



April 2017

Important Dates:

- Offices Closed on Friday April 14, and Monday April 17, 2017 for Good Friday and Easter Monday!
- Easter Pancake and Sausage Breakfast, Easter Bag hand-out, and Bike Raffle will be Saturday April 15, 2017 9:00am to 12:00N @ Fire Hall! Please call and let Darcy know if your children will be attending and to make sure you sign your children up to get a basket/bag
- **Deadline to call and let us know of attendance will be Thursday April 6, 2017**
- Rabies Clinic will be held on Tuesday May 16, 2017 @ Firehall from 4:00pm-7:00pm, Please don't forget to call Darcy and register your animals for the Rabies Clinic!!!



April  
SHOWERS
BRING  
May
FLOWERS 



PLEASE

We love our children

And grandchildren.

Find proper places

To dispose of

USED NEEDLES



Happy Easter



Offices will be closed
Friday April 14, 2017
and
Monday April 17, 2017



HIFN FIRE RESCUE/EFR



ANNOUNCEMENT

It is with a heavy heart that I must inform the Community that effective **April 1, 2017**, Lionel Fox has retired as the Henvey Inlet Fire Chief and Emergency First Response Coordinator after **15 years of Volunteer Service.**

Due to the lack of interest in the Community, to find someone to take over the Teams; the Fire Rescue and Emergency First Response Departments will be closed, unable to provide emergency services to the Community as of **April 1, 2017**.

If anyone is interested in taking the lead and putting the Fire Rescue and Emergency First Response Departments back in service or you have any questions with regards to this announcement, please contact Chief and Council.

Thank you

Kara Newton

HIFN Emergency First Responder Team Member of 8 years

1



Candace Kagagins-	April 6, 2017
Regean Plourde-	April 6, 2017
Kayden Contin-	April 11, 2017
Madison McQuabbie-	April 13, 2017
Alfreda McQuabbie-	April 15, 2017
Sherry Contin-	April 15, 2017
Charlotte Contin-	April 19, 2017
April Panamick-	April 19, 2017
Jonathon Contin-	April 24, 2017
Malachai Contin-McQuabbie	April 24, 2017
Micah Pamajewong-	April 24, 2017
Kyla McQuabbie-	April 28, 2017
Dale Roy-	April 30, 2017

Sorry if anyone was missed, Please call Health Centre to put name on 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

~ NECE Worker~

Erin McQuabbie

~NECE 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

Rachel Kagagins ~ Housing 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
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



Medical Van Schedule

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





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!!

**Henvey Inlet First Nation
is accepting applications
for a
Weekend Gas Bar Attendant**

General Description

Henvey Inlet First Nation requires a Gas Bar attendant who will work Saturdays and Sundays to serve customers at the Gas Bar. The individual selected for this position will work out of the Gas Bar and expected to remain at the Gas Bar in order to provide prompt and timely service to customers. This position will be directly responsible to the Gas Bar Manager. This is an open invitation to anyone who is interested in this employment opportunity.

Duties and responsibilities

- ✚ Provide full service to customers, pumping gas, washing windshield, check fluids upon request.
- ✚ Process sales of products offered at the Gas Bar, gas sales, sundries, etc. using cash register
- ✚ Complete debit and cash transactions
- ✚ Process Ministry of Finance rebate sales for Native sales customers
- ✚ Process charge account sales when applicable
- ✚ Issue receipts/refunds when applicable
- ✚ Must perform necessary processes to ensure daily cash in register is always balanced
- ✚ Stocking shelves, rotating inventory in stock room
- ✚ Take gas readings when required and fill out appropriate forms
- ✚ Ensure tobacco products are sold only to age appropriate customers
- ✚ Attend meetings when and as required
- ✚ Submit weekly timesheets to administration
- ✚ Perform general maintenance i.e. Floor, shelves, snow removal for safe access, garbage removal
- ✚ Ensure customer receives courteous and prompt service
- ✚ Be prepared to open and close gas bar on time
- ✚ Must ensure that at all times inventory and cash is secure to avoid theft
- ✚ BE WILLING TO PARTICIPATE IN TRAINING PRIOR TO WEEKEND SHIFT
- ✚ Discourage Loitering

Qualifications

- ✚ Communicate clearly and effectively
- ✚ Ability to follow directions and work well with others
- ✚ Ability to manage priorities; order tasks efficiently
- ✚ Must possess excellent public relation skills
- ✚ Friendly, personable nature
- ✚ Ability to learn new tasks quickly

Eligibility Requirements

- ✚ Must be 18 yrs or older
- ✚ Not in school
- ✚ Not necessary to be a Band Member of HIFN

Hours of work

Saturday and Sunday 9:00 a.m. – 7:30 p.m.

Rate of pay

Minimum wage: \$11.40/hr

**Those interested may submit resumes to Henvey Inlet First Nation Administration
Deadline for application is April 20th, 2017 at 4:30 p.m.
Interviews April 21, 2017
Only those selected for an interview will be contacted.**

**Henvey Inlet First Nation
is accepting applications for a
Pickereel River Trailer Park Manger**

General Description

Henvey Inlet First Nation requires an individual to manage the daily operations of the Pickereel R. Trailer Park/Marina. This position is a seasonal position that is available from May to October annually. The work site is the Pickereel R. Trailer Park. This position will be directly responsible to the Director of Finance/Administration.

Duties and responsibilities

1. Keep a daily log of all operations and duties
2. Manage temporary or permanent facilities; i.e. trailers, boat storage facilities, slips, cleaning bathrooms/showers regularly
3. Register all customers interested in temporary boat launching, and or camping
4. Receipt payments from resident campers for site, parking, hydro, or additional fees as required
5. Collect monies from customers and deliver to the Administration office
6. Display public notices as required
7. Maintain dock, making necessary repairs as required
8. Assist with boat launching as required
9. Ensure boats are securely tied at all times
10. Responsible for purchase of supplies
11. Responsible for minor repairs, mechanical, electrical, structural
12. Cut grass in designated areas
13. Maintain current schematic of all camp sites and dock slips
14. Maintain security of all equipment
15. Submit timesheets as required to the Administration office
16. Attend Staff Meetings as required
17. Provide written reports as required

Qualifications

1. Completion of Grade 12
2. Possess a valid Ontario Driver's license
3. Must have a boaters' license
4. Must have some experience in managerial services
5. Good physical condition is a necessity, will be required to do some heavy lifting

Eligibility Requirements

1. Must be 18 yrs or older
2. Not in school
3. Not necessary to be a Band Member of HIFN

Essential Skills

1. Basic carpentry, plumbing and small motor experience
2. Communicate clearly and effectively
3. Ability to follow directions and work well with others
4. Ability to manage priorities; order tasks efficiently
5. Must possess excellent public relation skills
6. Ability to learn new tasks quickly

Hours of work

1. Thursdays – Mondays 8:00 – 4:00 p.m.

Rate of pay

\$15/hr

Duration

May 11, 2017 to November 9, 2017 (26 wks)

**Those interested may submit resumes to Henvey Inlet First Nation Administration
Deadline for application is April 20th, 2017 at 4:30 p.m.
Interviews April 21, 2017
Only those selected for an interview will be contacted.**



Henvey Inlet First Nation
Presents

It's Annual Easter Breakfast & Bike Raffle

Saturday April 15, 2017

From 9:00 a.m. to 12:00 p.m.

At the Fire Hall

Pancakes & Sausage Breakfast

Easter Basket Giveaway

Bike Raffle Tickets for Sale

Bike Raffle will start at 11:30





EASTER BASKETS!

Please Call The Health Centre
and let Darcy know you will be
attending the Easter Breakfast by
Thursday April 6, 2017 by 12:00pm

in order for your child/ren to
receive an Easter Basket from the
Easter Bunny! Only Children
whose parents called will be
receiving a basket!



Annual Easter Bike Raffle



Tickets are Charlene's (12 tickets) arm length for \$5.00 and can be purchased at the Daycare Centre.

The sale will start on Saturday April 1, 2017
(the hunt for Charlene is on)

And continue until The Easter Breakfast on
Saturday April 15, 2016.



Caterer Needed

Henvey is looking for a caterer interested in cooking for the Community Easter Pancake Breakfast.

The menu will consist of: Pancakes, Sausages, Fresh Fruit, Coffee, Tea and a variety of juices.

Please submit your bid to the administration office by Tuesday April 11th.



Decision and requisition will be done by Thursday April 13th.



TREATY ANNUITY PAYMENTS

HENVEY INLET FIRST NATION

Wednesday, August 23, 2017

1:30 p.m. to 3:00 p.m.

Health Centre

REMINDER

- **Bring your status card or other ID for yourself**
- **Must have ID for children and your spouse**
- **No third party pickups**
- **Third party notes are not accepted**



**Henvey Inlet
First Nation**

Pickering, ON P0G 1J0

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

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

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

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

MEMORANDUM

To: Gas Bar Attendants
Fr: Millie Pawis, Director of Finance/Administration
Dt: February 17, 2017
Re: Gas Cards

Effective immediately be advised you are no longer to accept the responsibility of keeping anyone's gas card at the Gas Bar.

As per our policy, in order to be eligible for a rebate as a Native Status sale, the customer is to produce their respective card.

This is to be enforced by all staff.

Thank you.

Millie Pawis
Director of Finance/Administration

/MP

HENVEY INLET FIRST NATION LANDS OFFICE HOSTS THE:

ANNUAL SPRING COMMUNITY CLEAN-UP &

LARGE ITEM PICK-UP



AS FIRST NATION PEOPLES, IT IS AN HONOR AND RESPONSIBILITY TO CARE FOR AND PROTECT THE LANDS. NOT JUST FOR THOSE WHO WALK THIS EARTH NOW, BUT ALSO FOR THOSE WHO ARE YET TO COME. THIS IS A TASK THAT HAS WITHSTOOD THE TEST OF TIME AND WAS GIVEN TO US BY THE CREATOR.

OUR ANCESTORS' TOOK THIS TASK VERY SERIOUSLY; MANY FOUGHT AND DIED IN ORDER TO FULFILL THEIR CONCEPT OF CARING FOR AND PROTECTION OF THE LANDS, THIS TASK GIVEN THEM BY THE CREATOR. NOW, THE CONCEPT OF CARING FOR AND PROTECTION OF THE LANDS IS COMPLETELY DIFFERENT THAN WHAT WAS IN OUR ANCESTORS' TIME; AS SUCH, SO IS THE METHOD OF FULFILLING THE TASK GIVEN US THROUGH OUR ANCESTORS', BY THE CREATOR. CONSERVATION AND LANDS PROTECTION ARE NOW SOME OF THE METHODS FOR FULFILLING THIS TASK AND I FIND THAT MOST OF US DO THIS WITHOUT A THOUGHT.

HOSTING COMMUNITY CLEAN-UPS IS A VERY SIMPLE WAY FOR US ALL TO GET TOGETHER AND CARE FOR THE LANDS. NOT ONLY FOR US HERE NOW BUT FOR GENERATIONS TO COME. THE MORE WE ACHIEVE/INITIATE NOW, THE LESS OUR ANCESTORS TO COME WILL HAVE TO DEAL WITH AND IT IS AN EYESORE TO MOST HAVING GARBAGE CARELESSLY TOSSED AROUND HIFN.

IN APPRECIATION FOR THE WORK THAT GETS DONE DURING THE COMMUNITY CLEAN-UP, A BBQ AND GIVE AWAY WILL BE HELD. NOT AS ANY PAYMENT BUT RATHER IN APPRECIATION AND RECOGNITION OF THE WORK THAT GETS DONE IN ORDER TO CLEAN HIFN. RESPECT IS ALSO GIVEN FOR THE TIME AND EFFORT TAKEN BY THE PARTICIPANTS IN ASSISTING IN CARING FOR THE LANDS. ONLY AS A COORDINATED COMMUNITY CAN THIS CLEAN-UP TAKE PLACE.

DURING THE COMMUNITY CLEAN-UP, THE LANDS OFFICE ALSO OFFERS THE OPPORTUNITY FOR COMMUNITY HOUSEHOLDS TO GET RID OF ANY LARGE ITEMS FREE OF CHARGE. SO PLEASE DO NOT FORGET **TO HAVE YOUR LARGE ITEMS OUT BY YOUR GARBAGE BIN BY 8 AM MONDAY MAY 1ST, 2017.** GARBAGE BAGS AND GLOVES WILL BE PROVIDED AND THE APPRECIATION BBQ WILL BE HELD AT 12:00 PM AT THE FIRE HALL FOLLOWED BY THE WINNERS ANNOUNCEMENT AND GIVE AWAY. KEEP IN MIND, THE PARTICIPANTS WHO DO NOT RECEIVE A PRIZE WILL RECEIVE A GIFT!!

AGENDA

- WHEN:** MONDAY MAY 1ST, 2017
- MEET:** AT THE FIRE HALL
- TIME:** 9:00 AM – 12:00 PM
- BBQ:** 12 PM AT THE FIRE HALL FOLLOWED BY WINNERS ANNOUNCEMENT & GIVE AWAY. ELDERS WILL BE PICKED UP AT 11:30.

AS THIS IS A PRIZE COMPETITION, THE NEED FOR SOME RULES AS A GUIDELINE IS REQUIRED, ONLY TO ASSIST IN NAMING THE 1ST, 2ND AND 3RD PRIZE WINNERS AND TO ENSURE EQUALITY.

RULES:

- 1) NO MORE THAN 5 TEAM MEMBERS PER TEAM AND ALL NAMES MUST BE ON THE SIGN-UP SHEET THAT WILL BE POSTED AT THE BAND OFFICE AND HEALTH CENTRE AT LEAST A DAY PRIOR TO THE CLEANUP.
- 2) ALL TEAM MEMBERS MUST ARRIVE AT THE FIRE HALL AT OR BEFORE 9:00 AM ON THE SPECIFIED DATE OR THAT MEMBER WILL NOT BE ELIGIBLE TO RECEIVE A PRIZE, GIVEAWAY GIFT OR LUNCH. THE CLEANUP WILL END AT THE FIRE HALL FOR THE 12:00 PM COMPLIMENTARY LUNCH.
- 3) 1ST, 2ND AND 3RD PRIZES WILL BE TIERED GIFT CARDS. ALL GIFTS FOR THE GIVEAWAY ARE THE SAME. THIS IS DONE FOR FAIRNESS AND SHOPPING EASE. AS AN EXCEPTION, THE CHILDREN'S GIFTS MAY BE GENDER SPECIFIC.
- 4) A PRIZE WINNER DOES NOT QUALIFY FOR A GIVEAWAY GIFT.
- 5) AGE LIMITS ARE AS FOLLOWS:

CHILD:	BABIES TO 16
ADULT:	17 AND UP
- 6) ONLY THE GARBAGE BAGS PROVIDED BY THE LANDS OFFICE WILL BE COUNTED.
- 7) EACH TEAM WILL RECEIVE A SPECIFIC COLORED MARKER TO WRITE THE TEAM NUMBER ON THE GARBAGE BAGS THEY COLLECT. AMANDA BARBE, LANDS ASSISTANT WILL THEN GO AROUND TALLYING UP THE BAGS.
- 8) ANY LARGE ITEMS FOUND SHOULD BE MOVED TO THE SIDE OF THE ROAD FOR PICK-UP.
- 9) THE TEAM WITH THE MOST COLLECTED GARBAGE BAGS WINS.
- 10) HIFN STAFF ARE EXPECTED TO CLEAN OUTSIDE OF THEIR OFFICE BUILDING OR JOIN A TEAM BUT IF THE STAFF MEMBER DOES NOT PARTICIPATE FOR THE FULL MORNING THEY DO NOT QUALIFY FOR A PRIZE, GIVEAWAY GIFT OR LUNCH.
- 11) IF YOU HAVE NOT PARTICIPATED FOR THE FULL MORNING, **YOU DO NOT QUALIFY FOR A PRIZE, GIVEAWAY GIFT OR LUNCH.** IF THERE ARE LEFTOVERS, NON-PARTICIPANTS WILL BE OFFERED TO JOIN AFTER THE PARTICIPANTS HAVE EATEN.
- 12) AS THIS IS DONE IN FUN BUT WITH THE OVERALL GOAL OF GETTING TOGETHER AS DIFFERENT GROUPS FOR THE BENEFIT OF CLEANING THE LANDS, ANY PARTICIPANTS THAT ARE OUTWARDLY DISGRUNTLED OR INTOXICATED WILL BE ASKED TO LEAVE. AS THIS IS A GROWING EXPERIENCE FOR ALL SINCE INITIATION, EVEN TO US HOSTING THE EVENT.
- 13) ANY IDEAS THAT WOULD HELP TO MAKE THIS EVENT RUN SMOOTHER; PUT FORWARD IN A POSITIVE WAY TO AMANDA BARBE, LANDS ASSISTANT, WILL BE WELL RECEIVED.

LARGE ITEM PICK-UP

ALL ITEMS MUST BE PLACED BESIDE THE GARBAGE BINS BY **8 AM MONDAY MAY 1ST, 2017.** ALL ITEMS PLACED BESIDE THE BIN WILL BE PICKED UP. PLEASE NOTE THAT ITEMS PLACED AT THE BIN AFTER THE DEADLINE WILL NOT BE PICKED UP.

IF YOU HAVE ANY QUESTIONS OR SUGGESTIONS PLEASE CONTACT AMANDA BARBE, LANDS ASSISTANT.

MIIGWETCH,

AMANDA BARBE, LANDS ASSISTANT
HENVEY INLET FIRST NATION LANDS OFFICE
25 WEST RD, PICKEREL ON POG 1J0
(705) 857-5211



Rabies Clinic With Dr. Carolyn Lariviere

\$22.00 per animal for Non-Band members, First two animals free for Band Members. Please let Darcy know if you require the Parvo/distemper vaccines as this is an extra \$10.00/dog

PLEASE LET DARCY KNOW IF YOU REQUIRE TRANSPORTATION!!

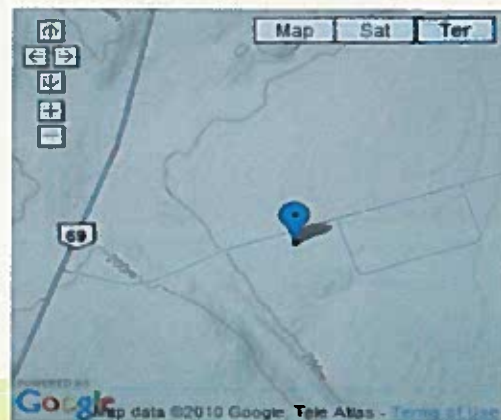
Contact Person: Brenda or Darcy @ HIFN Health Centre 705-857-1221 or toll free 1-866-252-3330.

Date: Tuesday May 16, 2017

Time: From 4:00pm– 7:00 pm

Annual Vaccination Clinic will be taking place at Henvey Inlet Fire Hall! Please contact Darcy to Pre-Register your pet/s. Please have the following info available when you call: Name of animal, weight, age, breed, and color and markings. Your cooperation is appreciated!!

Henvey Inlet First Nation Fire Hall
295 Pickerel River Road
Next to the Gas Bar



HIFN Is located off Highway 69. 1 hour North of Parry Sound and 45 minutes south of Sudbury.

A facelift and a home conversion in the community

Jennifer Ashawasegai

Communications Coordinator

A couple of band members and Henvey Inlet First Nation itself has taken advantage of the First Nations Market Housing Fund (FNMHF). The FNMHF was set up to take clients as of April 21, 2016. The Fund allows eligible members to apply for a bank loan, which is backed by the band, to either purchase, build or renovate a home on-reserve.



HIFN actually applied for the FNMHF a few years earlier, but had to build up capacity within its governance structure as well as bolster up its housing policy. The housing policy was completed in the Spring of 2014, and has since seen a few amendments.

Almost immediately after Caisse Populaire signed on with HIFN for the FNMHF, Lionel Fox made an application because he wanted to renovate the exterior of his home and garage. Since Fox was the first applicant, the process wasn't without it's bumps. He said, "The application process was fairly easy, but since I was the first one, I had to help work out the kinks. I was the guinea pig."



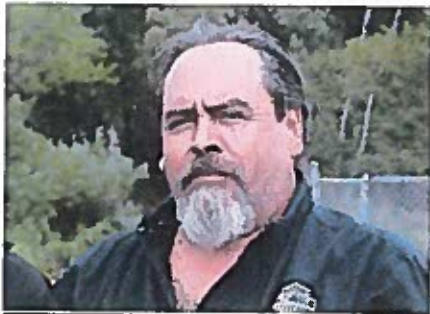
Les Caisses populaires
de Nipissing Ouest

Field – Sturgeon Falls
Verner – Warren

Millie Pawis is also taking advantage of the new service. Pawis said the process was quite simple to get through. First, the band has to do it's internal credit check before backing a loan,

and once at the bank, Pawis said being prepared is key, and having all financial paperwork and building specs in order will make the process happen quite quickly.

Fox adds, the process isn't much different than getting a regular loan from the bank. By going through a mainstream channel, he said, "the bank would hold your house as collateral, and in this case, it's the bank that holds your house as collateral. It's really not that much different."



Lionel Fox was the first applicant for the FNMHF.

What Pawis loves about having been able to obtain a loan to convert her two-bedroom house into a four-bedroom with an attached garage, is that the input is all hers. However, on the other hand, she says, "I feel stressed because I have so much input into it because it's my money."

Pawis also enjoys the creative freedom of constructing her own build and meeting more than her needs. She said, "my wants have been covered by this Fund, where as the bank can only cover needs."

Finding a contractor is also something that may seem overwhelming, however, Pawis said she went with someone she knows (Cattail Maintenance Construction based out of Birch Island). She said, "I went with someone who has a good reputation and who had drawn up the specs for me... It's important for people to do their homework because having a rapport with your contractor is important."

Not only have individuals applied for a loan through the First Nations Market Housing Fund, HIFN itself has made application. Chief Wayne McQuabbie said, "the band will be utilizing the fund to build an 8-plex in the community for singles and couples." He said it's hoped the build will start this summer in the vicinity of the daycare and health centre.

There's a number of criteria in several stages a band member must meet before a loan is approved at the bank. An applicant must pass an internal credit check through HIFN, to ensure there are no owed funds, once conditional support from the band has been met, the applicant may go to the bank with paperwork including pay-stub, photo-identification, and applicant must have good credit. If all requirements are met, the applicant goes through an approval and construction stage.

Applicants cannot go to a bank of their choice, only banks signed on with the FNMHF and HIFN. Currently, Verner branch of Caisse Populaire has signed on for the housing/renovation loan program.

Highway Construction Update

Jennifer Ashawasegai

AECOM Aboriginal Liaison



Construction continues on the section of highway from the just north of highway 522 to north of Highway 607. The Construction Administrator for this section of highway is AECOM.

So far, rock and swamp excavation is 75 per cent complete north of Highway 607, which ties to the recently completed four-lane project in 2016. At the Highway 607/69 junction, two overpass structures are currently being built.

South of Highway 607 to the French River, rock and swamp excavation is about half-way complete, and similar activities have begun for the rest of the contract going south. The same grading work has also started around the area where the Pickerel River Road Interchange will be built. Also, to date, there have been 457 blasts.

As for traffic flow through the contract area, the traffic will remain in it's current state, with posted speed limits, etc. until 2019.

Looking ahead, construction of the two new Pickerel River crossings will start this summer and continue into 2018. Constructions of the structures going over French River is forecast to start in 2018. This summer will also see the construction of the underpass for Settlers Road.

Culverts for drainage and animal/snowmobiles are in the process of being built and will be located throughout the new corridor in various sizes. Wildlife fencing will start going up in any of the recently completed north and southbound lanes.

It is anticipated that Highway 69 traffic will be switched to the next stage in late 2019, with contract completion estimated at 2020/2021.

CATERER REQUIRED
GEZHTOOJIG INFORMATION SESSION

Requirement: Food Handlers Certificate

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

By Friday, April 7th 12 noon

For a homemade lunch on

Tuesday, April 18th @ the Firehall

Caterer will be responsible for the following:

Refreshments and snacks 10 a.m.

Coffee, tea, juice, muffins, bowl of fruit

- Egg salad sandwiches, assorted cold cuts with whole wheat and white buns
- Lettuce, tomatoes, cheese slices, mayo, mustard
- Macaroni and Cheese casserole
- Bowl of fresh berries (not frozen)
- apple & orange juice & bottled water
- Cups, utensils, plates, bowls & napkins
- AND Clean-up of food afterwards & bring garbage bags to bin outside.

CATERER REQUIRED
MEDICINE WHEEL TEACHINGS

Requirement: Food Handlers Certificate

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

By Tuesday, April 18th @ 4:30 p.m.

For a homemade lunch on

Thursday, April 27th at the Wagamake Learning Ctr.

Caterer will be responsible for the following:

Refreshments and snacks 9:30 a.m.

Coffee, tea, juice, muffins, bowl of fruit

- **Meatloaf (prepared with lean ground beef)**
- **Mashed potatoes**
- **Apple Pie**
- **apple & orange juice & bottled water**
- **Cups, utensils, plates, bowls & napkins**
- **AND Clean-up of food afterwards & bring garbage bags to bin outside.**

ONTARIO WORKS SCHEDULE

MONDAY TO THURSDAY	8:30 a.m. to 2:30 p.m.
MONDAY, APRIL 3RD	FN FORUM MEETING
TUESDAY, APRIL 4TH	FN FORUM MEETING
WEDNESDAY, APRIL 5TH	FN FORUM MEETING

EMPLOYMENT ASSISTANCE

EVERY MONTH WINNIE WILL BE BACK TO CONTINUE
WITH THE MEDICINE WHEEL TEACHINGS!
FINAL TRAINING FOR CHAINSAW APRIL 6TH.



FOOD BANK

THURSDAY, APRIL 13TH @ 3:30 P.M.

SPRING IS HERE!!!!

★ PAY AS YOU PLAY CASH BINGO ★

- WEDNESDAY, APRIL 5TH
- 6 P.M.
- FIREHALL

SPECIAL DOOR PRIZE DRAW JUST
BECAUSE IT'S OUR FIRST GAME OF
THE SEASON ☺



Medicine Wheel Teaching



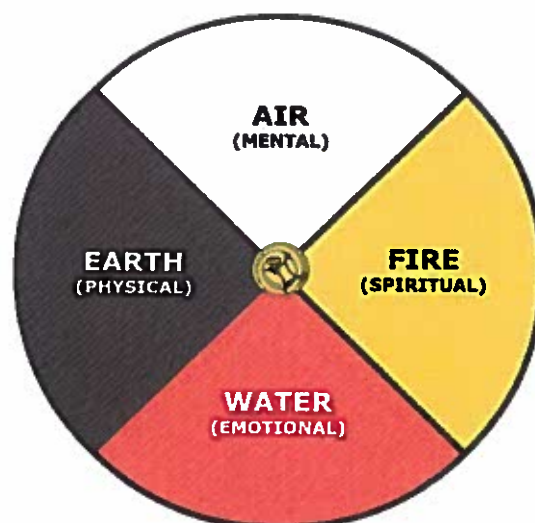
Where: Wagamake Learning Centre

When: Thursday April 27, 2017

Time: 9:30 a.m.

Lunch and Incentive Provided

Medicine Wheel



Note: The colors are not related to the Solar Seals

**Ontario works program
Meegwetch**

REMINDER NOTICE



CHAINSAW COURSE

RESCHEDULED DATE: THURSDAY, APRIL 6, 2017

TIME: 9:30 a.m.

WHERE: Meet at Health Centre

Hope Mother Nature agrees this will be a nice day 😊

Meegwetch for your time and patience.

Ontario works program



HENVEY INLET FIRST NATION POW WOW COMMITTEE



LOONIE AUCTION

Saturday May 27, 2017

Firehall

281 Pickerel River Rd

@ 1:00pm



Auction items value from \$10 to \$2000

All bids are \$1.00 or \$5.00 bids

With the exception of higher priced items will be a \$5.00 bid

DOORS OPEN @ 11am

REGISTRATION @ 12:00 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 ANNUAL TRADITIONAL POW WOW

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 or toonie 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 2017 Henvey Inlet First Nation Annual PowWow. Good luck to all participants😊

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

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

Gezhtoojig Programs & Services Information Session

DATE: *Tues. Apr. 18/17*

TIME: *10:00-12 noon*

LOCATION: *Library*

✓ FIND OUT MORE
ABOUT CAREER OPTIONS

✓ FIND OUT MORE
ABOUT WHAT
GEZHTOOJIG OFFERS



✓ VISIT THE BOOTH
TO OBTAIN INFORMATION
ON OUR PROGRAMS

✓ ENTER YOUR NAME
FOR A CHANCE TO WIN OUR
MONTHLY \$50.00 GIFT CARD



Henvey Inlet First nation

If you would like to sign up for future Gas Bar Training please sign below if interested.

This would give you better possible employment training and skills.

LIMIT OF (4) PARTICIPANTS

Sign up sheet at Band office.

_____	_____
_____	_____
_____	_____

Dates for Training: Monday, April 17th – 21, 2017.

Time: 1:00 p.m. to 7:00 p.m.

Childcare available if needed



**Meegwetch
Ontario Works**

Home Maintenance

Simple tips to help keep your home safe and healthy!

Here are tips for the month of April:

- While you wait for the weather to warm up, focus on your efforts indoors and do a deep clean of your kitchen.
- Clean your exhaust fan or range hood filter.
- Check under the kitchen sink to make sure there are no leaks in the pipes – If you find any leaks, have them repaired.
- Clean out the area under the sink to keep it clear and easy to spot any leaks.

Mould Issues?

Try these simple steps to prevent or eliminate it from your home:

- Divert water
- Circulate air
- Reduce moisture
- Seal and insulate

For more tips you can visit www.cmhc-schl.gc.ca

Housing Department of Henvey Inlet

Millie Pawis

From: Sandra Martin <smartin@gezhtoojig.ca>
Sent: Thursday, March 9, 2017 11:32 AM
Subject: FW: Students Wanted: This is Not Your Ordinary Summer Job

Subject: Students Wanted: This is Not Your Ordinary Summer Job



News Release

Students Wanted: This is Not Your Ordinary Summer Job

March 6, 2017

Ontario's Summer Employment Opportunities Offer Experience and New Skills

Ontario is offering summer employment opportunities to help students develop important skills, gain meaningful experience and learn more about a career in natural resource management.

There are more than 2,000 [summer jobs and full-time internships](#) available to young people in over 200 communities across Ontario, including:

- Stewardship Youth Ranger
- Park Ranger
- Aquatic/Wildlife Biologist
- Assistant Forest Technician
- Learn to Camp Program Leader
- Fish and Wildlife Assistant
- Land Use Planning Assistant
- Geographic Information Systems (GIS) Assistant
- Climate Change Research Assistant
- Wetlands Information Management Assistant

The province also offers [summer jobs](#) and [work exchanges](#) specifically for Indigenous youth that provide hands-on experience, on-the-job coaching and opportunities to explore a career in natural resources management.

These summer jobs provide meaningful work experience for students, allowing them to play an important role in supporting Ontario's biodiversity and helping combat climate change by creating habitat for endangered species, evaluating forest health, working in Ontario Parks, supporting policy development and conducting scientific research.

Providing youth with job opportunities is part of Ontario's plan to create jobs, grow our economy and help people in their everyday lives.

QUICK FACTS

- The Ministry of Natural Resources and Forestry is the largest employer of youth in the Ontario Public Service with more than 2,000 hired annually.
- Ontario has invested \$250 million over two years to serve up to 150,000 more youth through its renewed Youth Jobs Strategy.
- There are more than [30 government programs](#) to help youth build skills, start a business or find a job.

ADDITIONAL RESOURCES

- [Stewardship Youth Ranger Program](#)
- [Summer Employment Opportunities Program](#)
- [Ministry of Natural Resources and Forestry Internship Program](#)
- [First Nations Natural Resources Youth Employment Program](#)
- [Indigenous Youth Work Exchange Program](#)
- [Additional Youth Employment Programs with the Ontario Government](#)

QUOTES

"A job in Ontario's natural resources management sector is certainly no ordinary summer job. These opportunities encourage young people to care for our environment while providing them valuable field experience and great stories to share for years to come. Our government is committed to providing these opportunities to help students build a professional skillset and better equip them to have a meaningful, well-paying career in our modern economy."

— Kathryn McGarry, Minister of Natural Resources and Forestry

"Best job I've ever had. The experience and skills that I have accumulated from this job will help me in the future. This has been a great experience with spectacular co-workers, as well as learning about Ontario's environment and getting paid for it. Best summer ever."

— Stewardship Youth Ranger alumni

CONTACTS

Media Calls Only: Emily Kirk

Minister's Office

416-314-2206

Media Calls Only: Media Desk

Communications Services Branch

416-314-2106

Ministry of Natural Resources and Forestry

<http://www.ontario.ca/natural-resources>

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Visit the Newsroom.

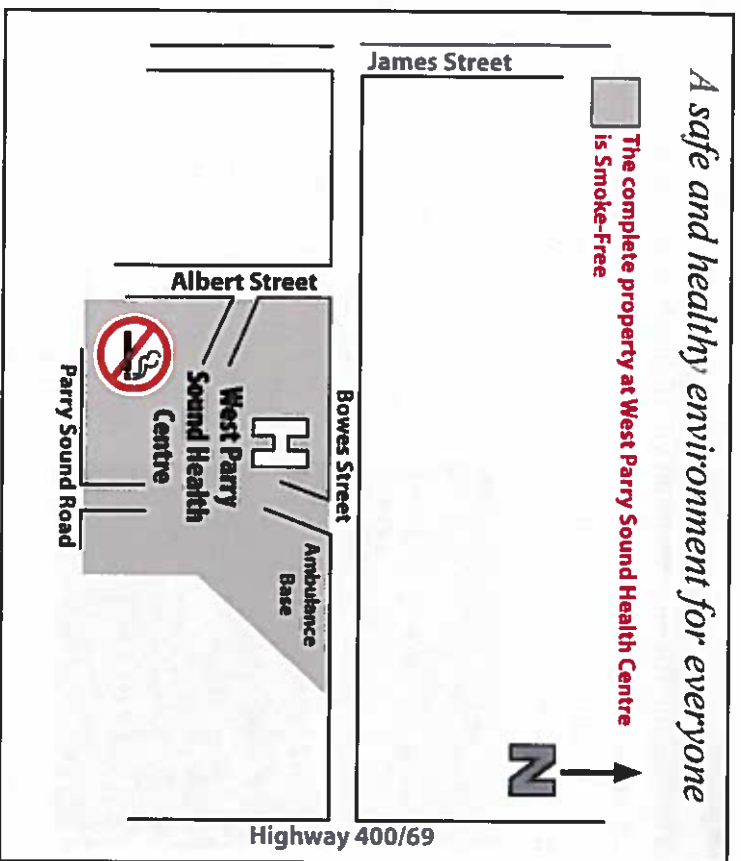
Disponible en français.

© Queen's Printer for Ontario, 2008 - 2017

99 Wellesley Street West 4th floor, Room 4620 Toronto ON M7A 1A1

A safe and healthy environment for everyone

The complete property at West Parry Sound Health Centre is Smoke-Free



The Healing Centre is beside the first-floor entrance.

West Parry Sound Health Centre

6 Albert Street • Parry Sound, Ontario

P2A 3A4 • 705-746-9321 • www.wpshc.com

First Nation Healing Centre

(705) 746-4540, Ext. 1307 or 3438

healingroom@wpshc.com



Noojimowin Bimaadziwin Gamik



First Nation

Healing Centre

A patient and visitor information guide

Please visit www.wpshc.com

The Healing Room

Noojimowin Bimaadziwin Gamik

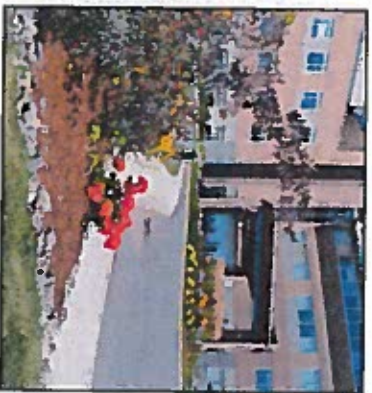
English translation from Ojibway: "Healing Life Room."

The following individuals were involved in naming the First Nation Healing Room: Ed Williams - Moose Deer Point First Nation, Wanda Skead - Henvey Inlet First Nation, Karen Pegahmagabow - Wasauksing First Nation, Isabel Cada - Henvey Inlet First Nation, and Lila Jones - Shawanaga First Nation.

The name is a collaboration from what each individual submitted when the health centre opened in 2005.

Location

The Healing Room - Noojimowin Bimaadziwin Gamik - is located on the first level of WPSHC right next to the Rehabilitation Reception area and main entrance to Lakeland Long Term Care.



Features

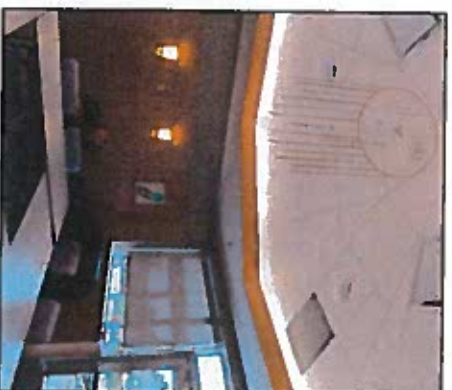
The largest area of Noojimowin Bimaadziwin Gamik is the most prominent space in the Healing Room with a main entrance to the east and an exit to the west. The room has a separate ventilation system and smoke detection system so ceremonial smudging practices can be provided without activating the entire safety systems within the health centre.

The room is also constructed to reflect the shape of a healing lodge, as it has no right angles and was designed to be as circular as possible. Another interesting feature is sound proofing in the walls to reduce the sounds of drumming and singing that might be heard in other parts of the building.

The Healing Room - Noojimowin Bimaadziwin Gamik - also has an administration area, a waiting area, and a small kitchenette.

Purpose

The Healing Room - Noojimowin Bimaadziwin Gamik - is a location for First Nation community members to come and meet with family, health centre patients, and residents of Lakeland Long Term Care. It is also a place to come and relax while waiting within the



health centre, a place to perform smudging or other ceremonies for a patient or resident, and also a place that can be reserved for workshops, training sessions, and seminars.

To book the room for an event, please contact the Patient Navigator or the Chaplain. Contact information can be found on the back of this brochure. If the situation is urgent, and it is after regular office hours, please contact switchboard on the main floor (third level) and from there security can give you access to the room. Please note, call security at extension 3750 to notify that you have finished with the room so they can check and lock the entrance.

Contact/Business Hours

Noojimowin Bimaadziwin Gamik
West Parry Sound Health Centre
6 Albert Street
Parry Sound
ON, P2A 3A4
(705) 746-4540
ext 1307 or 3438
healingroom@wpshc.com

Monday - Friday
8 a.m. to 4 p.m.



DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

APRIL 19, 2017—Community Outreach

Unemployed? Looking for Options?

Are you a member of one of these First Nations?

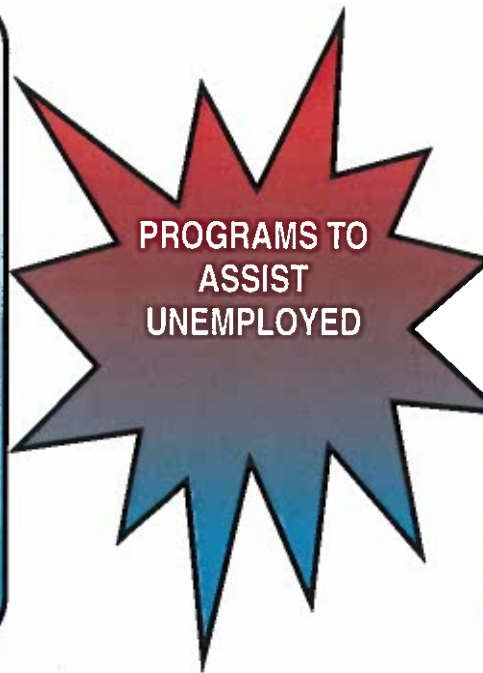
- *Henvey Inlet First Nation*
- *Magnetawan First Nation*
- *Shawanaga First Nation*
- *Wasauksing First Nation*
- *Dokis First Nation*
- *Wahnapiatae First Nation*
- *Temagami First Nation*

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

WHERE	DATE & TIME
Henvey—Health Centre	Wednesday, Apr. 19/17 9:00—10:15am

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





FRI., APR. 7TH. ELDERS GATHERING

TRADITIONAL ECOLOGICAL ELDERS KNOWLEDGE GATHERING

TEK Elders believe that glyphosate and the additives that enhance its potency are harming the health and well-being of the water, soil, birds, plants, fish, amphibians, invertebrates, humans and other mammals.

TEK ELDERS GROUP
TRADITIONAL ECOLOGICAL KNOWLEDGE
www.tekelders.weebly.com



CALLING ALL
ELDERS!!!

HELP STOP AERIAL
SPRAYING IN YOUR
TERRITORY

ANISHINABEK LAW

GATHERING TAKES
PLACE AT OJIBWAY
CULTURAL
FOUNDATION IN
M'CHIGEENG

10 AM START

TEK ELDERS GROUP

P.O BOX 682
MASSEY, ONTARIO
(705) 507-2729

www.tekelders.weebly.com

April 7th, 2017 @ 10am.

RIGHT TO PLAY

WHEN CHILDREN PLAY, THE WORLD WINS.

There will be no After School programming during the March Break (March 13-17th) as not to conflict with Family activities and outings taking place that week during the day.

Evening programs will still run Monday, Wednesday, Thursday 7-9 pm

Scheduled Outings:

The Youth Leadership Program YLP (13+) has a trip on March 4th in Barrie

The After School program ASP (6-12) will also have an outing on March 25th to either the Jungle Gym or the indoor playground KUPPS in Sudbury. More details and permission forms for the ASP March 25th outing will be delivered in mailboxes soon. There will also be room for parents who interested in chaperoning that day.

Right to Play ASP & YLP Program Cancellations:

No After School Programs on: -March 8th

-March 30th (Tuesday March 28th instead)

-April 12th

No Youth Leadership Programs on: -March 8th

-March 29th

-March 30th

-April 12th

I am currently taking a class in Aboriginal law but it ends April 12th and after that afternoon and evening programming will resume Monday, Wednesday and Thursdays with no scheduled interruptions.

Any questions or concerns you can reach me, Angele Dubois at 705-918-1590

COMMUNITY
HEALTH NURSING
PROGRAM



April 2017

Brenda CONTIN, C.H.N.

Henvey Inlet Community Health Nursing Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 NOT IN OFFICE: DR'S APPT.	4 TORONTO: F.N.'s FORUM	5 /	6 NOT IN OFFICE: DRS. APPT.	7 OFFICE	
	10 OFFICE	11 NOT IN OFFICE	12 HOME VISITS	13 PROGRAM SHOP- PING	14 STAT HOLIDAY OFFICES CLOSED	
	17 STAT HOLIDAY OFFICES CLOSED *PROGRAM COOKING	18 LUNCH N LEARN	19 HOME VISITS	20 C&C PLANNING DAYS _____	21 _____	
	24 C&C PLANNING DAYS cont'd _____	25 _____	26 COLIN MOUSSEAU VISIT _____ /	27 COLIN MOUSSEAU VISIT	28 OFFICE	

LUNCH N LEARN

Location: Henvey Inlet Firehall

11:30 –1:00 pm

April 18, 2017

Diabetes Bingo

Please call Darcy for sign-up!!

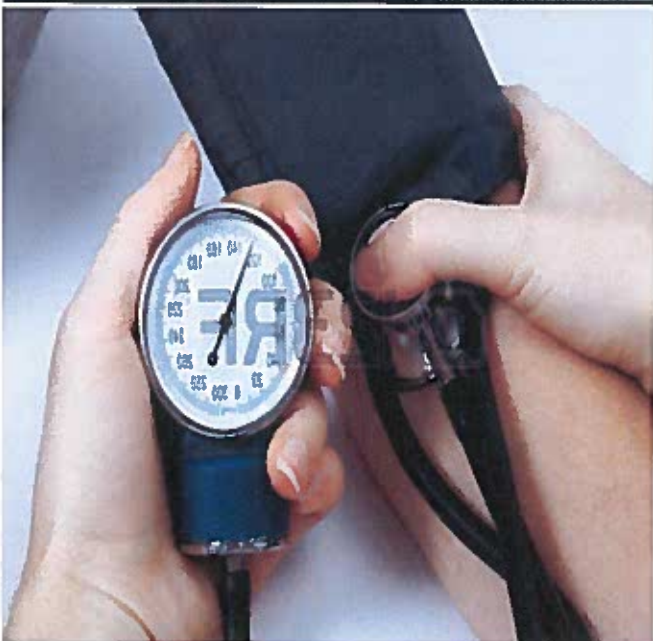
**You must be present at program
by 11:45 or your name will be
bumped by next person on waiting
list...**

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

B/P & Blood Sugar Screening Clinic

Date: April 10, 2017

Time: 9:00 am—3:00 pm



Location: Health Centre
No sign-up necessary!
Up to 3 individuals
who visit the CHN to
have their B/P and B.S.
checked will be eligible
to win a bag of perishables,
such as fruit/
vegetables, eggs, bread,
and healthy treats.

CONTACT: Brenda Contin,
CHN

Traditional Healer Colin Mousseau

April 26th & 27th, 2017

9:00 am – 5:00 pm on April 26th.

9:00 am – 3:00 pm on April 27th.

**Call Brenda at the Henvey H.C. to book
your appt. for above dates.**

**Appts will be upstairs at the Henvey Inlet
Library....Please be ready to provide your
semma 😊**



MUMPS.

CONTAGIOUS.

PREVENTABLE.

GET IMMUNIZED.

The mumps vaccine is safe and effective.
Talk to your doctor, nurse, pharmacist, or local public health office about getting immunized against mumps.

MUMPS



WHAT IS MUMPS? Mumps is a contagious disease that is caused by a virus. The most common symptom of mumps is swollen salivary glands, which cause one or both cheeks to become very puffy. (The salivary glands are located in your cheeks, near your jaw and below each ear.)

Mumps also causes fever and headache. People who have symptoms usually get better after a week or two, but mumps can sometimes cause serious complications. Anyone who has not been fully vaccinated is at increased risk of catching the disease, compared with people who have been fully vaccinated or who have already had mumps.



HOW IS MUMPS SPREAD? Mumps spreads easily through the air when an infected person coughs or sneezes. People can catch it by:

- Breathing the air where an infected person has coughed or sneezed
- Touching an infected surface, and then touching their nose or mouth
- Sharing objects (for example, cups and eating utensils) with a person who has mumps

A person with mumps can spread the infection from seven days before to five days after they have symptoms. Up to half of people may have very mild symptoms, or no symptoms at all. However, these people can still spread the virus.

PREVENTION

You can protect against mumps with a safe and effective vaccine. For the best protection, children should receive the two recommended doses of mumps vaccine. Children need one dose at each of the following ages:

- One year of age
- Four to six years of age



IS IT SERIOUS? Most people with mumps recover completely in a few weeks. However, mumps can be serious and can cause such complications as:

- Loss of hearing, which can either last a short time or, in rare cases, be permanent
- Orchitis (swelling of one or both testicles) in teenaged and adult males, which can, in rare cases, lead to fertility problems
- Oophoritis (swelling of one or both ovaries) in teenaged and adult females
- Encephalitis (swelling of the brain), which can lead to death or permanent disability
- Meningitis (swelling of the tissue covering the brain and spinal cord)

Pregnant women who get mumps during the first trimester may have a higher risk of miscarriage.



SINCE THE APPROVAL OF THE MUMPS VACCINE IN 1969, THE NUMBER OF REPORTED CASES OF MUMPS HAS GONE DOWN BY MORE THAN

99%

WHAT ARE THE RISKS?

Individual cases and outbreaks of mumps still happen in Canada. As well, mumps remains a common disease in many parts of the world, including areas in Europe, Asia, the Pacific and Africa. Anyone who is not protected against mumps is at risk of getting infected when they travel internationally.

Although mumps is commonly thought of as a childhood disease, teenagers and adults can catch it too. Some people may be at increased risk of being exposed to mumps because of their work or leisure environments, including students attending school, people who travel internationally, military personnel, health care workers and individuals exposed to a mumps outbreak.



SYMPTOMS

Symptoms of mumps usually appear 16 to 18 days after a person is exposed to the virus. They include:

- Painful and swollen salivary glands
- Fever
- Headache
- Muscle aches and pains
- Tiredness
- Having trouble chewing

STAY UP TO DATE WITH YOUR VACCINATIONS



The most important way to prevent mumps is to make sure that you and your family members are vaccinated. Although people who have been vaccinated can still get mumps, they are likely to have a milder case than an unvaccinated person. There is no treatment for mumps, and it can cause long-term health problems.

The vaccines are part of the publicly funded vaccine schedule and are offered free to all people in Ontario. The mumps vaccine is required for children to attend school in Ontario and for children attending a daycare centre, unless they have a valid exemption.

Vaccination is also publicly funded for adults, if they have never had mumps or been vaccinated.

Anyone who is not protected is at risk of getting mumps.

Talk to your health care provider before you travel. For more information on global outbreaks of mumps, please visit the Government of Canada website (<http://travel.gc.ca/travelling/health-safety>).

IT TAKES ALL OF US TO PROTECT EACH OF US. Talk to your health care provider or your local public health unit about the mumps vaccine. For information about Ontario's immunization schedules, please visit Ontario.ca/vaccines.

Measles, Mumps and Rubella (German Measles) MMR (combined) Vaccine



Don't Wait, Vaccinate!

This vaccine protects against three diseases, measles, mumps and rubella (German measles). The more people who are immunized in your community, the more protection your community has against these diseases.

Diseases	Measles symptoms:	Mumps symptoms:	Rubella symptoms:
	Rash Cough Fever Conjunctivitis (pink eye) Generally feeling unwell	Fever Headache Swollen & painful glands near jawbone Respiratory symptoms	Rash Swollen glands Arthritis (especially in women)
Possible complications:	Possible complications:	Possible complications:	
	Ear infection (5-9% of cases) Pneumonia (1-5% of cases) Seizures Premature labour & miscarriage Permanent brain damage (1 case per 1,000) Death (1 case per 3,000)	Meningitis Deafness Testicular infection (possible sterility) Ovarian infection (possible sterility)	Miscarriage in pregnant women Malformations in infants when mother infected during first 10 weeks of pregnancy

Vaccination is the best way to protect a child or yourself against measles, mumps and rubella. The vaccine protects against these three diseases for your entire life. Children now receive the MMR vaccine at 12 months of age and a combined MMRV (measles, mumps, rubella and varicella) as a booster at 4-6 years of age.

The MMR vaccine is safe. In most cases, it does not cause any undesirable reactions. **Inform your health care provider if there is a history of allergies or a weakened immune system (such as HIV, cancer or taking certain medications).** The MMR vaccine should not be given if the person:

- Has a high fever or serious infection more severe than a cold (it is better to wait until you recover)
- Is pregnant, think they may be pregnant or is trying to become pregnant (wait one month after the vaccine)
- Had a severe allergic reaction to a previous dose of MMR or any component of the vaccine including gelatin or an antibiotic called neomycin
- Has recently received a blood product (e.g. serum immune globulin). Should wait 3 to 12 months before getting the MMR vaccine depending upon which blood product was received
- Has had another injectable or nasally administered live vaccine (e.g. Varicella, BCG or Yellow Fever) in the last 28 days

The MMR vaccine can be given to people who are allergic to eggs, even if they have a severe egg allergy, as long as they are observed after the vaccine is given.

Vaccine	Possible side effects:	What to do:
	May experience swelling, redness and/or tenderness around the injection site.	Apply a cold, damp cloth to the area.
	Feeling tired with a mild fever and/or development of a non-contagious rash (5 to 12 days after vaccination).	See a health care provider if symptoms are serious.
	A high fever may occur on rare occasions. This may cause a seizure in children.	Give a fever medication such as acetaminophen if temperature is 38.5°C or over.
	Joint pain, stiff neck or swelling of the glands near the jaw may occur weeks after vaccination.	See a health care provider if symptoms are serious.
Severe allergic reactions are very rare. Most severe reactions occur shortly after receiving the vaccine.	It is important to wait 15 minutes after the injection for observation before leaving the clinic. Seek immediate medical attention if experiencing a severe reaction.	

For more information go to:

www.getimmunized.ca

www.healthcanada.gc.ca/vaccinate

www.health.gov.on.ca



Henvey Inlet Health Centre

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

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

CHILD & FAMILY PROGRAM APRIL 2017



Sun Mon Tue Wed Thu Fri Sat

31 1

2 3 4 5 6 7 8

Staff Meeting
In Office Breadventure In Office NORTH BAY
HEALTH UNIT

9 10 11 12 13 14 15

HOLIDAYS

16 17 18 19 20 21 22

HOLIDAYS STEERING
COMMITTEE
MEETING HEAL SUDBURY

23/30 24 25 26 27 28 29

In Office SPRING CRAFT BUNDLE
FEASTING BURY
Parenting Work-
shop
Planning Session





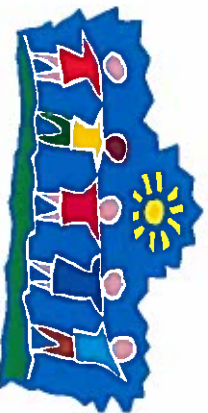
Henvey Inlet First Nation Health Centre



"Healthy Babies Healthy Children
For A Healthy Future"

354A Pickeral River Road
Pickeral ON P0G 1T0

Phone: 705-857-1221
Toll Free: 1-866-252-3330
Fax: 705-857-0730
E-mail:
kara.harkness@henveymedicalcentre.com

APRIL 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
HOLIDAYS						
9	10 Blood Pressure Clinic	11 HEALTHY FOOD PROVIDER TRAINING	12	13 BABY FOOD MAKING WKSHP	14 GOOD FRIDAY	15
16	17  Easter Monday	18	19 Cooking For One Wkshp	20	21 PSA OUTING	22
23	24  Well Baby Clinic	25 SPRING CRAFT	26 BUNDLE FEASTING	27 PARENTING WKSHP 1PM	28	29
31						



Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy
Children For A Healthy Future"

▶ Healthy Food Provider Training

Attention all Caterers!!!

Please join us on

Tuesday April 11, 2017

At the Health Centre for 10am-4pm

To attend the Healthy Food Provider Training with Kara Newton, CFE. As per the HIFN Catering Policy, you must have your Safe Food Handling as well as your Healthy Food Provider Certificates to be eligible to bid on Catering opportunities!!!

Please contact the Health Centre to sign up!!!



FOR MORE INFORMATION PLEASE CONTACT KARA AT 857-1221



Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy
Children For A Healthy Future"

▶ Infant/Toddler Nutrition Workshop

The Health Centre is putting on a 1 Day workshop to educate our Moms and Dads on Nutrition for their Children under the age of 4.

Please join us on

Thursday April 13, 2017

At the Health Centre for 10am-4pm

To be eligible for one of our awesome prizes,
participants must attend the full day!!!

Please contact the Health Centre to sign up!!!



FOR MORE INFORMATION PLEASE CONTACT KARA AT 857-1221



Henvey Inlet First Nation Health Centre

Community Health Educator

Cooking For One!!!

ADULTS

In today's world, we are surrounded by convenience food and getting away from cooking nutritiously. It's so important for us to learn the basic cooking skills that will last a lifetime.

Join us at the Health Centre to learn new ways to prepare meals for either a single person or a couple!!!

ALL ADULTS 18+ WELCOME

**Wednesday April 19, 2017
1pm**

AT THE HEALTH CENTRE



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



**Henvey Inlet
Health Centre**

Tuesday April 25, 2017

Spring

Join Kara and Kerri in a fun filled, creative
SPRING CRAFT!!!

Space is limited to the first 6 to sign up!!!

Contact Darcy at 705-857-1221!!!

NCFW

And

Community Health Educator

Parenting Workshop

Thursday April 27, 2017

1 pm

Health Centre

Join Kara and Kerri at the Health Centre for a parenting workshop planning session!!!

Please sign up by calling
Darcy at 705-857-1221!!!

Light snacks and beverages will be provided to those whom attend!!!










Louise Ashawasegai

NNADAP

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Staff meeting	4 Home visits	5 Office	6 Home visit NA Meeting	7 Office	8
9	10 Sweat Harry Snowboy	11 Yiwipi Ceremony Harry Snowboy	12 Counseling Harry Snowboy	13 Office	14 Closed	15
16 Easter 	17 Closed	18 Art Therapy 	19 Art Therapy 	20 Jake Pine 	21 Jake Pine 	22
23	24 Staff meeting	25 Office Home visits	26 New moon ceremony Cliff Summers	27 Office	28 Office	29
30						

World health day

April 7th

Theme:

Depression

Symptoms of depression include:

Feelings of helplessness and hopelessness. A bleak outlook—nothing will ever get better and there's you can do to improve nothing your situation.

in daily activities. You don't care anymore about former hobbies, pastimes, social activities, or sex. You've lost your ability to feel Loss of interest joy and pleasure.

Appetite or weight changes. Significant weight loss or weight gain—a change of more than 5% of body weight in a month.

Sleep changes. Either insomnia, especially waking in the early hours of the morning, or oversleeping, short, and everything and everyone gets on your nerves.

Anger or irritability. Feeling agitated, restless, or even violent. Your tolerance level is low, your temper Loss of energy. Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.

Self-loathing. Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.

Reckless behavior. You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.

Concentration problems. Trouble focusing, making decisions, or remembering thing

Unexplained aches and pains. An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

Unexplained aches and pains. An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.



Harry Snowboy will be in our community

April 10, 11 and 12 of April, 2017

Monday the 10th: Counseling from 1 pm to 4 pm

Sweats on the 10th. 7pm

456 Pickerel Rv. Rd.

Tuesday the 11th: Yuwipi Ceremonies: 7 pm at Day Care

Wednesday the 12: Counseling from 9am to 12 pm

1 pm to 3:30 pm

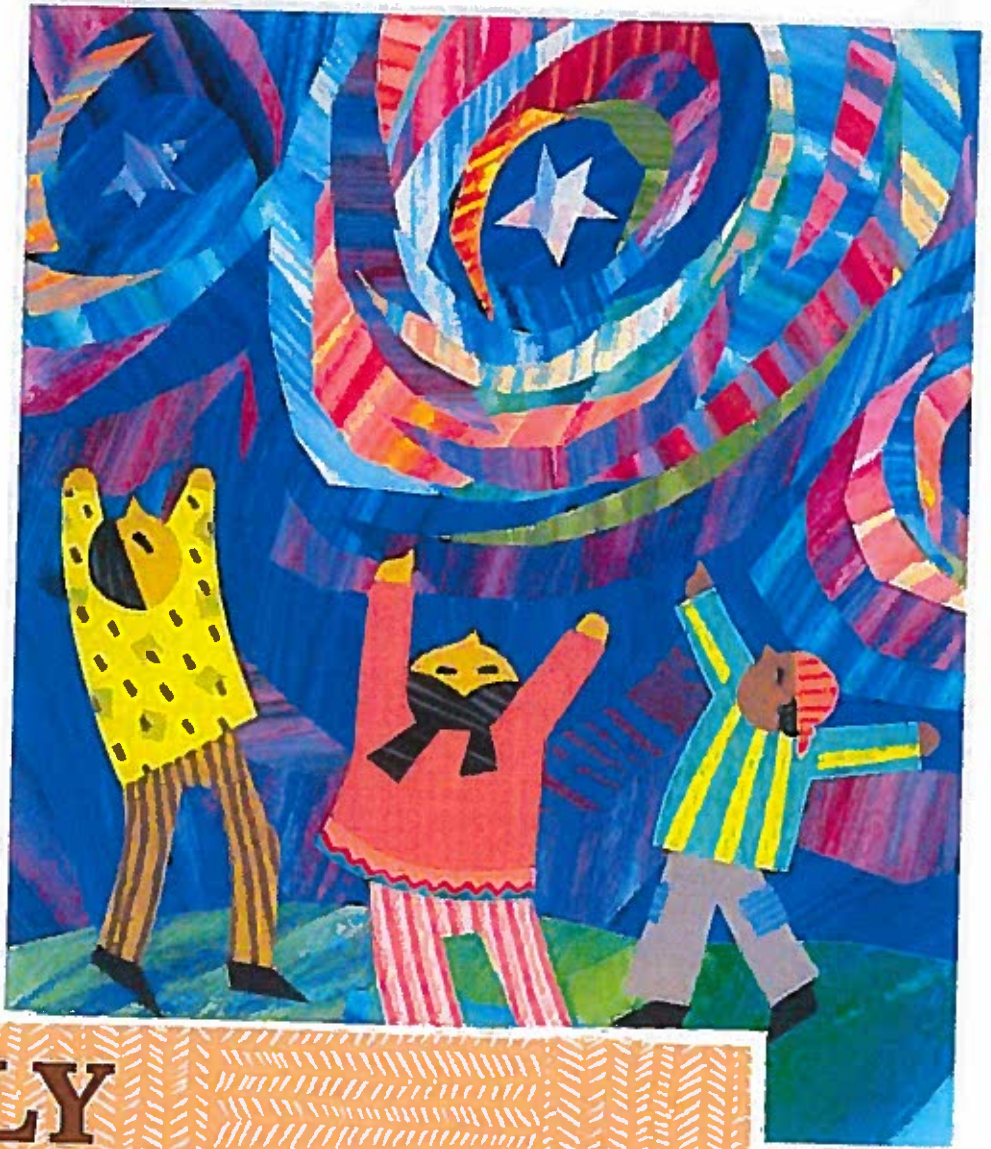
Need an appointment phone Darcy or myself at the Health Centre

Louise

APRIL
18
&
19



Cher at mandala workshop



FAMILY WELLNESS ART EVENT

The Firehall
6 - 10pm

We hope you will join us for two evenings of multi-generational activities that will be fun, provide opportunity for connection to self and community while promoting an overall sense of wellbeing.

Join Cher Curshen, Expressive Arts Therapist, Trauma Specialist, and Body Energy Practitioner for this family art event! Cher has worked within health and social service agencies with families since 1999. She is grounded, calm, highly compassionate, energetically strong and balanced making her a soothing presence.

Contact Louise or Darcy at the Health Centre: 705-857-1221



NEW MOON SWEAT **THANKSGIVING**

DATE: APRIL 26/2017

TIME: 7 PM

LOCATION

456 PICKEREL RV. RD.

Sweat will be conducted by Cliff Summers. New moon is historically known as a time for rebirth and making intentions. A sweat lodge ceremony is a time of rebirth. We go back into the womb and we pray, release, and renew.

FOR MORE INFORMATION CONTACT: DARCY OR LOUISE @ 705-857-1221

Henvey Inlet First Nation Daycare
April 2017
Newsletter

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.” Dr. Seuss

April the month of change! And when the Bunny appears! Mother Earth is acknowledged! And best of all Grandfather Sun starts to make the nice spring weather more bare able. Also this time of year its licensing here at the centre. This year the Ministry of Education has made may chances to Licensing requirement. The HIFN Daycare will post some of the changes along with the new revised policies for our Community Daycare. Lots of interesting reading. We here at Daycare Love this time of year: so many changes coming about. Changes that are welcomed by so many who love the warm outdoors. Here at the daycare we are starting to love the invite from Grandfather Sun to venture outside again. So a **REMINDER** to Parents to please dress the Children according to the weather outside. Our Topics for this month are:

April 3 – 7, 2017: All About ME!

April 10 – 13, 2017: Colors!

Daycare CLOSED Friday April 14, 2017/ Monday April 17, 2017

April 18 – 21, 2017: Shapes

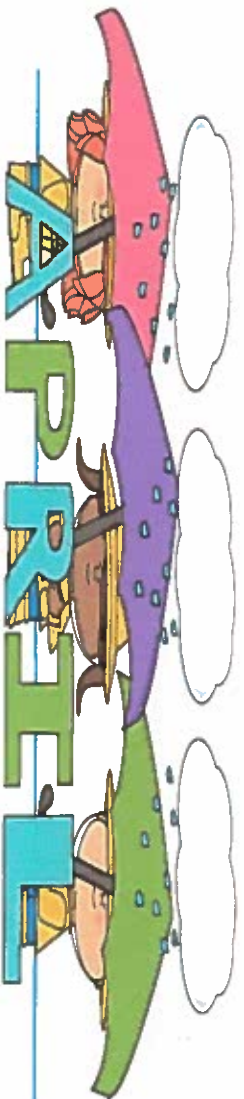
April 24 – 28, 2017: Numbers

Important Dates: April 10/11/12, 2017: EXAM DATES Erin/Dee* One Staff

**Community Easter Breakfast and bike raffle: Saturday April 15, 2017
Fire Hall**

Please review the calendar and post!

**Thank you
HIFN Daycare**



2017

Sun Mon Tue Wed Thu Fri Sat

<ul style="list-style-type: none"> Erin/Dee Exam Dates April 10, 11, 12 						
2	3 PD DAY STM	4 Topic:	5 All About ME!	6	7	8
9	10 Topic: EXAM Day	11 Colors EXAM Day	12 EXAM DAY	13	14 Daycare CLOSED	15 Community Easter Breakfast Bike Raffle
16	17 Daycare CLOSED	18 STM EXAM Day	19 Topic:	20 Shapes	21	22 Earth Day
23	24	25 Topic:	26 Numbers Administrative Professional Day	27	28	29
30						



DISCIPLINE THROUGH

Connection

MANAGING BEHAVIOURS WHILE
KEEPING YOUR CONNECTION STRONG

by *lesley lacny* m.a., c. psych

In response to your repeated requests to put the toys away, your preschooler screams "no" and flings his Lego creation in your direction. You discover the depth of your pre-teen's "swearing vocabulary" during a heated discussion about cell phone use. For Sunday lunch, you get served the same old excuse as your teen explains why he missed the previous night's curfew.

Figuring out the 'right' way to discipline our kids can be challenging. A glance around the parenting section of your local bookshop will quickly serve to illustrate the polarized and polarizing range of parenting styles out there: sanctions vs. rewards, understanding vs. tough love, structure vs. going with the flow, etc. Inadvertently, our attempts often end in defeat. This can end up looking like more of the behaviour we were hoping to stop in the first place, frustration on both sides, and disconnection. But what we're really trying to achieve is the opposite: show our kids we care, help them grow into responsible, caring individuals, and stop the behaviour that is driving us mad!

So, how can you discipline your child respectfully, in a way that will maintain a close connection, and that will promote healthy behaviours and coping skills? No one has all the answers; however, we now know a few things about raising children that our parents and grandparents didn't know. In particular, we understand more about the brain and how it is wired. It's up to us to put these recent discoveries into practice.

Understanding the brain

Our front brain (the prefrontal cortex) is where we do our logical and rational thinking. This part of the brain does not fully develop until our early to mid twenties! When we are overstressed, the front brain gets 'hijacked' as our limbic system (a more primitive part of the brain) takes over, acting on impulses and emotion. A child's ability to think about their actions and restrain themselves goes out the window.

You know these moments. Your kid is losing it, and you can feel yourself starting to follow suit. You respond out of anger and say or do things you swore you never would. As adults, it can take everything we have to stay calm, and we have the benefit of a fully developed front brain! Imagine how difficult it is for a child; yet more often than not, this is what we expect of them.

Now let's throw mirror neurons into the mix. Mirror neurons fire as we observe, causing our brains to respond as if the actions and emotions were our own.¹ So, if you are responding to your children with anger and aggression, in that exact moment neurons are firing in their own brains that also stimulate anger and aggression.² According to this theory, responding to your child with empathy and validation could promote their own ability to be empathetic. Monkey see, monkey do.

Striving for balance

Keeping neuroscience in mind, the science of discipline is moving away from threats and isolation, towards connection and validation, while setting limits and teaching lessons.

Harsh discipline from previous generations may have kept children 'in line'; however, not without a potentially negative impact on the parent-child relationship and the child's self worth.

On the opposite end of the spectrum lies a lack of discipline. Giving in to your child's every desire makes it difficult for children to learn how to manage disappointment and understand limits and boundaries.

Then there is that elusive middle ground. Many contemporary experts agree that balance is key, providing structure that is firm, flexible, and functional.

A 2016 study linked an individual's level of happiness and professional success in adulthood to the way in which they were raised.³ Through analysis of the survey responses, the team identified four key parenting factors: level of interest shown in child, trust, rules, and independence. Based on the 'weight' of each of these factors in a parenting style, the researchers identified the following categories:

SUPPORTIVE: High or average levels of independence, high levels of trust, high levels of interest shown in child, large amount of time spent together

STRICT: Low levels of independence, medium-to-high levels of trust, strict or fairly strict, medium-to-high levels of interest shown in child, many rules

INDULGENT: High or average levels of trust, not strict at all, time spent together is average or longer than average

EASYGOING: Low levels of interest shown in child, not strict at all, small amount of time spent together, few rules

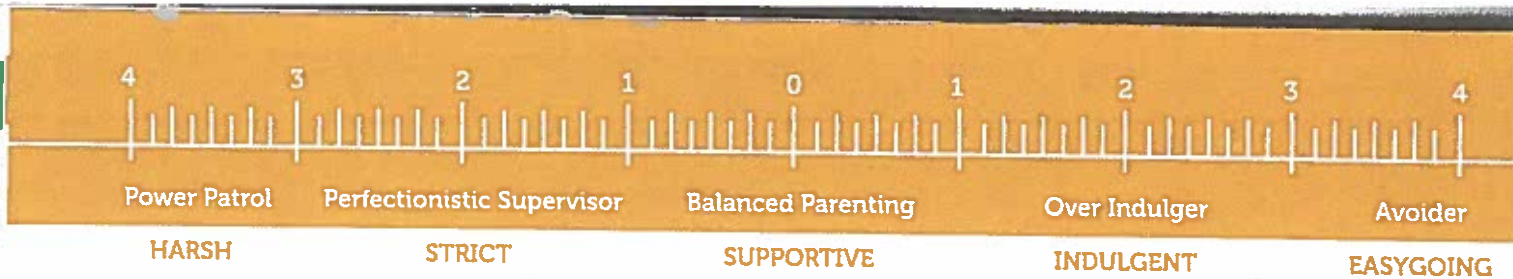
HARSH: Low levels of interest shown in child, low levels of independence, low levels of trust, strict

AVERAGE: Average levels for all key factors³

The survey results demonstrated that participants reporting a supportive upbringing had high incomes, high happiness levels, academic success, and a strong sense of morality. Participants reporting a strict upbringing (where they were paid a lot of attention but with strict disciplinary methods) reported high academic success and high salaries, but high stress levels and lower levels of happiness.³

In her book *The Parent's Toolshop*, parent educator Jody Johnston Pawel, LSW, CFLE, presents parenting styles as a continuum (see diagram next page). Jody acknowledges that parenting styles are influenced by one's upbringing and conditioned beliefs, but maintains that we can still consciously choose a style based on one's parenting goals. Would you like to know where you fall on the scale? Try Jody's quiz³ (page 31) to find out...

Jody views the "balanced" style as most effective in reaching positive parenting goals. What a perfect world if we could live in balance and maintain that 'supportive approach' all the time! Given that we all react and respond in ways that are less than ideal, this remains a noble but unattainable goal. Having said that, here are some examples of how supportive approaches to discipline play out in everyday life and some suggestions that may make it easier to avoid our sometimes less-than-ideal reactions.



Before it happens:

TEACH THE NEUROSCIENCE. Help your child understand how the brain works and what happens inside our bodies when we are stressed. Too broad a topic to address here, if you need some guidance I like the kid-friendly explanation provided by psychiatrist Dr. Dan Siegel and child and adolescent therapist Dr. Tina Payne Bryson in their book *The Whole Brain Child*.

INTRODUCE AND MODEL CALMING TECHNIQUES. Start simple: breathe! It seems like such a simple thing yet it can be difficult to access when we need it most. A few deep breaths could be all it takes to turn off the 'alarm' and bring your child back into her front brain. Start young and help your child develop the habit of harnessing the power of her breath.

Try this: Have your child or teen lie on his back with his eyes closed and a hand on his belly. As he slowly inhales through his nose, ask him to pretend that he is inflating a balloon inside his belly. As he exhales through the mouth, he pretends he is letting the air out of the balloon as his belly deflates. For younger children, use bubbles or pinwheels, or have them lie down and 'rock a stuffy to sleep' on their belly to demonstrate the same technique. Use mood rings or biofeedback cards to help your child monitor the shift in his body before and after breath work.⁷

Additional relaxation and mindfulness activities:

- *Be the Boss of your Stress: Self-Care for Kids* by Timothy Cuthbert and Rebecca Kajander
- *The Mindful Child* by Susan Kaiser Greenland
- Smilingmind.com.au & www.stopbreathethink.org provide guided mindfulness exercises for children and teens.

In the moment:

TRY TO STAY CALM! We can't always calm our children but we can work on calming ourselves. Give yourself a time out, take some deep belly breaths, hit the reset button, and try to get back to your own front brain. Remember the theory of mirror neurons and trust that staying calm will help bring your child to a calmer place...eventually!

TRY FOCUSING ON INITIATING A CONVERSATION VERSUS JUMPING RIGHT TO CONSEQUENCES: If your end goal is to try to teach something, jumping straight to consequences will likely end in the lesson being lost: instead of experiencing the feelings that come from having made a not so good decision, your child's brain will likely be focused on how angry she is at you. The goal is not to avoid your child being upset with you or the situation; we are simply trying to avoid escalating the situation. Or when it does escalate, work towards turning off the alarm

and supporting your child to get back into their 'learning brain' where they can begin to think about the impact their actions or decisions are having.⁹

For example: Your teen misses his curfew again. As he attempts to sneak in the door, you interject:

Knee-jerk rejection: *"Where have you been? Don't you know what time it is? I've been worried sick – get to your room – you're grounded..."*

Instead try:

Parent: *"I've been worried sick, what happened?"*

Teen: *"My cell died and I lost track of time."*

Parent: *"It's late and it is not the best time to discuss this. Let's talk about this tomorrow." (Never fear! We will be getting to tomorrow in the next section...)*

LET YOUR CHILD EXPERIENCE THEIR FEELINGS: No one enjoys seeing their child upset or listening to them scream in rage at the top of their lungs. Whether it's anger, sadness, or fear, it is natural to want the behaviour to stop or to try to make everything better. Yet telling a child to calm down is like standing in front of a freight train expecting it to stop. Telling a child to "get over it" inadvertently sends a message that it is not okay for her to be disappointed. Validating and listening to her experience can help teach her to connect to her emotions.

Knee-jerk reaction: *"How many times do I have to tell you? You are not getting that toy. End of discussion and I don't want any crying out of you..."*

Instead try: *"I can see you are really disappointed, I know how much you wanted that toy. I know it's hard when you can't get what you really want"*

ALLOW CHILDREN SPACE TO SOLVE THE PROBLEM: In her book *Elevating Childcare: a Guide to Respectful Parenting*, parenting educator Janet Lansbury suggests using what she calls "sportscasting" with younger children. Avoid judging, fixing, shaming, or blaming. Focus on keeping your child safe, state what you see, and allow them the space to experience their feelings. Think of it as a non-judgmental, factual account of events just as if you were the commentator in a sporting event.

For example: *"You both want to play with the red airplane yet there is only one. Hmm...how are you going to solve this problem?"*

I am amazed at how well this can work. When fighting over a toy, seeing my 3 year old boys come up with their own idea of taking turns made me realize how sometimes stepping back can be the best thing.

Parenting Styles Quiz

What type of parenting style do you use? Find out by taking this quiz. Answer the questions honestly, based on your beliefs and what you would really say or do, not how you think it should be answered.

1 What is the parent's job?

- a. To make children behave and obey authority and rules.
- b. To provide constant supervision & structured rules so children will act/choose "right."
- c. To teach children the life skills they need to be self-disciplined, responsible adults.
- d. To make sure children have a happy, carefree childhood.
- e. To let children learn the proper skills and behavior on their own.

2 Who is responsible for controlling the child's behavior?

- a. Parents must stay in charge and children should obey their rules.
- b. Children should do what the more experienced and knowledgeable parents say.
- c. Parents are responsible for teaching children behaviors and skills they need for self-control.
- d. Parents should explain to the children why they should behave and ask for their cooperation.
- e. Children can figure out their own limits through trial and error.

3 Who has rights?

- a. The parents have all the rights, just because they are adults; children have few or no rights.
- b. Parents have superior knowledge and experience; therefore they have more rights.
- c. Parents and children both have the right to be treated with dignity and respect.
- d. Children's rights and needs are more important than the parents.
- e. Children have rights as long as the parents aren't inconvenienced.

4 Who gets respect?

- a. Children are expected to respect parents, but parents are not obligated to respect children.
- b. Children have to earn their parents' respect before they will receive it.
- c. All people deserve to be treated respectfully, regardless of age or position.
- d. Parents should respect their children so the children will be happy.
- e. Children act disrespectfully now and then, it's no big deal.

5 How are mistakes handled?

- a. Children must be punished if they break the rules. The punishment must either make the child feel bad or inconvenience the child somehow.
- b. Parents can correct children's mistakes by expressing disappointment, offering constructive criticism, urging children to try harder, and telling them how to fix the mistake and prevent it later.
- c. Children can learn lessons from mistakes and how to fix them or prevent them in the future.
- d. It is a parent's responsibility to fix children's mistakes or protect children from the negative effects.
- e. Others (besides the parents and children) are probably to blame for the children's mistakes.

6 How are problems solved and decisions made?

- a. Choices are made within limits that respect the rights and needs of others.
- b. The problems will go away on their own; if not, the parents can deal with it later.
- c. Parents have the right answers, so the children should follow their advice.
- d. Parents should monitor their children's activities, set goals for the child, and offer rewards or incentives for reaching the goals.
- e. Parents should try to find out what the children want and make them happy.

7 How are negative feelings handled?

- a. Parents shouldn't try to change their children's negative feelings but can teach them how to express them appropriately.
- b. Everything will go smoother if children keep their negative feelings to themselves.
- c. Children should not express negative feelings because it shows defiance and disrespect.
- d. Children should think and feel what their parents think and feel is "right."
- e. Parents should protect or rescue children from negative feelings.

8 Who decides how children should behave, which interests they pursue and the goals they set?

- a. Parents can teach children positive behaviour skills so children can set and reach healthy goals.
- b. Children can figure out how to behave and what interests/goals to pursue through trial and error.
- c. Parents should tell children what to do and the goals to pursue and make them follow through.
- d. Parents should set high standards for children and choose interests/goals that will help the children succeed as adults.
- e. Children should be allowed to pursue whatever interests/goals they want so they'll be happy.

9 Who makes the rules and how are they enforced?

- a. Children can have choices, within reasonable limits and understand the value of the rules.
- b. If parents set and enforce limits, their children will feel too constricted and rebel.
- c. Parents should tell their children what to do, and children should obey without question.
- d. Parents can set structured rules and correct children with constructive criticism and advice.
- e. If parents politely remind children to behave, they eventually will.

10 How can parents motivate children?

- a. Parents can teach their children the value of tasks so they are self-motivated to do them.
- b. Children should be responsible for motivating themselves.
- c. Children can be motivated through commands and threats.
- d. Children can be motivated by rewards and incentives, acceptance and praise.
- e. If parents do enough for their children, the children will be happy and motivated.

11 How do parents discipline?

- a. Parents can explain children's behavior choices and hold them accountable for their decisions.
- b. Children can monitor their own behavior.
- c. Punishment should be uncomfortable or inconvenient so misbehavior will stop.
- d. Parents should make their children feel bad for misbehaving and take away special privileges.
- e. Parents shouldn't punish their children too often or they will lose their children's love.

Scoring

You will have five totals—one for each of the five parenting styles. Your highest score shows your dominant parenting style.

POWER PATROL: Add 1 point for every (a.) on questions 1 through 5, and 1 point for every (c.) on questions 6 through 11.

PERFECTIONISTIC SUPERVISOR: Add 1 point for every (b.) on questions 1 through 5, and 1 point for every (d.) on questions 6 through 11.

BALANCED: Add 1 point for every (c.) on questions 1 through 5, and 1 point for every (a.) on questions 6 through 11.

OVERINDULGER: Add 1 point for every (d.) on questions 1 through 5, and 1 point for every (e.) on questions 6 through 11.

AVOIDER: Add 1 point for every (e.) on questions 1 through 5, and 1 point for every (b.) on questions 6 through 11.

Ride it out:

Often times, there will be nothing you can do in the moment but ride it out. Try to keep yourself calm, reassure your child that it is okay for them to have their feelings, and keep themselves and others safe.

Immediately following a Lego throwing incident

"It is okay for you to be angry but I won't let you throw your toys. I'm moving your toys so no one gets hurt and your toys don't get broken."

Your teen swears at you after being denied an extended curfew:

"I get that you are angry with me but it is not okay for you to swear at me. I'm going downstairs to get some space and we can talk later when you are calmer."

After the encounter:

GO BACK TO WHAT HAPPENED WHEN THINGS ARE CALM You do not need to do the teaching in the moment for the impact to happen. Knowing that in the moment the 'alarms' are likely going off in your child's brain, allowing things to be restored to a calmer place creates an opportunity for a 'teachable moment'. It could be moments, hours, or for older children, even days later. Be consistent but not rigid, help them to see how their actions impacted others and help them play a part in trying to make things right.

The Lego throwing incident is over and your preschooler is now back to calm mode

"I know you were really frustrated when I told you it was time to put your toys away, but throwing your toys is not okay. Let's come up with some ideas of what you can do instead when you are feeling angry."

The dust has settled after the swearing incident

"I felt attacked when you swore at me earlier. I know you were angry with me but it's important to treat each other with respect."

For the teen that missed his curfew

"I get that that's hard when your friends are staying out later than you. This isn't working well for either of us. I can't let you stay out as long as you want but I am open to some compromising. Let's sit down and talk about it and see if there is a reasonable middle ground... but lying about it and me not knowing where you are scares me and doesn't help me to trust you. What could you have done differently last night?"

IT'S NOT TOO LATE TO DO THE REPAIR Knowing that things will not always go as intended, look for an opportunity to do the repair. Reflect on what led up to your 'alarm' going off and what you could have done differently to respond more consciously. Focus on taking accountability for your actions and help your child to understand that we all make mistakes; it is what we do with our mistakes that can matter most.

For example

"I am sorry I yelled at you earlier. I was frustrated and I should have taken some deep breaths to help me calm down."

There may not be a magic solution or one size fits all approach; however, arming ourselves with information, reflecting on our own behaviour, and working to push the pause button on impulsive reactions can help lead us in our never ending quest to parent more consciously and intentionally.

Diagram, page 82: Permission to reprint granted by author, Jody Johnston Pawel, LSW. The Parent's Toolshop © 1997

Quiz, page 83: Co-written by Jody Pawel and Pam Dillon of the Dayton Daily News (for 4/6/98 article). Copyright 2000, The Parent's Toolshop. Reprinted by permission of Ambris Publishing, Springboro, OH.

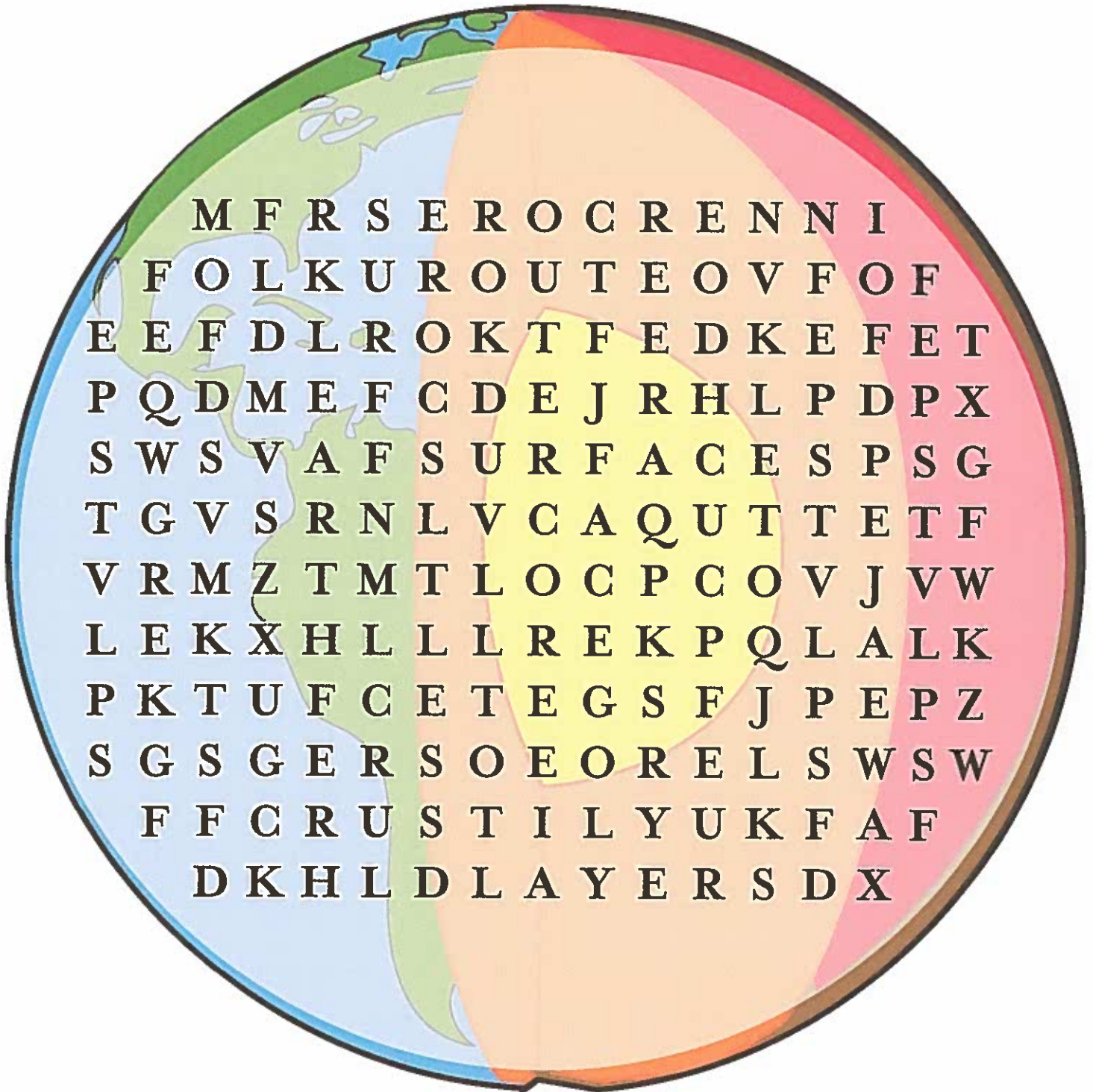
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Name _____

Date _____

Inside the Earth



Search for the following words in the puzzle above.

**MANTLE • OUTER CORE • CRUST • INNER CORE
TOPSOIL • SURFACE • LAYERS • EARTH**



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

We are Spirits having Human experiences.

APRIL 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Staff Meeting IN OFFICE	4 OUT OF OFFICE	5 HEAL SUDBURY	6 IN OFFICE	7 IN OFFICE	8
9	10 Full Moon Cere. PAULINE SHIRT TRADITIONAL TEACHINGS	11 DRUMMING/ROD	12 ELDERS LUNCH & BINGO	13 HEAL SUDBURY	14 GOOD FRIDAY	15
16	17 EASTER MONDAY	18 NATURE WALKS DRUMMING W/ROD	19 IN OFFICE	20 HEAL SUDBURY	21 CULTURAL ARTS	22
23/30	24 REGALIA MAKING	25 NATURE WALKS DRUMMING W/ROD	26 ADMIN. P. DAY BUNDLE GATHERING & FEASTING	27 HEAL SUDBURY	28 CULTURAL ARTS	29 HAND DRUM MAKING TENTATIVE

APRIL
10th
2017

FULL MOON CEREMONY
with PAULINE SHIRT

263 PICKEREL RIVER ROAD

8:00 PM



All Women & Young Women are welcome, no matter what phase of their moon time they find themselves.

Women gather at various phases of the Moon to honor Nokomis, our Grandmother, in order to restore our Feminine Power and to restore the balance between the feminine and masculine sides of ourselves. In our Moon ceremony we learn the teachings of the current moon cycle and share our experiences of these Women's Teachings. Ceremonies are held around each Full Moon

Please remember to:

- Wear a Skirt and warm clothes (be prepared to be outside)
- Bring Tobacco for an offering
- Bring Yellow cloth to make a tobacco tie offering
- Bring a Chair to sit on
- Blanket
- Food to share with the other women

If you need a ride please call CWW at the Health Centre

Phone: (705) 857-1221 Ext 227

Fax: (705) 857-0730

E-mail: luana.mcquabbie@henveymedicalcentre.com



KANAWAYHITOWIN: TAKING CARE OF EACH OTHERS SPIRIT

SPIRITUAL TEACHINGS WITH

ELDER PAULINE SHIRT

**APRIL
10 & 11, 2017**

HEALTH CENTRE BOARD ROOM

9 TO 4 PM



PAULINE SHIRT

**Plains Cree
Red-Tail Hawk Clan**

Pauline Shirt was born and raised in Saddle Lake Reserve, Alberta. Pauline is greatly recognized for her commitment to the Toronto Native community and for her dedication as a teacher and lecturer since the late sixties. She is a member of the Three Fires Society and the Buffalo Dance Society. Pauline Shirt, a Founder of the First Nations School and the Red Willow, are just two examples of her hard work ethic and perseverance to enhancing the betterment of the Toronto Aboriginal community. Today, Pauline serves as a mentor to many Aboriginal youth and young families as an experienced and trusted Grandmother. She also works in all levels of government conducting Opening Prayers and attending meetings, making sure the Aboriginal community is positively recognized as she offers a voice for her people.

CREATION STORY

SPIRIT LODGE TO THE EARTH LODGE

CLANS

NAMING CEREMONY

SCROLL VISION

13 MOON CYCLE

SEVEN STAGES OF LIFE

MEN & WOMEN ROLES, RESPONSIBILITIES, RELATIONSHIP

WHEN THE SPIRIT GOES HOME

FULL MOON CEREMONY

"The Kanawayhitowin logo reminds us of the sacredness of women according to the teachings of our 13 Grandmother Moons and as caretakers of the earth we have a responsibility to take care of each others spirit."

~ Pauline Shirt, Grandmother

Community Wellness Worker

354-A Pickering River Road

Pickering, ON

POG 1J0

Phone: 705-857-1221 ext 227

Fax: 705-857-0730

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

henveymedicalcentre.com

OPEN TO EVERYONE. PLEASE CONTACT LUANA AT THE HEALTH CENTRE IF YOU NEED A RIDE.

YOUNG BOYS & MEN

WEEKLY DRUMMING/SINGING WITH RODNEY STANGER

— EVERY TUESDAY STARTING APRIL 11, 18, 25, 2017 —



HENVEY INLET FIRST NATION LIBRARY

6:00 – 8:00 PM

BROUGHT TO YOU BY THE FAMILY WELL BEING PROGRAM

FOR FURTHER INFORMATION PLEASE CONTACT
CWW LUANA MCQUABBIE @ 705 857-1221 Ext 227

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+.



APRIL 12, 2017
12 NOON



COMMUNITY WELLNESS PROGRAM / CWW LUANA MCQUABBIE

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

Phone: 705-857-1221 EXT 227
Fax: 705-857-0730
E-mail: luana.mcquabbie@henveymedicalcentre.com

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



NATURE WALKS

APRIL 18 & 25, 2017 @ 9 A.M.

IT'S A GENTLE, LOW-IMPACT FORM OF EXERCISE THAT'S EASY, FREE AND SUITABLE FOR PEOPLE OF ALL AGES AND MOST ABILITIES. MEET AT THE HEALTH CENTRE STEPS.

NOTE TO CULTURAL ARTS CLASS PARTICIPANTS, THIS IS ALSO THE DAY WE WILL BE GOING OUT ONTO THE LAND TO GATHER OUR MATERIALS FOR UP-COMING CLASSES.



STRENGTHENS
YOUR HEART

LOWERS HEART
DISEASE RISKS

KEEPS WEIGHT IN
CHECK

TONES YOUR LEGS,
BUM AND TUM

GIVES YOU ENERGY

HIFN HEALTH CENTRE

705 857-1221

CWW LUANA MCQUABBIE
NCFW KERRI CAMPBELL

CULTURAL ARTS CLASSES IN APRIL 2017

APRIL 21 & 28
HEALTH CENTRE BOARD ROOM



EVERY FRIDAY MORNING

9:00 A.M.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

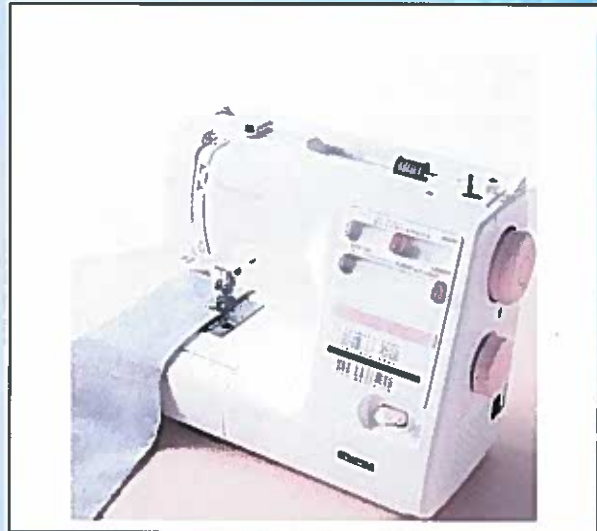
This program is open to all learners interested in developing artistic skills in traditional and contemporary Native arts and crafts. Participants will learn from hands on instruction including Beadwork, Decorative Arts, Nature Crafts & Small Crafts. A light BREAKFAST will be served.



For More Information Contact:
CWW Luana McQuabbie

REGALIA MAKING CLASSES STARTING APRIL 24, 2017

HEALTH CENTRE
BOARD ROOM



EVERY MONDAY
10:00A.M. -3PM

PARTICIPANT INFORMATION ABOUT THE PROGRAM

OPEN TO ALL COMMUNITY MEMBERS.

A LIGHT LUNCH WILL BE SERVED.

SIGN UP DEADLINE IS APRIL 18 BY 4:30

I WILL BE CONTACTING INDIVIDUALS SHORTLY AFTER THE DEADLINE TO DISCUSS YOUR INDIVIDUAL IDEA'S AND CREATE A LISTING OF MATERIAL AND SUPPLIES FOR YOUR PROJECT.



For More Information Contact:
CWW Luana McQuabbie



**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.

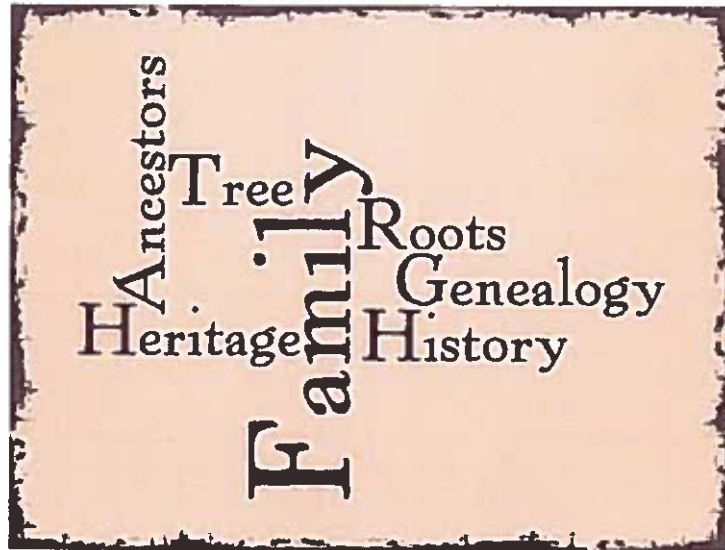
Please come with your photographs to the CWW office for scanning.

Thanks,



HERITAGE COLLECTION/APRIL 2017

OLD PHOTOGRAPHS ARE STILL NEEDED



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.



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

**COMMUNITY WELLNESS
PROGRAM**

**LUANA MCQUABBIE
COMMUNITY WELLNESS WORKER**

Phone: 705 857-1221 EXT 227

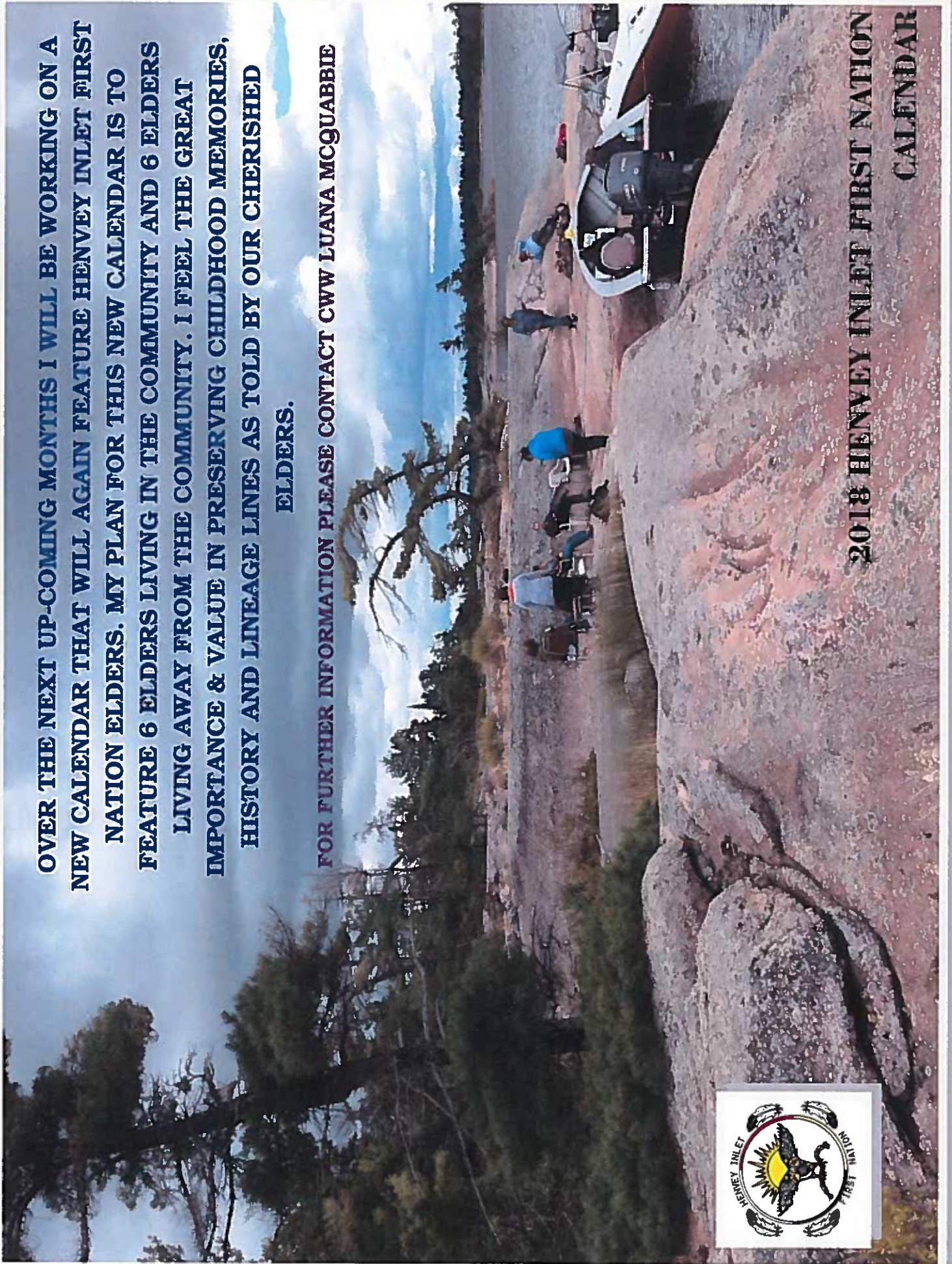
E-mail: luana.mcquabbie@henveymedicalcentre.com

OVER THE NEXT UP-COMING MONTHS I WILL BE WORKING ON A NEW CALENDAR THAT WILL AGAIN FEATURE HENVEY INLET FIRST NATION ELDERS. MY PLAN FOR THIS NEW CALENDAR IS TO FEATURE 6 ELDERS LIVING IN THE COMMUNITY AND 6 ELDERS LIVING AWAY FROM THE COMMUNITY. I FEEL THE GREAT IMPORTANCE & VALUE IN PRESERVING CHILDHOOD MEMORIES, HISTORY AND LINEAGE LINES AS TOLD BY OUR CHERISHED ELDERS.

FOR FURTHER INFORMATION PLEASE CONTACT CWW LUANA MCQUABBIE



**2018 HENVEY INLET FIRST NATION
CALENDAR**





Seven Grandfathers Teachings 2017 Awards

Call out for Nominations

This is an open invitation to everyone.

Nominations are now being accepted for individuals who have made a positive contribution to our community.

Nominators are encouraged to nominate an individual who have demonstrated qualities of one or more of the Seven Grandfathers Teachings. Awards will be handed out at this year's Aboriginal Day Celebrations on June 21st.

Nominations can be submitted into one of the two ballot boxes located at the Health Centre or Band Administration Office. The deadline for submissions is Friday, June 9th at 12 Noon.

Each recipient will receive an Award and \$75.00 in cash.

For further information please contact
CWW Luana McQuabbie at the Health Centre.

Teachings of the Seven Grandfathers

By Dominic Eshkakogan

We have to take care of the earth or we will not have a home. We all share in this responsibility. The key word here is "responsibility." We need to make sure that the earth will always be here for future generations. Each morning let us remember to greet our grandmothers and grandfathers, whose spirits are in the many glories that surround us. They taught us, as they had been taught by their elders, how to take care of the earth.

We are straying away from the teachings given to us. Our young people do not pray and give thanksgiving. Our priorities are all messed up. We need to know the teachings of our grandmothers and grandfathers to give us direction and balance. Our leaders are young; they also need to listen and learn. We need their participation.

To take care of the earth and the community of life we need to remember the teachings of the First Elder, who has handed on the gifts of knowledge that he received from the **Seven Grandfathers** when he was just a boy. Each grandfather gave him a great gift. One gave him the gift of Wisdom, and he learned to use that wisdom for his people. Another gave him the gift of Love so that he would love his brother and sister and share with them. The third offered the gift of Respect, so that the First Elder would respect everyone, all human persons and all the things that are created. Bravery was the next gift, bravery to do things even in the most difficult times. One grandfather gave the boy Honesty so that he would be honest in every action and provide good feelings in his heart. One grandfather gave the boy Humility, to teach the boy to know that was equal to everyone else, no better or no less, just the same as anybody else. The last gift that he received was Truth. The **Grandfathers** told him, "*Be true in everything that you do. Be true to yourself and true to your fellow man. Always speak the truth.*"

They told him, "*Each of these teachings must be used with the rest; you cannot have wisdom without love, respect, bravery, honesty, humility and truth. You cannot be honest if you use only one of two of these, or if you leave out one. And to leave out one is to embrace the opposite of what that teaching is.*"

If each one of the seven gifts is not used together with the others, we cannot function. Today we should live by these seven teachings even though we need to work hard to embrace them. Sometimes it is hard to respect someone who has hurt you. If we don't practice honesty, we cheat. If we don't practise truth, we will lie. We must go back to the knowledge that the **Seven Grandfathers** taught the First Elder, who passed the teachings on to other generations.

And we must teach our children when they are young to value the medicines and healing practices of their grandmothers and grandfathers, and to appreciate the role of the medicine people and the ceremonies that were held at various times of the year. All these teachings will give us direction and balance.

The teachings of the Medicine Wheel are important, too. The circle of the Medicine Wheel represents harmony with nature and with all of our relatives. The earth turns in a circle, and the birds make their nest in circles: the Anishnabe dance in a circle, and the four seasons of life, childhood, youth, middle age and elderhood from the circle of life. The circle of the Wheel stands for the sun and the moon, and for all round things in Creation. It should remind us that we may do nothing that may harm the children, for they are the ones who much care for Mother Earth tomorrow, and for the generations to come. Each of us is responsible for taking care of the children and of Mother Earth; each of us is responsible for taking care of the children and of Mother Earth; each of us is responsible for teaching others to do the same.



ABORIGINAL DAY

HENVY INLET FIRST NATION HEALTH CENTRE

APRIL NEWSLETTER 2017

SUGGESTIONS NEEDED FOR THIS YEAR'S CELEBRATION

We want to make this the best Aboriginal Day community celebration yet. We are reaching out to community members and HIFN membership for your input in the planning of this year's event. A suggestion box will be placed at the Health Centre and Band Administration Office starting April 3rd.

Deadline for suggestions is May 19th. I am available to come to your home to pick up your submission list or talk about your idea's if you would like.

Volunteers

If you are able to volunteer a few hours of your time it would be greatly appreciated. There will be sign-up sheets at the Band Administration Office and Health Centre.

National Aboriginal Day is a day recognizing and celebrating the cultures and contributions of the First Nations, Inuit and Metis peoples of Canada. The day was first celebrated in 1996, after it was proclaimed that year by then Governor General of Canada Romeo LeBlanc, to be celebrated on June 21 annually.



NATIONAL ABORIGINAL DAY JUNE 21, 2017

Aboriginal Day Coordinator

COMMUNITY
WELLNESS WORKER

Luana McQuabbie

705 857-1221 Ext 227



HIFN ABORIGINAL DAY
**ACTIVITY
SUGGESTION**

6.21.17