

Important Dates:

- Offices closed on Monday October 9, 2017 for Thanksgiving.
- Each household will receive A Gift card for a Turkey/Ham for Thanksgiving valued at \$25.00. Gift cards will be handed out by Lyndy @ Admin. on October 2-6 during regular office hours. Gift certificates will be released to only those named.
- Please call Darcy by October 20, 2017 to put your name on the Halloween Hot Spot List!!



Happy Thanksgiving

to all our elders and

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 Ashawasegai

~NECE Worker~

Erin McQuabbie

~NECE Worker~

Carrie Lynn Bennett

Health Centre

Edward Panamick- Health Director

Kara Newton- Community Health Educator

Darcy Ashawasegai- Program Supp. Clerk/Reception

Deborah Newton- Membership/Medical Van Driver

Kerri Campbell- Native Child and Family Worker

Louise Ashawasegai- NNDAP Worker

Brenda Contin- Community Health Nurse

Valerie Ashawasagai- Home Making Worker

Elsie Ashawasagai- Home Maintenance

Luana McQuabbie- Community Wellness Worker

Administration

Millie Pawis- Director of Administration/Finance

Carla Noganosh- Executive Assistant

Doris Contin- Financial Assistant

Patty Walsh- Financial Assistant

Marianne Dunn- Housing Assistant

Lyndy McQuabbie-Administrative Assistant

Dorothy Contin- Social Services

Debbie Fox-Librarian

Judy Contin- Economic Development Officer

Greg Newton- Maintenance

Jonathon Contin- Maintenance Assistant/W.T.P

Janice McQuabbie- Custodian

Genevieve Solomon-Dubois-Education Councillor

Raymond Kagagins- NRF Point Person

Angele Dubois-Community Mentor/YLP

Henvey Inlet First Nation Contact Info

HIFN WEBSITE:

www.hifn.ca

ADMINISTRATION CONTACT INFO

295 Pickerel River Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-2331 or Toll Free: 1-800-614-5533 Fax:(705)857-3021

EXTENSIONS

Dorothy Contin- 222

Marianne Dunn-223

Raymond Kagagins-224

Patty Walsh-225

Wayne McQuabbie-226

Doris Contin-227

Judy Contin-228

Genevieve Solomon-Dubois-229

Millie Pawis-230

Carla Noganosh-232

HEALTH CENTRE CONTACT INFO

354A Pickerel River Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-1221 or Toll Free: 1-866-252-3330 Fax:(705)857-0730

EXTENSIONS

Darcy Ashawasegai- 221

Kara Newton-222

Edward Panamick-223

Deborah Newton-224

Kerri Campbell- 225

Brenda Contin-226

Luana McQuabbie-227

Louise Ashawasegai-228

WAGAMAKE LEARNING CENTRE INFO

Carol Froelich- Teacher

Phone Number: (705)857-5391 Email: instructor@henveyinlet.com

Henvey Inlet First Nation Contact Info

HENVEY INLET DAYCARE

354B Pickerel River Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-0957 Fax:(705)857-0730

E-mail: hifndaycare07@hotmail.com

DAYCARE STAFF

Supervisor– Charlene Ashawasegai

NECE Worker– Erin McQuabbie

NECE Worker– Carrie Lynn Bennett

HENVEY INLET LANDS OFFICE

25 West Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-5211 Fax: (705)857-3021

LANDS STAFF

Lands Manager: Sherry Contin email: lands@henveyinlet.com

Lands Assistant– Amanda Barbe email: barbe_amanda@yahoo.ca

WATER TREATMENT PLANT

136 Sub Road , Pickerel, ON P0G 1J0

Phone Number: (705)857– 1779 Fax: (705)857-3021

W.T.P. Operator– Jason Fox W.T.P. Assistant– Jonathon Contin

HENVEY INLET LIBRARY

Librarian– Debbie Fox

295 Pickerel River Road, Pickerel, ON P0G 1J0

Phone number: (705)857-2222 Fax:(705)857-3021 email: maheengun12@hotmail.com

Medical Van Schedule

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



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





Henvey Inlet First Nation

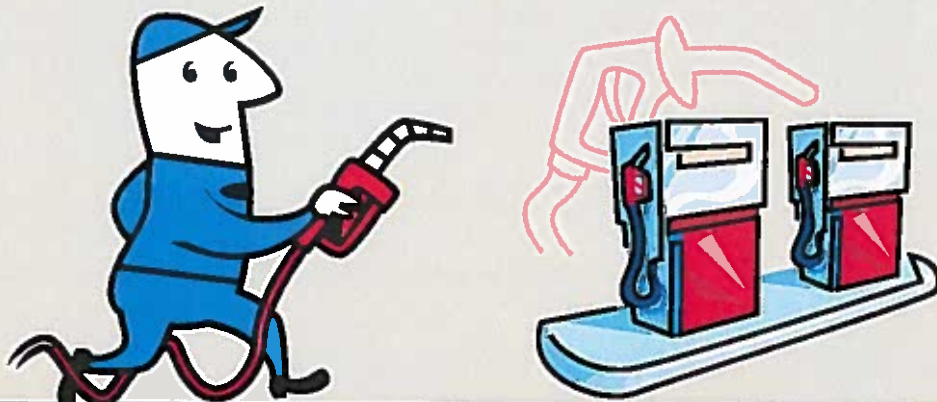
NEW Gas Bar Hours

EFFECTIVE July 3 ,2017

Monday-Friday 8:30am-4:30pm

Saturday 8:30am-4:30pm

Sunday 8:30am-4:30pm





Prescription Deliveries!

Noelville Pharmacy will be
delivering Meds Thursdays @
11:00AM

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**

Pickerel, ON P0G 1J0

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

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

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

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

MEMORANDUM

To: HIFN Membership
Fr: Millie Pawis, Director of Finance/Administration
Dt: May 1, 2017
Re: **2017/18 Band Council Meeting(s) Dates**

At the Chief and Council Annual Planning Days the quarterly dates for our Band Council Meetings were set.

They will be as follows:

1. June 12th, 2017 – 1:00 p.m.
2. September 5th, 2017 – 6:00 p.m.
3. December 4th, 2017 – 6:00 p.m.
(2016/17 Audited Financial Statements presented)
4. March 5th, 2017 – 6:00 p.m.

Each of these meetings will be held in the Fire Hall.

Thank you.

/MP

**HAPPY
THANKSGIVING**



Community Notice

At the Band Council meeting of September 5, 2017, it was decided not to have a community Thanksgiving Dinner at the Fire Hall.

Rather, each on reserve household will be provided with a \$25 gift certificate to help members enjoy dinner with their family.

Please see Lyndy McQuabbie at the HJFN Administration office between

October 2-6, 2017 during regular office hours to sign for your gift certificate.

Gift Certificates will only be released to those named.



TENTATIVE BLASTING SCHEDULE FOR WEEK OF SEPT. 25 – SEPT. 29/17

STA 19+480 - 19+710+/-, Mowat Twp. (rock cut just south
of Pickerel River Bridge)

There will be approximately 1-2 blasts per
day Monday through Thursday with boulder
blasts on Friday.

Generally, blasting at the above locations is every other
day or possibly ever 3rd day dependent on production.



HENVEY INLET FIRST NATION SAID YES TO THE AES

The eligible voters of Henvey Inlet First Nation voted “yes” to the *Anishinabek Nation Education Agreement* in December 2016. This “yes” vote means that Henvey Inlet First Nation is part of the Anishinabek Education System (AES).

With 96% of votes cast being in favour of the Agreement, Henvey Inlet First Nation was one of 27 communities that had an overwhelming “yes” vote and one of 14 communities that met the vote requirements.

Even though the majority of eligible voters in some communities that voted said “yes”, there were not enough votes to convince Canada that they approved the Anishinabek Nation Education Agreement.

To satisfy the Government of Canada’s internal requirements and affirm the initial “yes” vote, 11 other First Nations chose to run a second vote in July 2017. The eligible voters of nine (9) First Nations reaffirmed their high level of support with majority votes cast being in favour of the Agreement.

On August 16, 2017, we joined 22 other First Nations that also voted “yes” to sign the *Anishinabek Nation Education Agreement* with Canada and the *Master Education Agreement* with Ontario.

For additional information on the Anishinabek Education System, please visit: <http://sayyestoaes.ca/>



Canadian Mental Health Association - Muskoka-Parry Sound

B'SAANIBAMAADSIWIN

Aboriginal Mental Health Program



Client Information and Services Include:

Referral and Advocacy

Intake and Screening

Counselling

Crisis Intervention Prevention

Concurrent Disorder Programs

Facilitation of groups based on Identified Needs and Interest

Henvey First Nation Mental Health Clinic Days are now on Thursdays.

If you require services,

Please contact B'saanibamaadsiwin at 705 746-2512

to schedule an appointment or contact

Henvey First Nation Healing Centre at 705 857-1221 to schedule an appointment.

Meeqwetch-Thank you.

Aboriginal Mental Health Worker—Louise Spence-Mohamed

April 18, 2017

Halloween Hot Spots List!

Henvey Households! Please
call Darcy @ the Health
Centre to put your name on
the Halloween Hot Spot List
by October 20, 2017. This
list will be distributed and
is to show members who
will be handing out Candy
this year for Halloween!
So PLEASE don't forget to
CALL!!


HENVEY INLET'S
ANNUAL

ZOMBIE WALK

**SATURDAY,
OCTOBER 28TH
STARTS 4:30 PM AT FIREHALL**

**HOSTED BY RIGHT
TO PLAY YOUTH
LEADERSHIP
PROGRAM**

**DINNER AND PRIZES
AFTER ZOMBIES WALK
AROUND SUB RD**



Wiigwaas Youth Camp

September 26th – November 5th

11 exciting sessions to help us learn about our land and culture

Presented by Savanta, Elora Centre for the Arts & Henvey Inlet First Nation

Session 1 - Tuesday September 26th

Location: Tribal Building – Meeting Room

Time: 5-8pm, Dinner followed by Camp overview, learning about Birch trees a game led by Ecologist from Savanta

Session 2 – Monday, October 2nd

Location: Meet at Tribal Building – Field Trip

Time: 11-4pm, Lunch to be Provided

LIMITED SPACE -Sign-up sheet at band office.

*****Youth under 11 must be accompanied by adult*****

Session 3 – Tuesday October 3rd

Location: Tribal Building

Time: 5-8pm, Dinner followed by a teaching about the snake and building a snake hibernaculum which is an underground chamber where snakes can safely spend the winter protected from the cold. Discussion around mitigation, construction and habitat protection during wind farm activities.

Session 4 – Tuesday October 10th

Location: Tribal Building

Time: 5-8pm, Dinner followed by birch bark teaching and craft led by Maureen Kagagins.

Session 5 – Wednesday October 11th (No After School or YLP Programs that day)

Location: Tribal Building

Time: 5-8pm, Dinner followed by time to continue working on traditional craft.

Session 6 – Saturday October 14th or Sunday October 15th

Location: Meet at Tribal Building – Field Trip

Time: 11-4pm, Lunch to be provided followed by nature walk with Ecologist from Savant. We will look at different wildlife and habitat species and to discuss how all the different features interact with each other and also set up animal cameras in the forest.

There will also be a nature scavenger hunt with prizes.

Session 7 – Tuesday October 17th

Location: Tribal Building

Time: 5-8pm, Pancake Dinner followed by Medicine teaching and learning about birch ecosystems as well as checking out footage from animal cameras set up in the community.

Session 8 – Monday October 23rd (No after School or YLP Programs that day)

Location: Tribal Building

Time: 5-8pm, Dinner followed by Painting and Storytelling workshop with artists Russell and Isaac Nogonash.

Session 9 –Tuesday October 24th

Location: Tribal Building

Time: 5-8pm, Dinner then continue with painting projects.

Session 10 –Wednesday October 25th (No After School or YLP Programs that day)

Location: Tribal Building

Time: 5-8pm, Dinner followed by last day to complete art projects before art show.

Session 11 – Saturday November 5th

Location: Fire Hall

Time: 11-4pm, Lunch to be provided followed by Camp wrap-up, Community Feast & Art Show

If you and or your child is interested in attending these weekly sessions please get in touch with Angele Dubois at Tribal or call 705-918-1590 to have your name added to the list so we know approximately how much food to serve at each session.

This initiative is made possible by the Community Fund for Canada's 150th, a collaboration between the Laidlaw Foundation, community foundations, and the Government of Canada.

Cette initiative est rendue possible grâce au Fonds communautaire pour le 150e anniversaire du Canada, qui est une collaboration entre la fondation Laidlaw, les fondations communautaires canadiennes, et le gouvernement du Canada.



COMMUNITY FOUNDATIONS OF CANADA
all for community

FONDACTIONS COMMUNAUTAIRES DU CANADA
ensemble pour tous



Canada 

We would also like to acknowledge the contributions of the following groups for making this camp possible:





Wiigwaas Youth Camp

Pictograph Trip

Youth and parents have the opportunity to participate in a trip to see the Pictographs and Henvey's old village site.

This outing is part of the Wiigwaas Youth camp experience.

Historian, Bill Allan will be leading tour of Pictographs and on hand to describe what they could mean and how they are significant to our community.

The outing takes place on PD day, Monday October 2nd

We will meet at the trailer park and landing in Henvey at 11 am.

(Contact Angele Dubois if you need a ride)

Lunch will be provided.

Space is limited, so please sign up on sheet provided at the band office.

**** Children ages 5-11 must be accompanied by an adult and have a life jacket to wear on the boat****

Any questions or concerns, call or text Angele Dubois at 705-918-1590.

PUBLIC HEALTH BULLETIN #2017-006

Date: September 26, 2017

To: Group 001 Physicians; Group 005 Intern/Paed/Gyn/Mid Wives; Group 006: IC @ Hospitals; Group 008 Nursing Stations/First Nations; Group 009: Walk In Clinics / Other: Group 010: Hospital ER; Group 012: Hospital OHS; Group 019 Neighboring Health Units; Group 029: Hospital Labour & Delivery

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

Subject: Pertussis Outbreak Declared - Immunization Recommendations

The North Bay Parry Sound District Health Unit has declared an outbreak of pertussis in our district. We have a greater than expected number of pertussis cases (lab confirmed and epidemiologically linked) in our district with an onset of symptoms from August 24, 2017 and onwards. This is concerning as cases/contacts include high risk populations (infants < 1 year of age [immunized or not] and pregnant women in their third trimester). The health unit is suggesting a high index of suspicion for cases presenting to you with clinically compatible signs and symptoms.

Health Unit Recommendations Regarding Pertussis Immunization of Pregnant Women

Based on our review of the available data, the Health Unit recommends the following with respect to pertussis immunization of pregnant women whether or not an outbreak is declared:

- *All pregnant women ≥ 26 weeks gestation should be offered the Tdap vaccine.*
- *If missed during pregnancy, the Tdap vaccine should be given immediately postpartum in order to reduce the risk of transmission to the newborn.*

Additional Pertussis Immunization Recommendations:

Immunization is strongly recommended for the following persons:

- *The immunization status of anyone who will be in close contact with the newborn should be reviewed to ensure it is up to date. This includes siblings of the newborn, aunts, uncles, grandparents, and caregivers. Ideally, immunization should occur at least 2 weeks prior to coming into contact with the newborn.*
- *Persons who have had pertussis infection should receive pertussis-containing vaccines as recommended because infection does not confer long-term immunity.*

Immunization in Pregnancy:

There is some discrepancy in relation to the recommendations for pertussis immunization during pregnancy. The Health Unit consulted a number of sources including statements from the Canadian Immunization Guide (CIG); the Society for Obstetricians and Gynecologists of Canada (SOGC); the National Advisory Council on Immunizations (NACI); the American College of Obstetricians and Gynecologists (ACOG) and the Advisory Committee on Immunization Practices (ACIP).



Communicable Disease Control Program
345 Oak Street West
North Bay, ON P1B 2T2

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

Public Health Bulletin #2017-006 – September 26, 2017
Pertussis Outbreak Declared – Immunization Recommendations
Page 2

The SOGC clinical practice guideline, 2009 states that “the decision to use Tdap during pregnancy should be made on a case-by-case basis, depending on the risk of acquisition of pertussis during pregnancy.” The Health Unit contacted the SOGC to determine if there was an updated guideline. The response received was that *“Currently there is no official Canadian recommendation to vaccinate all pregnant women regardless of prior immunization status. However, both national and SOGC upcoming recommendations -expected in the winter/spring 2018 - will align with ACOG/ACIP recommendations. Hence it is very reasonable to go ahead and vaccinate if the patient wishes to do so, and especially if she is traveling to an area where an outbreak of Pertussis is happening”.*

The CIG states *“Immunization with Tdap has been shown to be safe in pregnant women and allows high levels of antibody to be transferred to newborns during the first two months of life when the morbidity and mortality from pertussis infection is the highest. All pregnant women at or after 26 weeks of pregnancy who have not received a dose of a pertussis-containing vaccine in adulthood should be encouraged to receive Tdap vaccination. Immunization should not be delayed until close to delivery since this may provide insufficient time for optimal transfer of antibodies and direct protection of the infant against pertussis. In special circumstances, such as an outbreak situation, all pregnant women who are 26 weeks gestation or greater may be offered Tdap vaccination irrespective of their immunization history.”*

The ACOG states *“Obstetrical care providers should administer the Tdap vaccine to all pregnant patients during each pregnancy, as early in the 27-36 weeks of gestation window as possible”.* In addition, the ACOG recommends that *“partners, family members, and infant caregivers should be offered the Tdap vaccine if they have not previously been vaccinated. Ideally, all family members should be vaccinated at least 2 weeks before coming in contact with the newborn.”*

Routine Immunization Recommendations:

As a reminder, as per the Canadian Immunization Guide, immunization with acellular pertussis containing vaccine is recommended for:

- routine immunization of infants and children, including an adolescent booster dose
 - the primary series for infants 2, 4, 6, 18 months of age is completed with DTap-IPV-Hib
 - the 4-6 year booster is completed with Tdap-IPV
 - the adolescent booster is completed with Tdap (14 – 16 years of age)
- immunization of children who missed pertussis immunization on routine schedule
- adults who have not previously received a dose of pertussis-containing vaccine in adulthood using Tdap

For further information regarding Vaccination: Contact the Health Unit’s Vaccine Preventable Disease program at 705-474-1400 or 1-800-563-2808, ext. 2252 between 0830 hours and 1630 hours.

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

This bulletin was prepared for healthcare providers and is not intended for public distribution.



Communicable Disease Control Program
345 Oak Street West
North Bay, ON P1B 2T2

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



Hwy 69 Construction Update

October 2017 Newsletter

Blasting

Two seismograph monitors have been installed in the community since mid-May of this year. The monitors were installed after a particularly loud blast from the highway construction was heard around 5:00 pm in the community on April 12th. The monitors are located at the firehall and the water treatment plant on Sub Road.

A seismograph monitors measures motion of the ground including that caused by earthquakes, volcanic eruptions and other seismic sources caused by explosives.

Since April 2016, there have been about 630 blasts to date for the highway construction.



The monitors have indicated that the blasts have been within the legal

allowable limits. Since the installation of monitors, AECOM reports that there has

been no vibrations recorded which correspond with blasting.

Blasting procedure pamphlets were also put in HIFN member's mailboxes in May. Some of that information included: Rationale for blasting and levels of ground vibration as well as how to address some of the vibrations that may be felt at work or at home.

The following month, in June, a water well testing program began in the community. The program is meant to keep an eye on water quality and quantity in the community. HIFN Councillor Lionel Fox wanted to ensure the life span of the aquifer, dubbed the 'Fox Well.' According to Fox, it's a very important well, as it will be the next source of water for the community as it continues to grow. He said, "the well was screened at 400 gallons per minute and can be used for the next two to 300 years."



Water quality and seismic waves are not the only issues being watched on the radar. Community infrastructure is also being



monitored. In early July, a small crew took pictures of the interior and exteriors of buildings in the community. Those building surveys were undertaken as part of the blasting processes, to ensure that any damages to buildings in the community will be noted.

Blasting schedules are sent weekly to Chief and Council, along with the secretaries at the Administration and Health Centre building for posting.

If you would like any more information on blasting procedures or have questions about highway construction, please contact Jennifer Ashawasegai, Aecom First Nation Community -Liaison at (705) 857-5407 or c. (705) 698-7356.

Shwe Miikaan on the job

Shwe Miikaan, loosely translates to ‘Three Roads’ from Anishinabemowin. The local construction company was given that name because the organization is comprised of a three-way partnership between Henvey Inlet, Magnetawan and Shawanaga First Nations. Bob Howsam, Business Manager for Shwe Miikaan says, the company, “is a for profit corporation owned equally by the three First Nations. Its registered in the province of Ontario – and is trying to make money.”

“It’s main goal,” Howsam says, “is in trying to maximize the economic benefits for the communities of the highway going through the territories.”

The multi billion dollar project to twin Highway 69 between Parry Sound and Sudbury has been on-going since 2003 and is estimated to be complete by 2021. The 162 kilometres of blacktop goes through the traditional territories of the three First Nations.

The company has currently undertaken a sub-contract for J & P Leveque Brothers along the 14 kilometre stretch of highway from just north of Highway 522 to north of Highway 607. Shwe Miikaan has been installing silt fencing to ensure Species-At-Risk stay out of construction zones.

Howsam says the Highway 69 work is the second contract for Shwe Miikaan. The company had previously partnered with Miller Paving for work on Highway 172 to highway 69 from Shawanaga First Nation. The brand-new First Nation owned company will continue looking for more projects to work on as it gains experience in the industry. Howsam adds, "There has been a commitment from the province of Ontario for future contracts. We hope to do some of the work ourselves or will partner with other contracting companies."



Construction Update

Construction is about 24% complete on the section of highway from the just north of highway 522 to north of Highway 607. So far, rock and swamp excavation is 85% 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 60% complete. South of the French River to the south end of the project rock and swamp excavation is about 40% complete. Also, to date, there have been 653 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 have started recently and will continue into fall 2018. Construction of the bridges going over French River is forecasted to start in summer 2018.

Culverts for drainage, animals and snowmobiles are in the process of being built and will be located throughout the new corridor in various sizes. Wildlife fencing has started going up in areas of the 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.

CHN LEAVE OF ABSENCE

DUE TO PERSONAL
CIRCUMSTANCES I WILL BE
ON A TEMPORARY LEAVE
OF ABSENCE UNTIL
DECEMBER 4, 2017. I
APOLOGIZE FOR ANY
INCONVENIENCE THIS MAY
CAUSE

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





Henvey Inlet Health Centre

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


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

Trick or Treat



CHILD & FAMILY PROGRAM OCTOBER 2017



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------|---|---|---|-----------------------|-----|
| 1 | 2 In Office | 3 WP Fitness Group Home Visits 2pm | 4 Meeting 10 am | 5 Program Prep | 6 Sudbury | 7 |
| 8 | 9 Thanksgiving Day | 10 Home Visits 11:30 Steering Committee Meeting Parenting Program WP | 11 Halloween Prep | 12 Halloween Prep | 13 Parry Sound | 14 |
| 15 | 16 Pumpkin Shopping | 17 Home Visits Fitness Group Adult Board Games 1-3 WP | 18 In Office | 19 Last Minute Halloween Prep | 20 Halloween Dance | 21 |
| 22 | 23 Program Prep | 24 Fitness Group | 25 Get Ready For Winter BINGO | 26 Phone Conference 10 am Fitness Group | 27 Out Of Office | 28 |
| 29 | 30 In Office | 31 Not In Office |  | | | |

ADULT BOARD GAME DAY AGES 18-55



**You Do Need To Call To
Sign Up Because Limited
Space Is Available**

**Limit of 10
Participants:**

Come join us Tuesday, October 17 at the Health Centre for a
Adult Game Day. We will be having Lunch followed by vari-
ous games.

Starting at 1:00 pm

Please Call Darcy to sign up or if you
have any questions.

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

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

VOLUNTEERS WANTED

HALLOWEEN 

IT'S THAT TIME OF YEAR AGAIN & WE ARE LOOKING FOR VOLUNTEERS TO HELP DECORATE THE FIREHALL ON FRIDAY, OCTOBER 20 AT 10AM. WE ARE LOOKING FOR AT LEAST 5 VOLUNTEERS TO HELP OR THERE WILL BE NO DANCE.

LUNCH WILL BE PROVIDED FOR VOLUNTEERS

**PLEASE CALL THE HEALTH CENTRE
TO SIGN UP**



**PARENTING WORKSHOP
DIY HALLOWEEN COSTUMES**

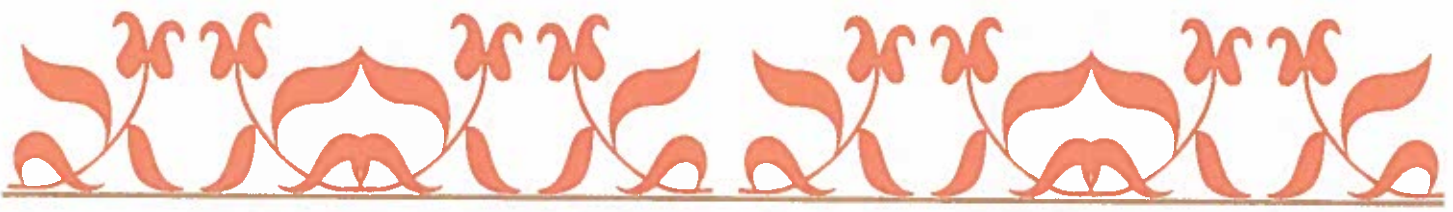
**PLEASE SUBMIT AT LEAST 2 IDEAS
OF COSTUMES & SIZES BY WEDNES-
DAY, OCTOBER 4, 4:00 PM**

NO EXCEPTIONS!!

**TUESDAY, OCTOBER 10,
2017 @ 12 PM**

**PLEASE CALL TO SIGN UP
AS SPACE IS LIMITED TO 6
PARTICIPANTS!!**

**ONLY ONE COSTUME PER
PERSON.**



PUMPKIN CARVING CONTEST



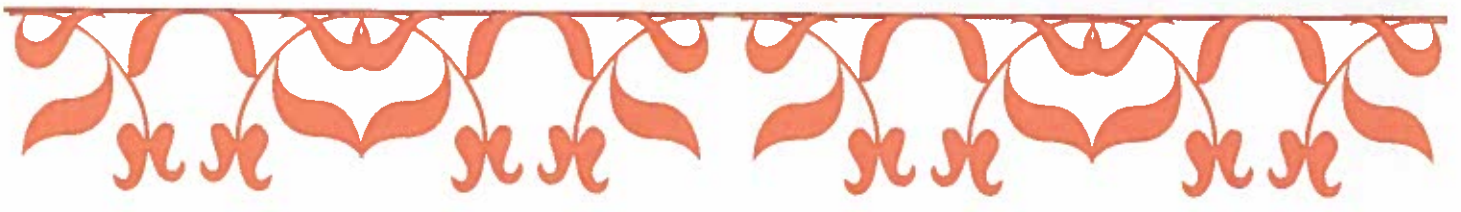
ALL THOSE INTERESTED IN PARTICIPATING ARE TO PICK UP YOUR PUMPKINS FROM THE HEALTH CENTRE ON MONDAY, OCTOBER 16 PM 2017!!!



WHAT IS A CONTEST WITHOUT RULES, RIGHT?

WELL, THERE IS ONLY FOUR!!!

1. PUMPKINS MUST BE CARVED FREE HAND...NO STENCILS PERMITTED!!!
2. PUMPKINS MUST BE CARVED AT HOME
3. YOU MUST BRING YOUR PUMPKIN TO THE HALLOWEEN DANCE TO BE JUDGED
4. ONLY ONE PUMPKIN PER PERSON



HALLOWEEN DANCE 2017 AGENDA

FRIDAY, OCTOBER 20TH, 2017

6:30 pm-7:30 pm Dance/Spot Dance

7:30pm-8:00pm Games

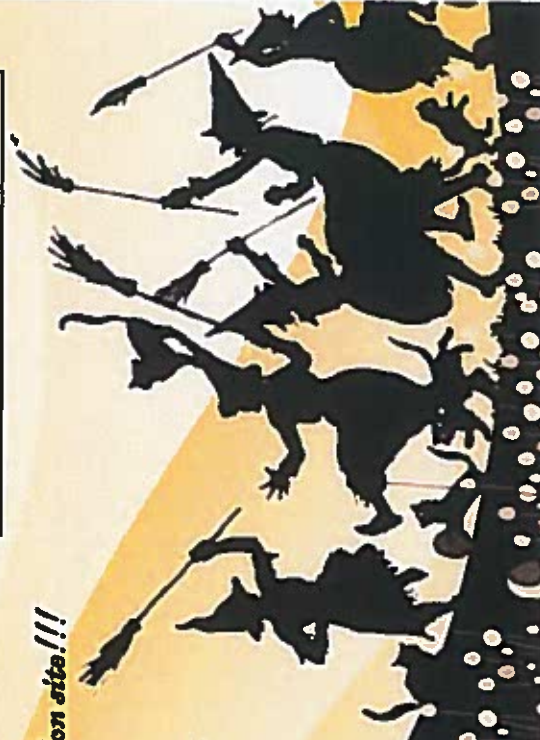
8:00pm Costume and Pumpkin Judging

*8:30pm-10:00pm Dance/Spot Dances/
Games*

This is a Drug & Alcohol Free Event

Refreshments will be sold on site!!!

| AGE GROUP | 1ST PLACE | 2ND PLACE | 3RD PLACE |
|-----------|------------|------------|------------|
| 0-6 | GIFT CARD | GIFT CARD | GIFT CARD |
| 7-12 | CASH-PRIZE | CASH-PRIZE | CASH-PRIZE |
| 13-17 | CASH-PRIZE | CASH-PRIZE | CASH-PRIZE |
| 18+ | CASH-PRIZE | CASH-PRIZE | CASH-PRIZE |



GETTING READY FOR WINTER BINGO



**You Do Need To Call To
Sign Up Because Limited
Space Is Available**

**Limit of 20
Participants:**

Come join us Wednesday, October 25 at the Health Centre for a Get ready for Winter Bingo. Snacks & Refreshments will be provided!

Starting at 1:00 pm

**Please Call Darcy to sign up or if you
have any questions.**

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

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





Louise Ashawasegai

NNADAP

October 2017



April 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------|--------------------|--------------------|---------------------|-----------------------|--------------|-----|
| 1 | 2 Harry | 3 Harry | 4 Harry | 5 | 6 | 7 |
| 8 | 9 Office | 10 Sup- port | 11 Office | 12 Office | 13 Office | 14 |
| 15 | 16 Jake | 17 Jake P | 18 AA NA | 19 Nee- dle Ex- | 20 Office | 21 |
| 22 Sault St. | 23 Sault St. | 24 Sault St. | 25 Sault. St. | 26 Sault St. | 27 OFF | 28 |
| 29 | 30 Feast ing | 31 | | | | |





Harry Snowboy

Will be in our
community

October 2, 3, 4/2017

Counseling, Sweat lodge Ceremony and healing
Energy work.

Call Darcy or myself to see Harry

Louise

Addictions Awareness Workshops



We are pleased to announce that we have Lee Mason from the Young Warriors Network, coming to Henvey Inlet First Nation to share his knowledge and his sense of humor with us for National Addictions Awareness Week. Lee is an internationally recognized expert in the field of addictions recovery and he looks forward to meeting you and sharing some very interesting material with you.

Monday, November 13, 9:30am to 4:00pm: **This Is Us** is a true look at the history of Aboriginal People in North America. Re-learning how to laugh and have fun together. Community development for everyone and staff from all agencies.

Monday, November 13, 7:00pm to 9:30pm: **Staff Development:** This session is open to everyone working in the helping field and it teaches them the skills for group facilitation and using visuals in their community presentations.

Tuesday, November 14, 9:30am to 4:00pm: A look at the role alcohol and drugs play in destroying peoples' lives, their families and their communities.

Tuesday, November 14, 7:00pm to 9:30pm: Moving beyond substance abuse

Wednesday, November 15, 9:30am to 4:00pm: Personal and professional development (open to all staff from all departments) Team building sessions.

Wednesday, November 15, 7:00pm to 9:30pm: Choices and consequences.

On The Corner Video Presentation

Thursday, November 16, 9:30am to 4:00pm: Bullying and Lateral Violence Awareness and Prevention. Video Presentation: Bully, the bully project.

Thursday, November 16, 7:00pm to 9:30pm: Walking the path of honor and respect (open to everyone in the community)

WORKSHOPS WILL BE HELD AT

FireHall.

Sharps containers have been installed throughout the community, please do use them. We care for our children.

Containers are in all bathrooms, between the fire hall and the gas bar, They are also at the 4 plex and down below.

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



Never ignore a person who really loves you. Because the day will come and you'll realize you lost the moon while you were counting the stars.

OCTOBER 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---------------------------------|-------------------------------------|---------------------|----------|
| 1 DAY 2 SPIRITUAL TEACHINGS WITH PAULINE SHIRT | 2 STAFF MEETING BASIC/ADVANCE SEWING & DESIGN | 3 OUT OF OFFICE | 4 OUT OF OFFICE | 5 ELDERS BOAT CRUISE & GATHERING | 6 CULTURAL ARTS | 7 |
| 8 | 9 THANKSGIVING DAY HOLIDAY | 10 ELDER CALENDAR INTERVIEWS | 11 Out of Office Appt. | 12 MEN'S CIRCLE W/ DAVE RICE | 13 CULTURAL ARTS | 14 |
| 15 | 16 STAFF MEETING BASIC/ADVANCE SEWING & DESIGN | 17 8TH ANNUAL ANISHINABEK G7-FASD CONFERENCE SAULT STE. MARIE | 18 | 19 | 20 OUT OF OFFICE | 21 |
| 22 | 23 BASIC/ADVANCE SEWING & DESIGN | 24 CEMETERY RESEARCH | 25 ELDER CALENDAR INTERVIEWS | 26 MEN'S CIRCLE W/ DAVE RICE | 27 CULTURAL ARTS | 28 |
| 29 | 30 STAFF MEETING BASIC/ADVANCE SEWING & DESIGN | 31 CEMETERY RESEARCH | | | | |



KANAWAYHITOWIN: TAKING CARE OF EACH OTHERS SPIRIT

SPIRITUAL TEACHINGS WITH

ELDER PAULINE SHIRT

SEPT 30

&

**OCT 1,
2017**

@ HEALTH CENTRE

9A.M.—4 P.M.



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.

**LUNCH & SNACKS
WILL BE PROVIDED.**

"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."

**Community Wellness Worker
LUANA MCQUABBIE
354-A Pickering River Road
Pickering, ON
P0G 1J0**

Phone: 705-857-1221 EXT 227

Email: luana.mcquabbie@henveymedicalcentre.com

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

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

BASIC SEWING & DESIGN PROGRAM for BEGINNERS 2017

CLASSES OCTOBER 2, 16, 23 & 30
BOARD ROOM @ H.C.



EVERY MONDAY (EXCEPT FOR HOLIDAYS)

9:30A.M. – 3:30 P.M. or 10:00 on Staff Meeting Days.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This program is designed to teach basic hand sewing skills, sewing machine operation and decorative techniques of applique work. Skills will be developed by working through a number of small projects. Participants will become familiar with the many types of tools and supplies and how these can be used to enhance their work. **To sign-up please contact the Health Centre or CWW Worker.**



For More Information Contact:

CWW Luana McQuabbie 705 857-1221 Ext 227

OW Dorothy Contin

EDO Judy Contin

ADVANCE SEWING & DESIGN PROGRAM

CLASSES OCTOBER 2, 16, 23 & 30, 2017
@ The Health Centre



EVERY MONDAY (EXCEPT ON HOLIDAYS)

9:30A.M. – 3:30 P.M. or 10:00 on Staff Meeting Days.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This program is the next level from the Basic Sewing & Design Program. It is designed to teach Advance hand sewing skills, sewing machine operation, decorative techniques of applique work and embroidery. Skills will be developed by working through a number of large projects in which participants will research and develop their own designs. Participants will become familiar with the many types of tools and supplies and how these can be used to enhance their work. To sign-up please contact the Health Centre or CWW Worker.

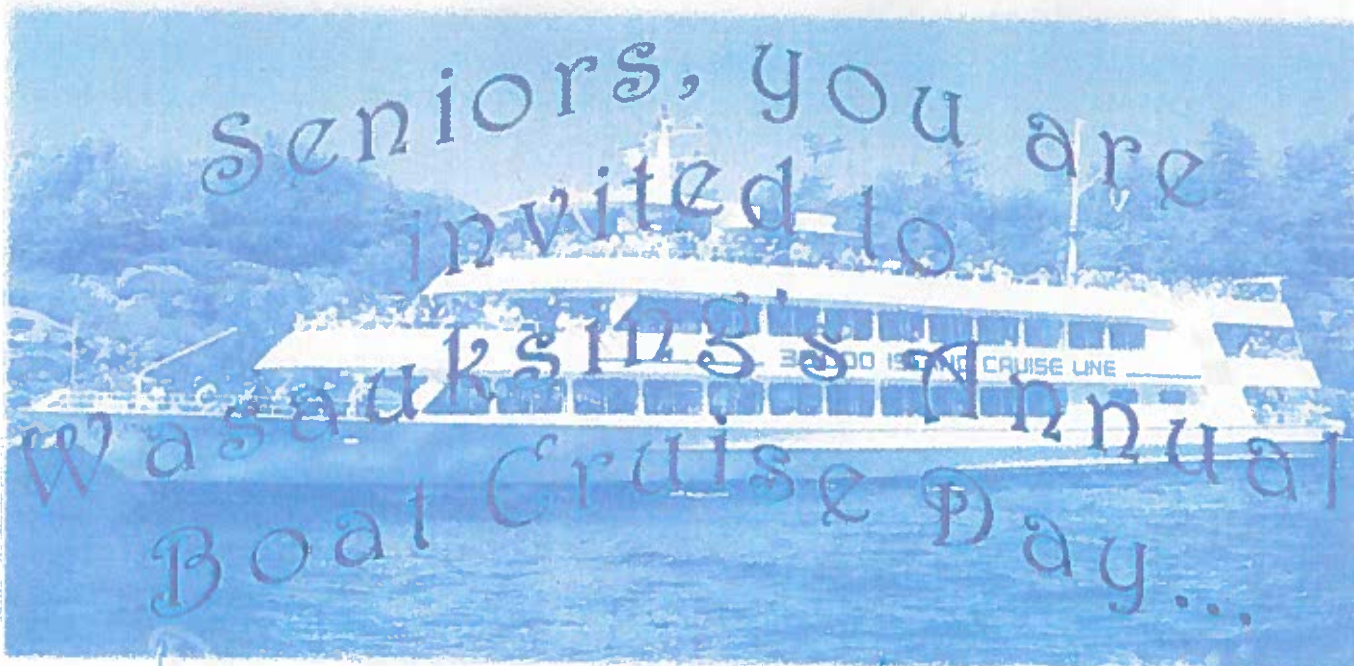


For More Information Contact:

CWW Luana McQuabbie 705 857-1221 Ext 227

OW Dorothy Contin

EDO Judy Contin



CALLING ALL SENIORS:

WASAUKSING! MOOSE DEER POINT!
WAHTA! SHAWANAGA! MAGNETAWAN!
PARRY SOUND FRIENDSHIP CENTER!
HENVEY INLET! And DOKIS!

**The Cruise will take place on
Thursday, October 5th, 2017.** We

will be treated to a 3 hour cruise around the 30,000 Islands (mainly the island of Wasauksing First Nation).

Wasauksing First Nation's, Social Services are your host: 705-746-8022, (ext. #2263).

We will provide snacks on the cruise AND the management of The Island Queen will have their snack bar open to us complimentary, woohoo! **The boat departs at 9:00 a.m. sharp.** Please understand we will not be able to hold the boat for you, the boat is on a timed schedule and departs promptly. If you do

happen to miss the boat, you can join us later at the Community Complex.

A prepared lunch will be ready for us on Wasauksing First Nation, at the Community Complex Gymnasium at approximately 12:30. After lunch we will enjoy each others company with an afternoon of socializing and prize Bingo! Bring your dabbers. **The day should end around 3 or 3:30 p.m.**

IMPORTANT TO DO'S:

- ⇒ **ASAP, REGISTER** with the Worker from your Community: _____ or call WFN Social Services directly. We need to know how many boat tickets are required and for the prepared lunch. **Please register your group with us by MONDAY, SEPTEMBER 25TH.**
- ⇒ **WFN Residents:** transportation can be provided, please call ASAP to be added to the list. Leave your contact info.



MEN'S CIRCLE

A New Beginning

With

DAVE RICE

WHEN: OCTOBER 12, & 26, 2017

WHERE: Health Centre Boardroom

TIME: 5-7 PM

~~~PLEASE SIGN-UP AT THE HEALTH~~~

FOR MORE INFO CONTACT:  
CWW LUANA MCQUABBIE 705 857-1221 EXT 227

A meal will also be served.

# CULTURAL ARTS PROGRAM

OCTOBER 6, 13, & 27 2017  
HEALTH CENTRE BOARD ROOM



**EVERY FRIDAY**

**STARTING @ 9:00 A.M. – 11:30 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, Footwear, Decorative Arts, Nature Crafts & Small Crafts. PLEASE CONTACT THE HEALTH CENTRE TO SIGN-UP.



**For More Information Contact:**

CWW Luana McQuabbie 705 857-1221 EXT 227


OW Dorothy Contin

EDO Judy Contin

PLEASE SIGN UP WITH CWW LUANA MCQUABBIE

As part of Woman Abuse Awareness Month,  
MPSSAS presents...

# The agina Monologues



By Eve Ensler

Featuring the talents of Amy Bridle-Phillips, Robin Clipsham,  
Pru Donaldson, Emma Gibbs, Greg Perras, Jeanine Spring  
& Karen Thorn

Directed by Amy Bridle-Phillips & Jeanine Spring

Friday November 3, 2017

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Gala Reception 6:30pm  
Show 7:30pm

Charles W. Stockey Centre for the Performing Arts, Parry Sound

Tickets: <http://www.stockeycentre.com/buy-tickets>

**Tickets: \$25**

18 & Up (unless accompanied by an adult)

All proceeds benefit Muskoka Parry Sound Sexual Assault Services.



**HIFN Daycare**  
**October Newsletter**  
**2017**

The cool weather of October has arrived. Along with the beautiful colors of the fall leaves. Birds are migrating south, and the morning sunrises are amazing. The children are enjoying the outdoors still and we ask the parents to please dress the kids according to the weather. During the week of October 2 -6, 2017: I will be taking my week of Holiday's so there will be only one staff on site. The Daycare will be **CLOSED** on Monday October 9, 2017 for **THANKSGIVING!** On the dates of October 25, 26, 27, 2017: there will be one staff on site again due to Supervisor attending the Supervisor Meeting in Wiki, Ontario. **REMINDER:** Parents please let the Daycare Staff know if there are any changes to your child/ren getting off the School bus. Our Topics for this month are as follows:

|                                  |                                                    |
|----------------------------------|----------------------------------------------------|
| October 2- 6, 2017:              | The Color <b>ORANGE</b>                            |
| <b>October 2-6, 2017:</b>        | <b>Charlene HOLIDAY'S One Staff on Duty</b>        |
| <b>Monday October 9, 2017:</b>   | <b>Daycare CLOSED Thanksgiving Day</b>             |
| October 10 – 13, 2017:           | Black Cats                                         |
| October 16 – 20, 2017:           | Ghosts                                             |
| October 23 – 27, 2017:           | Spiders                                            |
| <b>October 25, 26, 27/ 2017:</b> | <b>Charlene attending Supervisor Meeting: Wiki</b> |
| October 30 – November 3, 2017:   | All Souls Day                                      |

Enclosed in this newsletter is coloring page and Halloween safety tips.

Thank You

Charlene Ashawasegai RECE  
HIFN Daycare Program Supervisor

# October 2017



Sun      Mon      Tue      Wed      Thu      Fri      Sat

1      2      3 Topic: 4 Color      5 Orange      6      7



## CHARLENE HOLIDAYS WEEK # 3

9 Daycare  
Closed

8      10 STM      11 Topic: 12 Black      13      14

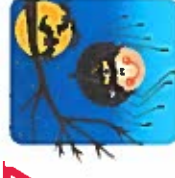


Cats

15      16      17 Topic: 18 Ghost      19      20      21



22      23 STM      24 Topic: 25 Spiders      26      27      28



ECE Appreciation Day  
Supervisor Mtg  
Wiki, Ontario

29      30      31 Topic: 1 All Souls 2 Day      3      4      Nov.



Nov.      Nov.

# Halloween Safety



With witches, goblins, and super-heroes descending on neighbourhoods across Canada, the Canadian Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun!

- Costumes should be light-coloured and flame resistant with reflective strips so that children are more easily seen at night. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)
- Costumes should be short enough to avoid tripping.
- Remind children to keep away from open fires and candles. (Costumes can be extremely flammable.)
- Use face paint rather than masks or things that will cover the eyes.
- Remind children to walk, slither, and sneak on sidewalks - not in the street.
- Explain to children that calls should be made along one side of the street first and then the other, and that it's best to cross the street only at intersections or crosswalks.
- Remind children to look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Provide yourself or the children with a flashlight to see better and to be better seen.
- Have children plan their route and share it with you and the family.
- Trick or Treaters should travel in groups of four or five. Young children should be accompanied by an adult.
- Visit homes that have the porch light on.
- Make sure children know they should accept treats at the door and must not get into cars or enter the homes or apartments of strangers.
- Remind children not to eat their treats and goodies until they are examined by an adult at home. And candy should not be eaten if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.
- Make sure you and your children know where the Block Parent houses are located in the neighborhood.
- Set agreed-to boundaries with your children. Explain the importance of staying within them and arriving home on time.







## **Easy Caramel Corn**

3 quarts popping corn  
1 cup brown sugar  
1/4 cup corn syrup  
1 stick of butter  
1/4 teaspoon salt  
1/2 teaspoon baking soda

Put popcorn in a heavy paper bag. Melt butter in a saucepan and mix together sugar, syrup, and salt. Add 1/2 teaspoon baking soda and stir well. Pour into paper bag and stir with a wooden spoon.

Put bag in microwave and cook on high for 1 1/2 minutes. Take out and shake well. Cook for another 1 1/2 minutes. Shake bag again and pour into a large container. Serve in paper baggies that kids can decorate.