



Band Council Meeting
June 4, 2018 @ 6pm



Offices Closed on
June 21, 2018

Cannabis Community
Consultation
July 3, 2018

Summer Student Positions
will be posted and delivered
at a later date!!





Community Band Council Meeting

Monday June 4, 2018

6:00pm @ Firehall

Topics

- Staff Reports
- Council Reports
- Matrimonial Real Property Law
 - 8 Plex
 - Update on Wind Farm
- Update on MTO Negotiations

TUESDAY
JULY 3, 2018

CANNABIS COMMUNITY CONSULTATION

Chief and Council alongside Health Canada will be having a Community Consultation regarding Cannabis. Health Canada will also be putting on a presentation.

Mandatory for ALL staff of HIFN to attend!

Where: Henvey Inlet Fire Hall

Time: Starting at 11:00am

For more info contact Brenda Contin

Prizes and Gift Cards to be won by participants!!

FURTHUR DETAILS TO FOLLOW!



Health
Canada

Santé
Canada



**Light Lunch
Provided!**

**Come out and
hear some
important info
with
presentations all
day!**

**Ending with a
Supper Feast!**

**PRIZES & GIFT
CARDS TO BE
WON BY
PARTICIPANTS!**

**HENVEY INLET FIRST
NATION**

295 Pickerel River Road
Pickerel, ON
PoG 1J0

Contact Person: Brenda Contin
705-857-1221

IMPORTANT REMINDER

On Community Submissions

June 1, 2018

Henvey Inlet has begun using NEW Community Submission Forms on April 3, 2018. We are no longer accepting the OLD Community Submission Forms. It is important to have all fields filled out on the form accordingly. If it is not fully filled out by the recipient and appropriate Health Care Provider (doctor, nurse, dentist, receptionist, etc.), it will lead to a delay in processing. I have attached an example of how the form is to be filled out as we have been receiving a lot of forms that are not filled out properly therefore, leading to a delay in the processing as the client needs to bring the form back to be filled out properly.

Your co-operation is appreciated!



Henvey Inlet Health Centre

354A Pickerel River Road
Pickerel, ON P0G 1J0
705-857-1221
www.hifn.ca

★EXAMPLE★

HENVEY INLET FIRST NATION HEALTH CENTRE

MEDICAL TRANSPORTATION LOG SHEET

CIRCLE DESTINATION

BRITT \$10.50 PARRY SOUND \$36.96 SUDBURY \$30.24

PLEASE FILL OUT FORM COMPLETELY! BOTTOM PORTION TO BE FILLED OUT BY NURSE/DOCTOR/RECEPTIONIST

APPOINTMENT DATE: June 1, 2018 APPOINTMENT TIME: 9:00am

NAME OF CLIENT: John Doe

DATE OF BIRTH: 02-01-1234 BAND NUMBER: 2310000001

Band member info needed

CLIENT/PARENT/GUARDIAN SIGNATURE: X John Doe

DOCTORS NAME AND SPECIALITY: Dr. Jane Doe - General Practitioner

DOCTORS ADDRESS AND PHONE NUMBER: Dr. Jane Doe

321 Hospital Street

City, ON P0G 1J0

Full Address & number needed

REASON FOR APPOINTMENT: check-up

DRIVERS SIGNATURE: John Doe

Make sure both spots signed!

THIS PORTION TO BE FILLED OUT BY RECEIVING OFFICE *NO RED INK PLEASE* *fully fill out!*

CONFIRMATION OF ATTENDANCE THAT: (Patients Name) John Doe

WAS SEEN BY: Dr. Jane Doe

ON DATE: June 1, 2018 AT 9:00 (AM) PM

STAMP/SIGNATURE OF RECEIVING OFFICE: Jane Doe

Stamp or/and signature needed!

APPROVED FOR PAYMENT

BY HEALTH DIRECTOR: _____

VALUE OF TRIP: _____ G/L ACCOUNT: _____

CHEQUE NUMBER: _____ DATE ISSUED: _____

****FAILURE TO COMPLETE THIS FORM IN FULL BY THE RECIPIENT & APPROPRIATE HEALTH CARE PROVIDER WILL RESULT IN DELAY OF PROCESSING**** REVISED MARCH 26, 2018

to be filled out by reception or doctor or nurse

Robinson Huron Treaty Litigation News

June 2018

Court Update

By Jennifer Pereira

Phase One of the Robinson-Huron Treaty court case will soon be wrapping up. In September 2017, twenty-one Anishinabek communities under the Robinson Huron Treaty (RHT) took the governments of Ontario and Canada to court over the Crown's failure to implement the terms of the 1850 RHT. At issue is that the beneficiaries have received no increase to the four-dollar annuity since 1874. Closing arguments will take place in Sudbury starting on June 4th, 2018.



The court has heard evidence regarding Anishinaabe law, diplomacy, understanding and responsibility to the treaty relationship. It heard from Anishinaabe Elders and Experts including: Wikwemikong Elder Rita Corbiere (Anishinaabemowin), Treaty 3 Elder Fred Kelly (Anishinaabe law and Anishinaabemowin), Sagamok Elder Irene

Makedebin (Anishinaabe oral history), Batchewana Elder Irene Stevens (Anishinaabe oral history), M'Chigeeng member Alan Corbiere (Metaphors, symbols, ceremonies and mnemonic devices), Dr. Heidi Bohaker (Anishinabek political geometry, doodem identity and treaty relationships), and Dr. Heidi Stark (Anishinaabe laws and stories). Over the past two months, the court has been hearing from witnesses for the Crown.

Representatives of the 21 First Nations maintains that the RHT defines the political and economic relationship between Anishinabek and the Crown and the intention of the Treaty was to share the revenue derived from the lands involved in the treaty. The Crown was supposed to increase the amount of annuity in line with financial profits it derived from the lands, and share that with Anishinabek. The territory includes about 35,700 square miles of land on the northern shores of Lake Huron.

"This case is very important in this current era of reconciliation. It means Anishinabek will be heard and I'm hoping the Robinson Huron Treaty will be interpreted in a modern context and maintain it's spirit and intent according to the agreement reached in 1850," said Mike Restoule, Chair of the Robinson Huron Treaty Trust.

The Statement of Claim issued in court points out that Canada endorsed the United Nations Declaration on

the Rights of Indigenous Peoples (UNDRIP) on November 12, 2010. The Statement of Claim quotes Paragraph 1 of Article 37 of the UNDRIP: “Indigenous Peoples have the right to the recognition, observance and enforcement of treaties, agreements and other constructive arrangements concluded with the States or their successors and to have the States honour and respect such treaties, agreements and other constructive arrangements.”

It was also important to for the court to hear from Anishinabek about our Laws and understandings of treaty. In the Opening Statement, it states, “...Courts have generally been able to figure out the non-Indigenous perspective, it is the Indigenous perspective that is hard to put a handle on. The Robinson Huron Treaty and the augmentation clause in particular, needs to be understood from the perspective of the Anishinaabe people, meaning their language, culture and their laws.”



Lawyer David Nahwegahbow of Nahwegahbow, Corbiere – Genoodmagejig/Barristers and Solicitors gave an update to Robinson Huron Treaty Chiefs on March 9th in Sudbury. In his presentation, Nahwegahbow said the case went very well, and that they proved everything they said they would prove, particularly the Anishinaabe perspective.

Although closing arguments will not take place until this coming June, the litigation management committee (LMC) continues to work toward a

negotiated settlement with the governments of Ontario and Canada.

The court hearings are open to the public and supporters are encouraged to attend. A sacred fire burns near the court location for people to come and offer semaa (tobacco).

The remaining hearing dates until the end of phase 1 are as follows:

- June 4 – 8, 2018 – Final arguments (Sudbury)
- June 11 – 15, 2018 – Final argument (Sudbury)

If a settlement is not reached, the process will enter Phase Two to begin in the Fall of 2018.

The case is also being livestreamed and the archived videos are available at: <http://livestream.com/firsttel>. Please follow us on Facebook: (Robinson Huron Treaty Trust – Annuity Case), Twitter: (@1850RHTreaty) and check our website: rht1850.ca for updates.

Contact Information

For Robinson-Huron Trust: Mike Restoule: 705-498-7353, rhtrust@outlook.com

ROBINSON HURON TREATY LITIGATION FUND c/o Chairperson, Mike Restoule

1 Miiigizi Mikan, P.O Box 711, North Bay, ON P1B 8J8

rhtrust@outlook.com

Office: 705.497.9127 – Mobile: 705.498.7353 – Fax: 705.497.9135

Sacred Fire lit during court proceedings

Sacred Fire has a spirit, and keeps a path lit to Creator and is a large part of ceremonies and has helped light the way for Anishinabek as well as the

individual. One such sacred fire burned for most of the days that the Robinson Huron Treaty (RHT) was being heard in the Superior Court of Ontario. First, it started in Thunder Bay, Ontario where the hearings first began. Then the hearings went to Garden River First Nation, then Manitoulin Island and then onto Sudbury, where they wrapped up. Where the hearings went, so too, did the Sacred Fire' or Shkodeh.

Just as important as the Fire, are the Fire Keepers and it takes quite a number of men to coordinate and look after a sacred fire, and there was an organizer: Leroy Bennett an Anishinabe from Sagamok. He's the Cultural Coordinator or affectionately known as the "Cultural Guy" for Robinson Huron Treaty Litigation Committee.

Bennett said, "When we discussed it with the RHT committee, it was thought to be a good idea to have a fire burning while the lawyers were in court."

When the hearings began in Thunder Bay, the Fire was lit in the city, nearby the courthouse. According to Bennett, the fire helped a lot of people. He said, "In Thunder bay we had eight to one-thousand people come through. It was the only situation that word of mouth travelled faster than Facebook. The fire had a lot of company. People were amazed that we went ahead and did it." (The city gave permission after the fact).



In between hearings in the different regions, Bennett said a few coals were kept from the Fire, to start the new fires when the hearings continued. In every area, Fire keepers or Shkabawis were called upon to help watch the fire and ensure it stays lit and protected. This, Bennett says is not for everyone, as people need to have the teachings to enable them to watch a sacred fire. A member of Sagamok, Steve John, is one such trusted Shkabawis.

It's a serious job to look after a sacred a sacred fire and John agrees with Bennett about how the fire can help people. There's a connection between a sacred fire and one's own heart. He says, "The more I learn, the stronger my fire becomes. I feel honoured to be there for some people."

During the time he looked after the fire, John learned more about the Robinson Huron Treaty and he also learned to work with others. He says, "[When] it came to Little Current, and I was asked to go over there to watch the fire, I was there with other firekeepers. I've never done that before. I was learning from other fire keepers. It was a turning point in my learning."

For John, the sacred fire has been instrumental in turning his life around. He mentions that his life wasn't always good, "It changed my life. I didn't always walk this way... I ended up with an alcohol problem. I found out that there was a way out of this disease – I was looking for a cure and ended up in a treatment centre." It was there, where John was introduced to the Sacred Fire. He says, "The teachers to help me with my problem, they used the fire to help. And I have always used the fire to help me through my bad times and through the best times."

John's connection enabled him to work with the Sacred Fire while it was lit during the hearings. He'll be back at his watchful post in June when the

final arguments take place in a Sudbury court, where people can offer their prayers at the Fire.

Bennett adds, through the Sacred Fire, “We wanted people to know that we are praying for everyone involved in the case.”

Watch from home online at:
<http://livestream.com/firsttel>.

Follow us on Facebook (Robinson Huron Treaty Trust – Annuity Case) and Twitter (@1850RHTreaty).





ANISHINABEK NATION

NEWS RELEASE

'Vote smart, vote strategically' says Madahbee

ANISHINABEK NATION HEAD OFFICE (May 22, 2018)— Anishinabek Nation Grand Council Chief Patrick Madahbee is encouraging Anishinabek Nation citizens to vote in the upcoming June 7 provincial election – and to vote strategically.

“Pay attention to your riding and vote strategically,” says Grand Council Chief Madahbee. “We cannot go backwards and elect a premier who is not going to consult with First Nations, honour existing agreements and advance First Nation priorities. It just harkens to the Mike Harris era and current Trump-style politics.”

Grand Council Chief Madahbee says he would rather not participate in Ontario’s elections, but is concerned that “not taking advantage of a right won by our warriors who fought under Canadian flags could condemn our communities to more legislative assaults against our treaty and inherent rights.”

It is important for Anishinabek leaders to help their citizens know the positions taken by local candidates and their parties on issues important to First Nations such as the environment, health care, child well-being, government-to-government relationship, education and resource revenue sharing.

“First Nations people are starting to turn up to the polling stations and it’s making a difference,” says Madahbee. “We have the same issues that other people in Ontario have in this election, as well as jurisdictional issues that need to be respected.”

Madahbee also says that the implementation of the United Nations Declaration on the Rights of Indigenous Peoples, specifically Article 19, that speaks to the issue of meaningful consultation: “*States shall consult and cooperate in good faith with the indigenous peoples concerned through their own representative institutions in order to obtain their free, prior and informed consent before adopting and implementing legislative or administrative measures that may affect them*”.

“I encourage all Anishinabek leaders to do what they can to help citizens to get familiar with party platforms so that if they choose to vote, they will cast informed ballots June 7,” says Madahbee.

The Anishinabek Nation is the political advocate for 40 member communities across Ontario, representing approximately 60,000 people. The Anishinabek Nation is the oldest political organization in Ontario and can trace its roots back to the Confederacy of Three Fires, which existed long before European contact.

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For more information contact:

Laura Barrios, Communications Officer

Phone : 705-497-9127 ext. 2339

E-mail : laura.barrios@anishinabek.ca

Opportunity for ONTARIO WORKS Recipient Building and Grounds Maintenance worker Employment Opportunity

General Description

Henvey Inlet first nation requires a Building and Grounds Maintenance worker that will be responsible for providing janitorial services to the following: Community Daycare building, Tribal council building (downstairs), Library, Learning centre and Firehall Building. This position is made possible with funds from Gezhtoojig Employment and Training & Ontario works and is a short term contract. This position will be under the direction of Director of Finance/Administrator.

Duties and Responsibilities

- ✚ Providing and maintaining upkeep of grounds which includes cutting grass, using the Brush-saw and lawnmower. Pick-up garbage outside of building and keep area clean outside of building area. In front of doorways and stairwells and around the buildings.
- ✚ The following buildings will be cleaned, floors swept, carpets will be vacuumed and floors washed if needed in specified buildings.
- ✚ Required to wash walls if dirty, clean up coffee area, dishes and dust off computers, wash tables and sweep fire-hall floors.
- ✚ Will clean windows on the inside and outside if required.
- ✚ Removal of beehives and hornets nests from exterior of buildings.
- ✚ Pick up all garbage and recycle all plastics, cans and glass. Will be required to use clear plastic garbage bags for recyclables.
- ✚ Set up tables, chairs for meetings, workshops and any upcoming events. eg. Loonie auction, Bingo etc.
- ✚ Ensure equipment and tools are stored in the Maintenance building on a daily basis.
- ✚ Able to move desks and furniture indoors.
- ✚ Ensure doors are locked upon leaving building and set alarm at all times.

- ✚ Required to maintain the community rink and flood with water during winter months and keep clear of snow.
- ✚ Submit timesheet on a weekly basis to Director of Finance/Administrator
- ✚ If you have any questions or require supplies please report to Administrative office and speak with Administration.

Qualifications

- ✚ Must have Whmis certificate to ensure ability of reading labels and instructions, particularly on the use of cleaning chemicals and products.
- ✚ Self-starter, ability to work independently, reliable, mature and responsible.
- ✚ Must have time management skills.
- ✚ Physically able to handle work standing, walking, lifting heavy objects, operating medium weight cleaning equipment such as a steam vacuum for cleaning carpets. Lifting brush-saw, lawnmower.
- ✚ Grade 10 equivalent.
- ✚ Basic knowledge of general maintenance of equipment.
- ✚ Ontario Driver's License and own vehicle would be an asset.

Expectations

Will be required to work inside of buildings and outside at times.
Some lifting and moving of furniture when washing floors.

Hours of Work: 8:30 a.m – 4:30 p.m.

Wages: \$14.00/hr.

Duration: Monday, June 18, 2018 – March 29, 2019

**Interested individuals please submit resumes to
Millie Pawis, Director of Finance/Administrator
295 Pickerel River Road, POG 1J0**

Deadline to submit Resume: Monday, June 11th, 2018 at 4:30 p.m.

Date of Interview: Thursday, June 14th 2018 @ 10:00 a.m.

Start date: Monday, June 18th, 2018

Must be Ontario works recipient.

INVEST IN YOURSELF

RECOGNIZE, DEVELOP AND SHARE YOUR GIFTS

CHOOSE YOUR PATH

CONSIDER THE ADVICE OF YOUR ELDERS

Your path is simply the journey of living your life. Every dream you want to achieve comes from taking tiny steps today. The path from dreams to success does exist. May you have the vision to find it; the courage to follow. Journey wisely.



ZHAASHKWOBIZHIGOKWE
Flora Tobabandung, Wasauksing First Nation, who passed on to the Spirit World



MINGAABIKWE
Christine Tina Mamdum, Wikwemikong First Nation

SERVICES OFFERED

- One-on-one career planning assistance
- Interest and abilities exploration
- Employment Readiness Program
- Computers for job search
- Occupational Health and Safety courses
- On the job skills training (employer receives training subsidy)
- Referral to academic upgrading
- Access to current job postings
- Online industry certification
- Job start supports

- Second Career application
- Apprenticeship process
- Self-employment assistance
- Training purchases

WORKSHOPS TO PREPARE YOU FOR JOB SEARCH

- Job search techniques
- Resume and cover letter
- Interview skills

WHERE TO FIND US

#102-117 Elm Street, Sudbury, Ontario

CALL TODAY

Telephone: 705-524-6772

Toll Free: 1-800-361-9256

In partnership with:



EMPLOYMENT ONTARIO

Canada



THOSE WHO ARE SUCCESSFUL

117 Elm Street, Unit 102
Sudbury Ontario Canada P3C 1T3
Tel: 705-524-6772
Toll-Free: 1-800-361-9256

getinfo@gezhtoojig.ca
gezhtoojig.ca

DibAAjIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

JUNE 15 2018 Henvey Inlet Community Outreach
Sandra Martin will be available to meet with you in the community.

WHERE	DATE & TIME
Henvey Inlet—Health Centre	Friday, JUN. 15/18 9:00-10:15am

Unemployed & Looking for Options?

Are you Indigenous or a member of one of these First Nations?

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

Purchase of Training:

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



Apprenticeship:

- Wage Subsidies available for Registered Apprentices
- Purchase of Training for In Classroom Offer of Training

Wage Subsidies:

50% of wage for full-time jobs

Mobility:

Assistance to attend job interview

Relocation:

Assistance to relocate for a full-time job

Employment Support:

Up to \$250 to start a full-time job

Self Employment Information Administer Second Careers





GEZHTOOJIG
Employment & Training
Those Who Are Successful

LINE CREW GROUND SUPPORT TRAINING 15 WEEK CERTIFICATE PROGRAM AUG. 20, 2018 - NOV. 30, 2018

Location: Cambrian College, Sudbury Campus

Gezhtoojig Employment and Training in partnership with the Infrastructure Health and Safety Association and Cambrian College are seeking **ABORIGINAL** participants for this 15 week job readiness program.

This program will prepare individuals for integration into employment opportunities in the Power Line and Construction sector. As new power grids and infrastructure projects are being developed across Canada, the need for skilled workers in these industries are increasing.

This program is designed to prepare the trainee for entry level opportunities with various power and construction companies seeking safety conscious ready to work employees.

REQUIREMENTS:

- ⇒ **Valid Drivers License**
- ⇒ **Grade 12 Diploma**
- ⇒ **Must be 18 & over**

FINANCIAL ASSISTANCE IS AVAILABLE

TRAINING MODULES

- WHMIS
- Construction Health & Safety
- Traffic Control Temp. Work Zones
- Defensive Driving-Commercial
- Hoisting & Rigging-Basic Safety
- Mobile Crane Operator 0-8 Ton Anchors
- Electrical Safety-Hydrovac Operators
- Equipotential Grounding & Bonding
- Pole Line Construction ...
 - 1) Climbing 2) Framing 3) Theory and
 - 4) Transformers
- Introduction to Electrical Theory
- Electrical Safety High Voltage
- Working at Heights-Fundamentals of Fall Prevention
- Propane in Construction
- Confined Space Hazard Awareness for Construction
- Ladder Handling
- MSD Prevention Workshop-Trades
- Safe Pole Handling
- Hydraulic Aerial Equipment
- Rescue Practices
- Conductor Stringing Methods
- Chainsaw Operation and Maintenance

TO APPLY SEND COVER LETTER AND RESUME TO:

Ron Sarazin – Special Projects Coordinator

rons@gezhtoojig.ca

Gezhtoojig Employment & Training

117 Elm St., Unit 102, Sudbury

PH: 705-524-6772 ext. 202 FAX: 705-524-5152



Visit our website www.gezhtoojig.ca & LIKE US  

Canada



Ontario





IMPORTANT REMINDER TO STUDENTS!

	Human Resources Développement Canada	Développement des ressources humaines Canada
SOCIAL INSURANCE NUMBER	NUMÉRO D'ASSURANCE SOCIALE	
000 000 000		
FIRST NAME, LAST NAME		

All Summer Students applying for Summer Employment within Henvey Inlet First Nation must have a Social Insurance Number prior to applying for Employment!

With an exception to Grade 8 Students!

This will be required to be presented at the Summer Student Orientation on July 3, 2018

THANK YOU!



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**



LANDS NEWS



Henvey Inlet First Nation Lands Newsletter

June 2018

Garbage & Recycling Program

Henvey's Garbage and Recycling Program is not as successful as it has been in the past and it is noticeable to the Municipality of Killarney, specifically the Mayor, who graciously gave us an extension until October 2018 for use of the dump on the basis that we recycle. If Community Members cannot follow the very lenient recycling rules, we will need to enforce the Recycling Policy and recycling bags with garbage in them will be left and stickered, letting the homeowner know the reason for it being left. Other options to cut down on garbage being picked up, if the recycling bag numbers do not increase, is to limit the amount of garbage bags being picked up to either one or two bags a pick-up day and cut back on pick-up days. Your assistance is mandatory!

Recycling Instructions

1) All recycled material can go in one clear bag. The only items that need separating is the corrugated cardboard boxes and garbage from the recycling. Our recycling gets sorted in Sudbury. Please check that:

- ◆ All scrap food is given to an animal or put in the garbage
- ◆ All coffee grinds are put in the garbage
- ◆ All recyclable containers are emptied and rinsed
- ◆ All diapers and waxed lined coffee cups (Tim Horton's) are put in the garbage

2) Please use black garbage bags for garbage. This is requested to help staff know which bags are garbage.

3) Only garbage & recycling bags will be picked up on regular garbage pick-up dates, unless it's a planned large item pick-up date. If you have any large items to throw away, it is up to you to take it to the dump yourself and pay the tipping fees. **No large items will be picked up on regular garbage days and the Band Office is not responsible to pay any tipping fees.**

4) There is a metals and e-waste bin located behind the Health Centre where you can recycle any unwanted metals and e-waste, there is also a battery bin located within the Health Centre. Please read the attached Sudbury flier on E-Waste and **DO NOT THROW METALS INTO THE E-WASTE BIN OR E-WASTE INTO THE METALS BIN, THE BINS ARE LABELLED.**

Garbage Bins

Garbage bins are the home owners, so it is the homeowners responsibility for maintenance and cleaning.



Electronic Waste

Recycle your unwanted electronic waste at no charge. Each landfill diversion site has an area dedicated for the storage and recycling of electronic waste.

REUSE!

Instead of trashing items in good condition, consider donating or selling them.

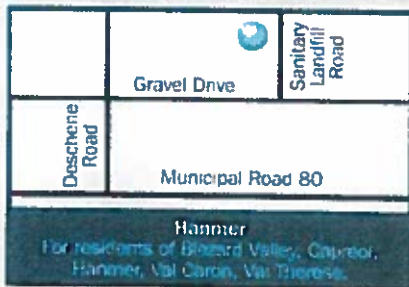
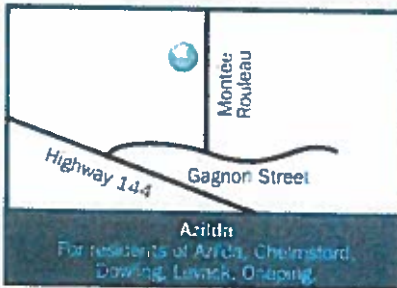
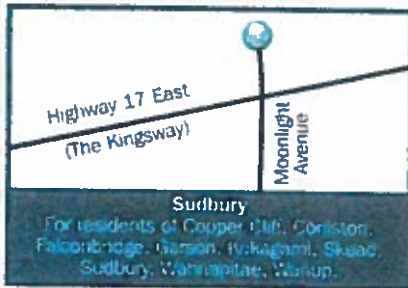
Segregate the following material and place in the dedicated recycling area:



- personal computers (including keyboards, mouse, speakers)
- mini computers and components
- mainframe computers and components
- printers, scanners, drives and modems
- telecommunications equipment (switchgear, switches and relays)
- instruments and controls (electronic thermostats, recorders, meters etc.)
- fax machines
- electronic relays; telephones (mobile/cellular and "hardwire")
- electronic pagers
- electronic medical equipment (diagnostic and monitoring)
- photocopiers and printing/plotting equipment
- electronic calculators
- radio and stereo equipment (including speakers)
- televisions
- electronic cash registers
- video games consoles (ie. Sega, Nintendo etc.)
- digital cameras
- VCRs and DVDs

Recycling electronic waste not only conserves landfill space, but also helps recover important natural resources, like silver and gold, for reuse. This helps conserve energy and raw materials needed to manufacture new electronic equipment.

Landfill and Waste Diversion Sites



Operating Hours:

May 1 to September 30
Mondays to Fridays - 7 am to 7 pm
Saturdays - 8 am to 5 pm

October 1 to April 30
Mondays to Saturdays - 8 am to 5 pm

CLOSED
Sundays and most Statutory Holidays

It starts with you! We'll take it from here.





“CALL FOR CATERING”

FOR THE CANNABIS COMMUNITY CONSULTATION SPONSORED BY THE HIFN

REQUIREMENT: FOOD HANDLERS CERTIFICATE

**PLEASE SUBMIT YOUR COSTS FOR SERVICE, FOOD FOR AT
LEAST 150 PEOPLE AND MILEAGE REQUEST TO BRENDA
CONTIN, CHN, BY JUNE 22, 2018**

Caterer will be responsible for the preparation of a light lunch,
followed by a supper feast on July 3rd, 2018.

Chief & Council requires the submission of a quote for catering
services with the following terms:

1. Arrival at the HIFN Firehall for set-up of cooking area prior to attendees arriving (kitchen to be used as per Catering Policy)
2. Prepare menu for 150 guests **(PLEASE SEE HEALTH OR BAND OFFICE RECEPTIONIST FOR DETAILED MENU)**
3. Clean up of cooking area and disposal of garbage in green outside bins.

Other: Utensils, Plates & Napkins, salt/pepper, condiments

COMMUNITY NOTICE

**MAY 18TH
WAS THE LAST DAY OF
FOOD DISTRIBUTION
FROM THE FOOD BANK.**

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

**IT WILL START UP AGAIN
SEPTEMBER 14TH, 2018.**



ONTARIO WORKS SCHEDULE MAY 2018

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

OUT OF OFFICE: JUNE 6TH NORTH BAY MEETING
OUT OF OFFICE: JUNE 25TH NETWORKING MEETING

EMPLOYMENT ASSISTANCE

COMPUTER TRAINING WILL BEGIN AGAIN IN SEPTEMBER 2018.

LUNCH N LEARN BINGO

TUESDAY, JUNE 19TH @ THE LIBRARY 12 NOON
ONLY 10 PARTICIPANTS!! SEE JUDY TO SIGN UP

EMPLOYMENT INFORMATION SESSION

WITH CONTACT NORTH

WEDNESDAY, JUNE 27TH @ 11 A.M. FIREHALL
\$25.00 GIFT CARD INCENTIVES!

FOOD BANK IS CLOSED FROM JUNE – AUGUST
WILL RESUME SEPTEMBER 14TH, 2018.



ONTARIO WORKS

LUNCH N LEARN BINGO #6

WHERE: FIREHALL

TIME: 12:00 (LUNCH)

WHEN: TUESDAY, JUNE 19, 2018

PRIZES: GIFT CARDS



**CAN ONLY ACCOMMODATE (10) PARTICIPANTS SO
THE FIRST (10) TO CALL IN OR DROP BY TO PUT
NAME IN WITH JUDY WILL BE OUR FIRST BINGO
PLAYERS**

LUNCH WILL BE PROVIDED

MIIGWETCH



LOONIE AUCTION

Saturday June 30, 2018

Shawanaga First Nation Rec Centre

@ 1pm



Doors Open @ 11am

Registration @ 12pm

Food/Concessions will be available



All bids are \$1.00 or \$5.00 bids



Rules and regulations will be available at the event

All proceeds go towards our Annual Traditional Pow Wow



Community Health Nurse



Brenda Contin

June 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	
	4 TORONTO: AOHC HEALTH CONFERENCE	5	6	7 OFFICE	8 OFFICE	
	11 SUDZ: PROGRAM SHOPPING	12 B/P & B.S. CLINIC	13 HOME VISITS	14 HOME VISITS	15 SUDZ: Program Shopping	
PRO- GRAM COOK- ING	18 LUNCH N LEARN	19 HOME VISITS	20 HOME VISITS	21 F.N.'S DAY: OFFICES CLOSED	22 OUT OF OFFICE FOR PRO- GRAM COOKING ON 17/06	
	25 FINANCE	26 FINANCE	27 OUT OF OFFICE: CULTURAL LEAVE	28 OUT OF OFFICE	29 OUT OF OFFICE	

LUNCH N LEARN

Location: Henvey Inlet Firehall

11:30 –12:30 pm

June 18, 2017

Diabetes Bingo

Please call Darcy for sign-up!!

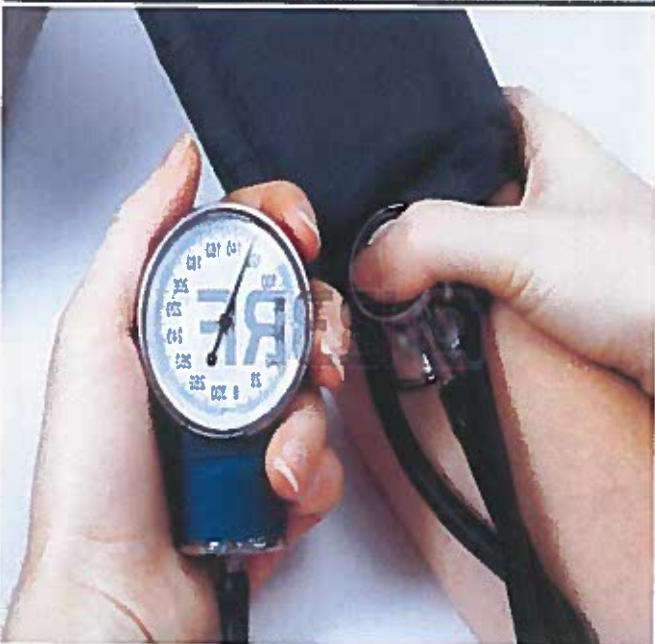
You must be present at program
by 11:45 or your name will be
bumped by next person on waiting
list...

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

B/P & Blood Sugar Screening Clinic

Date: JUNE 12, 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

Welcome Pilar Welling to the new position of Mental Wellness and Crisis Response Coordinator South for the 69/400 Mental Wellness Team.

She will be primarily serving the communities of Wasauksing, Magnetawan and Henvey Inlet. In this new role she will be responsible for the coordination of mental wellness and crisis response

Pilar is a member of the Wasauksing First Nation and has lived most of her life on the reserve except for the last seven years when she worked for the Barrie Area Native Advisory Circle. She has extensive knowledge and awareness of Aboriginal culture and language and the impacts of the intergenerational trauma communities are dealing with. She uses Anishinabek or Ojibway and indigenous practices in her own life as well as in her approach to consumers, colleagues and members of the community. She understands Indigenous communities in various stages of understanding of the culture and language and she is committed to being sensitive, supportive, and above all, respectful.

Pilar has over 23 years experience working with First Nations and Indigenous organizations along the 69/400 corridor. Pilar brings a wealth of knowledge and education as well as First Nation's work and lived experience to the position. She holds a Bachelor of Social Work degree from Ryerson, a Diploma in Early Childhood Education from Cambrian College and Certificate for Special Education Assistant from Nipissing University.

She worked in the service of Wasauksing First Nation's children, youth and families for 14 years. She supported a student with exceptional needs as an elementary school teacher's assistant, children 0 to 12 years as an early childhood educator, and the whole community as a child welfare prevention worker. She also supported families with addictions and serious mental health issues. She successfully completed a seven month contract in 2009/2010 as the Family Counsellor at Enaahtig Healing Lodge and Learning Centre where I supported Lead Trauma Counsellors in delivery of group and individual counselling for First Nation, Metis and Inuit families in a residential program. Since December 2011, she has processed referrals from the Central East Region's child welfare agencies, community support services and self-referrals from families identifying as Indigenous for Nanoogdwenj-Jik, an Indigenous Approach to Alternative Dispute Resolution. She coordinated, facilitated and co-facilitated an Indigenous circle process for children, youth and adults who may be affected by addictions, mental health illnesses, trauma, and the resulting challenges to parent. The wholistic, indigenous approaches she utilizes are inherently anti-oppressive and strengths based. Part of this process includes traditional knowledge and finding elders to assist with the Circle. Recently, she also served as a homemaking coordinator for the elders and seniors living in Barrie, Orillia and Muskoka.

Pilar has also received Mental Health & Crisis Response training in following areas: Train-the-trainer Trauma complete; Trauma Informed Care and Schools; Indigenous Cultural Safety Training; Training of Trainers in Trauma part 1; Dr. Cullen's – Addicted Brain for teenagers; Multi-Generational Trauma and Shame, Vicarious Trauma and Worker Wellness; St. John Ambulance Standard First Aid with CPR C + AED; Ontario Food Handler Training Certificate; Trauma Informed Care; Dr. Jim Cullen – Addicted Brain; Trauma Informed Care, Working with Trauma, Building Safety; Feather Carriers; Pilot project – Aboriginal Response to Suicide, life promotion; Critical Incident Group Debriefing, Crisis Response Planning, Trauma – Strategies for Resolving the Impact of Post-Traumatic Stress; Who Cares for the Caregiver?; and ASIST Applied Suicide Intervention Skills Training.



MANY THANKS/CHI MIIGWETCH!!

THE HIFN POWWOW COMMITTEE would like to acknowledge & thank the following
Individuals, who donated their time & energy to our
LOONIE "LIVE" AUCTION FUNDRAISER
held on Saturday, May 26th, 2018

Special thanks to our dedicated Volunteers who worked hard to help make our day a successful one☺

Auctioneer: Brenda Contin

Cashiers: Millie Pawis, Tom Bursma.

Registration: Grace Contin

Runners: Brandon Petahtagoose, Irvin Contin, Pat Brennan, & Angele Dubois

Food: Dorothy Contin/Food Bank Coordinator

Set-up: Brenda Contin, Regean Plourde, Millie Pawis, & Randy Naveau

Congrats to Kevin Tabobandung, winner of the door prize.

And finally...to everyone who came out to support our fundraiser you played a key role in our success...AND LAST
BUT NOT LEAST...TO ALL THOSE STAFF, COMMUNITY MEMBERS, AND HIFN OFFICES WHO DONATED
AN ITEM OR DENOMINATION OF \$....**WE THANK YOU!**

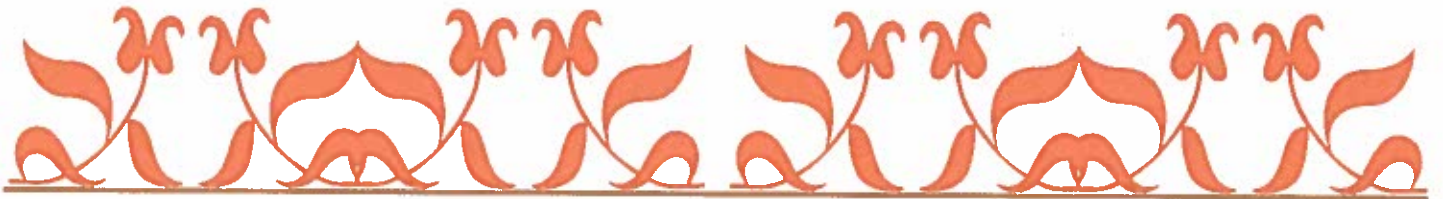
Congratulations to all the Winners.

****All proceeds (\$12,000) will go towards the Henvey Inlet First Nation 2018 Annual Inter-tribal
PowWow****

BRENDA CONTIN 2018 Coordinator

2018 PowWow Committee Members:

Jim McQuabbie, Chief Wayne McQuabbie, Councillor Pat Brennan



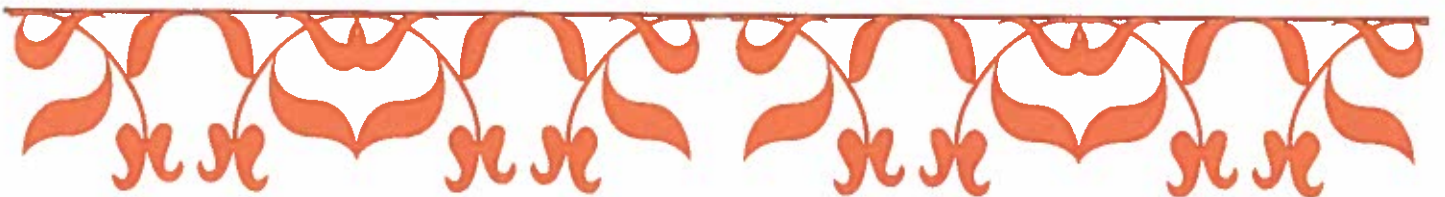
RISE

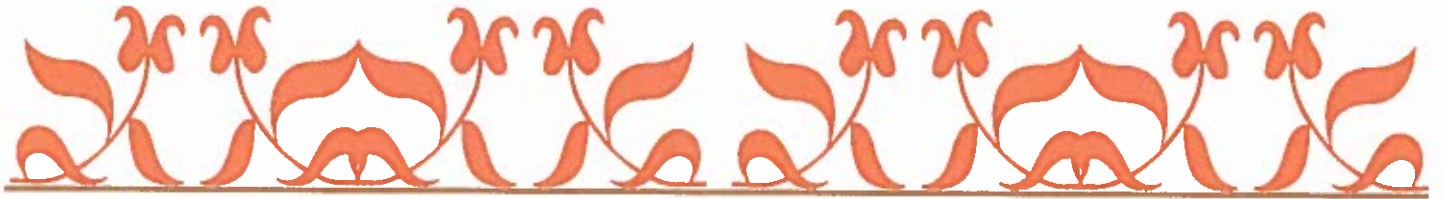
INTO

Summer

CHILD AND FAMILY
&
COMMUNITY HEALTH
EDUCATOR

JUNE





CHILD AND FAMILY
&
COMMUNITY HEALTH
EDUCATOR

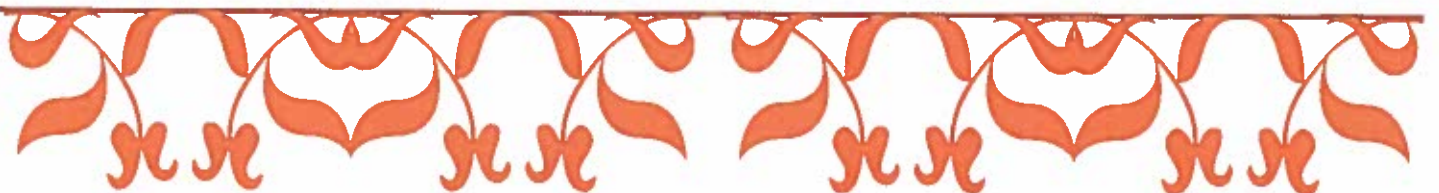
Hello to everyone!!!

We just wanted to quickly apologize for the inconvenience that any of our rescheduling may have caused anyone. In the true nature of our positions, there are things that come up that force us to change dates of scheduled activities. In the event that this does happen, we try to get in contact with the participants to inform them of the new date; sometimes there are communication errors or blockades and people don't get our messages. Please note that this does not happen often, but if it does, we will ensure that the participants are informed in a timely manner!

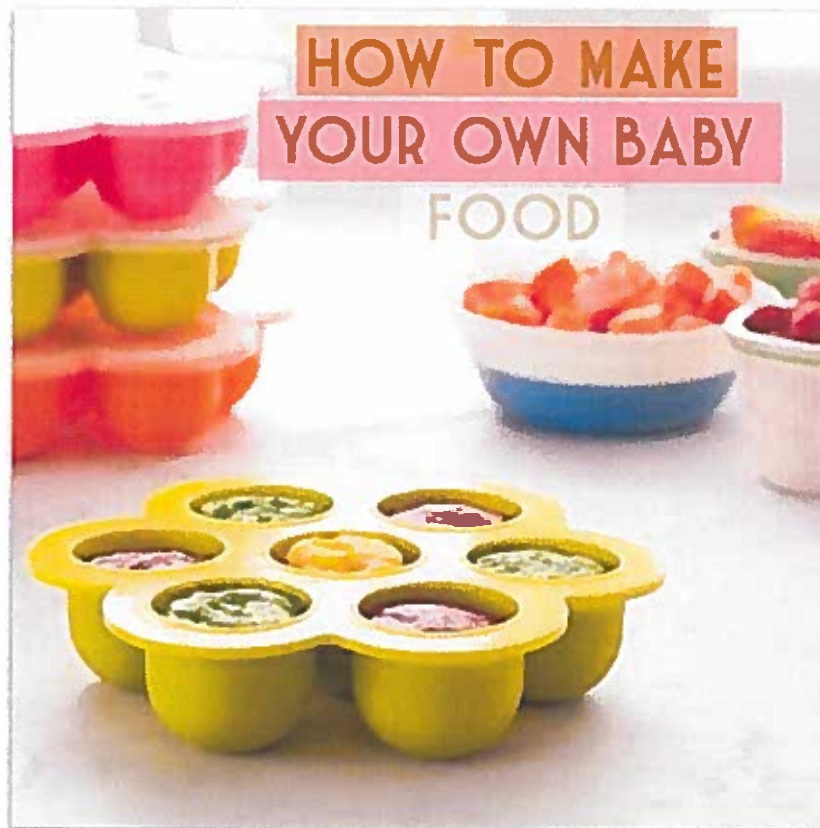
We look forward to seeing everyone during our workshops!!!

Kara Newton and Kerri Campbell

**WE'RE
SORRY**



Infant/Toddler Nutrition Workshop



Tuesday June 12, 2018

10:00 am

Health Centre

SPACE IS LIMITED!!! PLEASE CONTACT THE HEALTH CENTRE TO SIGN UP!!!

CRAFT NIGHT



AGES 8-14

TUESDAY JUNE 12, 2018

AT 4:00PM

AT THE

HEALTH CENTRE

SPACE IS LIMITED !!!

CONTACT DARCY TO SIGN UP!!!



PARENTING WORKSHOP

PLEASE JOIN KERRI AND KARA

ON

TUESDAY JUNE 26, 2018

10:00 AM

AT THE

HEALTH CENTRE

FOR A FUN FILLED SUMMER FUN AND SAFETY WORKSHOP!!!

*Snacks, refreshments and prizes will be available to those who
participate only!!!*

**SPACE IS LIMITED TO THE FIRST 6 TO CALL IN!!!
CONTACT DARCY TO SIGN UP!!!**



NNADAP

Louise Ashawasegai



June 2018

				Thursday	Friday	Saturday
					01 Office	02
03	04 Harry S	05 Sweat in the pm	06 Harry S	07 Staff asses-ments	08 Office	09
10	11 Travel to Lon- don for train- ing	12 Training	13 Training	14 Office, one on one, sweat in pm	15 Office	16
17	18 Office	19 Home visits	20 Office, One on one. Sweat dress making	21 First nation's day. Office closed	22 Office	23
24	25 Office	26 Office, Home visits.	27 Sweat dress making, PM Harry	28 Office, Harry	29 Taking youth to ceremo- nies	30
<p><i>“Don't be ashamed of your story. It will inspire others.”</i></p>						

notes



Harry Snowboy

Will be in our community on

June 4, 5, and 6, 2018

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

If you would like to have an appointment with Harry please call Louise 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



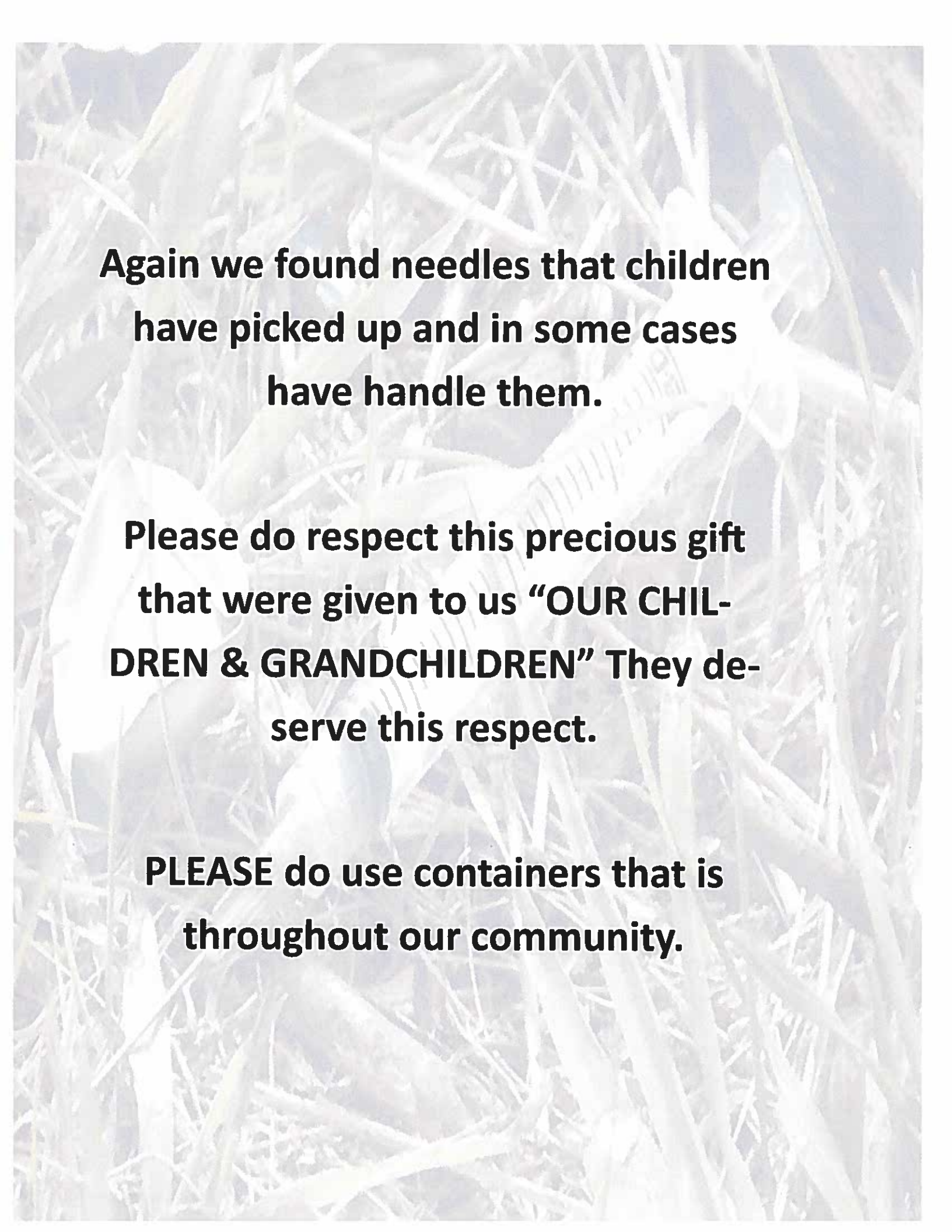


Sweat dress making

June 20 and 27

Health Centre

9 am



**Again we found needles that children
have picked up and in some cases
have handle them.**

**Please do respect this precious gift
that were given to us “OUR CHIL-
DREN & GRANDCHILDREN” They de-
serve this respect.**

**PLEASE do use containers that is
throughout our community.**



**Listen
FIRST**

Listening to children and youth
is the first step to help them
grow healthy and safe

By resolution 42/112 of 7 December 1987, the General Assembly decided to observe 26 June as the International Day against Drug Abuse and Illicit Trafficking as an expression of its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse.

Supported each year by individuals, communities and various organizations all over the world, this global observance aims to raise awareness of the major problem that illicit drugs represent to society.

HIFN Daycare
June 2018
Newsletter
E-mail: hifndaycare07@hotmail.com
Phone: 705-857-0957

June is the gateway to summer.

June has arrived and along with it the warm weather, green leaves, blackflies, mosquitoes: is also the birds singing, blue skies, amazing sunrises and beautiful sunsets! This month will be one to get ready for the summer break. We have planned an outing for our regular group on Saturday June 16, 2018 to Santa Village. More information will be sent home. We are asking all parents who child/ren will be attending this summer to come in and pick up their application packages to update their information. Sometimes during this month we will be getting our new playground equipment installed and it will be available for the children to use during this summer program. Also a reminder to parents that during the summer months we will be selling 50/50 tickets for our trip with the kids in August 2018. More information will follow as the time gets closer. Our Topics for this month are as follows:

June 4 -8, 2018:	Dreamcatcher Week
June 11 - 15, 2018:	Playdough Week
Saturday June 16, 2018:	Santa Village Outting
Sunday June 17, 2018:	Happy Fathers Day
June 18 -22, 2018:	Sensory Bottles Week
June 18-22, 2018:	Charlene Week #1 Holiday
June 25 - 29, 2018	Summer Days
June 25 -29, 2018:	Carrie Holiday Week #1

Miigwetch



Charlene Ashawasegai

DAYCARE PROGRAM SUPERVISOR

HIFN Daycare June 2018

Sun Mon Tue Wed Thu Fri Sat

Daycare Groceries Carrie's Holiday's Charlene's

June 8, 22/2018 June 25 -29, 2018 Holiday's Week #1

Week #1 June 18-22/2018

1 2

3 4 STM 5 THEME: 6 Supervisor Mtg 7 Supervisor Mtg 8 9 Pow WOW

Dreamcatcher Nipissing Nipissing



10 Pow Wow 11 THEME: 12 13 14 15

Playdough

WEEK



16 Daycare
Outting Santa
Village

17 Father's 18 STM 19 THEME: 20 21 1St 22 23

Sensory

Bottles WK



Nations Day

24 25 26 THEME: 27 Summer 28 Days 29 30

CARRIE'S HOLIDAY WEEK #1

Dream Catcher Origin

Origin of the Dream Catcher

There was a time in Anishnabe history when the people were being tormented by nightmares. The elders and "medicine people" all tried to solve this problem on their own, but not a one made progress against the dreams; so a council of all the people was called. During this council one elder had a vision of a spider's web in a hoop with a feather and bead attached that would catch the bad dreams while letting good dreams pass through. The elders went to work fashioning dream catchers in the manner prescribed by the vision and when the people started using them, the bad dreams went away. ...Anishnabe as remembered by WayaGola

Application and Purpose of the Dream Catcher

The dream catcher is hung above a sleeping area in a place where the morning light can hit it. The nature of the Dream Catcher will attract all sorts of dreams to its webs. When bad dreams come, they do not know the way through the web and get caught in the webbing where the first light of day causes them to melt away and perish. The good dreams knowing the way go through the center of the web and slide down the feather to the sleeper below. ...Anishnabe as remembered by WayaGola I have also been taught that the web catches bad/unimportant dreams and allows the good/important dreams to come through the middle and slide down the feather into the sleeper's head. Bad dreams are malicious in intent, or simply unimportant fleeting images. Bad dreams may be very disturbing, but still have a very important message for the dreamer, so that the dream catcher doesn't necessarily get rid of bad dreams in the sense of nightmares, but bad dreams in the sense of distracting dreams that have no significance or meaning to the dreamer. I have also been told that they were always hung on cradleboards. ...Cary Miller

I have often seen many people driving down the Highway with a dream catcher attached to the rearview mirror. Although the dream catcher is very pretty, the place for it is in a bedroom or over a bed, not a moving vehicle (unless a baby carriage). Please stay alert when you drive!! ...Charles P. Whitecoyote

Structure of the Dream Catcher

The dream catcher is fashioned from a hoop of red willow with a webbing of animal sinue which takes the form of a web (like a spider's web). Attached at the bottom of the loop are a bead (usually seed or carved wood) and a feather. ...Anishnabe as remembered by WayaGola

They must be made with all natural materials – the hoop should be made with willow, preferably red willow. The web should have at least seven points for the seven grandfathers, and may have other numbers with various meanings – 13 for the moons, 28 for the lunar month. ...Cary Miller

Also, the traditional Dream Catchers are only 3 to 5 inches across. Webs that are 2 to 6 feet (I actually saw a 6 footer at a truck stop!) are beyond the scope of tradition. ...Charles P. Whitecoyote

Homemade Playdough

Prep time	Cook time	Total time
5 mins	5 mins	10 mins

Less-crumbly, less-junk, and more fun, this homemade playdough recipe can be made in less than 10 minutes!

Author: Erika Bragdon

Ingredients

- 1 cup flour
- 1 cup water
- 2 teaspoons cream of tartar
- ½ cup salt
- 1 tablespoon vegetable oil
- food coloring

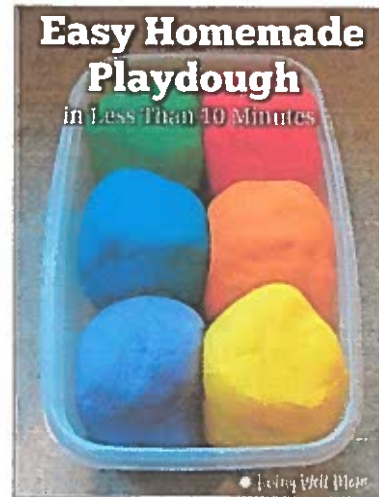
Instructions

1. Mix together all the ingredients, except the food coloring, in a 2 quart saucepan.
2. Cook over low/medium heat, stirring. Once it begins to thicken, add the food coloring.
3. Continue stirring until the mixture is much thicker and begins to gather around the spoon.
4. Remove the dough onto wax paper or a plate to cool.

Notes

Store in a ziploc bag or sealed container.

Recipe by Living Well Mom at <https://livingwellmom.com/easy-homemade-playdough-recipe/>



Why are Sensory Bottles Important?

The most obvious benefit of sensory bottles would be their direct connection to sensory play. Sensory play is a hands on way to expose children to the world around them and allow their brains to make important connection. I love how Sensory bottles address a wide range of skills and concepts and can be adapted to meet the needs of the children using them.

Skills/Concepts Address (but not limited to)

Math: Counting, Ordinal Numbers, Matching, Addition, Shapes, Number Recognition

Language: Receptive Language (asking questions), Descriptive Language, Following 2-3 step Directions, Vocabulary Development

Reading/ Pre-Reading: Phonics, Beginning/ Ending sounds, Letter Matching, Sight Word Recognition, Fine Motor

Social Skills: Sharing, Communication, Problem Solving

Science: Sink/Float, Absorption, Classification, Sorting, Predictions, Observation

Sensory: Auditory Discrimination, Visual Perception, Proprioceptive Input, Vestibular movement, and sometimes even Olfactory Input

As I mentioned before, **Sensory Bottles** can be great for all ages. Older children can take part in creating the them, younger children can experience materials that are too small for them. The possibilities are endless.

9 Everyday Summer Activities for Kids

By [Laureen Miles Brunelli](#)

Updated April 24, 2018

1 Things to Do This Summer



Summer is the time when kids build memories. And kids will look back at vacations, day trips, picnics and other outings with nostalgia. But that's not all they'll remember. They'll remember the bad (e.g., being bored at home, fights with siblings). And so as parents we want to help them make every day in summer something they'll want to remember.

And while these everyday summer activities may not necessarily inspire idyllic childhood memories of summer, they will happily fill those long summer days spent at home. Work-at-home parents, in particular, need ideas for enjoyable summer activities that school-age kids can do on their own.

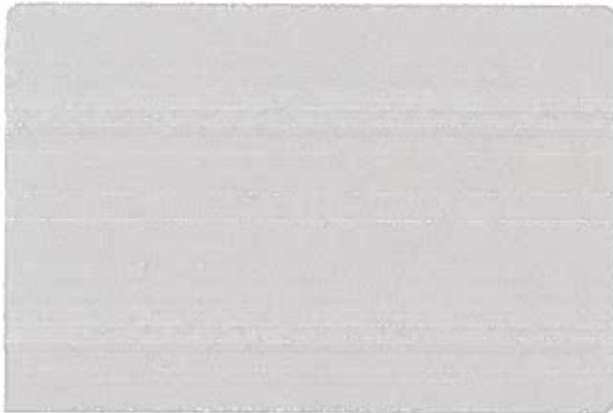
Of course, parents also will want to add in more special activities, like vacations, [summer camp](#) or these free summer fun ideas to build those fond memories.

See the first kids' summer activity.

More:

- [11 Toys that Entertain and Educate](#)

2 Outside Time

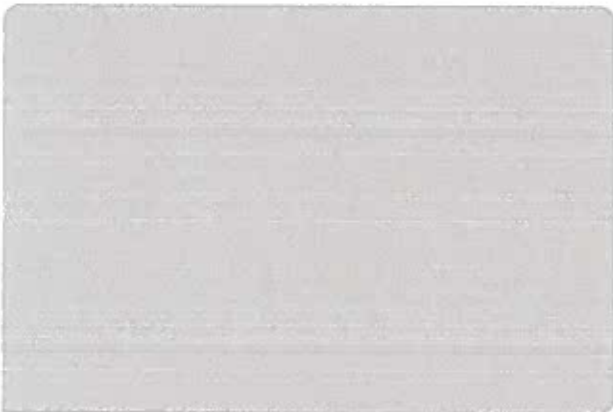


Igor Emmerich/Getty Images

When you're working at home, playing outside is probably not the first activity that comes to mind. Supervising outdoor play can take time out of your work day. But kids that are cooped up inside all day only get rowdier and rowdier. Spending a little outdoor time with them can allow them to blow off some steam and nap later. When they are a little older and nap time is a thing of the past, you

may be able to watch from a window while they play outside. So work some of these [5 outdoor activities for kids](#) into your routine.

3 Art: Summer Crafts for Kids



Ghislain Marie Davidde Lossy/Getty Images

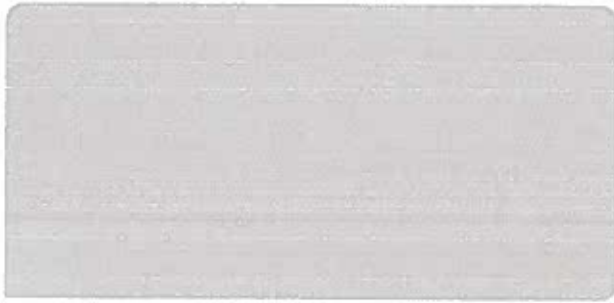
Art much like getting outside can feel counterproductive to getting things done. It's messy and can use supervision. Setting up an art space--with paper, coloring books, glue, scissors, colored pencils, and crayons are all readily available--will encourage kids to make art part of their daily routine, while making it easier to clean up. But even if you have an art space, you might have to

provide some inspiration in the way of ideas and easy summer craft projects.

4 Play With Toys



Typically, kids get new toys during the holiday season, right in the



Getty/Stockbyte

middle of the school year when they often don't have time to play with them. By the time summer rolls around, they are forgotten or, worse, broken. But if you choose your children's toys wisely this does not have to be the case. Toys can provide lasting enjoyment all

summer. These [good toys for WAHMs' kids](#) have something for every age and interest.

- [Building Toys](#)
- [Wooden Doll Houses](#)
- [Fashion Design Games and Toys](#)

5 Play Games



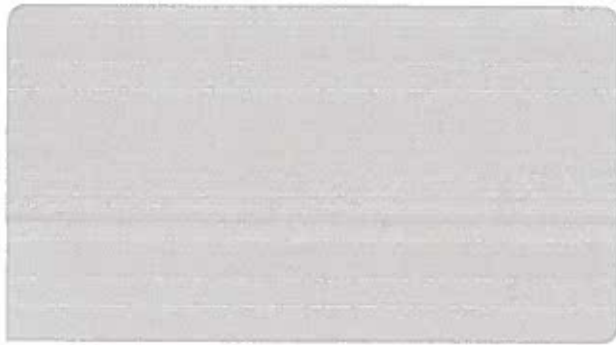
Getty/Rob Levine

Good old-fashioned board games and cards can keep kids busy while you work. Of course, for some games, you'll need to have more than one kid in the house to play. (Think play date!) However, there are some [games for one](#) and [brainteaser games](#) that can keep one child occupied this summer, and you'd be amazed at how many things a kid can do with a deck of cards! Games for

kids, however, let mom work when kids know how to be good sports. Otherwise, you'll end up as referee. And if your kids are old enough to [play outside](#) unattended, don't overlook outdoor fun like shooting a game of HORSE at the driveway basketball hoop or sending them out to play tag.

6 Summer Reading

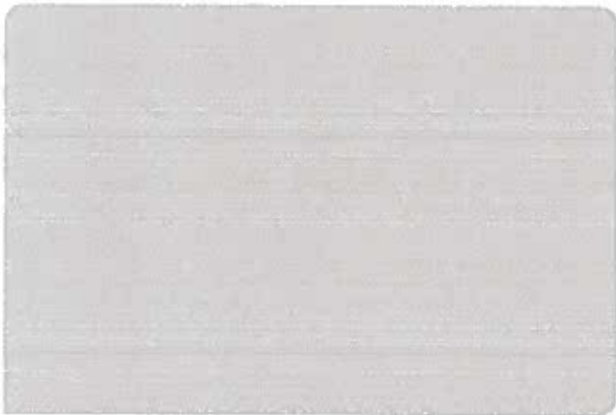




Reading for enjoyment every day is a great habit to teach your kids. And summer—without the fatigue of homework and school activities—is the time to instill the reading bug. [Summer reading](#) is an activity that's good for just one kid.

Join the local library summer reading club. Try [wordless books](#) for new or struggling readers. Buy comics or magazines for your kids. Setting aside a certain time every day for reading helps get kids in the habit. Join a summer reading program or start your own.

7. Listen to Audiobooks and Podcasts



Jodie Griggs/Getty Images

Audiobooks and podcasts are for more than just summer car trips! Kids can listen to stories every day. [Listening to audio books](#) promotes a love of literature while it keeps kids engaged for hours. And it's just easier for some kids than reading a book. And while you still want to promote reading, summer is a time for kids to relax too. Today it is easier than ever to download books to a phone, tablet or computer but you

can still do it the old-fashioned way and bring CDs home from the library! And don't forget about podcasts, which are even easier to access than audiobooks. See these [7 Podcasts Your Kids Will Love](#)

8 Keeping a Journal



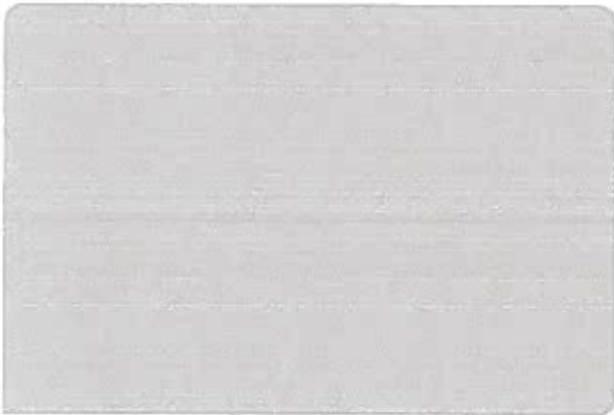
Spending 15 minutes a day writing (or drawing) in a journal will give your child a head start on the old back-to-



JGI/Tom Grill/Getty Images

school question: What did you do on your summer vacation? Writing in a journal will not keep a child occupied for long periods while you work, but it's a good way to start the day or transition from one activity to another. Also, see these 9 writing activities for kids.

9 Work on Puzzles



Cultura RM Exclusive/Hybrid Images/Getty Images

All summer long, have a jigsaw puzzle going somewhere in the house. And keep [puzzle books](#) handy. Puzzles keep kids mentally active. Some kids are more into puzzles than others. Don't expect them to spend hours working on puzzles in a day. Doing only a little bit of a large puzzle each day or completing a 100-piece puzzle all at once keeps kids from getting

bored with it. Of course, there are puzzle apps and computer games as well but as with all electronics, parents need to keep an eye on the clock to be sure kids don't get too much screen time.

10 Summer Homework

If your child's school gives [summer homework](#) or summer reading, have your child work on it a little each day or each week. You'll both be happy it's finished at the end of summer when you're rushing around getting ready for back to school. Keep an eye on your child's progress but don't give [too much homework help](#). Working on it a little each day teaches your child how to manage long-term projects. The homework becomes an everyday summer activity rather than a monumental end of summer task. The purpose of summer homework is to keep kids' skill sharp, so waiting until the end

of summer may mean re-learning forgotten skills. Make a [plan for summer homework](#) early in the summer. And stick to it!



Blueberry-Spinach Salad



Recipe by Kraft



Prep Time

15
min.

Total Time

15 min.

Servings

10 servings, 1 cup each

What You Need

- 1 pkg. (5 oz.) baby spinach leaves

- 1 cup shredded red cabbage

- 1-1/2 cups blueberries

- 1 cup toasted chopped PLANTERS Walnuts

- 1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese

- 1-1/2 cups English cucumber, cut lengthwise in half, then sliced crosswise

- 1 cup cooked wild rice

- 1/4 cup KRAFT Balsamic Vinaigrette Dressing

Make It

Combine spinach and cabbage; place on large platter.

Top with all remaining ingredients except dressing.

Drizzle with dressing just before serving.

Kitchen Tips

Nutrition

Make Ahead

To prepare this delicious salad ahead of time, spoon rice into large serving bowl. Top with layers of all remaining ingredients except dressing. Refrigerate up to 24 hours. Add dressing just before serving; mix lightly.

How to Toast Nuts

Toasting nuts adds crunch and intensifies their flavor. **MICROWAVE METHOD:** Place up to 1 cup of nuts in a shallow microwaveable dish. Microwave on HIGH until fragrant and crisp, stirring every 30 sec. **STOVETOP METHOD:** Place nuts in ungreased skillet. Cook on medium heat until golden brown, stirring frequently. **OVEN METHOD:** Spread nuts in single layer in a shallow baking pan. Bake at 350°F for 8 to 10 min. or until golden brown, stirring occasionally.

Servings

10 servings, 1 cup each

Healthy Living

Nutrition Bonus

Enjoy! This colorful side salad is rich in vitamin A from the spinach and a good source of vitamin C from the colorful fresh fruit and vegetables.

Nutritional Information

Serving Size 10 servings, 1 cup each

AMOUNT PER SERVING

Calories	160
Total fat	11g
Saturated fat	2.5g
Cholesterol	10mg
Sodium	300mg
Carbohydrate	13g
Dietary fiber	3g
Sugars	5g
Protein	5g

% Daily Value

Vitamin A	35 %DV
Vitamin C	10 %DV
Calcium	4 %DV
Iron	4 %DV

* Nutrition information is estimated based on the ingredients and cooking instructions as described in each recipe and is intended to be used for informational

COMMUNITY WELLNESS PROGRAM COMMUNITY WELLNESS PROGRAM



This program is designed to deliver primarily client and participant-based services to Aboriginal individuals, families and children. The priority focus of programming is related to reducing family violence.



COMMUNITY WELLNESS PROGRAM

The grass isn't greener on the other side. It's green where you water it.



JUNE 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 REGALIA MAKING	4 STAFF MTG REGALIA MAKING BAND COUNCIL MTG	5 REGALIA MAKING DRUMMING W/ROD	6 OUT OF OFFICE DRUMMING W/ROD	7 REGALIA MAKING	8 OUT OF OFFICE	9 HIEN POWWOW
10 HIEN POWWOW	11 IN OFFICE	12 VACATION	13 VACATION	14 VACATION	15 VACATION	16
17	18 CULTURAL LEAVE	19 CULTURAL LEAVE	20 CULTURAL LEAVE	21 NATIONAL ABORIGINAL DAY HOLIDAY	22 CULTURAL LEAVE	23
24	25 CULTURAL LEAVE	26 VACATION	27 STRAWBERRY PICKING/ STURGEON FALLS	28 BRITT PUBLIC SCHOOL POWWOW	29 HIGH SCHOOL GRADUATION @ 10	30
	28 REGALIA MAKING DRUMMING W/ROD	29 PROGRAM SHOPPING FULL MOON CERE.	30 IN OFFICE DRUMMING W/ROD	31 IN OFFICE	1 REGALIA MAKING	2



JUNE 2018 REGALIA MAKING

FOR THE PARTICIPANTS ENROLLED IN REGALIA MAKING CLASSES HERE ARE THE FOLLOWING DATES AND TIMES FOR JUNE.

SUNDAY, JUNE 3rd, 2018 (8:30-4:30) BOARD ROOM

MONDAY, JUNE 4th, 2018 (9-4) BOARD ROOM

TUESDAY, JUNE 5th, 2018 (9-4) BOARD ROOM

THURSDAY, JUNE 7th, 2018 (9-4) @ FIREHALL

POTLUCK LUNCH

SEWING SKILLS
REQUIRED

SEWING MACHINES
AND TOOLS ON
HAND

INSTRUCTION
PROVIDED

MATERIAL AND MOST
SUPPLIES WILL BE
PROVIDED

COMMUNITY WELLNESS
WORKER

LUANA MCQUABBIE

705 857-1221 EXT 227

EVERYONE WELCOME!

DRUMMING/SINGING WITH RODNEY STANGER

JUNE 5 & 6, 2018



HENVEY INLET FIRST NATION HEALTH CENTRE

BOARDROOM-JUNE 5 & 6

6:00 – 8:00 PM

BROUGHT TO YOU BY THE FAMILY WELL BEING PROGRAM

FOR MORE INFO CONTACT CWW LUANA MCQUABBIE @ 705 857-1221 Ext 227

STRAWBERRY PICKING @ STURGEON FALLS

WEDNESDAY, JUNE 27, 2018 @ 8:30 A.M.



**SIGN UP BY
JUNE 15th.**

LUNCH WILL BE AT
TIM HORTONS IN
STURGEON FALLS
BEFORE WE MAKE
OUR WAY BACK
HOME.

GIFT CARDS WILL BE
GIVEN TO ALL
PARTICIPANTS FOR
TIM HORTONS.

ONE BASKET OF
STRAWBERRIES PER
PERSON WILL BE
PAID FOR BY
PROGRAM.

IT WILL BE UP TO
INDIVIDUALS TO
PAY FOR
ADDITIONAL
BASKETS.

FOR MORE INFO

CONTACT:

CWW Luana McQuabbie
NCFWS Kerri Campbell



ENAAHTIG NORTH HEALING LODGE APRIL 2018 TO MARCH 2019 PROGRAM SCHEDULE

Mailing Address: Box 7 Alban, Ontario P0M 2K0 Site Location: Hwy 607A 490 B Alban, Ontario

Phone: 705-857-3818 Ext: 1 for Manager Ext 2 for Intake Worker Cell # 705-698-2343

Manager: pm@enaahutig.ca Intake Worker: intakenorth@enaahutig.ca

All Programming Subject to Change at the Discretion of the Executive Director and Program Manager

PROGRAM	PROGRAM DATE	PROGRAM TYPE/DISCIPTION
1	April 15 to May 5, 2018	Men's 21 Day Childhood Sexual Abuse Recovery Residential Program
2	May 20 to June 9, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
3	June 24 to July 14, 2018	Men's Survivor Offender Childhood Sexual Abuse Recovery Residential Program
4	July 29 to August 18, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
5	September 2 to September 8, 2018	Front Line Worker Vicarious Trauma Recovery Residential Program
6	September 23 to October 13, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
7	October 28 to November 17, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
8	January 13 to February 1, 2019	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
9	February 17 to March 8, 2019	Men's 21 Day Childhood Sexual Abuse Recovery Residential Program
10	March 24 to April 2, 2019	Front Line Worker Vicarious Trauma Recovery Residential Program



500-211 Yonge Street Toronto ON M5B 1M4 (T)416.408.4041 or 3967
Toll Free 844-633-2886 (F)416.408.1568 (E)info@aboriginallegal.ca
www.aboriginallegal.ca

GLADUE PROGRAM

The Gladue Program derives its name from the 1999 Supreme Court of Canada case *R. v. Gladue* – that sets out the parameters regarding the sentencing of offenders, and in particular, Aboriginal offenders. The Gladue Program includes Gladue Writers and Gladue Caseworkers.

GLADUE WRITERS

Gladue Writers prepare reports (known as Gladue Reports) at the request of defence counsel, the Crown Attorney, or sentencing judge, regarding the life circumstances of an Aboriginal offender. Reports are prepared where the Crown's position for sentencing is a custodial sentence of 90 days or more.

Gladue Reports are extensive reports that detail the life circumstances of the individual. Information is gathered through research and interviews with the offender, family members and services providers.

GLADUE CASEWORKERS

Gladue Caseworkers work with clients before and after Gladue Reports are written. In circumstances of a complex bail matter, a Caseworker can assist the individual to meet the conditions of their bail.

Gladue Caseworkers prepare Gladue Caseworker Letters where the Crown's position for sentencing is less than 90 days. Gladue Letters provide some background information, detail any programming or services a client is accessing, and make recommendations for the Court's consideration. Gladue Letters are prepared at the request of defence counsel, the Crown, or sentencing judge.

Caseworkers also can provide supportive services in an aftercare capacity to individuals where a Gladue Report is being prepared by a Gladue Writer.

Gladue Caseworkers may also assist clients by: making referrals to services and programming; assisting with applications to treatment; attending appointments with clients as needed; and helping clients overcome barriers to accessing services or programs as needed.

Shirley Hay
Gladue Writer
Barrie
1-844-633-2886 ext. 216
Cell# 705-817-4651
Email shirley@aboriginallegal.ca

Cliff Sharpe
Gladue Caseworker
Barrie
1-844-633-2886 ext. 253
Cell #705-734-4736
Email cliff@aboriginallegal.ca



Seven Grandfathers Teachings 2018 Awards

Call for Nominations

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

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

Nominations can be submitted into one of the two ballot boxes located at the Health Centre or Band Administration Office.

Submission deadline is Friday, June 8th at 12 Noon.

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

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

Teachings of the Seven Grandfathers

By Dominic Eshkakogan

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

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

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

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

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

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

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

