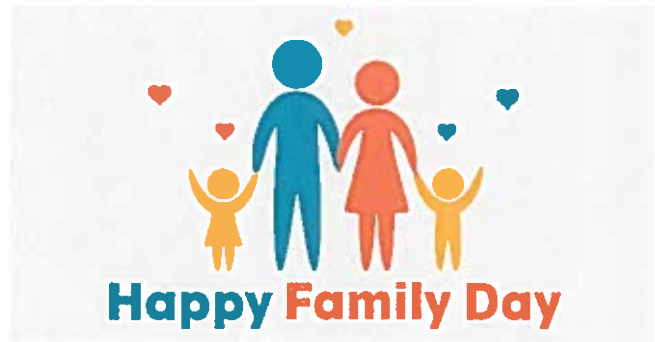




February



# 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 Newton- Community Health Educator

Darcy Ashawasagai- Program Supp. Clerk/Reception

Deborah Newton- Membership/Medical Van Driver

Kerri Campbell- Native Child and Family Worker

Francis Herbert - NNADAP 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

Rachel Kagagins- 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

Francis Herbert -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 (Maternity Leave)

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)857-1778

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

<b>Monday</b>	<b>Sudbury</b>
<b>Tuesday</b>	<b>Parry Sound</b>
<b>Wednesday</b>	<b>Britt</b>
<b>Thursday</b>	<b>Sudbury</b>
<b>Friday</b>	<b>Emergency Only</b>





# Henvey Inlet First Nation Library Hours

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Closed during lunch hours 12-1:00PM

Monday - 8:30am -4:30pm

Tuesday - 8:30am -4:30pm

Wednesday - 8:30am - 4:30pm

Thursday - 8:30am - 4:30pm

Friday - 8:30am - 12:00N



Henvey Inlet First Nation Library  
Debbie Fox- Librarian

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295 Pickerel River Road  
Pickerel, ON  
PoG 1Jo

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





## 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 RESPONSE/FIRE RESCUE TEAM

# LOOKING FOR RECRUITS FOR THE HENVEY INLET EFR TEAM

**It's time for the Community to take part and  
resurrect the Henvey Inlet First Response Team!**

If you are interested in becoming involved in a life saving  
team, then you're participation is requested!

**\*Interested *Volunteers must be 18 years and older***

**PLEASE CONTACT KARA AT THE HEALTH CENTRE  
705-857-1221 AS SOON AS POSSIBLE!!!**

**In the event of an emergency please dial  
911**

**Or call:**

**PARRYSOUND AMBULANCE  
1-705-746-6262**

**SUDBURY AMBULANCE  
705-673-1117**

**O.P.P.  
1-888-310-1122**







# AND WE WANT YOUR INPUT!!!

**AS WE AR ALL AWARE, MARCH BREAK IS A BIG, WEEK LONG EVENT AROUND HERE!!**

**WE ARE FEVERISHLY ORGANIZING FOR THE WEEK AND ARE TURNING TO THE COMMUNITY FOR SOME FRESH IDEAS AND INPUT FOR THE 2018 MARCH BREAK ACTIVITIES!!!**

**PLEASE DETACH THE AREA BELOW WITH YOUR SUGGESTIONS OR YOU CAN STOP IN AT THE HEALTH CENTRE OR BAND OFFICE AND FILL OUT A FORM THERE! THANK YOU!!!**



**MARCH BREAK ACTIVITY SUGGESTION:**

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## **NOTICE TO HIGH SCHOOL STUDENTS**

Please bring a copy of your report card to Genevieve to request your 'Stay In School Incentive'. Students will receive \$25.00 for each credit earned.

Miligwech 😊

# Caterer Wanted



**When: Monday, February 12<sup>th</sup> 2018**

**@ HIFN Library 12:00 noon**

Re: Education Law Development Meeting

## LUNCH

Fish, Fried Scone, Coleslaw, Cesar Salad

Dessert & Fruit Tray

Mixed Juices, Water

Plates, napkins, cutlery, condiments

(Lemon Wedges, Tartar sauce, Butter)

**Place your bids with Lyndy at the Administration Front Desk  
by February 6<sup>th</sup>, 2018 at 1:00 pm**

Requirements: Food for 12 people. Must have current Food  
Handlers Certificate.



**HOLIDAYS**



**PLEASE BE ADVISED THAT**

**MILLIE PAWIS,**

**DIRECTOR OF FINANCE/ADMINISTRATION**

**WILL BE ON HOLIDAYS**

**MONDAY FEBRUARY 12-FRIDAY FEBRUARY 16, 2018**

PLEASE ENSURE THAT ANY BUSINESS YOU MAY  
REQUIRE TO HAVE DEALT WITH, IS DONE PRIOR TO  
THESE DATES!

THANK YOU!!!



## 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: HIFN Community Elders  
Fr: Millie Pawis, Director of Finance/Administration  
Dt: January 10, 2018  
Re: **Furnace Fuel Delivery – January 2018**

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I have ordered the furnace fuel with COOP Regionale, as of January 8, 2018 for those of you who use this to heat your homes.

You will receive the same monetary value in oil as last year, please remember that the price of oil may cause this to differ in the amount of oil received though.

Coop has confirmed via email that their truck will begin deliveries on Friday January 12, 2018. If you did not receive the total value in the first delivery, you will receive the full amount via subsequent trips.

In the event that the driver leaves the invoice with you please bring it to the office and give it to me for payment.

A handwritten signature in black ink, appearing to be "MP".

/MP





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

# MEMORANDUM

To: HIFN Community Members  
Fr: Millie Pawis, Director of Finance/Administration  
Dt: January 10, 2018  
Re: **8Plex**

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It's official, Chief and Council have selected CGV Builders Inc. to construct the 8Plex!!!

This building will have 4 – 1 bedroom units and 4- 2 bedroom units.

CGV will meet with Chief and Council on Monday January 15, 2018 for a preconstruction meeting to discuss particulars of the construction schedule.

The area next to the Church/Learning Centre where it's to be located will be a construction zone, parents are reminded to keep their children away from this area during construction.

Construction is scheduled to start January 22, 2018 and be completed by July 2018.

*MP*

/MP



## Henvey Inlet First Nation

Pickeral, ON P0G 1J0

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

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

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

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

# MEMORANDUM

To: HIFN Community Members  
Fr: Millie Pawis, Director of Finance/Administration  
Dt: January 10, 2018  
Re: **Communal Mail Box – Spring 2018**

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At the December 4, 2017 Band Membership meeting held at the Fire Hall, consideration of a Communal Mail Box, vs Personal Mail Boxes was an agenda item.

The decision was made to allow Canada Post to install a Communal Mail Box system for the residents of Pickeral, as a result a vote of those present and by reading the results of the survey that were returned to the Administration office.

The location of the Communal Mail Box will be at the Old Band Office site, exact location to be determined. This receptacle will be similar to that which is located in Bekanon.

Thank you to those who responded to the survey and participated in the discussion at the last Band Membership Meeting.

As more information on the installation and access to this unit is received this will be published in future newsletters.

*MP*

/MP



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

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

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

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F 705-857-1369

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

## MEMORANDUM

To: All Band Members  
Fr: Chief and Council  
Dt: October 30, 2017  
Re: **NO HUNTING – HENVEY INLET I.R. #2 (Bekanon)**

Chief and Council remind all Band Members that there is a NO HUNTING ban on right now in effective WEST of Hwy 69 (All of Bekanon) during the construction activities there due to the Wind Farm.

Contravention of the NO HUNTING Land Law that was passed at an Open Council Meeting on October 23 2017 will result in penalties.

This is a temporary ban in place to protect all those that are working within the reserve boundaries who are constructing roads, monitoring the environmental impacts and securing the area.

Your cooperation is appreciated.

Chief and Council

WM/mp

## General Information

The attached application is to be used by Status Indians, Indian bands and councils of an Indian band when claiming a refund for the Ontario component of the Harmonized Sales Tax (HST) paid for off-reserve acquisitions and importations of qualifying property or services.

The refund is not available unless the qualifying property or services were acquired for the exclusive personal use of the Status Indian or exclusively for the use by an Indian band or council of an Indian band. In addition, a refund is not available where other HST relief has been applied.

## Who is Eligible

The following persons are eligible for a refund of the 8% Ontario component of the HST paid on qualifying property or services:

- Status Indians who are Ontario residents, or
- Status Indians who are Canadian residents and residents on the Akwesasne reserve, or
- An Indian band or council of a band of an Ontario First Nations reserve (including the Akwesasne reserve).

## Documentation Required

Please provide the following documentation:

- completed and signed application form;
- original receipts in the purchasers name for qualifying off-reserve acquisitions and importations **showing the 13% HST was paid;**
- photocopy of both sides of the **Certificate of Indian Status** card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption of use by the band or the council of the band.

## Qualifying Property and Services

For detailed information on the property and services that qualify for the point-of-sale exemption/refund when acquired in or imported into Ontario, please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

## Direct Bank Deposit

If you wish your refund to be deposited directly into your bank account, please attach a VOID cheque to your refund application, showing your name and address. You may also request direct deposit by sending us a letter with a VOID cheque attached.

If you wish to cancel the direct deposit, please send us a letter requesting the cancellation.

## Authorized Representatives

If you would like an authorized representative to act on your behalf with regards to your claim, complete an [Authorizing or Cancelling a Representative form](#) and return the completed form to the ministry.

## Guidelines for Preparing Your Application

- Please submit a maximum of 100 receipts per claim. Do not re-submit receipts that have been previously submitted.
- Receipts are in good condition, clean and unmarked.
- Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.
- Do not have staples/pins in the receipts.

The following are examples of receipts that are not eligible for exemption/refund:

- a point-of-sale exemption/refund was already applied by the retailer/supplier
- public transit stubs & debit receipts
- cigarettes
- gasoline
- movie tickets/entertainment
- hair-cuts
- books
- lessons/courses
- hotel accommodation
- parking
- veterinarian services
- prescription drugs
- dine-in restaurant meals

For a detailed listing of eligible goods and services, please refer to our publication entitled [What's Taxable Off-Reserve Under the HST and What's Not](#).

## Instructions for Completing the Application Form

- 1. Section A – Claimant Information**  
Enter your full name, complete mailing address and telephone number.
- 2. Section B – Summary of Claim**  
Enter total number of receipts sent in with claim and the period of time the claim covers.
- 3. Section C – Certification**  
Sign and certify the application.

## Claim Completion

All enquiries regarding completion of the application form should be directed to the Ontario Ministry of Finance at 1-866-ONT-TAXS (1-866-668-8297).

Applications for refund of 8% Ontario portion of the HST paid in Ontario, or for qualifying goods imported into Canada, must be submitted within four years from the date the tax was paid. Applications for refund of HST paid in another participating province on qualifying goods imported into Ontario within 30 days, must be submitted within one year from the date the qualifying goods were imported into Ontario.

For more information please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

Mailing:

All refund applications  
should be submitted to:



Ministry of Finance  
33 King Street West  
PO Box 625  
Oshawa ON L1H 8E9





Ministry of Finance  
33 King Street West  
PO Box 625  
Oshawa ON L1H 8E9

## Application for Ontario Portion of HST Refund for First Nations

Before completing this application, please read the attached instructions. Please type or print.

### A Claimant Information

Name of Claimant \_\_\_\_\_

#### Mailing Address

Unit Number	Street Number	Street Name	PO Box
City/Town		Province	Postal Code Telephone Number

Do you authorize any person to act on your behalf with regard to this claim e.g. your local Band council?  Yes  No

#### Representative's Name

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

#### Mailing Address

Unit Number	Street Number	Street Name	PO Box
City/Town		Province	Postal Code Telephone Number

### B Summary of Claim

Total Number of Receipts (Maximum 100 receipts) \_\_\_\_\_ Period Covered: From (yyyy/mm/dd) \_\_\_\_\_ Period Covered: To (yyyy/mm/dd) \_\_\_\_\_

The following are examples of receipts that are not eligible for exemption/refund:

- a point-of-sale exemption/refund was already applied by the retailer/supplier
- public transit stubs & debit receipts
- cigarettes
- gasoline
- parking
- veterinarian services
- prescription drugs
- dine-in restaurant meals
- movie tickets/entertainment
- hair-cuts
- books
- lessons/courses
- hotel accommodation

Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.

Please submit a maximum of 100 receipts per claim. Do not re-submit receipts that have been previously submitted.

Send in a photocopy of both sides of the Certificate of Indian Status card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption of or use by the band or the council of the band.

Where all supporting documents are submitted, please allow up to eight weeks for verification and processing of your claim.

Applications must be submitted to the address above within four years from the date the 8% HST was paid. If the application for refund relates to HST paid in another participating province but imported into Ontario within 30 days, the application must be submitted within one year from the date the qualifying goods were imported into Ontario.

### C Certification Please remember to sign this application

I certify that all the facts stated on this application are correct to the best of my knowledge and I understand this claim is subject to verification.

(Print) Name of claimant or an authorized official of the Indian band or council	Title	Signature	Date (yyyy/mm/dd)
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Every person who, by deceit, falsehood, or by any fraudulent means, obtains or attempts to obtain a refund or rebate of tax under this Act or the regulations to which the person is not entitled is guilty of an offence and on conviction is liable to a fine of not less than \$500 and not more than an amount that is double the amount of the refund or rebate obtained or sought to be obtained, or to a term of imprisonment of not more than two years, or to both (*Retail Sales Tax Act*, Subscription 32(5)).

Personal information contained on this form is collected under the authority of the *Retail Sales Tax Act*, R.S.O. 1990, c. R31, and will be used to determine eligibility for the amount of the refund. Questions on this collection can be directed to the Ministry of Finance, 33 King Street West, Oshawa Ontario L1H 8E9, or by calling 1-866-ONT-TAXS (1-866-668-8297)

**MEMORANDUM NOTE DE SERVICE**



TO À	All Nursing Staff		Security Classification Classification de Sécurité
			Our file/Notre référence
From De	Regional Pharmacist		Your file/Votre référence
			Date December 21st , 2017

**Reminder on Client Reimbursement for Drugs**

To prevent delays in processing client reimbursements please advise/remind clients to send their paper work to the right address:

For client reimbursements **on drugs**, please mail your completed form(s) and supporting documents to the NIHB Drug Exception Centre,

**DRUG EXCEPTION CENTRE CLIENT REIMBURSEMENT**

 **NIHB/FNIHB Department of Indigenous Services Canada**   
**Address Locator 1902D**  
**200 Eglantine Driveway, 2nd floor**  
**Ottawa, Ontario K1A 0K9**

Regards,

Magy Beshay BSc. (Pharm), R. Ph.

Regional Pharmacist, First Nations and Inuit Health Branch, Ontario Region  
Department of Indigenous Services Canada/Government of Canada  
magy.beshay@canada.ca/Tel: 613-952-0718/Fax: 613-952-7054

 **Address on form not correct**   
**use above**



## NIHB CLIENT REIMBURSEMENT FORM

### INSTRUCTIONS

- You have one year from the date the services were provided to apply for reimbursement of NIHB-eligible benefits and services. Please note that all NIHB Program policies and requirements for coverage apply.
- Complete a separate NIHB Client Reimbursement form for each eligible client and type of benefit. Please do not include different types of benefits (e.g. dental, vision) on the same form.
- Please refer to the **CONTACT INFORMATION** for inquiries about NIHB-eligible benefits, the status of a claim, and/or mailing address.
- Indicate the client identification number (i.e. 'status number' for registered First Nations or 'N number' for recognized Inuit).
  - *Inuit clients:* Please note that your Territorial Health Card number *may* be used in place of your 'N number'. If you provide your 'N number, your Territorial Health Card number is not required.
  - In the case of a *child under 12 months of age who has not yet been registered/recognized*, please provide the identification number of the parent. For dental benefits, children of any age must have their own identification number.
- If the person seeking reimbursement is different from the client receiving the service (e.g. parent or guardian), please complete part 1 and part 2 of the form.
- You can obtain payment by direct deposit. For an enrolment form visit the [Health Canada website](http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/cfob-dgcm/ddi-ddo/index-eng.php) <http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/cfob-dgcm/ddi-ddo/index-eng.php>, or email [DD@hc-sc.gc.ca](mailto:DD@hc-sc.gc.ca).

### PLEASE MAKE SURE TO:

- ✓ Complete and sign the NIHB Client Reimbursement Form(s) (*incomplete forms cannot be processed and will be returned*).
  - The signatory must be at least 16 years of age.
  - Please provide your contact information / phone number in case the NIHB Program needs additional information in order to process your reimbursement claim.
- ✓ Provide the required supporting documents from the list below.
- ✓ Mail the completed and signed reimbursement form, along with supporting documents, to the appropriate address (see page 3).

### SUPPORTING DOCUMENTS (TO BE INCLUDED WITH YOUR COMPLETED AND SIGNED CLIENT REIMBURSEMENT FORM):

- ✓ Provide original receipt(s) as proof of payment. Receipt (s) must list client's full name, date of service, provider/office name, description of services, and proof of total amount paid.
- ✓ If you have other health coverage, please submit the detailed **statement or explanation of benefits form** from all other health plans(s)/program(s) as well as a **COPY** of the original receipts (your primary insurer requires the original receipts).

#### For Pharmacy and Vision Care claims:

- ✓ A copy of your prescription.

#### For Medical Supplies and Equipment claims:

- ✓ A copy of your prescription.
- ✓ Contact your regional office (see page 4) to confirm whether additional medical documentation is required to support your claim.

#### For Dental and Orthodontic Services claims:

- ✓ Include a copy of one of the following forms, completed and including office verification by your dental or orthodontic service provider:
  - Association des Chirurgiens Dentistes du Québec Dental Claim and Treatment Plan Form
  - Standard Dental Claim Form
  - Canadian Association of Orthodontics Information Form
- ✓ Please note that you may also use the NIHB Dental Claim Form (Dent-29 Form) to submit your claim for reimbursement.

**For Medical Transportation claims:**

- ✓ Provide proof of your medical appointment attendance.
- ✓ Please note that you may also use a medical transportation form provided by your regional office to submit your claim for reimbursement.

**CONTACT INFORMATION**

For reimbursements, please mail your completed form(s) and supporting documents to the applicable Regional Office, the NIHB Drug Exception Centre, or the NIHB Dental Predetermination Centre (for dental and orthodontic services).

**PHARMACY, DENTAL AND ORTHODONTIC BENEFITS:**

**DENTAL PREDETERMINATION CENTRE  
DENTAL SERVICES**  
NIHB/ FNIHB  
Health Canada  
Address Locator 1902D  
200 Eglantine Driveway, 2<sup>nd</sup> floor  
Ottawa, Ontario K1A 0K9  
Telephone (toll-free): 1-855-618-6291  
Fax: 1-855-618-6290

**DENTAL PREDETERMINATION CENTRE  
ORTHODONTIC SERVICES**  
NIHB/FNIHB  
Health Canada  
Address Locator 1902C  
200 Eglantine Driveway, 2<sup>nd</sup> floor  
Ottawa, Ontario K1A 0K9  
Telephone (toll-free): 1-866-227-0943  
Fax: 1-866-227-0957

**DRUG EXCEPTION CENTRE  
CLIENT REIMBURSEMENT**  
NIHB/FNIHB  
Health Canada  
Address Locator 1902D  
200 Eglantine Driveway, 2<sup>nd</sup> floor  
Ottawa, Ontario K1A 0K9  
Please direct telephone inquiries to  
your Health Canada Regional office.

**MEDICAL SUPPLIES AND EQUIPMENT, VISION CARE, AND MEDICAL TRANSPORTATION BENEFITS:**

**Alberta Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
9700 Jasper Avenue, Suite 730  
Edmonton, Alberta T5J 4C3  
Telephone (toll-free): 1-800-232-7301

**Saskatchewan Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
2045 Broad Street, 1st Floor  
Regina, Saskatchewan S4P 3T7  
Telephone (toll-free): 1-866-885-3933

**Manitoba Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
391 York Avenue, Suite 300  
Winnipeg, Manitoba R3C 4W1  
Telephone (toll-free): 1-800-665-8507

**Ontario Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
Sir Charles Tupper Building  
2720 Riverside Drive, 4<sup>th</sup> Floor  
Mail Stop 6604E  
Ottawa, Ontario K1A 0K9  
Telephone (toll-free): 1-800-640-0642

**Quebec Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
200 René-Lévesque Boulevard West  
Guy-Favreau Complex, 2<sup>nd</sup> floor  
Montréal, Québec H2Z 1X4  
Telephone (toll-free): 1-877-483-1575

**Atlantic Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
1505 Barrington Street  
Suite 1525, 15<sup>th</sup> Floor, Maritime Centre  
Halifax, Nova Scotia B3J 3Y6  
Telephone (toll-free): 1-800-565-3294

**Northern Region (NWT & Nunavut)**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
Sir Charles Tupper Building  
2720 Riverside Drive  
Mail Stop 6604C  
Ottawa, Ontario K1A 0K9 Telephone  
(toll-free): 1-888-332-9222

**Northern Region (Yukon)**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
300 Main Street, Suite 100 Whitehorse,  
Yukon Y1A 2B5  
Telephone (toll-free): 1-866-362-6717

**British Columbia**

For Clients Eligible under the First Nations Health Authority (FNHA) in British Columbia (with the exception of Orthodontic Services), please submit claims for reimbursement to:

**BRITISH COLUMBIA FIRST NATIONS HEALTH AUTHORITY**  
Health Benefits  
757 West Hastings Street  
Suite 540  
Vancouver, BC, V6C 3E6  
Toll Free: 1-888-321-5003  
Fax: 1-604-666-5815

**For Residents of British Columbia who are not eligible for benefits under the FNHA**

Please contact the Alberta Regional Office (see above) regarding your reimbursement claim. For dental and orthodontic reimbursements, send reimbursement requests to the Dental Predetermination Centre (see above).

**NIHB CLIENT REIMBURSEMENT FORM**

Before completing this form, please read the INSTRUCTIONS page, including the SUPPORTING DOCUMENTS section for what must be included with your reimbursement claim. For inquiries and/or mailing addresses, refer to the CONTACT INFORMATION.

✓ Complete and sign the form. *Incomplete forms cannot be processed; forms that are not signed will be returned for signature.*

✓ Include ALL the required documents (listed in the instructions) with your claim, and keep copies of your files.

**PART 1 – CLIENT INFORMATION (CLIENT RECEIVING THE SERVICE)**

Surname:		First and Middle Names:	
Address:		Apt.:	Identification Number (i.e.: Status number OR N number):
City:		Province/Territory:	
Telephone Number 1:	Extension:	Telephone Number 2 (optional):	Extension:
Postal Code:	Email Address (if email communication preferred):	Date of Birth: (YYYY/MM/DD)	
Are you covered for any of these expenses under any other health plan(s)/program(s)? <input type="radio"/> Yes <input type="radio"/> No If yes, please attach a copy of a detailed statement or <i>explanation of benefits form</i> from all other plan(s)/program(s).			
Reimbursement to: <input type="radio"/> Client <b>Part 1</b> <input type="radio"/> Other Payee <b>Part 2</b>		Inquiries to be sent to: <input type="radio"/> Client <b>Part 1</b> <input type="radio"/> Other Payee <b>Part 2</b>	

**PART 2 – PAYEE INFORMATION (IF REIMBURSEMENT IS CLAIMED BY SOMEONE OTHER THAN THE CLIENT RECEIVING THE SERVICE)**

Last name:		First and Middle Names:	
Address:		Apt.:	Email Address (if email communication preferred):
City:		Postal Code:	Province/Territory:
Telephone Number 1:	Extension:	Telephone Number 2 (optional):	Extension:
Relationship to client receiving service:			

**PART 3 – BENEFITS / SERVICES RECEIVED (USE A DIFFERENT FORM FOR EACH BENEFIT TYPE)**

**BENEFIT TYPE (Select One):**  Pharmacy Benefits     Medical Supplies & Equipment     Vision and Eye Care  
 Medical Transportation     Dental/Orthodontic Benefits

List Benefits/Services Received:	Cost
<b>TOTAL AMOUNT CLAIMED:</b>	<b>\$ 0.00</b>



**PART 4 – SIGNATURE AND AUTHORIZATION (FORM MUST BE SIGNED IN ORDER TO BE PROCESSED)**

I authorize the release of any records that are relevant to the processing and payment of the attached claims held by the service provider to Health Canada, its agents or contractors, or any appropriate Health Professional licensing or Regulatory Body for the purpose of administrative audit. I declare the information to be true and accurate and that it does not contain a claim for any benefit or service previously paid for by Health Canada or by any other plan(s)/program(s) that is noted in the statement or explanation of benefits.

Client (beneficiary)  Parent/Guardian

Print Name:

Signature:

Date:

(YYYY/MM/DD)

**PRIVACY NOTICE**

The personal information you provide to Health Canada is governed in accordance with the Privacy Act. We only collect the information we need to administer benefits under the Non-Insured Health Benefits (NIHB) Program. Collection of information for this purpose is authorized under the *Department of Health Act*. We require this information for the adjudication and payment of claims and for audit purposes. Your personal information may be disclosed without your consent, but only in accordance with subsection 8(2) of the Privacy Act. For more information: This personal information collection is described in Info Source, available online at [infosource.gc.ca](http://infosource.gc.ca). In addition to protecting your personal information, the *Privacy Act* gives you the right to request access to and correction of your personal information. For more information about these rights, or about our privacy practices, please contact the Health Canada/Public Health Agency of Canada's Access to Information and Privacy (ATIP) Coordinator at 613-954-9165 or [atip-airp@hc-sc.gc.ca](mailto:atip-airp@hc-sc.gc.ca). You also have the right to file a complaint with the Privacy Commissioner of Canada if you think your personal information has been handled improperly.

**For inquiries and/or mailing address, please refer to the CONTACT INFORMATION page.**



# MEDICAL TRANSPORTATION

## ONTARIO REGION NON-INSURED HEALTH BENEFITS PROGRAM

UPDATE TO NIHB MEDICAL TRANSPORTATION POLICY FRAMEWORK – JANUARY 2018

### Important Update to the Non-Insured Health Benefits (NIHB) Medical Transportation Benefit

The NIHB Program is pleased to announce the following enhancements to the national Medical Transportation Policy Framework (MTPF). These changes become effective immediately. More information regarding the NIHB medical transportation program can be found at: <https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information/medical-transportation-benefits-information-first-nations-inuit-health.html>

#### Enhancements:

- Section 6.2 of the MTPF has been revised (*italics*) to read: When a client does not attend a scheduled appointment and medical transportation benefits have been provided, the client may have to assume the cost of the return trip or of the next trip to access medically necessary health services unless justification is provided to explain why the client was unable to attend or to notify the appropriate public carrier of the cancellation. *Justification may include, but is not limited to, unforeseen circumstances such as health service delivery delays, severe weather conditions, family or personal emergencies.*
- Two escorts can be approved to assist pregnant minors for the duration of the period leading up to birthing.
- Medical transportation benefits for clients to access supervised opioid addiction treatment (e.g. methadone or suboxone) may be provided for up to 6 months in order to allow stabilization for carries or for alternate arrangements to be made. Extensions with justification may be considered.
- Unregistered children can be automatically covered under their registered parent's Indian Registration Number up to the age of 18 months old. This is an extension from the previous allowable period of 12 months.

For more information please call one of the FNIBS Ontario region NIHB contacts:

Heather Larsen  
Senior Manager, Program Delivery  
Ontario Regional Office  
[heather.larsen@canada.ca](mailto:heather.larsen@canada.ca)  
613-941-6253

Julie Mirau  
Manager, NIHB Operations  
Ontario Regional Office  
[julie.mirau@canada.ca](mailto:julie.mirau@canada.ca)  
613-952-0139

Cynthia Lucier  
A/Senior Manager, Program Delivery  
Stour Lookout  
[cynthia.lucier@canada.ca](mailto:cynthia.lucier@canada.ca)  
1-807-737-5871

Sandra Freund  
Manager,  
Thunder Bay  
[sandra.freund@canada.ca](mailto:sandra.freund@canada.ca)  
1-807-346-3530

Ontario Region Client Information Line  
1-800-640-0642

Canada



Attention Parents:

There will be no Right to Play, After School or Youth Leadership programs, the week of February 5-9<sup>th</sup> as I am away for Right to Play Winter Training that week.

Programing will resume on Monday, February 12<sup>th</sup>.





# Harry Snowboy

Will be in our community on

## February 12, 13, and 14, 2018

Harry will be here to do One on One Counselling Sessions and Energy Work.

If you would like to have an appointment with Harry please call Darcy at the Health Centre and she can book an appointment or feel free to just pop in to say Hello and introduce yourself to Harry!

Henvey Inlet Health Centre

354A Pickerel River Road

Pickerel, ON

P0G 1J0

Phone: (705)857-1221 Fax: (705)857-0730



**Henvey Inlet Health  
Centre**

354-A Pickernel River Rd.  
Pickerei, ON  
POG 1J0

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

# CHILD & FAMILY PROGRAM FEBRUARY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				In Office	Out of Office	Out of Office
4	5	6	7	8	9	10
	In Office	DIY Craft	Program Prep	Organic Dog Bone Workshop	Sudbury	
11	12	13	14	15	16	17
	In Office	Organizational Steering Com- mittee 10 am	Family Court	CAMH Training North Bay	CAMH Training North Bay	
18	19	20	21	22	23	24
	Family Day Office Closed	In Office	Program Prep	Parenting Pro- gram 7 Day Menu Planning	Parry Sound	
25	26	27	28			
	Program Prep	Pierogi Work- shop				



# Henvey Inlet First Nation Health Centre


"Healthy Babies Healthy Children  
For A Healthy Future"

354A Pickering River Road  
Pickering ON P0G 1J0

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



# FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 IN OFFICE	2 IN OFFICE	3
4	5 IN OFFICE WELL BABY CLINIC HOMEVISITS	6 DIY CRAFT	7 IN OFFICE	8 ORGANIC DOG BONE WKSHP	9 IN OFFICE	10
11	12 IN OFFICE	13 IN OFFICE	14 IN OFFICE	15 IN OFFICE	16 IN OFFICE	17
18	19  FAMILY DAY	20 IN OFFICE WELL BABY CLINIC HOMEVISITS	21 IN OFFICE	22 PARENTING PRO- GRAM	23 IN OFFICE	24
25	26 IN OFFICE	27 TORONTO FAMILY WELLBEING CONFERENCE	28 TORONTO FAMILY WELLBEING CONFERENCE	1 TORONTO FAMILY WELLBEING CONFERENCE	2 TORONTO FAMILY WELLBEING CONFERENCE	3



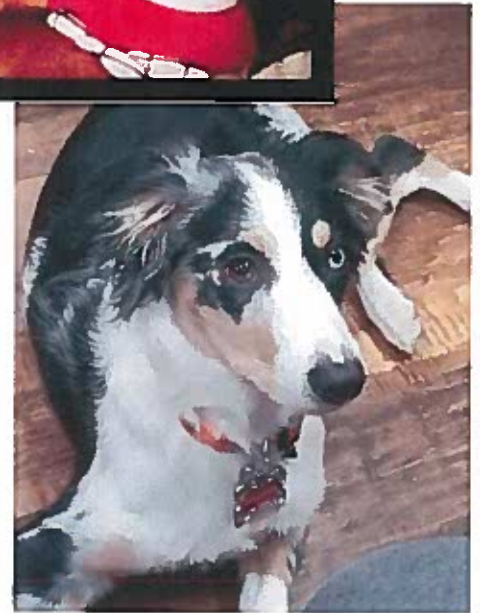
# DIY CRAFT WORKSHOP

February 6,  
2018



**1:00 PM**

**SPACE IS LIMITED TO THE FIRST 6 TO  
SIGN UP! CONTACT DARCY TO HAVE  
YOUR NAME ADDED!**



Thursday February 8, 2018

10am

Health Centre Boardroom

Taking care of our four legged friends is just as important as taking care of ourselves! Join Kerri and Kara in learning how quick, simple and cheap it can be to make your own doggy treats!

**Space is limited to 4, call to sign up!**



# Parenting Workshop

February 22, 2018

10 am

Health Centre



Join Kara and Kerri at the Health Centre to learn how to effectively plan for 7 days worth of meals!!!

Seating is limited to the first 6 who call!!!

Please sign up by January 15, 2018 at 4pm by calling

Darcy at 705-857-1221!!!

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



Janice Campbell will be back  
to teach HIFN Community  
Members, how to make Real  
Homemade Perogies from  
scratch!!!

DATE: FEBRUARY 27, 2018

TIME: 8:45 AM

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

CONTACT DARCY TO SIGN UP  
705-857-1221

LIMIT OF 4 PARTICIPANTS!!!



PEROGIEVENTUR



# 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

Eventually you will come to understand that love heals everything, and love is all there is.



## FEBRUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3				1 IN OFFICE	2 P.A. DAY CULTURAL ARTS	3
4	5 BASIC/ADVANCE SEWING & DESIGN	6 IN OFFICE	7 OUT OF OFFICE	8 IN OFFICE	9 CULTURAL ARTS	10
11	12 BASIC/ADVANCE SEWING & DESIGN	13 MENS CIRCLE WITH DAVE RICE	14 PROGRAM SHOPPING	15 ELDERS LUNCH & BINGO MOON BASKET TEACHING	16 CULTURAL ARTS	17
18	19 FAMILY DAY HOLIDAY	20 IN OFFICE	21 HOME VISITS	22 IN OFFICE	23 CULTURAL ARTS	24 HAND DRUM MAKING WITH ROD
25	26 OUT OF OFFICE	27 MENS CIRCLE WITH DAVE RICE	28 FULL MOON CEREMONY			

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# CULTURAL ARTS PROGRAM

FEBRUARY 2, 9, 16 & 23, 2018  
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

---



# BASIC & ADVANCED SEWING & DESIGN PROGRAM

FEBRUARY 5 & 12, 2018  
BOARD ROOM @ H.C.



EVERY MONDAY

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

## PARTICIPANT INFORMATION ABOUT THE PROGRAM

This course is designed to teach hand sewing skills, sewing machine operation, decorative techniques of applique work and embroidery. Skills will be developed by working through a number of projects in which participants will research and develop their own designs. Participants will become familiar with the many types of tools and supplies and how these can be used to enhance their work.



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



# MEN'S CIRCLE

A New Beginning

With  
DAVE RICE

WHEN: FEBRUARY 13 & 27, 2018

WHERE: HIFN Health Centre Boardroom

TIME: 5-7 PM

PLEASE CONTACT THE HEALTH CENTRE TO SIGN-UP.

For further information or if you need a ride please contact:  
CWW LUANA MCQUABBIE 705 857-1221 Ext 227 OR DAVE RICE 705 774-4722

\*A NUTRITIOUS SUPPER WILL BE SERVED\*



# 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+.



**FEBRUARY 15, 2018**  
**12 NOON**



---

**COMMUNITY WELLNESS PROGRAM/CWW LUANA MCQUABBIE**

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

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

**PLEASE CALL THE HEALTH CENTRE IF YOU REQUIRE A RIDE TO  
THE LUNCHEON 3 DAYS IN ADVANCE OF PROGRAM.**



HERE IN OUR COMMUNITY

# MOON BASKET TEACHINGS

— WITH WANDA MCQUABBIE —



---

HENVEY INLET FIRST NATION HEALTH CENTRE BOARDROOM

FEBRUARY 15, 2018

6:00 – 9:00 PM (SUPPER INCLUDED)

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BROUGHT TO YOU BY THE COMMUNITY WELLNESS PROGRAM

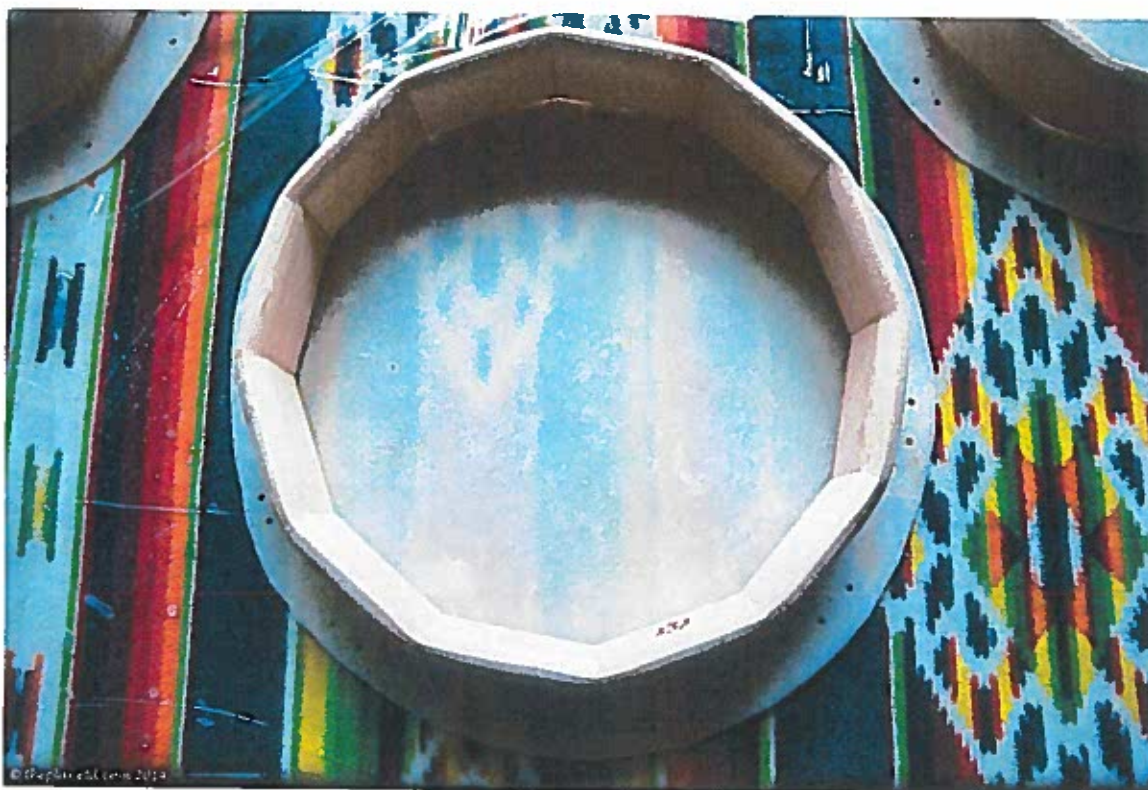
**OPEN TO ALL WOMEN & GIRLS. PLEASE CALL HEALTH TO SIGN UP**

INFO: CWW LUANA MCQUABBIE @ 705 857-1221 Ext 227

HERE IN OUR COMMUNITY

# HAND DRUM MAKING

— WITH RODNEY STANGER —



---

HENVEY INLET FIRST NATION HEALTH CENTRE BOARDROOM

FEBRUARY 24, 2018

STARTING AT 10 A.M.

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BROUGHT TO YOU BY THE COMMUNITY WELLNESS PROGRAM

**OPEN TO ALL INTERESTED. PLEASE CALL HEALTH TO SIGN UP**

INFO: CWW LUANA MCQUABBIE @ 705 857-1221 Ext 227



FEBRUARY

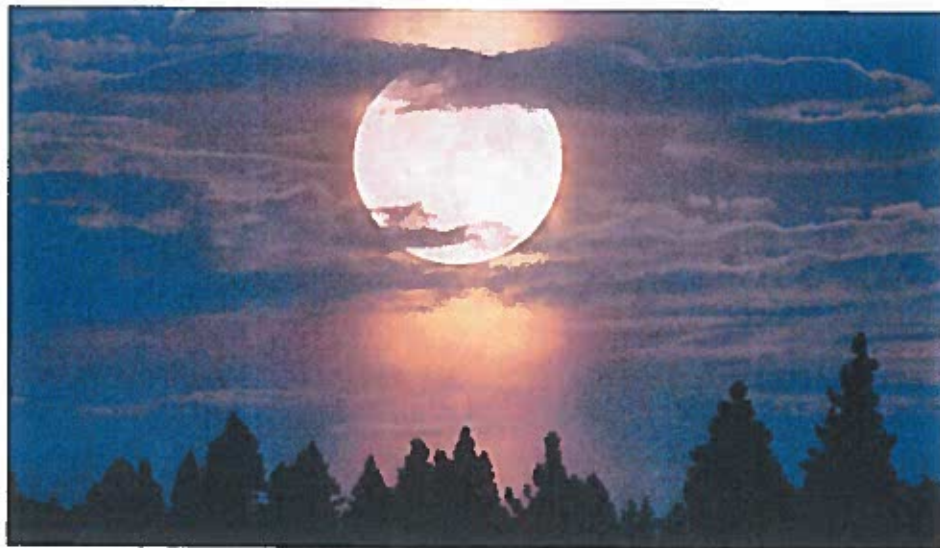
28

2018

FULL MOON CEREMONY  
With Judy Contin

263 PICKEREL RIVER ROAD

7:00 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](mailto:luana.mcquabbie@henveymedicalcentre.com)

# Community Health Nurse



Brenda Contin

# February 2018

Brenda CONTIN, C.H.N.

Henvey Inlet Community Health Nursing Program

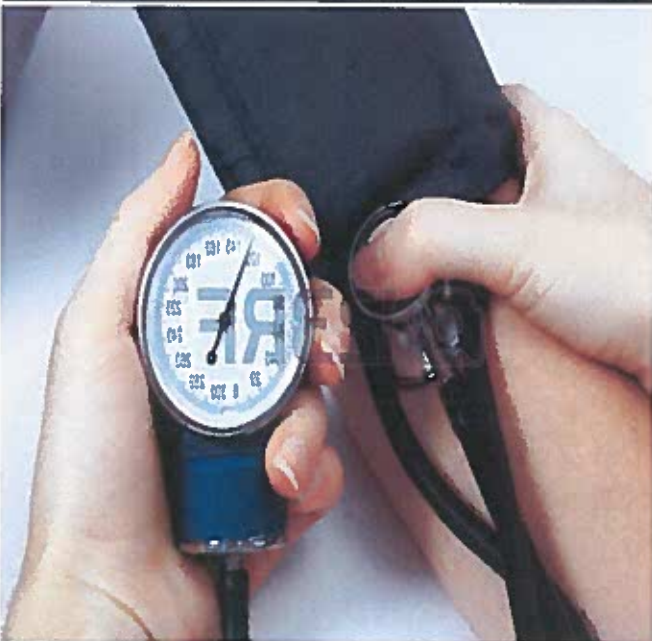
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 OFFICE: NAR- CAN T/C	2 OFFICE/Program Shopping	
	5 B/P / B.S. CLINIC	6 OFFICE	7 HOME VISITS	8 HOME VISITS	9 OFFICE	
	12 AEI Mtg	13 PARRY SOUND: HIW Mtg.	14 OFFICE	15 OFFICE	16 OFFICE	
	19 OUT OF OFFICE FOR ANNUAL HOLIDAY	20 FINANCE	21	22	23	
	26 OFF FOR STAT HOLIDAY	27 OFFICE	28 OFFICE			



# B/P & Blood Sugar Screening Clinic

Date: Feb. 5, 2018

Time: 10:00 am—2:00 pm



Location: Health Centre  
**No sign-up necessary!**  
**Up to 3 individuals**  
**who visit the CHN to**  
**have their B/P and B.S.**  
**checked will be eligible**  
**to win a 2 bags of per-**  
**ishables, such as fruit/**  
**vegetables, eggs, bread,**  
**and healthy treats.**

**CONTACT: Brenda Contin,**  
**CHN**

**CHN WILL BE OUT OF THE  
OFFICE FROM FEB. 19—26,  
2018, RETURNING ON**

**FEB. 27, 2018**



# ADDICTIONS WORKER





# MEET AND GREET

HENVEY INLET FIRST NATION HEALTH CENTRE

## Door to Door Meet and Greet with Francis Herbert!!!

I want to be involved with my whole community, to see how we can get back to our cultural and Spiritual practice to bring back wellness to our lives and community. We could start with information sharing what are needs are in getting back to our Spiritual connection through connecting with  
Mother Earth.

Our brothers and sisters and our Elders, and by engaging with each other our community will once again be a safe healthy place to live !



Starting February 5, 2018  
until each home  
has been visited!!!

### Francis Herbert

354-A Pickerel River Road  
Pickerel ON  
POG 1J0

Phone: 705-857-1221  
Fax: 705-857-3021





# FEBRUARY 2018

## HFN ADDICTIONS WORKER



HENVEY INLET FIRST NATION  
 HEALTH CENTRE  
 354-a PICKEREL RIVER ROAD  
 PICKEREL ON POG 1J0

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	
4	5 HOME VISITS	6 HOME VISITS	7 IN OFFICE	8 IN OFFICE	9 IN OFFICE	10
11	12 HOME VISITS	13 HOME VISITS	14 IN OFFICE	15 IN OFFICE	16 IN OFFICE	17
18	19 OFFICE CLOSED FAMILY DAY!!!	20 HOME VISITS	21 IN OFFICE	22 IN OFFICE	23 IN OFFICE	24
25	26 HOME VISITS	27 HOME VISITS	28 IN OFFICE			

HIFN DAYCARE  
February 2018  
Newsletter

Henvey Inlet First Nation Daycare  
354B Pickerel River Road  
Pickerel, ON.  
E-Mail: [hifndaycare07@hotmail.com](mailto:hifndaycare07@hotmail.com)

**“Even though February was the shortest month of the year, sometimes it seemed like the longest.”  
– J.D. Robb**

February is upon us and Mother Nature is so confusing. Our days are: cold, snowing, freezing rain, sunny, warm, just a mixed up ball of emotions she is. Anyways we are thankful and grateful for each and every day that we are upon this beautiful place called Mother Earth. Soon enough it will be time for the earth to change again and spring to arrive. Everything keeps moving forward! Here at Daycare there has been a few changes and more still to come. We have new furniture and equipment arriving, the new paint colors in our centre. The sleep room has been improved and look totally different. We are improving the interior and the children have noticed the change. Now on to the topic for the month of February 2018.

**Topics are as follows:**

February 5 to 9, 2018: Hearts  
February 12 to 16, 2018: Red Week  
**February 19, 2018: Daycare CLOSED! FAMILY DAY!**  
February 20 to 23, 2018: Family Week  
February 26 to March 2, 2018: Hands and Feet Week

Wishing Everyone a **“Happy Valentines Day 2018”**! And hoping that the Groundhog don't see its shadow! And Wishing all the Families a **“Happy Family Day 2018”**. And get out there and enjoy those Beautiful Sun filled days this month. Enclosed is two simple recipes and an article on activities that are going on throughout Sudbury for Family Day 2018. Enjoy!

Thank you  
HIFN Daycare

Charlene Ashawasegai  
RECE Daycare Program Supervisor

Carrie L. Bennett  
RECE Daycare Staff





**On This Day**      *By Holly Perkins*

*To some people February 14th is just another day.  
For me this is a day to take time and say... I love you.  
Stop, and think what we've been through and how much our love has grown.  
Yes, we fight,  
And I've lied,  
But never forget for you I would die.  
Everyday I see your beautiful, smiling face,  
And there are moments that I stare and you take my breath away,  
and leave me with nothing to say,  
On this special day,  
I ask myself how it is possible to love a person so much.  
My heart has been permanently touched.  
All the tears and pain seem to go away.  
The pieces of my heart that were chiseled away, you make them ok,  
Once there was a deep dark hole nobody could touch,  
Until you came and filled it with all your love.  
On this special day I want you to know,  
I love you,  
More than I could write down, tell, explain or even try to show,  
In this life or the next.  
I've done things I regret,  
And they hurt you inside and made you cry,  
But let those things die,  
Not you and I.  
I want to be with you the rest of my life,  
Until the day I say good-bye.  
So on this Valentine's Day I want to say,  
I Love You and will Always be with You.*

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(<https://allrecipes.com/account/signup/>)



## Basic Baked Spaghetti



Prep  
20 m

Cook  
30 m

Ready In  
50 m

allrecipes!

*Recipe By:* Wendy

"Quick and easy oven spaghetti. Use different cheeses to create your signature dish."

### Ingredients

3/4 pound lean ground beef

1 pound spaghetti

1 (16 ounce) jar spaghetti sauce

1 cup shredded mild Cheddar cheese

### Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). In large skillet, cook hamburger until brown. Mix spaghetti sauce into skillet. Reduce heat and simmer.
- 2 Meanwhile, bring a large pot of lightly salted water to a boil. Mix in pasta and cook for 8 to 10 minutes or until al dente; drain.
- 3 Mix together spaghetti and meat mixture, pour into 9x13 pan. Top with cheese and bake for 30 minutes, or until heated through and cheese is bubbly.

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(<https://allrecipes.com/account/signup/>)



## Red Velvet Cupcakes



Prep  
30 m

Cook  
20 m

Ready In  
50 m

allrecipes!

Recipe By: pinkspoonula

"Little versions of classic red velvet cake! Frost with cream cheese frosting or white frosting."

### Ingredients

1/2 cup butter	1 1/2 teaspoons baking soda
1 1/2 cups white sugar	1 tablespoon distilled white vinegar
2 eggs	2 cups all-purpose flour
1 cup buttermilk	1/3 cup unsweetened cocoa powder
1 fluid ounce red food coloring	1 teaspoon salt
1 teaspoon vanilla extract	

### Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with 20 paper baking cups.
- 2 In a large bowl, beat the butter and sugar with an electric mixer until light and fluffy. Mix in the eggs, buttermilk, red food coloring and vanilla. Stir in the baking soda and vinegar. Combine the flour, cocoa powder and salt; stir into the batter just until blended. Spoon the batter into the prepared cups, dividing evenly.
- 3 Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 25 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter and frost with desired frosting.

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## 14 cool things to do on Family Day

Feb 17, 2017 7:00 PM by: [Heather Green-Oliver](#)

### 1. SNOWBANK I SPY



Keep your eye on snowbanks around town on Family Day. Coalition for a Liveable Sudbury has some fun surprises in store. Watch for hints on their [Facebook page](#) and [Twitter](#). When you spot the surprise take a photo and send it to them on Facebook, Twitter or email it to [clsudbury@live.com](mailto:clsudbury@live.com) to be entered into a draw for a mystery prize.

The fun doesn't end on Monday, the group plans to deliver more surprises at busy intersections during morning rush hour all week. Watch for the clues on Facebook and Twitter.

## 2. FAMILY HIKE & NATURE HUNT



Let the kids lead the way during this free family activity in Langdon Park located on Martin Road in Blezard Valley. Snowshoes are recommended. Please arrive a few minutes prior to the beginning of the walk to sign the participation form. You can also bring snacks and toys as there will be free play time. Family friendly dogs are welcome. The hike runs from 10:30 a.m. to 12 p.m.



### 3. FISHING FOR A CURE



Take the family out to Ramsey Lake and enjoy some ice fishing during the Fishing for a Cure event. There will be prizes for biggest and smallest fish. Register at the main boat launch off Ramsey Lake Road. Entry fee is \$40 and the event takes place from 8 a.m. to 1 p.m.

#### 4. FAMILY DAY CARNIVAL



YMCA of Sudbury is launching its 2017 Strong Kids Campaign with a Family Day Carnival event. Fun and games for the whole family including swimming, TRX Strong Kids Challenge, bake sale and face painting. YMCA is located at 140 Durham St. and is open from 8 a.m. to 4 p.m. Family activities start at 10 a.m. The event is free for YMCA members. Minimum donation request of \$5 per person or \$15 per family.

## 5. KUPP INDOOR PLAYGROUND



Don't want to play outdoors? Let the kids wear off some steam at the Kids Ultimate Play & Party Centre located at 1965 Lasalle Blvd. \$11 (ages 3-12), \$9 (ages 1-2), children under 12 months \$5, or free with paying sibling. One free adult per family. Additional adults are \$5. KUPP is open from 10 a.m. to 7 p.m.



## 6. SCIENCE NORTH



Keep the family entertained with special workshops at [Science North](#) and meet the new baby beaver while you're there! Science North will be open from 10 a.m. to 4 p.m.

## 7. ROCK WALL CLIMBING



ARC features over 7000 sq.ft. of indoor rock climbing including 35 foot high climbing walls, bouldering and climbing for all levels. ARC is located at 1981 Old Burwash Rd. and is open from 10 a.m. to 5 p.m. For pricing visit [www.arcclimbing.ca](http://www.arcclimbing.ca).

## 8. WATCH A MOVIE IN STYLE



The family animated film "Moana" is playing at [The Downtown Movie Lounge](#). Enjoy the show (or take a nap while the kids enjoy the show) in a luxury reclining chair. Moana show times are: 10:15 a.m., 1:25 p.m. and 3:40 p.m. Ticket prices are \$8 a person for a matinee.

## 9. BOWLING



Looking for something to do in your 'spare' time? Strike it up at Plaza Bowl. \$6 per game with a \$3 shoe rental fee. Plaza Bowl is located at 1799 Garden St. and is open from 10 a.m. to 10 p.m.



## 10. WALDEN CROSS COUNTRY SKI PARTY



Bring the whole family out to the Naughton Trail Centre on Family Day. There will be obstacle courses, free hot dogs and s'mores and bonfire. Free for members. Trail pass and rental packages are \$70 for a family of three (extra members, \$15 each). Walden Cross Country Fitness Club is located at 1 Denis Ave. in Naughton. The party runs from 11 a.m. to 3 p.m.



## 11. DOWNHILL SKIING



Adanac and Lively ski hills are open from 10 a.m. to 4 p.m. on Family Day.

### **Adanac reduced lift rates:**

Junior Half Day: \$9.50

Junior Full Day: \$14

Student/Senior Half Day: \$10.75

Student/Senior Full Day: \$15

Adult Half Day: \$14

Adult Full Day: \$17

### **Lively reduced lift rates:**

Junior/Senior Full Day: \$5.50

Adult Full Day: \$6.50

## 12. SWIMMING



There will be reduced Family Day rates for public swimming at all pools.

Adult: \$2.50

Youth/Senior: \$2.25

Family (maximum of six people per family): \$6

R.G. Dow Pool: 2-4 p.m.

Gatchell Pool: 10 a.m. to 12 p.m.

Howard Armstrong Recreation Centre: there will be a family swim from 1-2:25 p.m. and a public swim from 2:30-3:55 p.m.

Nickel District Pool: family swim from 1-2:15 p.m. and 2:30-3:45 p.m.

Onaping Pool: family swim form 1:30-2:55 p.m. and public swim from 3-4:25 p.m.

### 13. INDOOR SKATING



The mild weekend temperatures may put a damper on outdoor rinks this weekend, but municipal arenas are offering reduced rates of \$2.50 for adults and \$2.25 for youth/seniors. Families will cost \$6.

Public skate schedules are as follows:

#### **Capreol Community Centre / Arena No. 2 Ice Pad**

Free Public Skating during Family Day

The Capreol Lions Club is hosting a free community skate with free hot chocolate from 3:45 p.m. to 4:45 p.m. at the Capreol Arena.

#### **Centennial Community Centre / Arena**

Free Public Skating during Family Day

The Valley East Community Action Network is hosting a free community skate from 1 p.m. to 2:30 p.m. at the Centennial Arena.

**Chelmsford Community Centre / Arena**

3:30 p.m. to 5:00 p.m.

**Dr. Edgar Leclair Community Centre / Arena**

1 p.m. to 2:30 p.m.

**Garson Community Centre / Arena**

2 p.m. to 3:30 p.m.

**Gerry McCrory Countryside Sports Complex No. 1 Ice Pad**

3 p.m. to 5 p.m.

**I.J. Coady Memorial Arena**

3 p.m. to 4:30 p.m.

**McClelland Community Centre / Arena**

3:30 p.m. to 5 p.m.

**Raymond Plourde Arena**

3:30 p.m. to 5 p.m.

**Sudbury Community Arena**

Free Public Skating during Family Day

Sudbury MPP Glenn Thibeault's second annual Family Day Skate from 10:30 a.m. to 12:30 p.m. at the Sudbury Arena. The event will include a free skate, pancakes and refreshments.

RBC is hosting a free community skate from 12:30 p.m. to 2 p.m. at the Sudbury Arena. Everyone is welcome. For more information, visit [www.rbc.com/familyskate](http://www.rbc.com/familyskate).

**T.M. Davies Community Centre / Arena**

3 p.m. to 4:30 p.m.

**Toe Blake Memorial Arena**

3:30 p.m. to 5 p.m.



## 14. OUTDOOR SKATING PATHS



Visit the Ramsey Lake Skate Path and check out the ice station shelters constructed by students at the Laurentian University McEwen School of Architecture. Queen's Athletic Skating Oval will also be open, weather permitting.



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