# COMMUNITY WELLNESS PROGRAM COMMUNITY WELLNESS PROGRAM



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

The best six doctors anywhere and no one can deny it are sunshine, water, rest, air, exercise and diet.



## NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 IN OFFICE	2 HOME VISIT	3 IN OFFICE	4 CULTURAL ARTS CLASS	5
6 FREE HAIR CUT DAY	7 Basic/Advance Sewing & Design Classes	8 IN OFFICE	9 OFFICE RETREAT w/EARL LAMBERT	10 OUT OF OFFICE 11 OFFICE RETREAT w/EARL LAMBERT	12 REMEMBRANCE DAY	
13	14 OUT OF OFFICE in A.M.	15 IN OFFICE	16 HOME VISIT	17 IN OFFICE	18 CULTURAL ARTS CLASS	19
20	21 Basic/Advance Sewing & Design Classes	22 IN OFFICE	23 OUT OF OFFICE in A.M.	24 FACELESS DOLL QUILT UNVEILING Elder Massage & Energy Work with Isabelle Measwasige.	25 P.A. DAY Elder Massage & Energy Work with Isabelle Measwasige.	26
27	28 OUT OF OFFICE APPT	29 ELDERS LUNCH & BINGO	30 HOME VISITS			

# CULTURAL ARTS CLASSES IN NOVEMBER

NOVEMBER 4 & 18, 2016  
HEALTH CENTRE BOARD ROOM



EVERY OTHER FRIDAY MORNING

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.



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



# FREE HAIR CUT DAY

WITH

ANNETTE ASHAWASAGAI-CRISTO

Annette will be in the community for one day to offer haircuts to all ages.

**SUNDAY, NOVEMBER 6, 2016**

**9 A.M. – 5 P.M.**

**Henvey Inlet First Nation Health Centre**

*NO APPOINTMENT NECESSARY!*

*WALK-IN & and SIGN the SIGN-IN SHEET.*

*HAIR CUTS ONLY.*

*CHILDREN AND YOUTH MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN.*

*PLEASE CONTACT LUANA AT THE HEALTH CENTRE IF YOU REQUIRE TRANSPORTATION.*



COMMUNITY WELLNESS PROGRAM

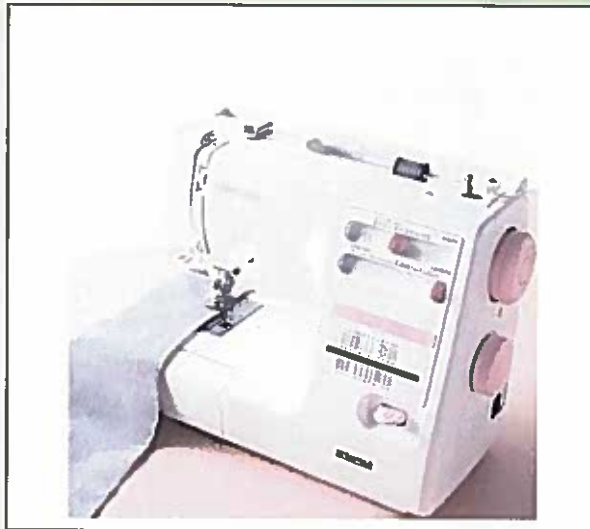
354-A PICKEREL RIVER ROAD  
PICKEREL, ON

Phone 705 857-1221 EXT 227

[luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)

# BASIC SEWING & DESIGN CLASSES IN NOVEMBER

NOVEMBER 7 & 21, 2016  
BOARD ROOM @ H.C.



EVERY OTHER MONDAY

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

## PARTICIPANT INFORMATION ABOUT THE PROGRAM

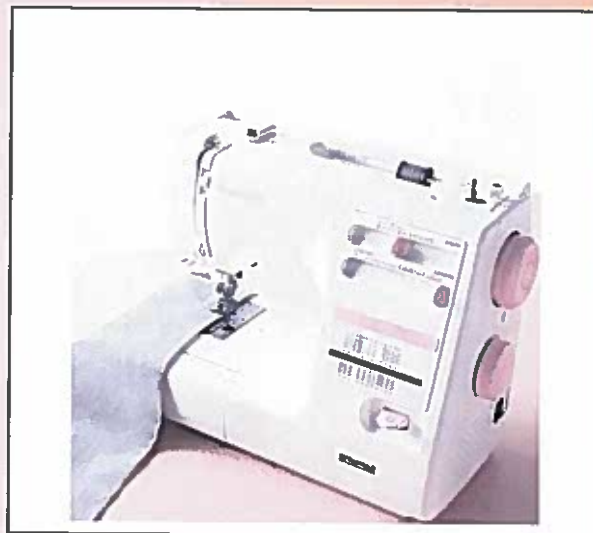
The Basic Sewing & Design Program is designed to teach basic hand sewing skills, sewing machine operation, decorative techniques of applique work and embroidery. Skills will be developed by working through a number of projects in which participants will research and develop their own designs. Participants 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

# ADVANCED SEWING & DESIGN CLASSES IN NOVEMBER

NOVEMBER 7 & 21, 2016  
BOARD ROOM @ H.C.



EVERY OTHER 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 Intermediate Sewing & Design Program. It is designed to teach Advanced 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





# **ELDER MASSAGE & ENERGY HEALING W/ISABELLE MEAWASIGE**

**NOVEMBER 23 & 24, 2016**

**9:00 A.M. – 4:30 P.M.**

Isabelle Meawasige is a member of the Serpent River First Nation. She has worked for over thirty years as a social worker in service to the people. She is a traditional helper, a ceremonialist and a grandmother. Her specialty includes child and family, mental health, woman abuse, Indian Residential School Movement and Metis Community Wellness. Isabelle combines "Ancient Teachings" with contemporary education to bring understanding to people of all nations.

**1 HOUR MASSAGE  
& ENERGY WORK**

**REMOVES  
BLOCKAGE**

**IMPROVES BODY  
CIRCULATION &  
BLOOD FLOW**

**WHOLE CLEANING  
& CLEARING OF  
STUCK ENERGY**

**HELPS BALANCE  
ENERGY**

**COMMUNITY  
WELLNESS**

**CWW LUANA MCQUABBIE**

**PLEASE CALL THE HEALTH  
CENTRE TO BOOK YOUR  
APPOINTMENT.**

# ELDERS LUNCH

## & BINGO

---

YOU ARE INVITED TO A  
MONTHLY LUNCH &  
BINGO HERE AT THE  
HEALTH CENTRE.

THIS IS A WONDERFUL  
OPPORTUNITY FOR  
ELDERS TO MEET,  
SOCIALIZE AND HAVE  
FUN.

OPEN TO 55+.



**NOVEMBER 29, 2016**  
**12 NOON**



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**COMMUNITY WELLNESS PROGRAM/CWW LUANA MCQUABBIE**

HENVEY INLET HEALTH CENTRE  
BOARDROOM  
354-A PICKEREL RIVER ROAD  
PICKEREL, ON  
P0G 1J0

Phone: 705-857-1221 EXT 227  
Fax: 705-857-0730  
E-mail: [luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)

**PLEASE CALL THE HEALTH CENTRE IF YOU REQUIRE A RIDE TO  
THE LUNCHEON.**





**A HERITAGE PRESERVATION  
PROJECT**

*All photos will be returned to their owner 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,*

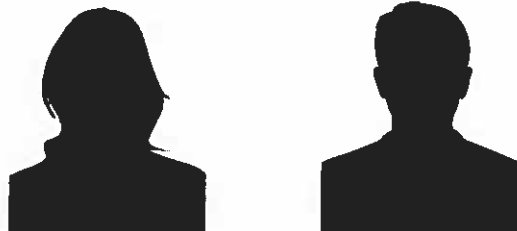


**HERITAGE COLLECTION**

**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 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](mailto:luana.mcquabbie@henveymedicalcentre.com)



Henvey Inlet First Nation Annual Community Christmas Party

# Christmas Card Exchange

Tuesday, December 13th  
5:00 p.m.

@ the FIREHALL

*Christmas mail bags will be hung in the Firehall ☺*

For further information please contact  
CWW Luana McQuabbie @  
the Health Centre 705 857-1221 Ext 227





NATIVE WOMEN'S  
ASSOCIATION OF CANADA  
L'ASSOCIATION DES FEMMES  
AUTOCHTONES DU CANADA

# Building on the legacy of the NWAC Faceless Doll Project: Create your own Faceless Dolls

*NWAC's Faceless Doll Project is a commemorative art project—a collection of faceless felt dolls in honour and in memory of the more than 600 missing and murdered Aboriginal women and girls in Canada.*

The Native Women's Association of Canada (NWAC) remains committed to the issue of missing and murdered Aboriginal women and girls. For years staff have been travelling the country to raise awareness of this epidemic and the impact it is having on all First Nation, Métis and Inuit communities. Thousands of Canadians have participated in these community engagement workshops from coast-to coast-to-coast.

The NWAC Faceless Dolls Project was launched in March 2012 and Canadians from all walks-of-life, men and women, boys and girls, Aboriginal and non-Aboriginal were invited to come and hear the Faceless Doll story and create their very own doll for inclusion in this commemorative art project (funded by the Status of Women Canada). No two dolls are the same.

The NWAC Faceless Doll project is now complete and will be traveling the country to raise awareness and reaffirm that *"we remember that a beautiful Aboriginal woman is represented by every number shared, that each statistic tells a story."*

- ★ The second phase of the project encourages communities and organizations to build on the legacy of this work and create their own faceless dolls.

The Faceless Dolls Project is based on research presented in NWAC's report "What Their Stories Tell Us" (2010) that presents demographic and statistical evidence from NWAC's Database. NWAC has gathered information about 582 known cases of missing and murdered women in Canada. Each doll represents a 'known case' of a missing or murdered Aboriginal woman or girl from the NWAC database. These strong and beautiful women represent human beings lost to extreme violence, individuals who also run the risk of becoming a faceless victim of crime.

**Why are the dolls faceless?** NWAC has chosen to make faceless dolls to reflect society's 'devaluing' of Aboriginal women and girls. The media portrays Aboriginal women as 'faceless' and Canadian society is at times indifferent to this tragedy, the lives lost and the humanity of our women. However, NWAC also feels that there is great strength and unity with the faceless dolls. Each doll is unique but their facelessness unites them as part of the same community. Although no doll has a face, together the faceless dolls have a very powerful voice and a presence that cannot be ignored.



*A selection of faceless dolls from the NWAC Faceless Doll Project.*

*Commemorative Lapel Pins are available at [www.nwac.ca/donations](http://www.nwac.ca/donations)*



## **HIFN FACELESS DOLL PROJECT 2016**

JUNE 22 – EMPOWERED WOMAN WORKSHOP/PARTICIPANTS

SEPTEMBER 1 – BEING A GIRL ROCKS WORKSHOP/PARTICIPANTS

OCTOBER 13 – BEING A WOMAN ROCKS WORKSHOP/PARTICIPANTS

### **MANY THANKS TO THE FOLLOWING CONTRIBUTORS:**



KARA HARKNESS, KERRI CAMPBELL, KAREN BURSMA, ALFREDA NETAGOG, ALFREDA MCQUABBIE, SAM CONTIN, TRACY FLOOD, APRIL PANAMICK, DARCY ASHAWASEGAI, TEAGAN PAMAJEWONG, ASHLEY ZENHENKO-PANAMICK, CHEYENNE CONTIN, KYLA MCQUABBIE, GRACE CONTIN, RACHEL KAGAGINS, CANDACE KAGAGINS & LUANA MCQUABBIE.

**QUILT UNVEILING OF THE FACELESS DOLL PROJECT @ HEALTH CENTRE-NOV 24/16**

# Midoons-Gizizis



# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Nov 1-4/2016</b> Erin/Dee @ School	1 Theme: MKWA Wk	2 	3 	4 	5
6	7 <i>hello literacy</i>	8 Theme: Family Literacy Wk	9 Mandatory Staff Workshop	10 Mandatory Staff Workshop	11 Daycare Closed Remem-	12
13	14 Staff Mtg	15 Theme: Mickey Mouse Wk	16	17 	18	19
20	21 Theme: Peanut Butter Wk	22 	23 	24 	25 	26
27	28 Staff Mtg	29 Snow Wk.	30 	<ul style="list-style-type: none"> <li>Charlene's</li> <li>Holiday's</li> </ul>		Nov 28 to Dec 2/2016



**HIFN Daycare Newsletter  
Mnidoons-Giizis  
2016  
November**

Parents are the ultimate role models for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than the parent.  
~Bob Keeshan

November is a month of cold, crisp, windy days. But the days are shorter they say, but still seem long. The themes this month are one of interest, learning, and make the days, and month flow smoothly.

October 31 – November 4, 2016	Teddy Bear Week	Teddy Bear's all around. There will be Teddy Bear Crafts, Coloring, Teddy Bear tea party, nursery rhymes, and Stories.
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**Sunday November 6, 2016 FALL BACK**

November 7 – 11, 2016	Family Literacy Week	The importance of reading to your Child is well documented. The brain is wired to learn through sound and listening to the sounds of words.
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November 14 – 18, 2016	Mickey Mouse Week	Who is the most famous Mouse of them All? Mickey Mouse! There will be songs, Coloring, Crafts, and the Disney songs. Along with the story books.
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November 21 – 25, 2016	Peanut Butter Week	This week will be all things peanut Butter. Making cookies, PB Balls, even trying to paint with it, make play dough too.
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November 28 – December 2, 2016	Snow Week	All things snow. Snow globes, snow flakes, snow sun catchers. A week with a little glitter added.
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The greatest gifts you can give your children are the roots of responsibility and the wings of independence.  
~Denis Waitley

**Thank You  
HIFN Daycare**

**Charlene Ashawasegai  
RECE Daycare Supervisor**

**Erin McQuabbie  
RECE Educator**

**Carrie L. Bennett  
RECE Educator**

## History & Interesting Facts about the Teddy Bear

### Teddy's Bear



Morris Michtom might not have foreseen his invention of stuffed bears becoming a staple for our childhood, but he knew this was a great idea. Placing two bears in his store window, his toy store quickly hosted a plethora of interested customers. Michtom requested permission from Theodore Roosevelt to call the bears “Teddy’s bears”, as “Teddy” was Roosevelt’s nickname. It’s rumored that Michtom wanted to remind people of Roosevelt’s compassion, specifically the day he decided shooting an unconscious bear (tied to a tree) was unsportsman like; he put the bear out of misery peacefully. This act gained a lot of love and respect from Americans. Now, any story that starts like that is one worth telling.

The first teddy bear went on sale in 1903, but there’s so much more to this companion than dates and facts. The teddy bear becomes special when we add our own personal experiences in with its own rich history. As the first of two Teddy Bears resides at the National Museum of American History, encourage your child to keep his or her teddy when done with it, and explain why. It may already be family tradition to pass down a Teddy, but if not, you can start now. Whatever bear style you choose, just remember to love it, and the rest will come naturally. When you pass it on to children and grandchildren, their friendship with it will fill you with an amount of love you didn’t even know existed. One of the best parts of becoming a parent is sharing with your kids, the things you loved as a child.

### Interesting Teddy Bear Facts

- The first time bears appeared in the literal sense was in the 1834 tale “Goldilocks and the Three Bears” by Robert Southey.
- Bear toys existed, though not in stuffed form, and were called Bruins.
- In 1924, Disney’s Alice and the Three Bears was the first color-animated film about teddy bears!
- Wendy Boston changed lives in 1954, when she invented a washable teddy bear! Go Wendy! We bet you would have loved [Teddy needs a Bath!](#)

[Carolyn Hushbeck](#)

Like what you read? Subscribe below!

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[Comments RSS](#)

T is for Teddy Bear

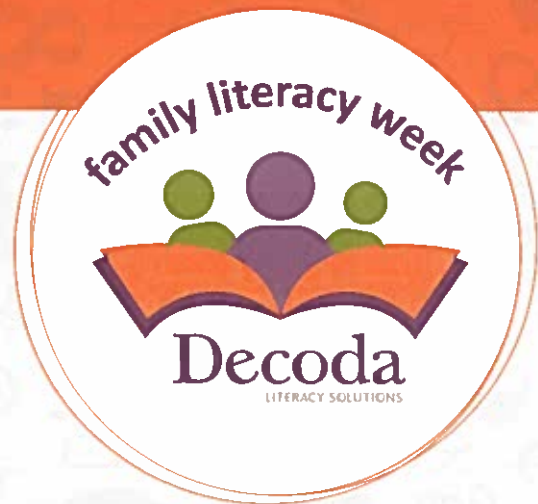


# Let's Play Together!

Play is vital in children's lives. It is important for healthy physical, social, emotional and cognitive development. It helps children make sense of the world around them.

Children are active learners. When children play, they are experimenting, observing, making mistakes and trying again, imitating, asking questions, and listening carefully.

This is how they learn.



## How do children benefit from play?

- They learn about the world through exploring colours, shapes, tastes, textures, and sounds.
- They make choices, make things happen, and solve problems.
- They learn language - the sound, meaning and uses of words.
- They learn about quantity, patterns and counting – and all these skills support early math.
- They develop eye-hand coordination and motor control.
- They develop a positive attitude to physical activity.
- They learn to act cooperatively and feel empathy.
- They are creative and use their imagination.
- They discover that learning is fun.

## Why play together as a family?

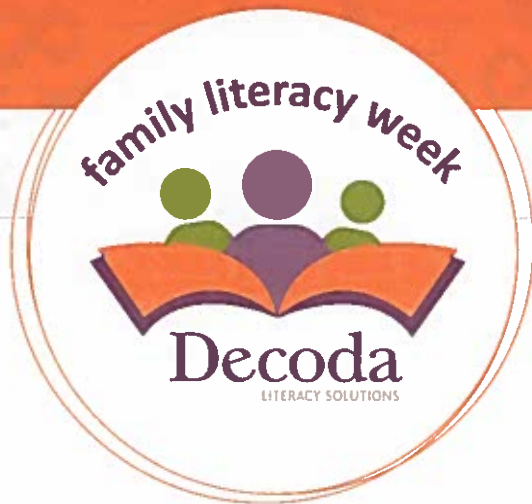
- Parents have the opportunity to observe and learn about their child's interests, preferences, strengths, and concerns.
- Play is expanded when parents provide ideas as well as materials to enhance activities.
- Parents have additional opportunities to talk to their children about things that matter to them, sharing family stories and family values.
- Parents and children share a learning experience, and have the opportunity to be excited about learning something together.
- Positive relationships and lifelong memories are created.
- It's fun!

For more playful family fun ideas, visit [www.decoda.ca](http://www.decoda.ca)

# Let's Play Together!

## Let's Get Active: Preschoolers

Literacy begins at home and grows through active play. Children naturally gain skills during play activities. Here are some easy and fun physical activities that support your preschool child's development:



**Freeze!** Dance or move to music, but when the music stops, 'freeze' until the music starts again (3-4 seconds). Try different types of music and different types of movement.

Play **"Simon Says"**. Players only follow the leader's instructions if the leader says "Simon says" first.



**Create an obstacle course together.** Indoors, use cushions, chairs, boxes and towels. For young children, make the course visible at a glance and the challenges age appropriate. Talk about how to move through the course. Children may want to draw a map of the course.

**Toss bean bags.** Bean bags are lightweight and easy to catch. They can be used for a game of catch or for tossing the bag at a target such as a box or a towel on the floor. Make sure there's nothing breakable where you're playing!



Play outside when the weather cooperates. Making tracks in the snow, visiting a playground, and blowing and chasing bubbles are examples of outdoor fun.

### During these activities, your child:

- **Learns new words**
- **Associates words with actions**
- **Develops a sense of rhythm and rhyme**
- **Develops spatial awareness**
- **Develops large and small muscle control and eye-hand coordination**

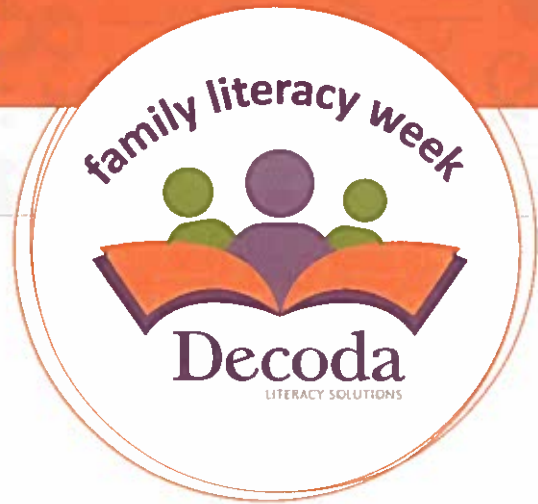
**And, all these skills are important for learning to read, write and use numbers.**

For more playful family fun ideas, visit [www.decoda.ca](http://www.decoda.ca)



# Let's Play Together!

## Let's Enjoy Quiet Time: Preschoolers



Literacy begins at home and grows through quiet play. Children naturally gain skills during play activities. Here are some easy and fun quiet activities that support your preschool child's development:



**Read aloud.** This shared activity is one of the best ways to support literacy development. Looking for ideas and reading material? Visit your public library.

**Play board and card games together.** Games designed for preschoolers support the practice of skills such as colour and shape recognition, counting, and matching.



**Make crayon rubbings.** Place a piece of paper over a textured surface or object, and rub the side of a crayon on the paper. Try different objects such as coins, leaves, a comb, sandpaper, and a flat Lego brick. Hunt for other things you could use to make crayon rubbings.



**Explore indoors and outdoors with a child-friendly magnifying glass.** Guess what something will look like magnified. Talk about what you're seeing.



**Use technology together.** While screen time should be limited for young children, there are several interesting apps designed for this age group. The key is for parents and children to use technology to make things happen together.

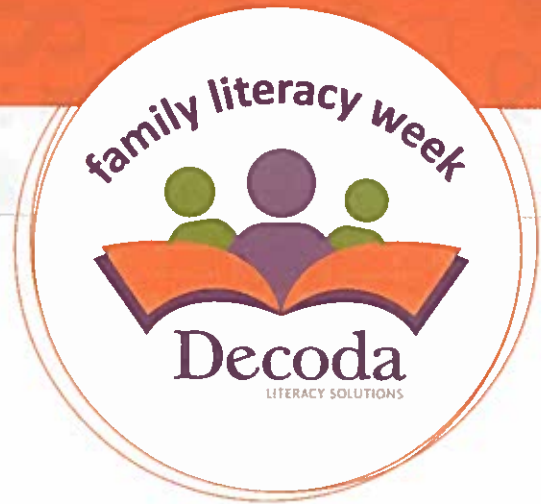
### During these activities, your child:

- **Learns new words**
- **Practices counting**
- **Learns about colour, shape, size, and texture.**
- **Develops eye-hand coordination and small muscle control**
- **Practices making choices and solving problems**

**And, all these skills are important for learning to read, write and use numbers.**

For more playful family fun ideas, visit [www.decoda.ca](http://www.decoda.ca)

# Let's Play Together!



## Let's Enjoy Quiet Time: Toddlers

Literacy begins at home and grows through quiet play. Children naturally gain skills during play activities. Here are some easy and fun quiet activities that support your toddler's development:

**Read picture books aloud.** Talk about the pictures. This shared activity is one of the best ways to support literacy development. Looking for ideas and reading material? Visit your public library.



**Sing or listen to lullabies.** Just before naps and bedtime, soft music is calming.

**Draw with crayons, pencils and markers.** You may not recognize what your child is drawing at first, but they can tell you about it.



**Talk together about everyday things as well as special things.** A conversation helps to develop oral language and can share family stories and values.

**Make treasure baskets.** Fill a box or basket with child safe objects that have different shapes, textures, sizes and colours. Then provide time to explore the contents. This can be an opportunity for counting and sorting as well as discovery. Try adding measuring cups, spoons, toys, pieces of fabric, little boxes, or pom-poms.



### During these activities, your child:

- **Learns new words**
- **Learns that words are made up of different sounds**
- **Practices using words to talk about things and express feelings**
- **Develops a sense of rhythm and rhyme**
- **Learns about colour, shape, size, and texture**
- **Develops eye-hand coordination and small muscle control**

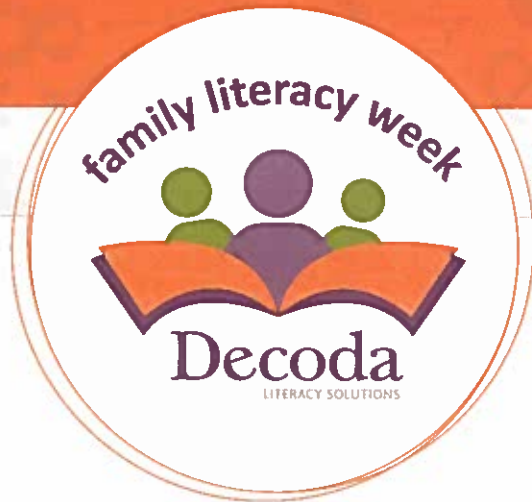
**And, all these skills are important for learning to read, write and use numbers.**

For more playful family fun ideas, visit [www.decoda.ca](http://www.decoda.ca)

# Let's Play Together!

## Let's Get Active: Toddlers

Literacy begins at home and grows through active play. Children naturally gain skills during play activities. Here are some easy and fun physical activities that support your toddler's development:



**Sing or say action rhymes and songs.** Children enjoy songs accompanied by actions. A few tried and true favourites are "I'm a Little Teapot"; "Row, Row, Row Your Boat"; and "Eensy Weensy Spider".

**Practice kicking balls.** Place a large ball on the ground and show your toddler how to kick it. Let him or her try. Use different sized balls. You will need a large open space for this activity!



**Go for a walk together.** Give yourself plenty of time to explore. Talk about what you see.

**Play "One Fish, Two Fish, Starfish, Blue Fish".** In this version of hide and seek, you draw, colour and cut out 4 starfish and 4 blue fish. Show your child how to lie down on the floor and make a star with arms and legs spread out when they find a star fish, and how to jump up and down when they find a blue fish. Then hide the fish and starfish.



**Play "Follow the Leader".** Lead your child in moving around the room or outside in different ways - e.g. marching, hopping, on tip toe, swinging your arms, slowly, quickly. Take turns being the leader.

### During these activities, your child:

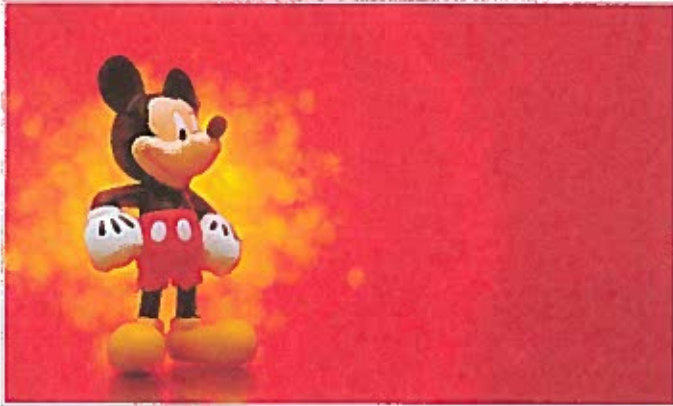
- **Learns new words**
- **Associates words with actions**
- **Develops a sense of rhythm and rhyme**
- **Develops spatial awareness**
- **Develops large and small muscle control and eye-hand coordination**

**And, all these skills are important for learning to read, write and use numbers.**

For more playful family fun ideas, visit [www.decoda.ca](http://www.decoda.ca)

## Facts about Mickey Mouse

[Interesting Facts](#) > [General](#) > Facts about Mickey Mouse



### 1. A Famous Cartoon Character

Mickey Mouse made the debut on film screens in November, 1928. He starred on the very first sound cartoon called Steamboat Willie. Since his initial appearance, Mickey Mouse grew to become a global personality not only as a personification of all things Disney but also as one of the top universal symbols in the 20<sup>th</sup> Century. Mickey Mouse is the most popular character in Walt Disney.



### 2. Created on a Train Ride

Mickey Mouse was conceptualized during a train ride in early 1928. Walt and his wife created the character while travelling on a train to Los Angeles from New York where they had attended a business meeting that saw them lose Walt's cartoon copyright for Oswald the Rabbit. Walt spent his train ride time thinking of a small mouse wearing red velvet pants.

### 3. Mickey Mouse was originally Mortimer

When Walt Disney created the little mouse in white gloves and red velvet pants and named him Mortimer. However, his wife implied upon him to name him Mickey. Walt had changed the

Mouse's name to Mickey by the time the train ride was over. The name Mortimer ended up being used in a new cartoon character that was featured as Mickey's rival.

### 4. Initially, no Distributor wanted the Mickey Mouse Cartoon

Walt and Ub Iwerks, his head animator worked to produce Mickey Mouse's first silent cartoon called Plane Crazy. However, no distributor was interested in purchasing the film. Walt began producing a second silent cartoon called Gallop in Gaucho. In 1927, the Warner Brothers began producing talkies which brought silent films to an end. Walter worked on a 3<sup>rd</sup> Mickey Mouse cartoon, Steamboat Willie with sound. This cartoon was first screened in New York and it became a great success.

### 5. 87 Cartoons Starred Mickey Mouse in 1930's

In 1930's, 87 cartoons starring Mickey Mouse were produced. These cartoons included a whole family of animations including Minnie Mouse, Horace Horsecollar, Clarabelle Cow, Goofy, Donald Duck, Pluto, Peg-Leg-Pete and many more. Walt Disney received an Oscar award for his creation.



## 6. Mickey Mouse Club

In 1929, the popularity of Mickey Mouse led to the creation of a Mickey Mouse Club that met each Saturday afternoon for games and cartoons in local theatres. Mickey Mouse's career reached its peak when he starred in Fantasia as the Sorcerer's Apprentice. On this production, Mickey interpreted music into shapes, colors, story and movement.

## 7. Mickey Mouse appearance on Posters and Badges during World War II

The Disney Studio halted commercial production at the onset of World War II and focused on helping the war effort. During the War, Mickey Mouse was featured on posters and badges urging purchase of War and national security bonds. Mickey Mouse resumed cartoons after the War and featured on Fun and Fancy Free.

## 8. 1<sup>st</sup> Cartoon Character on Hollywood's Walk of Fame

Mickey Mouse became the 1<sup>st</sup> cartoon character to have a star on Hollywood's Walk of Fame. He was accorded the star in 1978 on his 50<sup>th</sup> anniversary. Today, Mickey Mouse is 87 years old. Mickey Mouse has also been honored through creation of Disney theme park 'lands'. These are Mickey's Starland that opened in 1988 at Walt Disney World, Mickey's Toontown that opened in 1993 in Disneyland and later in 1996 in Tokyo's Disneyland.

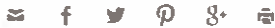
## 9. Opening of Disneyland

Mickey Mouse played an important role in the opening of Walt Disney World Resort in 1971. He also helped open the Tokyo Disneyland in 1983 and Disneyland Paris in 1992.

## 10. Mickey Mouse Character

As a cartoon character, Mickey Mouse helped salarized foibles in 1930s and taught people to be happy and laugh. He portrayed a character that dreamt big and his dreams were global. He appeals to different groups for his ability to make people laugh.

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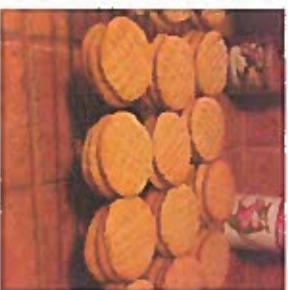
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# Classic Peanut Butter Cookies



Recipe By: Shirley Sadler

"Makes great cookies!"

Prep	Cook	Ready In
15 m	10 m	1 h 25 m

## Ingredients

- 1 cup unsalted butter
- 1 cup crunchy peanut butter
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking soda

## Directions

- 1 Cream butter, peanut butter, and sugars together in a bowl; beat in eggs.
- 2 In a separate bowl, sift flour, baking powder, baking soda, and salt; stir into butter mixture. Put dough in refrigerator for 1 hour.
- 3 Roll dough into 1 inch balls and put on baking sheets. Flatten each ball with a fork, making a crisscross pattern. Bake in a preheated 375 degrees F oven for about 10 minutes or until cookies begin to brown.

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Printed From Allrecipes.com 4/7/2016

# Easy and Fun Peanut Butter Balls



Recipe By: MARBALET

"Kids will love to roll these peanut butter balls into the different coatings."

## Ingredients

1 cup peanut butter  
1 cup dry milk powder  
1/2 cup honey

## Directions

- 1 Blend all ingredients together (preferably with hands). Roll into balls the size of large marbles and refrigerate. Optional: roll balls in powdered cocoa or roll balls into flaked coconut or dip into chocolate fondue. Eat and enjoy!

# AT HOME COLD AND FLU REMEDIES

October 28, 2015 by Liz

I've been looking into home **flu remedies** for my kids recently because let's face it, **being sick** is miserable. We've all been there; body aches, sore throats, congestion – yuck! I've found a handful of ways to help get better faster that I will be keeping close by during flu season.

Here are some cold and flu remedies you can try at home to try and ease the pain and reduce the time you and your kids are sick. This post contains affiliate/distributor links that support Kids Activities Blog.



## AT HOME COLD AND FLU REMEDIES

1. Don't treat the fever. According to the American Academy of Pediatrics, you should not try to reduce your child's fever unless it is at a dangerous degree. "If you lower the fever, you may be affecting the body's ability to respond to that infection." Let the fever do what it was designed to do which is to trigger the body's production of infection-fighting white blood cells. Discuss this with your doctor for specific guidelines for your child.
2. **[Flu Fighting Gummy Bears](#)**. This recipe from Wellness Mama uses the super flu fighting power of **[Elderberry](#)** to make cute gummy bears for your kids to snack on.
3. **[Flu Fighter Cookies](#)**. These cookies from The Food Network sneak in some flu-fighting ingredients like cinnamon, cloves and ginger.



4. **Cold & Flu Smoothie**. Fight that cold with this green smoothie recipe full of kale, pineapple, bananas and coconut from Young and Raw.
5. **Sore Throat Popsicles**. Make these sore throat relieving popsicles from Love and Marriage to get your kids to drink tea and honey.
6. **Headache Relief Pressure Point**. If you are suffering from a headache, try this pressure point treatment from How Does She.



7. Stay hydrated. If you are running a fever you can get dehydrated very quickly. Make sure you keep your kids drinking by offering them their favorite juice or sports drink. If they refuse, you can try and make it fun by offering them popsicles instead.
  8. Essential Oils. Using **essential oils** can be soothing. I feel comforted with blends that include **Clove, Lemon, Cinnamon, Eucalyptus**, or **Lavender**.
  9. **DIY Chest Rub**. Make your own vapor rub to help with congestion. This recipe from Mommypotamus uses only natural ingredients like beeswax and coconut oil and leaves out the petrolatum and turpentine you will find in many store brands.
  10. **Wellness Shots**. Get a boost of celery, apple, lemon, ginger root and cayenne pepper to help boost your immune system while you're feeling sick. Make these small juice shots from Lexie's Kitchen.
  11. **Decongesting Wax Bars**. Make your own Scentsty-like wax bars to put in your candle warmers to fill the air with eucalyptus, peppermint and rosemary. From Steph Makes Stuff.
  12. **Detox Bath**. This recipe for a kids detox bath from The Paleo Mom helps reduce the toxins inside their body and strengthens their immune system.
- Lastly, here are seven tips to help you **avoid getting the flu** in the first place!

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# MEMORANDUM

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**TO:** HENVEY INLET HEALTH CENTRE STAFF  
HENVEY INLET ADMINISTRATION STAFF

**FROM:** BRENDA CONTIN, CHN

**SUBJECT:** EARL LAMBERT

**DATE:** SEPTEMBER 2, 2016

**CC:** MILLIE PAWIS, DIRECTOR OF FINANCE &  
ADMINISTRATION  
ED PANAMICK, HEALTH DIRECTOR  
CHARLENE ASHAWASEGAI, DAYCARE  
SUPERVISOR  
JASON FOX, HIFN WATER TREATMENT  
PLANT  
SHERRY CONTIN, LANDS MANAGER

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This memo is to advise all HIFN employees, supervisors, managers, directors, as well as Chief & Council themselves, that the administration has arranged to have a motivational speaker provide the staff with a **Building & Maintaining Team Spirit workshop** on **November 9 -10, 2016**. I have attached a biography of Mr. Lambert for your information. Please keep your calendar clear for these two days in November as you are encouraged to participate in these two re-energizing days. Employees/Offices can expect either a written or verbal confirmation from the Director of Finance & Administration regarding these dates, supervisors please advise your staff of these dates so there is no programming conflict.

Miigwetch



Brenda Contin, CHN

# EARL LAMBERT

*Motivational Speaker and Inspirational Storyteller*



**SHARING TRUTH: SHARING SOLUTIONS!**



**Earl Lambert is a Cree/Métis Warrior who continues to live out his passion as a motivational speaker and inspirational storyteller!**

**His dynamic and entertaining way of combining music, magic, hip-hop, humor and uplifting energizers with inspirational life-lessons has made him popular with First Nations and organizations across Canada.**

Earl's a certified Life-Coach who attended the University of British Columbia, where he majored in General Business with a double minor in First Nations studies and Political Science. He's worked as an Executive Director of a First Nations non-profit organization providing educational, cultural and recreational support to families. He's also been employed as an Advocate and Fundraiser for the homeless, a College Instructor, a Life-Skills, Business and Employment Facilitator, an HIV/AIDS Educator and lastly, a Programs Developer for a Métis Child & Family services organization.



He lives with a great sense of pride as a warrior walking upon the Red Road. He continues to gain strength from the spiritual teachings of his elders and is well-known for not only his powerfully upbeat energy, but for his positive and optimistic outlook on life. Driven by his passion to motivate others toward making positive life choices and living out their dreams, he remains committed to inspiring others with the gift of his words!



***"Whether it's a keynote speech, a community presentation, a day of emceeing or a series of workshops, Earl has an exciting and impactful way of delivering a fun and unforgettable experience!"***



## **Building and Maintaining Team Spirit & The Power of Positive Communication (2 Day Seminar)**

Team spirit is a powerful form of energy that bonds a group together and unites them into one cohesive unit. Successful communities, organizations and departments have proven the stronger the team spirit within a working environment, the more empowered individuals within the team will be to work together to remedy conflict, resolve problems and in the end, be more effective at meeting the needs of those they deliver programs and services to.



In this dynamically uplifting 2 day seminar, participants will learn more about the factors that contribute toward positive team development. They will also come to understand how conflict can play an integral part in helping teams to grow and flourish, while engaging positive communication strategies can aid in bringing them close together. *Filled with humor, several fun and uplifting team-building activities, be ready to not only be energized... be ready to experience the power of team spirit!*