



December



Band Council Mtg.
Dec. 2 @ 6pm



Gift Cards in Lieu
of Turkeys/Hams



Christmas
Party

Sat. Dec. 14 @ 5PM

See inside
for details!



For more info on Health
Centre Programs





Community Members

Please Stay Off the Ice!!

It is not frozen and unsafe!

Parents Please Remind

Your Children!



*Henvey Inlet First Nation Offices
will be closed for Christmas Holidays
Starting Wednesday December 18, 2019
@ 12:00pm and re-open on Monday*

January 6, 2019

Happy Holidays from Chief, Council and
Staff of HIFN



Community Band Council Meeting

Monday December 2, 2019

6:00pm @ Firehall

Topics

- Staff Reports
- Council Reports
- Review of Audit for 2018-2019 Fiscal Year



CP Holiday Train Schedule FOR Friday November 29, 2019

Station	Address	Arrival	Event Time	Performers
Vaughan	N.W. corner of the CP crossing at Nashville Rd, near the old grain elevator	10:00 AM	10:15 AM - 10:45 AM	Scott Helman and Madeline Merlo
Midhurst/Springwater (Barrie)	Anne Street North and Wenden Court	12:15 PM	12:30 PM - 12:55 PM	Scott Helman and Madeline Merlo
Mactier	Old CP Station	2:50 PM	3:00 PM - 3:20 PM	Scott Helman and Madeline Merlo
Cambridge (Galt)	10 Malcolm Street, former Galt Station **U.S. Train**	4:00 PM	4:15 PM - 4:45 PM	Alan Doyle and Beautiful Band
Parry Sound	Festival Station Gallery, 1 Avenue Road	4:15 PM	4:30 PM - 5:00 PM	Scott Helman and Madeline Merlo
Ayr	CP crossing at Inglis Street and Willison Street **U.S. Train**	5:20 PM	5:30 PM - 6:00 PM	Alan Doyle and Beautiful Band
Shawanaga	Over from band office beside railroad crossing at Village Road	5:30 PM	5:30 PM - 6:00 PM	Scott Helman and Madeline Merlo
Woodstock	199 Winniett Street **U.S. Train**	6:40 PM	6:50 PM - 7:10 PM	Alan Doyle and Beautiful Band
Rutter (Albn)	Rutter Train Station	7:00 PM	7:10 PM - 7:40 PM	Scott Helman and Madeline Merlo
London	Richmond Street railway crossing between Oxford and Central **U.S. Train**	8:15 PM	8:30 PM - 9:00 PM	Alan Doyle and Beautiful Band
Sudbury	VIA Train Station, Elgin Street	8:50 PM	9:15 PM - 9:45 PM	Scott Helman and Madeline Merlo



FRIENDLY REMINDER!!

**For the clients who utilize the Medical Transportation Bus this is a reminder that your appointments are to be booked for 10:00am at the earliest and 2:30pm the latest for either Sudbury, Parry Sound, Or Britt appointments!!!
Appointments will not be added unless between these times!!**

The Health Centre requires 3 DAYS NOTICE (doesn't include weekends) to put your name in the Medical Book!

Clients are to notify The Driver if they do not require a ride back home after appointment.

Non-Band Members CAN utilize the Medical Bus following the same rules above. Furthermore, the appointment is to be between the appointment times already in the book. The Health Centre can be called to confirm the 1st and last appointments.

Thanks for understanding!

Notice To Community

Members

Please Contact the Health Centre if any Needles/Sharps are found in the Community.

A Staff Member will come to dispose of it properly and safely.

Sharps Containers are available at the Health Centre for anyone.

Thank You!



Henvey Inlet First Nation's

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

will be closed at

Noon on Wednesday December 18, 2019

for the Christmas Holidays and will be

Opened Monday January 6, 2019 at 8:30 a.m.



Last Prescriptions Delivery Before Holidays

Clients who utilize Noelville Pharmacy for delivery of their Prescriptions will receive a months supply of their medication delivered to their homes on:

Wednesday December 18, 2019

Please be sure to be home to receive them or Meds will be brought back to Noelville as Offices will be closed at noon

Anything extra that is not included in your blister pack (Lancets, Insulin, Test strips, etc.) will need to be called into the Pharmacy in order for them to send enough for over the holidays. Please call these items in preferably a week before but no later then Monday December 16, 2018.

Noelville Pharmacy's number is: 705-898-2999

Clients will be responsible to pick up any other medications over the holidays as there will be no other deliveries



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

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

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

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

Chief
M. Wayne McQuabbie
Council
Patrick Brennan
Tony Solomon
Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

MEMORANDUM

To: Band Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: November 14, 2019
Re: Annual Christmas Party 2019

Members are reminded that it's the responsibility of the parent(s) to purchase their children(ren)'s Christmas gifts to be placed under the tree and handed out by Santa at this year's Annual Christmas Party. Listed below is the process parents are expected to follow:

1. The parent/guardian will call the Administration Office to confirm their attendance to the Annual Christmas Party, by the deadline.
2. A designated staff member of HIFN will be responsible for purchasing the required number of Prepaid VISA or MasterCard's as per the list of attendees.
3. The parent/guardian will purchase their respective child/children gift(s) before the Annual Christmas Party.
4. The parent/guardian must attend the Annual Christmas Party on the date set along with their child/children and bring their wrapped gifts.
5. When the parent/guardian arrive, they will sign in with the designated staff member of HIFN to confirm their attendance where they will provide a "duplicate gift receipt" that details the purchase of the gift for their child/children enabling the retention of the original receipt by the parent/guardian.
6. The parent will then be responsible for putting the gift under the tree.
7. As gifts are distributed, the parents/guardians are to return to the designated staff member to receive a Prepaid VISA or MasterCard for up to the maximum \$200 value as their reimbursement for each child/children's gift.
8. Anyone who does not attend the Annual Christmas Party will not be reimbursed.

This year's Annual Christmas Party is set for December 14, 2019 dinner starting at 5:00 p.m.

The deadline for calling the Administration Office (705) 857-2331 to notify us of your attendance is 4:30 p.m. December 13, 2019. Please give your information to Lyndy McQuabbie, Receptionist.

Thank you.

/MP
Director of Finance/Administration



Community Christmas Party
Saturday December 14, 2019
Feasting starts at 5:00 p.m.

Turkey/Stuffing/Gravy

Roast Beef

Ham

Mashed potatoes, veggies, salad

Apple, Cherry, & Pumpkin Pies

Celebration to take place at the Fire Hall

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



THIS IS A DRUG AND ALCOHOL FREE EVENT



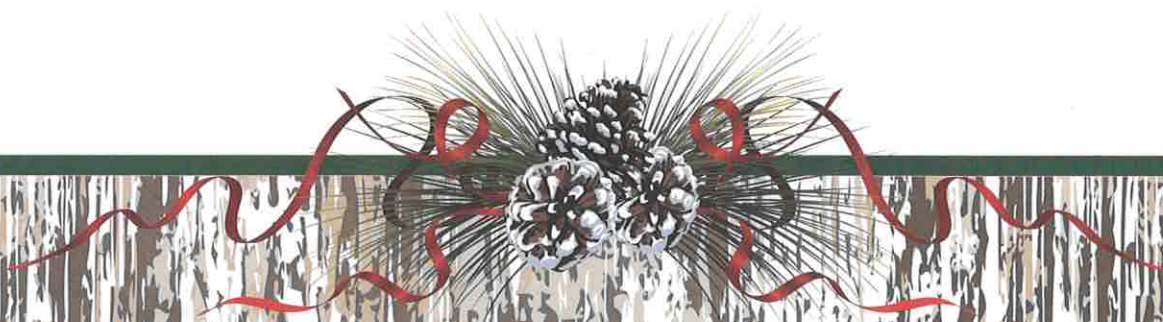
**GREETINGS COMMUNITY MEMBERS,
HIFN MEMBERSHIP & STAFF**

I am looking forward to seeing you all at the HIFN
Community Christmas Party on December 14, 2019.

Festive preparations are well underway to make this a
memorable event for you all.

2019 Event Decorator/Coordinator

CWW Luana McQuabbie





COMMUNITY CHRISTMAS PARTY

**SATURDAY, DECEMBER 14, 2019
FRENCH RIVER I.R. NO. 13 FIREHALL
FEAST 5PM**

4PM SHUTTLE SERVICE TO EVENT

5PM WELCOME, PRAYER & COMMUNITY FEAST

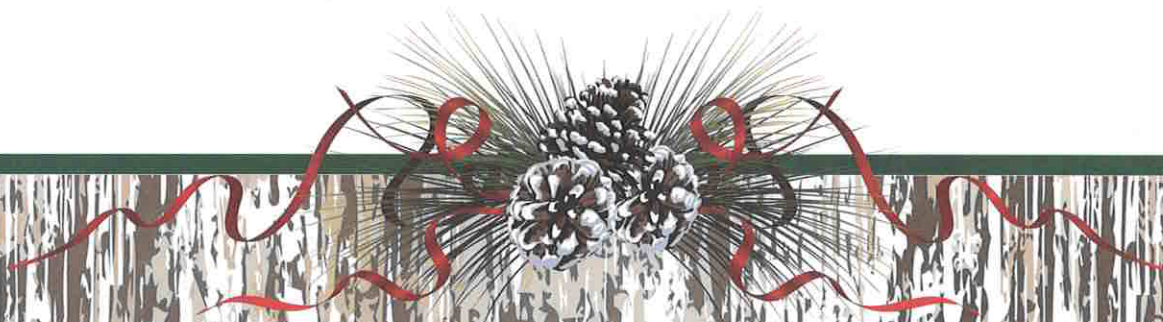
6PM 7 GRANDFATHERS TEACHINGS AWARD CEREMONY

**7PM SPECIAL GUEST ARRIVES FROM THE NORTH POLE WITH
GIFTS TO EVERY BOY & GIRL REGISTERED FOR THE EVENT.**

**8PM LIGHTING CONTEST WINNERS & FOOD HAMPER DRAW,
PENNY TABLE WINNERS AND CLOSING REMARKS**

9PM SHUTTLE SERVICE HOME

**PLEASE CALL THE HEALTH CENTRE SHOULD YOU NEED THE
SHUTTLE SERVICE.**



DECORATORS NEEDED

ON FRIDAY, DECEMBER 13 @ 8:30 A.M. WE WILL BE
HAVING A DECORATING PARTY AT THE
FIREHALL IN PREPARATIONS FOR THE
COMMUNITY CHRISTMAS PARTY.

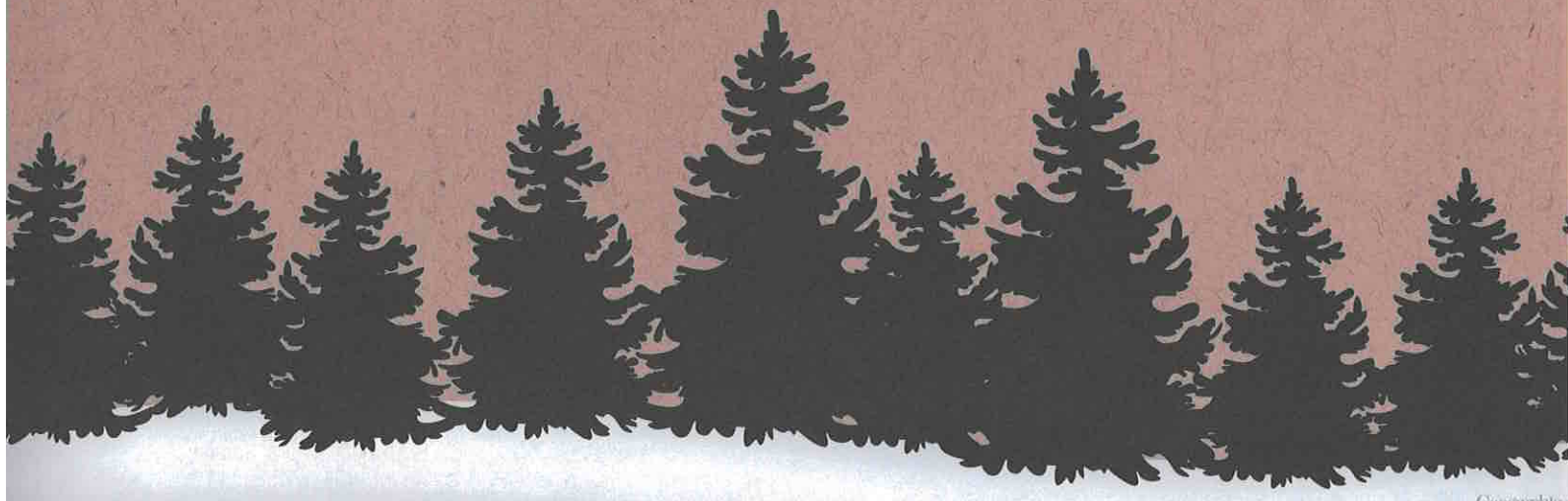
I INVITE AND WELCOME EVERYONE TO COME
OUT AND ASSIST WITH THIS SPECIAL EVENT.

PLEASE SIGN AT THE HEALTH CENTRE.

THERE WILL BE A CATERED LUNCH FOR ALL
PARTICIPANTS.

Event Decorator,

CWW Luana McQuabbie





Henvey Inlet First Nation Annual
Community Christmas Party

Christmas Card Exchange

December 14th, 2019

@ The FIREHALL

Christmas mail bags for each household will be hung in the Firehall to place your Holiday Cards into during the Community Christmas Party. Don't forget to take your hung mail bag with you when you leave the building after the Community Christmas Party.

*For further information please contact
CWW Luana McQuabbie*



GIFT CARDS IN LIEU OF TURKEY/HAMS

1 Gift Card per household. Will be released to Household Owner ONLY!

Gift Cards will be available for pick-up at Administration Starting on Monday December 9, 2019 to Wednesday December 18, 2019 @ 12PM

Gift Cards will also be available for pick-up at the Community Christmas Party on Saturday December 14, 2019.



**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
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Brenda Contin
Maureen Kagagins

MEMORANDUM

To: All Henvey Inlet First Nation Members
From: Samantha Bradley, Human Resources Coordinator
Date: November 27, 2019
Re: Employment Opportunities

Henvey Inlet First Nation is currently accepting applications for the following position:

Daycare Cleaner

This part-time opportunity is perfect for someone in receipt of Ontario Works who is looking to earn some supplementary income.

Be sure to check local communication boards or our website at www.hifn.ca/community-2/job-postings-2.html for regular job posting updates.

Miigwetch,

Samantha Bradley, PCP
Human Resources Coordinator



EMPLOYMENT OPPORTUNITY

DAYCARE CLEANER

POSITION SUMMARY

Henvey Inlet First Nation is seeking a part-time **Daycare Cleaner** to join our Administration. The Daycare Cleaner reports to the Daycare Supervisor and is responsible for cleaning the HIFN Daycare building at the end of each business day. The Daycare Cleaner will perform general cleaning duties including sweeping and mopping floors, cleaning and stocking restrooms, washing walls and windows, cleaning the kitchen and fridge, disinfecting all surfaces and toys and trash removal. This position requires strong self-motivation, great attention-to-detail and excellent time-management skills.

MAIN RESPONSIBILITIES

The Daycare Cleaner will be responsible to:

- Sweep, mop, polish, and refinish floors and vacuum and shampoo carpeted areas
- Perform all general cleaning of the HIFN Daycare halls, offices, play areas, restrooms, kitchen and lobby
- Wash walls, windows, and upholstery
- Dust all furniture and fixtures
- Clean and stock restroom facilities
- Disinfect all surfaces and toys ensuring proper disinfecting procedures are followed
- Empty trash and recycling bins
- Wear necessary personal protective equipment and follow required health and safety procedures
- Ensure cleaning materials and supplies are stored in a safe and orderly manner
- Maintain a proper inventory of cleaning materials and supplies and submit requests to order to the Daycare Supervisor when needed
- Monitor need for equipment maintenance and repair
- Complete cleaning logbooks as necessary
- Ensure the building is locked and secure when leaving
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Previous cleaning or janitorial experience preferred
- Grade 12 diploma or equivalent preferred
- Current First Aid and CPR Level C an asset
- Highly motivated and able to work independently
- Excellent time management and problem-solving skills
- High level of sound independent judgment and reasoning
- High level of personal integrity and a strong work ethic
- Must be able to multi-task and prioritize work
- Strong attention to detail
- Ability to comprehend detailed instructions
- Willingness to work evenings **a must**

HOURS OF WORK

Part-Time – 15 hrs/week

REMUNERATION

\$15/hour

START DATE

As soon as possible

APPLICATION DEADLINE

December 3, 2019

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.



**Henvey Inlet
First Nation**

Pickeral, ON P0G 1J0

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Carl Ashawasagai
Brenda Contin
Maureen Kagagins

MEMORANDUM

To: Membership of Henvey Inlet First Nation

Fr: Housing Assistant

Dt: December 1, 2019

Re: **HIFN December Housing update.**

Please be advised ALL recreational vehicles are to stay off septic beds.

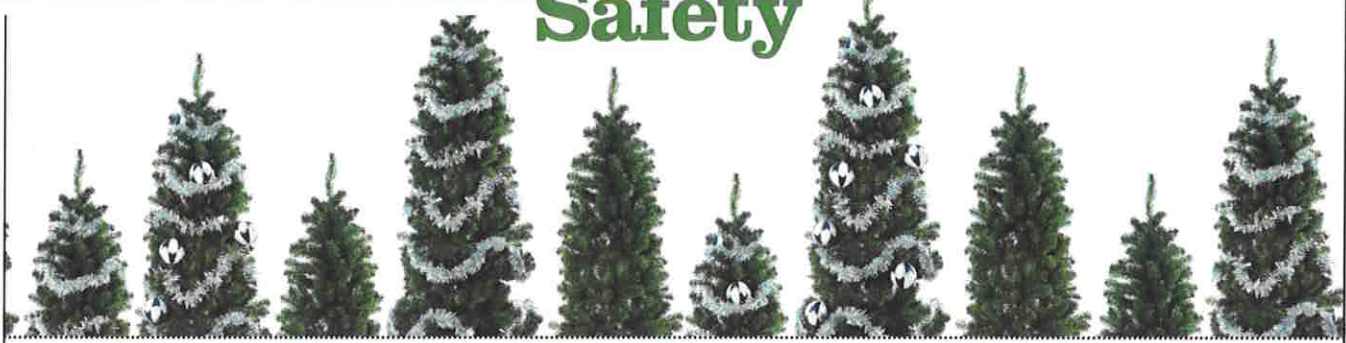
Please be advised Henvey Inlet First Nation Fire Department would like to ask all home owners and tenants to check and ensure their smoke detectors and carbon monoxide detectors are working properly and are less than 10 years old. Expiration dates are found on the back of the unit if the date in 2019 or later please contact the administration office for a replacement.

Each floor of your home should have a smoke alarm and a carbon monoxide detector. Should you require replacement or additional smoke alarms or carbon monoxide detectors please contact the Administration office.

Thank you,

Heidi Kimberley
Housing Assistant

Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



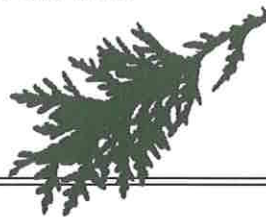
PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ! More than **one of every four** home Christmas tree fires is caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes **one in every four** of the fires.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards



WAGAMAKE LEARNING CENTRE

REMINDER!

Wagamake Learning Centre will only be open until June 2020.

Did you know that there are several ways you can earn your Grade 12 Diploma? It isn't all paper-work! You can actually earn a credit in 4 weeks, depending on the subject and your determination to complete it! Others might take a bit longer.

You can also earn credits from past or present work experience AND workshops attended here in the community.

Imagine being able to add Grade 12 to your resume 😊

Please see Carol Froelich to find out what credits you need to graduate and what options are available to you.

Carol is at the Learning Center on the following days.

Monday: 8:30 - 4:30

Tuesday: 8:30 - 4:30

Wednesday: 1:00 - 4:30

Thursday: 8:30 - 4:30

Carol is even willing to change her schedule to accommodate students who are currently working so be sure to stop by to speak to her!

PROTECTING OUR WATER

GUEST SPEAKER: DR. DEBORAH MCGREGOR, ASSOCIATE PROFESSOR AT YORK UNIVERSITY AND CANADA RESEARCH CHAIR IN INDIGENOUS ENVIRONMENTAL JUSTICE



Come, gather, and learn about protecting our source water in Henvey Inlet First Nation Traditional Territory. Dinner will be served, door prizes.

Here's what's happening;

At 2:00 pm, welcoming, opening prayer, some background info on our water. What we have done to protect our water? What remains to be done?

Stephanie Allen, Environmental Scientist at Ontario First Nations Technical Services Corporation will speak on Source Water Protection, protecting our water at the source.

We are honoured to have Dr. Deborah McGregor, Associate Professor at York University and Canada Research Chair in Indigenous Environmental Justice as a guest speaker.

Deborah is a member of Whitefish River First Nation.

Dinner at 4:00 - 4:30pm.

December 3, 2019 -2:00pm to 4:30pm Henvey Inlet First Nation Firehall

Information Hwy:

By Rosemarie Simmons

- Inside you will find information on the Henvey Inlet Community Centre Proposal.
- Pattern Development and Henvey Inlet First Nation Complete Largest First Nation Wind Project in Canada

☐ Henvey Inlet Community Centre Proposal

Notes taken by: Rosemarie Simmons
Henvey Inlet

On November 20, 2019, at the Henvey Inlet Fire Hall, Smoke Architecture, Eladia Smoke came and presented her presentation regarding Henvey Inlet's Community Centre, answered all questions regarding the building and pricing.

There is a large gymnasium that will be used for sports activities, on the upper level there will be a track for running/walking, functions such as weddings, community parties, conferences. A refuge shelter or protection from danger or trouble/ an establishment set up to provide emergency accommodation, protection, support, etc...

There will be a swimming pool about the size as Rama's pool but much deeper with a diving board, saunas, and exercise room. We are going with the Salt Water approach, it's less expensive to operate as well as less chemicals. The septic system will be north of the building with a swale nearby. The swales job is to slow down water and keep some of it in the soil where it should create some rich soil good to plant fruit trees, berry bushes, herbs really anything that likes loose rich soil. There will be a large kitchen, with walk in fridge and freezer, a multipurpose space which could be a cafe, and storage for the tables and chairs.

The Library will be located here with desks and computers, board room, and multi purpose space.

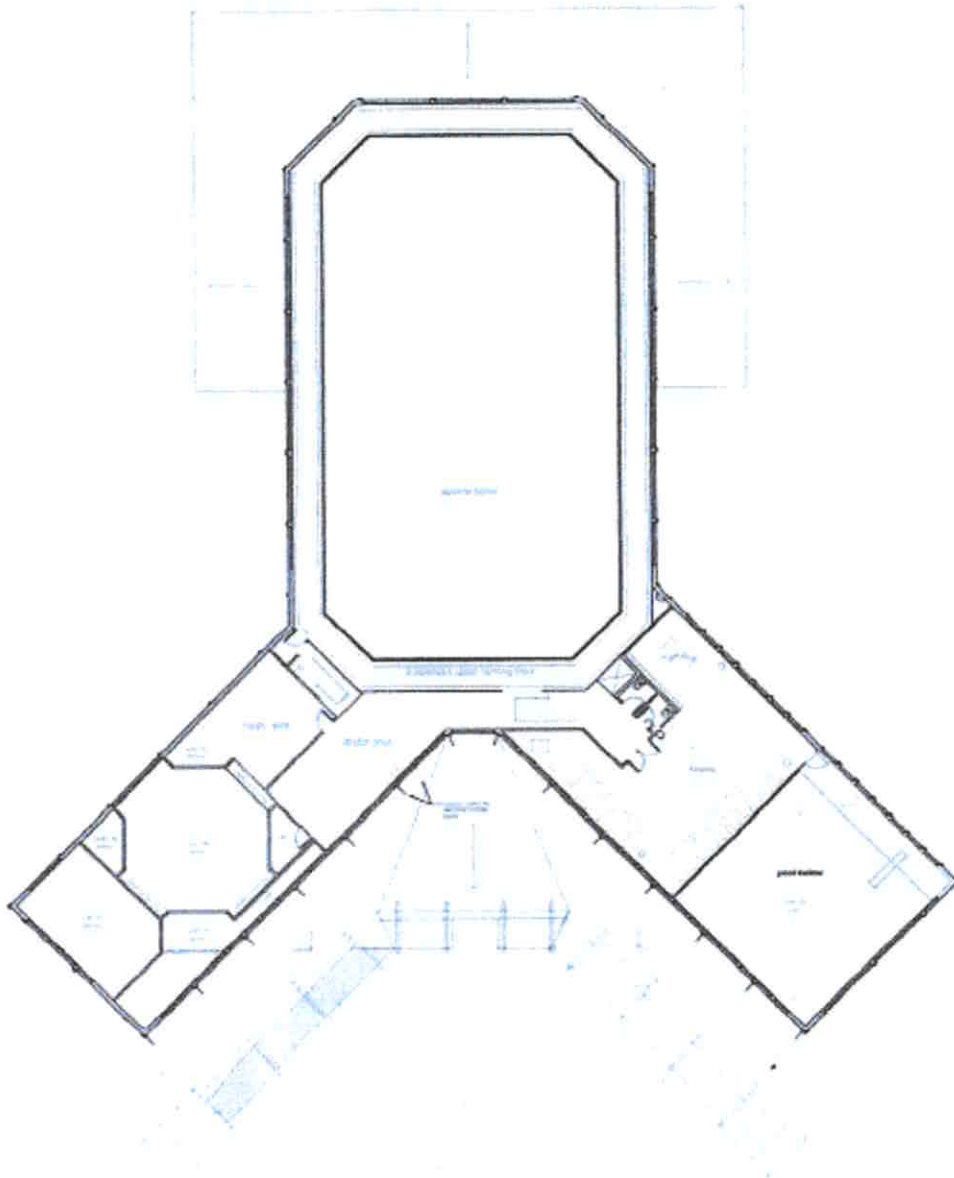
Previously there was only one or two office spaces within the facility. But there has been many changes within our community in the last six months. We need a new health centre and it only makes sense to house the Health Centre within the Community Centre it would help with the overhead cost of the building.

Also the Child Wellness Centre has asked to have offices within the community because we are central for their services to other Indigenous communities, again a win, win situation for Henvey having the Child Wellness Centre on our doorstep for our families in need of these services.

Henvey Inlet is growing and we have a need for more office space. Eladia Smoke has carved out within the same amount of space 18-20 more offices between the upper and lower levels.

The site has been cleared East of the Health Centre, there is a Round house, this form of building is used for ceremonies. Henvey Inlet is in transition and the building will show it with spiralling polls 13 to be exact, the 1st, poll is the lowest and the 13th, the highest and where they meet it will overlap. We will honor our connection to the land in the centre of the building you can touch Mother Earth.

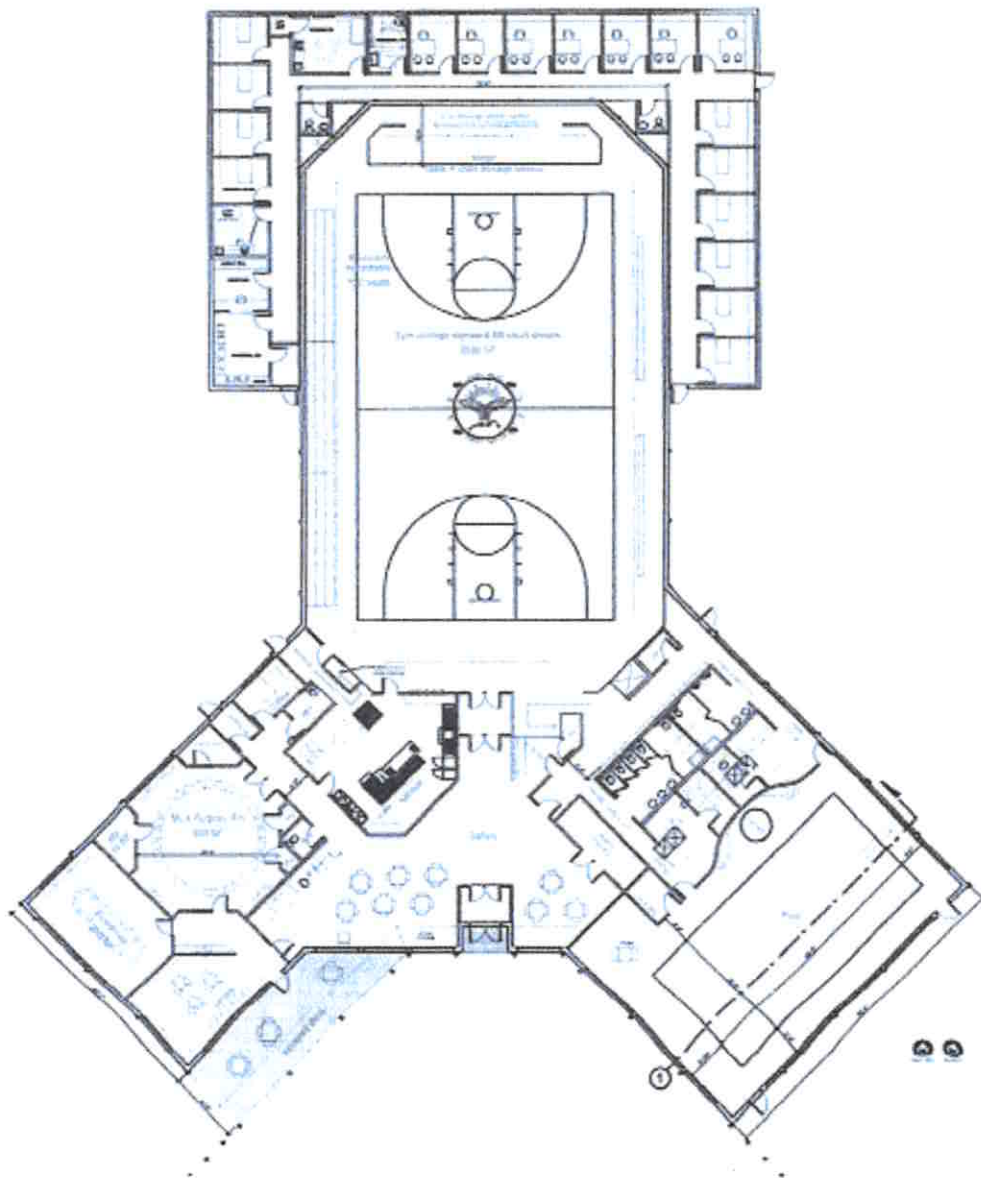
We feel that this community centre will help to bring the different ages of our community together.



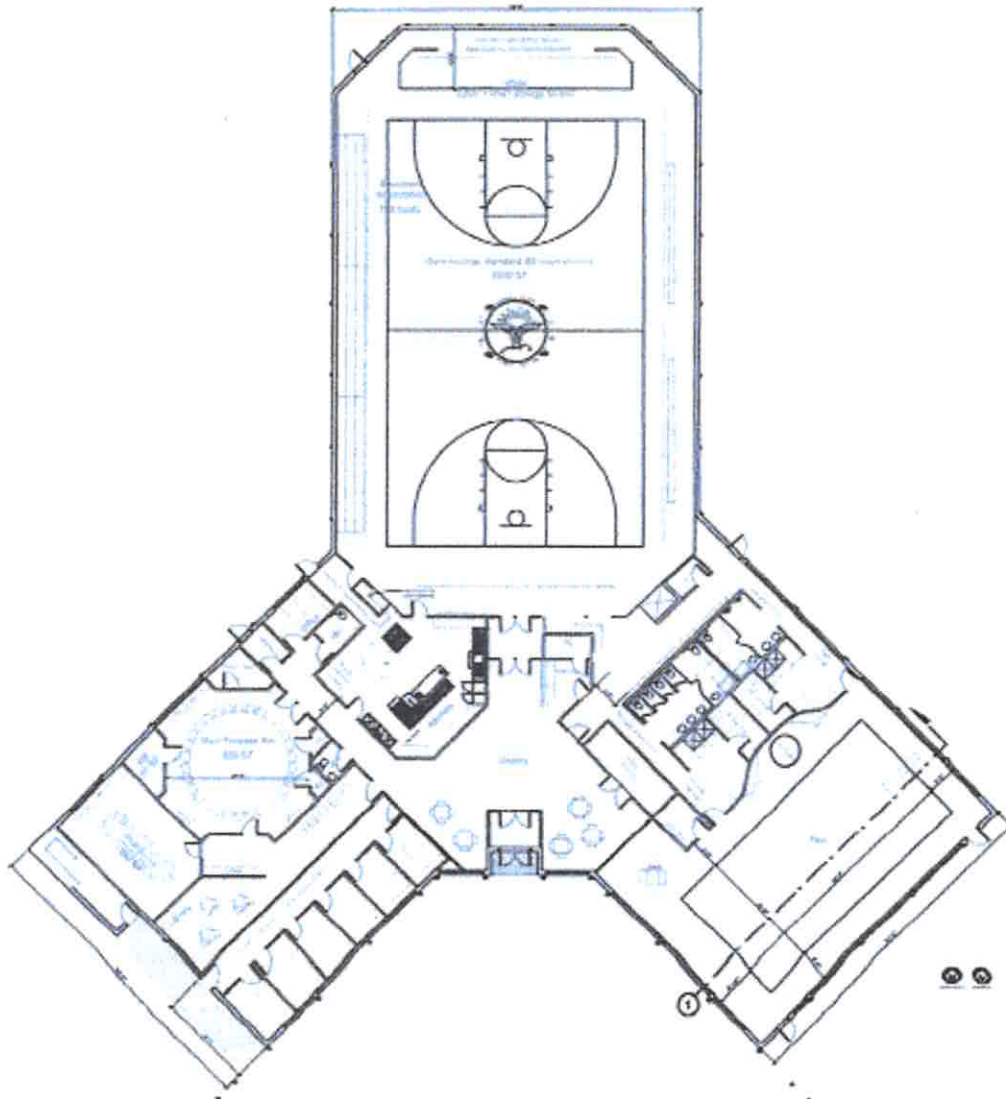
Henvey Inlet Community Centre + Health Centre

OPTION 1 Second Floor Plan

Prepared by Smolke Architecture Inc.
December 18, 2010



Henvey Inlet Community Centre + Health Centre
OPTION 1 Main Floor Plan
 Prepared by Smoke Architecture Inc.
December 18, 2019

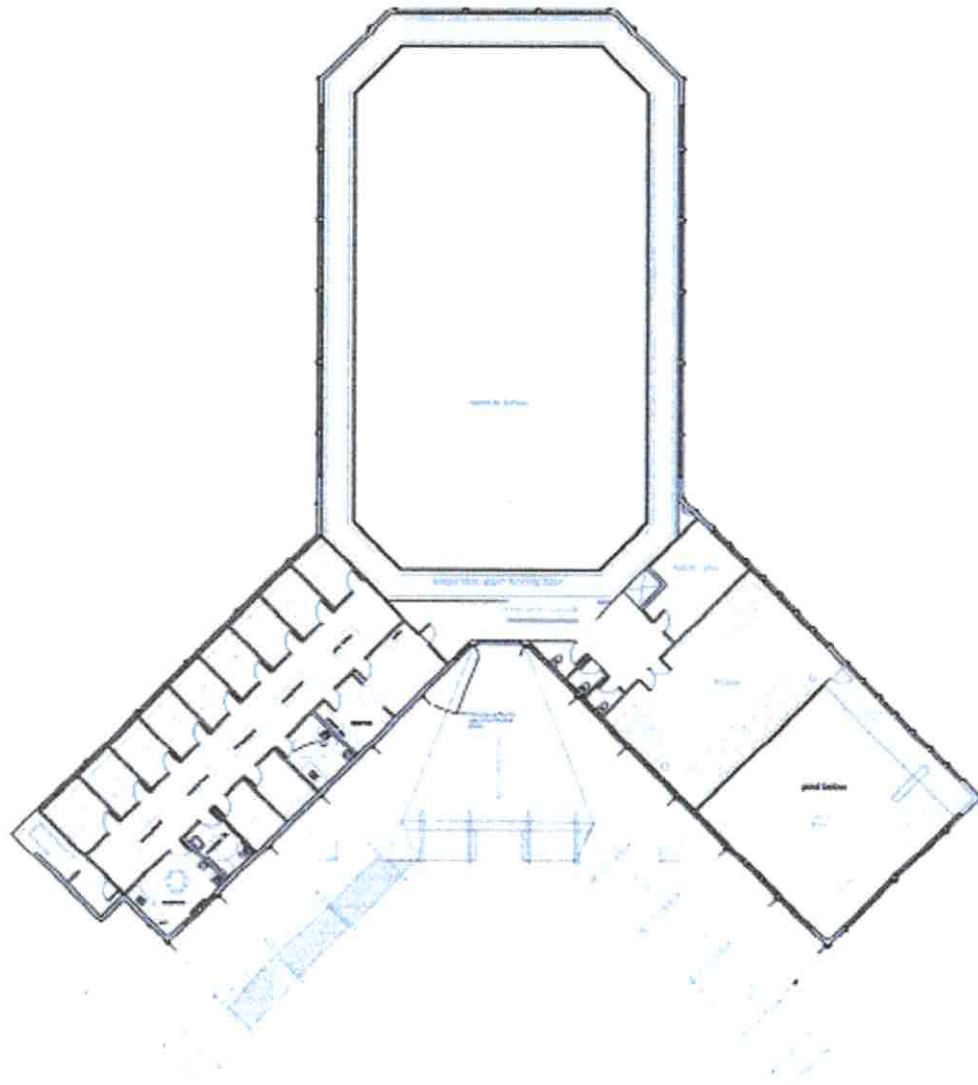


Henvey Inlet Community Centre + Health Centre

OPTION 2 Main Floor Plan

Prepared by Simko Architecture Inc.

November 15, 2019

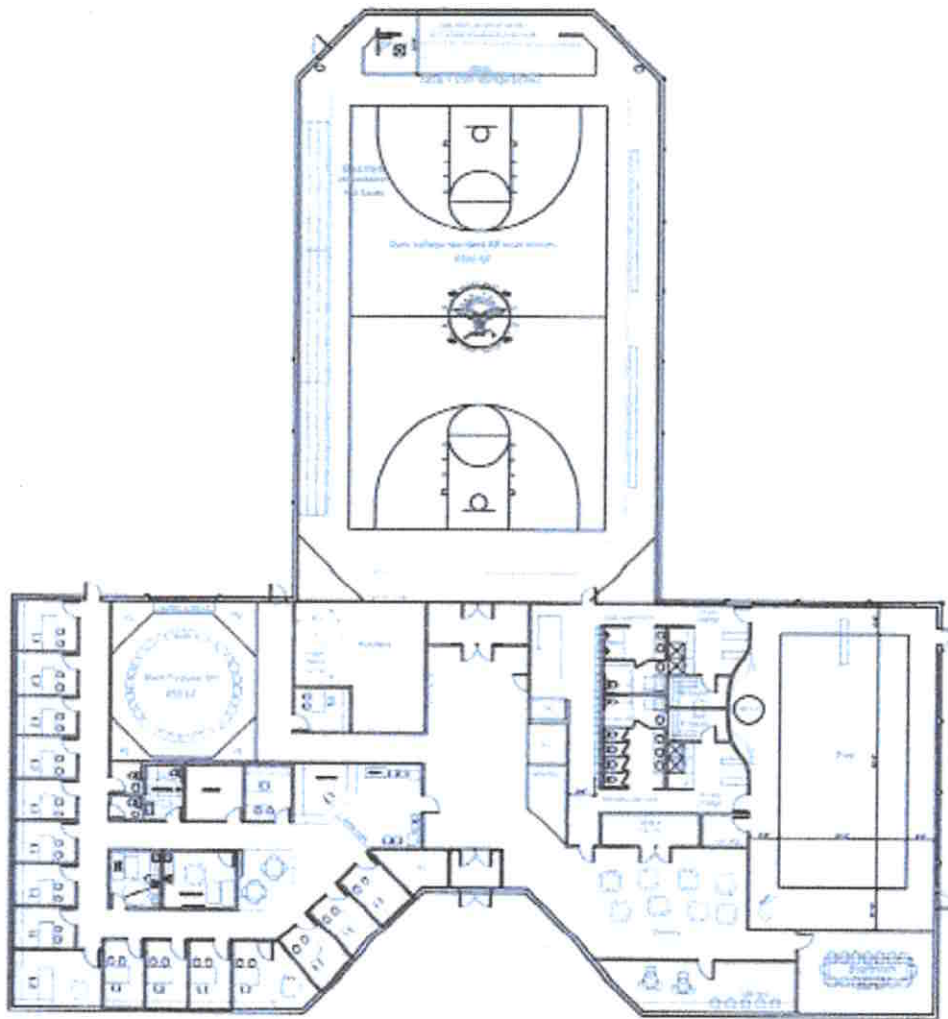


Henvey Inlet Community Centre + Health Centre

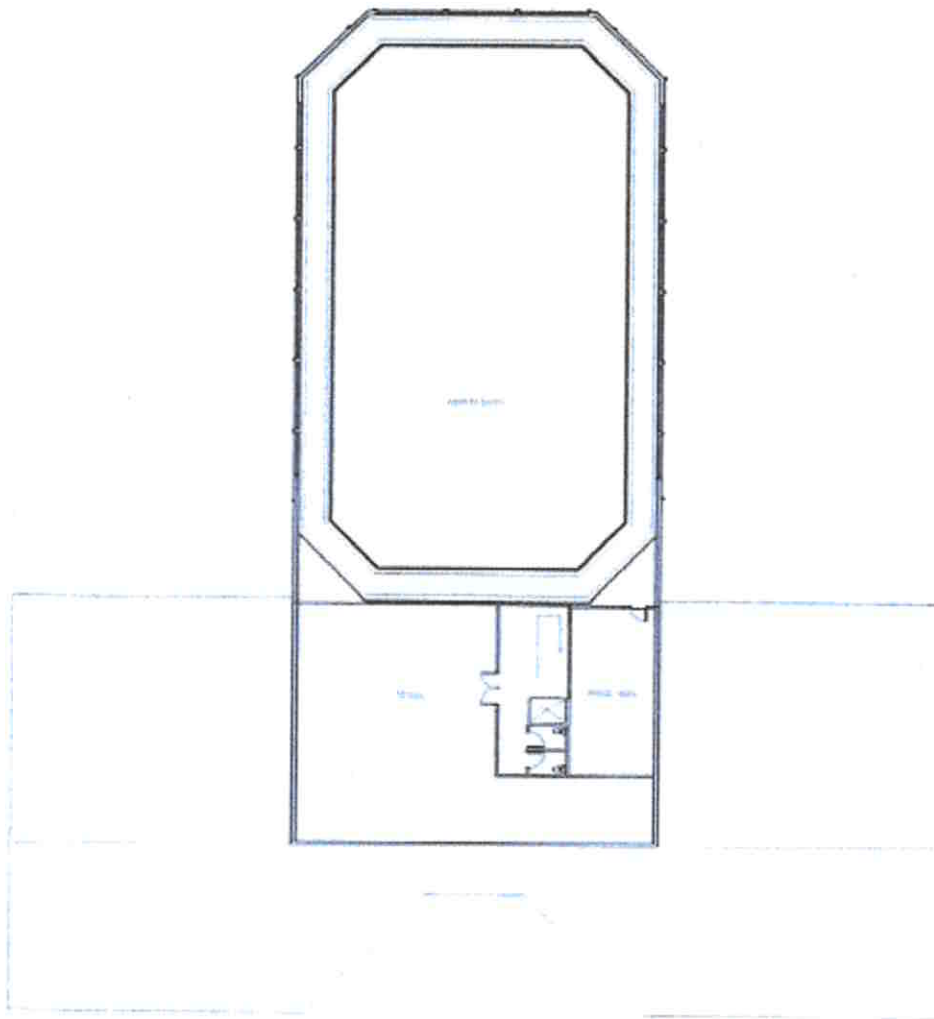
OPTION 2 Second Floor Plan

Prepared by Smoke Architecture Inc.

November 13, 2013



Henvey Inlet Community Centre + Health Centre
 OPTION 3 Main Floor Plan
 Prepared by Smoke Architecture Inc.
 November 16, 2019



Henvey Inlet Community Centre + Health Centre

OPTION 3 Second Floor Plan

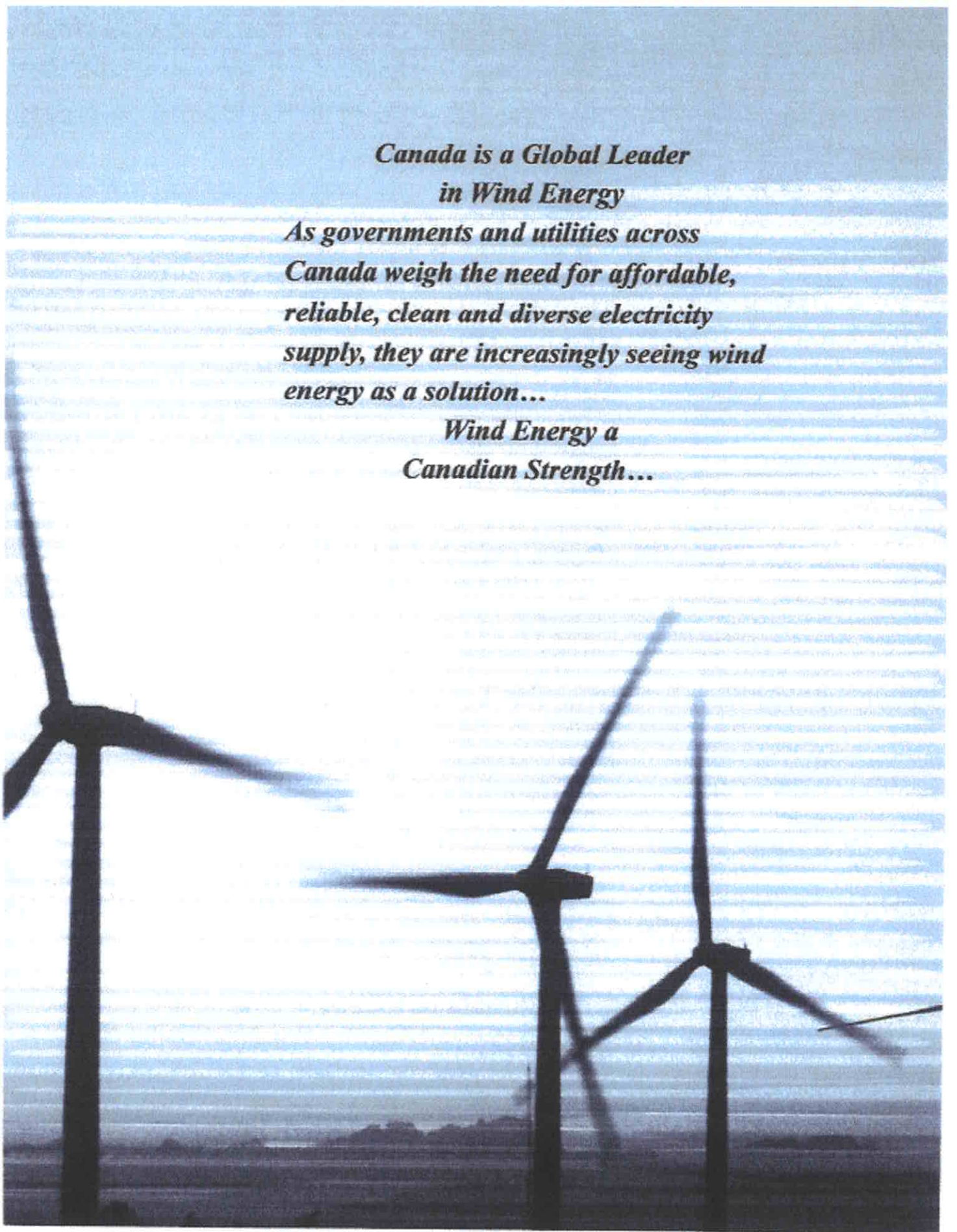
Prepared by Smoke Architecture Inc.

November 14, 2011

***Canada is a Global Leader
in Wind Energy***

***As governments and utilities across
Canada weigh the need for affordable,
reliable, clean and diverse electricity
supply, they are increasingly seeing wind
energy as a solution...***

***Wind Energy a
Canadian Strength...***



**Pattern
Development**



Nigig Power Corporation

Pattern Development and Henvey Inlet First Nation Complete Largest First Nation Wind Project in Canada

***Largest single-phase wind facility in Canada is now
generating clean power for 100,000 homes***

ONTARIO, Canada, October 15, 2019 – Pattern Energy Group LP ("Pattern Development") and Nigig Power Corporation today announced completion of the 300-megawatt (MW) Henvey Inlet Wind power facility in Ontario. Pattern Development and Nigig Power Corporation, a wholly-owned subsidiary of Henvey Inlet First Nation, are joint venture partners in the facility, which is located on Henvey Inlet First Nation Reserve No. 2, on the northeast shore of the Georgian Bay.

"This landmark project is a first on many fronts: largest single-phase wind facility in Canada, largest on-reserve wind installation in the country, and the first to develop a First Nation Environmental Stewardship Regime under the First Nations Lands Management Act," said Mike Garland, CEO of Pattern Development. "It's an honor to partner with Henvey Inlet First Nation on this historic project that created hundreds of local jobs and is now providing a strong new source of revenue for the First Nation. Renewables are helping to reduce the impact on our environment caused by climate change and this new facility is now generating clean, homegrown energy for 100,000 homes each year without any harmful emissions."

"Now that construction is complete, we can begin to look forward to economic independence as a community," said Greg Newton, CEO of Nigig Power Corporation. "Our youth will see an even brighter future from expanding health and education services along with increased infrastructure."

"The wind farm's completion marks a historic moment for Henvey Inlet First Nation," said Chief Wayne McQuabbie of Henvey Inlet First Nation. "New infrastructure is under way in the First Nation as a result of this new facility and we see better days ahead. We've already increased our administrative staff and employees in the community and we look forward to ensuring a positive future for our upcoming generations, including economic spin offs and job security. As Anishinabek, we are proud to contribute to a green economy and are proactively moving forward in a time of climate change."

Henvey Inlet Wind utilizes 87 Vestas 3.45 MW turbines with a 136-meter rotor diameter and 132-meter hub height. A 104-kilometer transmission line delivers electricity generated by the facility to the Ontario electricity grid. Henvey Inlet Wind has a 20-year Power Purchase Agreement with the Independent Electricity System Operator (IESO) for 100% of its production.



Henvey Inlet Wind in Ontario

At the peak of construction, there were approximately 1,000 workers on site. Nearly one-third of construction workers were First Nations citizens. Now operational, Henvey Inlet Wind employs up to 20 permanent full-time staff and is expected to create demand for more than 100 ongoing indirect workers, including maintenance contractors.

The construction process generated approximately \$25 million in direct economic activity for local First Nations businesses. Now operational, the facility is expected to generate more than C\$10 million in income annually for Henvey Inlet First Nation.

Henvey Inlet Wind has made separate commitments to four key regions along the project's 104 km transmission line through the establishment of a Community Benefits Program that will contribute \$1 million to the following four municipalities over the first 20 years of facility operations: The Municipality of McDougall, Township of Seguin, Township of Carling, and Township of the Archipelago. The Community Benefits Program enables municipalities to fund projects that benefit residents, including: advancing community initiatives; enhancing ecological preservation, restoration or education; fostering individual and community health and wellness; and promoting the needs of youth development through education or recreation.

Henvey Inlet Wind was jointly developed and will continue to be jointly owned and operated by Pattern Development and Henvey Inlet First Nation. Pattern Development owns a 50% interest in the project, and Nigig Power Corporation owns the other 50% of the facility.



Sunset at Henvey Inlet Wind

Affiliate company Pattern Energy Group Inc. (Nasdaq & TSX: PEGI) ("Pattern Energy") has previously added the Henvey Inlet Wind facility to its list of identified Right of First Offer (iROFO) projects.

About Pattern Development

Pattern Development is a leader in developing renewable energy and transmission assets. With a long history in wind energy, Pattern Development has developed, financed and placed into operation more than 4,000 MW of wind and solar power projects. A strong commitment to promoting environmental stewardship drives the company's dedication in working closely with communities to create renewable energy projects. Pattern Development has offices in San Francisco, San Diego, Houston, New York, Toronto, Mexico City, and Tokyo. For more information, visit

About Nigig Power Corporation

Nigig Power Corporation is wholly owned by Henvey Inlet First Nation. Nigig was mandated in 2010 to develop the Henvey Inlet Wind project, which will provide economic benefits that will positively impact our community and the surrounding area. The net proceeds will be managed by a Community Trust that will conduct extensive consultation to determine the use of funds, a Membership Referendum.

About Henvey Inlet First Nation

Henvey Inlet First Nation is an Anishinabek community comprised of three separate reserve properties. Henvey Inlet Reserve No. 2 is on the northeast shore of the Georgian Bay, 90km south of Sudbury and 71km north of Parry Sound. French River Reserve No.13 is 11km north of the Reserve No. 2 and includes Cantin Island. There are about 900 enrolled Members of the Robinson-Huron Treaty band, with approximately 200 of those residing on-reserve.

###

Contact:

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Pattern Development
+1 917-363-1333

Derek Tupling
Pattern Canada
+1 416-263-8034

November 2019 - Non-Insured Health Benefits Update

Pharmacy benefit information

New formulary for nutrition products

On October 1, 2019, the NIHB program added a special formulary for clients with a medical need for nutrition products such as thickening agents, infant formulas and nutritional supplements. Products are listed for infants, children and adults.

The Nutrition Products Formulary is available in [Appendix I of the Drug Benefit List](#). These products are listed as limited use (prior approval required). If you have a prescription for a medically necessary nutrition product, your pharmacist can contact the NIHB Drug Exception Centre at 1-800-580-0950 to request approval for coverage.

Increased coverage of test strips and lancets for clients using insulin

On October 1, 2019, coverage for blood glucose test strips and lancets increased to 8 per day of each item for clients who manage their diabetes with insulin.

New coverage for Ozempic

NIHB has listed Ozempic as an open benefit. Ozempic is covered in combination with metformin for the treatment of type 2 diabetes.

New coverage for lidocaine ointment

Lidocaine 5% ointment is now covered as an open benefit. NIHB covers up to 35 grams per month with a prescription. Lidocaine ointment is used to reduce pain or itching caused by skin irritations such as insect bites, poison ivy, minor cuts or burns.

Coverage status change for zinc

Elemental zinc is now covered as an open benefit. It may be prescribed to patients to support wound care related to a chronic condition, such as type 2 diabetes.

Medical Supplies and Equipment (MS&E) information

New MS&E benefit coverage

The NIHB Program has added the following new MS&E benefits. These are limited use benefits (prior approval required):

- standing frames, positioning seats and portable ceiling lifts and tracks
- FM systems (a type of assistive hearing device)
- voice restoration equipment and accessories
- electric breast pumps when required for certain medical conditions, to a maximum price of \$275

Change in coverage for select MS&E items

On September 9, 2019, the NIHB program increased coverage for mastectomy bras and gender-affirming bras to 3 per year.

On November 18, 2019, laryngectomy products were added as open benefits. Also, coverage for Heat Moisture Exchangers (HMEs) increased to 1 per day (open benefit). HME devices are used to make breathing easier following a laryngectomy or a tracheostomy.

New recognized prescribers for MS&E benefits

Nurse practitioners are now recognized by the NIHB program as prescribers of limb and body orthotics and prosthetic devices.

Speech-language pathologists have been added as recognized prescribers for laryngectomy supplies and for certain voice restoration equipment and accessories.

Hearing reassessment for children and youth with hearing devices

On November 18, 2019, the NIHB program increased coverage to allow for more frequent hearing reassessments for children and youth under 18 years of age with hearing devices:

- The first year a client under 18 has a hearing device, they are entitled to 4 reassessments.
- The second year a client under 18 has a hearing device, they are entitled to 2 reassessments.
- After 2 years, clients under 18 with hearing devices are entitled to one hearing reassessment per year.

For more information on all MS&E benefit and policy changes, please refer to the [Guide for Medical Supplies and Equipment Benefits](#) and the [Medical Supplies and Equipment Benefit Lists](#).

General program information

Reminders: provider billing and client reimbursement

Many providers are enrolled with NIHB and paid directly by the program, so clients do not have to pay out of pocket for eligible benefits. NIHB recommends that before you receive any item or service, you should speak with your provider's office to confirm that:

- the provider is enrolled with NIHB and will bill the program directly
- the item or service is fully covered by NIHB
- the provider will not charge you any additional fees

If you are planning to pay up front for benefits and then seek client reimbursement from NIHB, you should contact NIHB before purchasing items or receiving services to confirm that:

- the provider is recognized by NIHB as eligible to provide the product or service
- the requested item or service is eligible for coverage under the NIHB Program
- the provider's rate for the product or service is fully covered by NIHB



ATTENTION

Ontario Gas Card holders

Starting January 1, 2020

Your Ontario Gas Card will no longer be accepted

A federal Indian Status Card must be used for **tax-exempt gas and applicable HST tax exemptions**

Proposal 18-MOF001 - Proposed amendment to Ontario Regulation 533: Gas Card Modernization

Visit <https://www.fin.gov.on.ca/en/refund/gascard/> for more information

Ministry of Finance

Assistant Deputy Minister's Office
Strategy, Stewardship &
Program Policy Division

33 King Street West
Oshawa ON L1H 8H5

Ministère des Finances

Division des stratégies, de la gestion des
services et des politiques relatives aux
programmes

33, rue King Ouest
Oshawa ON L1H 8H5



November 13, 2019

Henvey Inlet First Nation c/o Millie Pawis
Henvey's Gas Bar
295 Pickerel Rd
Pickerel ON P0G 1J0

Dear Millie Pawis,

Re: Modernization of the Ontario Gas Card Program

We wish to remind you about changes to the Ontario Gas Card Program that will begin on January 1, 2020. We are also providing you with communication material to be displayed in your store to inform customers of the coming changes.

What's Changing

The Ontario Gas Card is being discontinued. First Nation individuals and bands will no longer require the Certificate of Exemption (Ontario Gas Card) as proof of entitlement to purchase tax-exempt gasoline from authorized, on-reserve retailers effective January 1, 2020.

In place of the Ontario Gas Card, First Nation individuals will now use any one of the following as proof of entitlement for the tax exemption:

- **Federal Certificate of Indian Status Card**, which is still issued in some band offices, including the laminated Certificate of Indian Status Card with no renewal date;
- **Secure Certificate of Indian Status Cards**; or
- **A Temporary Confirmation of Registration Document** – this official document issued by the federal government can be used if an individual has applied for, and is waiting to receive a Status Card.

Bands as well as band-empowered entities and Tribal Councils will use certificates with unique identifiers that will be issued by the Ministry of Finance prior to January 1, 2020.

You should continue to accept the current Ontario Gas Card until midnight, January 31, 2020. Prior to the transition period, the Ministry will provide you with additional information on processing tax-exempt sales and claiming refunds for current Ontario Gas Cards used during the period.

Resources enclosed

We have enclosed a few resources to help you prepare your customers for this change, including:

- A poster and tent card with information about the upcoming changes. Please display these prominently in your store, so your customers have advance notice of the coming changes.
- A list of questions & answers to address some of the commonly raised questions about the program.

Visit Ontario.ca/taxexemptgas for more information and to download and print additional copies of the poster, or you can request additional poster copies by emailing commodity.tax@ontario.ca.

You can also contact us at 1-866-ONT-TAXS (1-866-668-8297) or by email address previously noted.

Changes to the Ontario Gas Card Program will reduce burden for on-reserve retailers by decreasing the processing time of gasoline tax refund payments and reducing the number of refund applications that are not able to be processed. The government is also reducing red tape for First Nation individuals by eliminating the Ontario Gas Card, including the related application and renewal processes.

Yours sincerely,



Alison Drummond
Assistant Deputy Minister
Strategy, Stewardship, and Program Policy Division

Enclosures:

Frequently Asked Questions: First Nation Purchases of Tax-Exempt Gas
Tent Card – *The Way You Buy Tax-Exempt Gas Is Changing*
Poster – *The Way You Buy Tax-Exempt Gas Is Changing*
Ontario Gas Card Program – Web Content (print version)

Frequently Asked Questions:

First Nation Purchases of Tax-Exempt Gas

Effective January 1, 2020, the Ontario Gas Card will be discontinued. Here are some frequently asked questions and answers about what's changing.

What's changing on January 1, 2020?

The Ontario Gas Card will be discontinued. Instead, First Nation individuals will be able to use their Indian Status card (Status card), which is issued by the Government of Canada, as proof of entitlement to buy gasoline exempt from Ontario gasoline tax. Band Councils, Tribal Councils and band-empowered entities will use a unique identifier number issued by the Ontario Ministry of Finance.

Which version of the Status Card can be used?

First Nation individuals will be able to use the version of the card that they currently have in their possession (or may apply to the Government of Canada to obtain a Status card if they currently are not in possession of a Status Card).

As proof of entitlement to buy tax-exempt gasoline at authorized on-reserve retailers, First Nation individuals will use their:

- Certificate of Indian Status Card, including the laminated Certificate of Indian Status Card with no renewal date;
- Secure Certificate of Indian Status Card; or
- Temporary Confirmation of Registration Document

How does this change impact me?

- First Nation individuals, bands, band-empowered entities and Tribal Councils will no longer need to apply to the Ontario Ministry of Finance for the Ontario Gas Card or use existing Ontario Gas Cards to purchase gasoline exempt from Ontario gasoline tax.
- Authorized retailers will no longer accept the Ontario Gas Card as proof of rights to purchase gasoline exempt from Ontario gasoline tax.
- The Ontario Ministry of Finance will no longer issue the Ontario Gas Card.
- Band councils, band-empowered entities and Tribal Councils will use a unique identifier number issued by the Ontario Ministry of Finance.

Will there be a grace period?

Yes. On-reserve retailers will still accept Ontario Gas Cards until January 31, 2020, to help make this transition smoother.

If you have applied for and are waiting for your Status Card, you may use the Temporary Confirmation of Registration Document to purchase tax-exempt gasoline.

Information on how to submit refund claims using the Ontario Gas Card during the grace period will be forwarded directly to retailers.

Where can I get more information?

For more information, please call 1 866 ONT-TAXS (1 866 668-8297) or email commodity.tax@ontario.ca.

You may also mail the Ministry of Finance at:

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

The Ministry will be in direct contact with on-reserve retailers, bands, band-empowered entities, and Tribal Councils in fall 2019 to prepare for the January 1, 2020 discontinuation of the Ontario Gas Card.

How will Band Councils, Tribal Councils and band-empowered entities get their unique identifier number from the Ontario Ministry of Finance?

Prior to January 1, 2020, the Ministry of Finance will automatically send band councils unique identifiers to replace existing Ontario Gas Cards.

A Band Council requiring more identifiers than the number of Ontario Gas Cards currently issued, or band-empowered entities and Tribal Councils, may submit an application to the Ministry of Finance at:

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

If you need help completing the form, please call 1 866 ONT-TAXS (1 866 668-8297) or email commodity.tax@ontario.ca.

Will individuals need a new federally-issued card or can they use existing ones?

Individuals are not required to obtain a new Status Card.

First Nation individuals should use the Status Cards in their possession to purchase gasoline exempt from gasoline tax.

If the Status Card in your possession has expired, you should request a new one from Indigenous Services Canada.

If your Status Card has been lost, stolen, or destroyed, then you should request a new one from Indigenous Services Canada. While waiting for your Status Card, Indigenous Services Canada will issue a Temporary Confirmation of Registration Document for use when temporary proof of Indian status is required.

Why are you discontinuing the Ontario Gas Card?

Discontinuing the Ontario Gas Card will simplify how First Nation people and Band Councils buy tax-exempt gasoline on reserve.

It will remove the need for First Nation people to use a separate card to prove their entitlement to buy tax-exempt gasoline. It will also reduce red tape, by eliminating the Ontario Gas Card application and renewal process.

How will modernizing the Ontario Gas Card Program reduce red tape and decrease burden on gasoline retailers?

Discontinuing the Ontario Gas Card will benefit on-reserve gasoline retailers by decreasing transaction time at the retailer's counter, a key industry performance indicator of receiving repeat customers.

The Status Card is also more secure, which will reduce the number of refund applications that are not able to be processed.

And, for retailers that file electronically, they will be able to verify the validity of a Status Card in near real-time, making it quicker to process transactions.

Is there a minimum age to purchase tax-exempt gasoline?

As of January 1, 2020, children under 16 years of age purchasing gasoline will be able to use their own or their parent's Status Cards to purchase gasoline for their exclusive use (e.g., for snowmobiles or off-road vehicles).

Please access this [link for further information](#) on the requirements to apply for the Status Card which is issued by the Government of Canada.

I'm an on-reserve gasoline retailer and I do not want to file my claims electronically. Is there something in place for me to continue to file manually?

Yes, for those retailers who are filing manually, they may continue to file manually.

There will be a new process implemented January 1, 2020 that is similar to the process they are currently using to file their claims.

Ontario will help retailers transition smoothly to the updated process.



First Nation purchases of tax-exempt gas

First Nation individuals, bands, Tribal Councils and band-empowered entities do not have to pay tax when buying gasoline for their own use from an authorized on-reserve retailer.

Discontinuing the Ontario Gas Card

Starting January 1, 2020, the Ontario Gas Card will be discontinued. Instead, First Nation individuals will use their federally issued Certificate of Indian Status (Status Card) to purchase tax-exempt gasoline on reserve. Bands, Tribal Councils and band-empowered entities will use an exemption certificate issued by the Ministry of Finance.

[Download information poster. \(https://www.fin.gov.on.ca/en/tax/gt/tax-exempt-gas.pdf\)](https://www.fin.gov.on.ca/en/tax/gt/tax-exempt-gas.pdf)

Information for retailers

[Learn more about how to submit your gasoline tax refund claim \(https://www.ontario.ca/page/information-reserve-retailers-who-sell-tax-exempt-gas\)](https://www.ontario.ca/page/information-reserve-retailers-who-sell-tax-exempt-gas) for sales of tax-exempt gas if you are an on-reserve retailer.

Information for First Nation consumers

Ontario charges a tax of 14.7 cents per litre of gasoline. First Nation individuals do not have to pay this tax when buying gasoline for their own use from an authorized on-reserve gasoline retailer.

Beginning January 1, 2020, First Nation individuals will use their Status Card to buy tax-exempt gasoline from authorized on-reserve retailers. This will replace the Ontario Gas Card, which is being discontinued.

You can use the version of the Status Card that you already have in your possession, including the:

- laminated Certificate of Indian Status Card with no renewal date
- Secure Certificate of Indian Status Card
- Temporary Confirmation of Registration Document

For information about the Status Card, please visit [Indigenous Services Canada. \(https://www.canada.ca/en/indigenous-services-canada.html\)](https://www.canada.ca/en/indigenous-services-canada.html)

On-reserve retailers will continue to accept your Ontario Gas Card until midnight on January 31, 2020, to help make this transition smoother.

Bands, Tribal Councils and band-empowered entities

Bands, Tribal Councils and band-empowered entities do not have to pay gasoline tax when buying gas for their own use from an authorized on-reserve gasoline retailer.

Beginning January 1, 2020, bands, Tribal Councils and band-empowered entities will use an exemption certificate to purchase tax-exempt gas. This will replace the Ontario Gas Card, which is being discontinued.

Exemption certificate

Before January 1, 2020, bands will receive an exemption certificate in the mail from the Ministry of Finance. The exemption certificate will replace your existing Ontario Gas Card. Each exemption certificate will contain a unique identification number for each vehicle or authorized driver.

A band requiring more identification numbers, or Tribal Councils and band-empowered entities that require an exemption certificate may apply online or mail an application to:

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

For more information or to request an application, please call 1-866-ONTTAXS (6688297) or email commodity.tax@ontario.ca (<mailto:commodity.tax@ontario.ca>).

How to buy tax-exempt gas

Show your Status Card or exemption certificate to the authorized on-reserve retailer when you buy gas.

The retailer will give you a signed voucher for your records. Your vehicle licence plate information is not required.

If a tax exemption is not provided

If the tax exemption is not provided, the retailer must give you a sales receipt showing the gasoline tax charged. You may use that receipt to apply for a refund from the Ministry of Finance. To request a refund contact the Ministry of Finance by:

- phone: 1-866-ONTTAXS (6688297)
- email: commodity.tax@ontario.ca (<mailto:commodity.tax@ontario.ca>).

Purchases by children under 16

Beginning January 1, 2020, children under 16 years of age can continue to purchase tax-exempt gasoline for their exclusive use (for example, for snowmobiles or off-road vehicles) using their own or their parent's Status Card.

For information on the requirements to apply for the federally issued Status Card, visit [Indian Status \(https://www.aadnc-aandc.gc.ca/eng/1100100032374/1100100032378\)](https://www.aadnc-aandc.gc.ca/eng/1100100032374/1100100032378).

Buying large volumes of gasoline

In some circumstances, Ministry of Finance staff may contact individuals whose Status Card or exemption certificate has been used to purchase large volumes of gasoline.

For example, if the quantity of gasoline purchased is greater than 200 litres per day or, if large volumes of gasoline are purchased over a short time period through a number of separate purchases, the gas retailer will ask for your phone number for the Ministry of Finance to verify these purchases.

If you intend to purchase high volumes of gasoline on a regular basis, please contact the Ministry of Finance by:

- phone: 1-866-ONTTAXS (6688297)
- email: commodity.tax@ontario.ca (<mailto:commodity.tax@ontario.ca>).

Contact us

For further information, contact the Ministry of Finance by:

- phone: 1-866-ONTTAXS (6688297)
- email: commodity.tax@ontario.ca (<mailto:commodity.tax@ontario.ca>).
- mail:
Ministry of Finance
33 King Street West
PO Box 625
Oshawa, Ontario
L1H 8E9

Updated: November 8, 2019

Published: November 8, 2019

Related

[Discontinuing the Ontario Gas Card \(https://www.fin.gov.on.ca/en/tax/gt/tax-exempt-gas.pdf\)](https://www.fin.gov.on.ca/en/tax/gt/tax-exempt-gas.pdf) (download the poster)

[Frequently asked questions \(https://www.fin.gov.on.ca/en/tax/gt/tax-exempt-gas-qa.html\)](https://www.fin.gov.on.ca/en/tax/gt/tax-exempt-gas-qa.html)
(for on-reserve gasoline retailers)

[Indigenous Services Canada \(https://www.canada.ca/en/indigenous-services-canada.html\)](https://www.canada.ca/en/indigenous-services-canada.html)



CRAFTY KIDS NIGHT

with Debbie Lemieux
CHILD WELL BEING WORKER

Every second Wednesday Night*
Located at Right 2 Play (Tribal Downstairs) or Library
Starting at 3:30pm to 5:30pm each date

Wednesday December 11, 2019 - Glass Lanterns - @ Right 2 Play

If you have any questions or for more info please call
Angele 705-918-1590 or Debbie 705-662-3616

All Materials covered & enough for every child



MEN'S CIRCLE

Drumming

With

DAVE RICE &

STAN MOSES

WHEN: Thursday December 12, 2019

WHERE: HIFN TRAILER #4

TIME: 5-7 PM

PLEASE CONTACT DARCY @ THE HEALTH CENTRE TO SIGN-UP.

For further information or if you need a ride with in the community please
contact:

CULTURAL COORDINATOR STAN MOSES 705-857-1221

A SUPPER WILL BE SERVED



MEN'S CIRCLE

Last Session of the Year

With

DAVE RICE &

STAN MOSES

WHEN: Thursday December 19, 2019

WHERE: HIFN TRAILER #4

TIME: 5-7 PM

PLEASE CONTACT DARCY @ THE HEALTH CENTRE TO SIGN-UP.

For further information or if you need a ride with in the community please
contact:

CULTURAL COORDINATOR STAN MOSES 705-857-1221

A SUPPER WILL BE SERVED

NEW MOON CEREMONY & TEACHINGS



**WITH
CLIFF SUMMERS**

**December 27,
2019 @ 6:00 PM**

456 Pickerel River Road
(Sweatlodge behind Louises)

FOR INFO CONTACT: STAN MOSES 705-857-1221



Kerri Campbell-
N.C.F.W

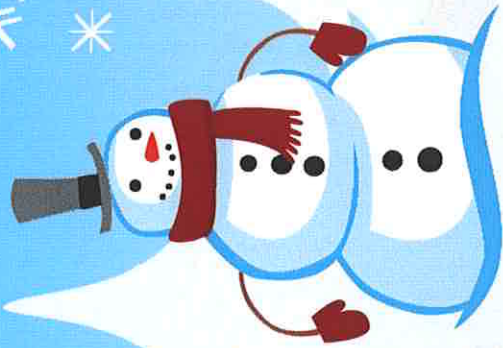
&

Kara Newton-
C.H.E./H.B.H.C



December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 Shopping For Bake N' Share & Christmas Craft	03 Bake N' Share	04 In Office	05 Christmas Craft	06 Sudbury	07
08	09 Out Of Office	10 Bun Venture	11 In Office	12 Parenting Christmas On A Budget	13 Sudbury	14
15	16 Home Visits AM Talking Circle Pm Magetewan	17 Shopping For Christmas Bingo	18 Christmas Bingo	19	20	21
22	23	24	25	26	27	28
29	30	31	01	02	03	04
05	06	07	08	09	10	11



COMMUNITY
HEALTH
educator 



December
2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03 	04 SEWING AFTERNOON	05 XMAS CRAFT 10AM	06	07
08	09	10 BUN VENTURE 	11 SHOPPING FOR PARENTING WKSHIP	12 PARENTING WKSHIP "XMAS ON A BUDGET" 10AM	13	14
15	16	17	18 CHRISTMAS BINGO 	19	20	21
22	23	24	25	26	27	28
OFFICES WILL BE CLOSED						
29	DECEMBER 18TH @12PM					
And will reopen						
05	06	07	08	09	10	11
JANUARY 6, 2020						



CRAFTS
FOR
Christmas

Thursday, December 5, 2019

10:00 am

Trailer #2

Contact Darcy 705-857-1221

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

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

DATE: TUESDAY, DECEMBER 10, 2019

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!!!

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

BUNNVENTURE



CHRISTMAS
ON A PARENTING PROGRAM
BUDGET
THURSDAY DECEMBER 12, 2019

at 10am

SPACE LIMITED TO THE

FIRST 6

PARTICIPANTS TO SIGN UP!!!

CALL DARCY TO SIGN UP 705-857-1221!!!

When calling,
Please ensure to have
our child's clothing size
and age ready!

Sign up deadline
December 5th @4:00pm!!!



CHRISTMAS

BINGO



B	7	19	46	O
I	33	47	61	N
N	30	32	55	G
G	15	18	48	O
O	10	25	45	72



Wednesday, December 18, 2019

9:30AM

Trailer #2

SPACE IS VERY LIMITED
CALL DARCY TO SIGN UP



COMMUNITY WELLNESS PROGRAM NEWS



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



NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN-DEC 6.

DECEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CHRISTMAS PARTY PREPS Band Council Mtg	3 CHRISTMAS PARTY PREPS	4 CHRISTMAS PARTY PREPS	5 ELDERS XMAS PARTY IN SHAWANAGA	6 CHRISTMAS PARTY PREPS	7
8	9 STAFF MEETING CHRISTMAS PARTY PREPS	10 CHRISTMAS PARTY PREPS	11 CHRISTMAS PARTY PREPS	12 FULL MOON CEREMONY	13 FIRE HALL DECORATING	14 COMMUNITY CHRISTMAS PARTY & CARD EXCHANGE
15	16 OUT OF OFFICE	17 OUT OF OFFICE	18 CHRISTMAS HOLIDAYS START @ 12 NOON	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

C H R I S T M A S ~ H O L I D A Y S

C H R I S T M A S ~ H O L I D A Y S

DEC 12
2019

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
705 857-1221 EXT 227

Starting in JANUARY 2020



Justina

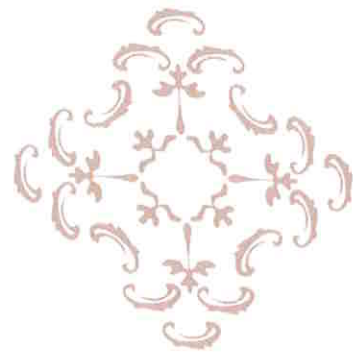
FOR MORE INFORMATION PLEASE CONTACT
CWW LUANA MCQUABBIE 705 857-1221 EXT 227

REGALLIA MAKING

SEE DARCY AT THE HEALTH CENTRE TO PICK UP YOUR REGISTRATION PACKAGE AND RETURN AS SOON AS POSSIBLE
SO YOUR NAME CAN BE ADDED TO THE REGISTRATION LIST.

Cradle Board Making Workshop

With
Ryan & Shannon Gustafson



**JANUARY
30 & 31, 2020**

9:00 to 4:00

Lunch Provided

PLEASE CALL THE HEALTH CENTRE BY DEC 13, 2019 TO SIGN UP.

MAX OF 20 PARTICIPANTS. SEATS WILL FILL UP FAST.

FOR MORE INFORMATION CONTACT CWW LUANA MCQUABBIE.

HIFN Daycare
December 2019
Newsletter

“Christmas gift suggestions: to your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect.” – Oren Arnold

Bit nippy outside but the snow makes everything look so fresh and clean. The sounds of Christmas music and the smell of food cooking and children: young and old laughing. That is what makes this season so memorable and festive! I just love the flashing Christmas lights, and when they go to your favorite Christmas song: that makes it even better. Growing up I remember when it was a normal day to be outside 6/7 hours playing (Sledding, skating, skiing) and enjoying the fresh air! Looking for our Christmas tree and making our own decorations. Baking fresh bread and making pies for Christmas! We didn't have much but we did have family and laughter!

Here at Daycare we try to make the centre a festive place for the children to enjoy, make happy memories. This two and half week theme will be filled with crafts, Santa, trees, lights, garland, songs, playtime, baking, etc. the children will send out their letters to Santa. We will have a special lunch with the children here before our Christmas Break also. We would also like to remind parents to send an extra pair of slippers to keep the children's feet warm. We will on every once in while take the children outside on the back patio to play. So make sure they have hats, mittens, boots, outdoor clothing.

Included in our newsletter is information about winter safety and frost bite.

Wishing everyone a Very Merry Christmas: that will be safe and healthy for all!

We will all be back to work on **Monday January 6, 2020!** Except for Charlene who will be taking an extra week for her Holiday's!

Wishing Everyone Near & Far! Merry Christmas!

Thank You

Charlene Ashawasegai RECE
HIFN Daycare Program Supervisor

Carrie L. Bennett RECE
HIFN Daycare Worker

Erin McQuabbie ECE
HIFN Daycare Worker

Agnes M. Pahro

What is Christmas? It is tenderness for the past, courage for the present, hope for the future!

December 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	2 Band Council Meeting	3	4	5	6	7
	<p>TOPIC: CHRISTMAS HOLIDAYS: THIS TOPIC IS GOING TO CARRY US THROUGH TO THE CHRISTMAS BREAK. THERE WILL BE SANTA, SNOW, ANGELS, GARLAND, AND ALL THINGS CHRISTMAS. THIS IS A FESTIVE, CHEERFUL, EXCITING TIME OF YEAR FOR THE CHILDREN!!</p>					
8	9 STM	10	11	12	13	14 HIFN Annual Christmas Party
15	16	17	18 Last day of work!	19	20	21
				<p>HIFN DAYCARE CLOSED TILL JANUARY 6, 2020!!</p>		
22	23	24	25 MERRY CHRISTMAS	26	27	28
29	30	31 NEW YRS EVE				



Nutty Rice Krispie Cookies

☆☆☆☆☆

My mom and I used to make these treats for Christmas every year. The no-stovetop prep means the kids can help you mix up this easy batch of fun! —Savanna Chapdelaine, Orlando, Florida

TOTAL TIME: Prep/Total Time: 15 min.

YIELD: about 2 dozen.

Ingredients

1 package (10 to 12 ounces) white baking chips

1/4 cup creamy peanut butter

1 cup miniature marshmallows

1 cup Rice Krispies

1 cup salted peanuts

Directions

1. In a large microwave-safe bowl, melt baking chips; stir until smooth. Stir in peanut butter until blended. Add marshmallows, Rice Krispies and peanuts. Drop by heaping tablespoonfuls onto waxed paper-lined baking sheets. Cool completely. Store in an airtight container.

no bake oatmeal cookies energy bites



3.5 from 62 reviews

Author: Lindsay Cotter Prep Time: 10 -15 min Total Time: 30 minutes

Yield: 25-28 balls



DESCRIPTION

Gluten free No Bake Oatmeal Cookies Energy Bites are a healthy lunchbox treat! This no-bake oatmeal cookie recipe makes vegan-friendly, kid-friendly, easy no-bake snacks.

INGREDIENTS

SCALE

- 1/4 to 1/3 c crushed honey roasted nuts or maple glazed pecans. Regular crushed nuts may be substituted.
- 2 cup gluten-free rolled oats (we use Bob's Red Mill)- If you use quick cooking oats, you will need more.
- 1/3 to 1/2 cup honey or maple syrup (see notes)
- 1/3 cup chocolate chips (we use Enjoy Life mini chocolate chips)
- 1/3 c dried cranberries (unsweetened to reduce sugar, if desired)
- 1/2 cup natural no-stir nut butter or sunflower seed butter (adjust depending on the brand of nut butter you use)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- optional 2 tbsp GF flour or protein powder if you need the batter less sticky.

INSTRUCTIONS

- 1 Crush your glazed nuts by hand or in a blender, transfer into a mixing bowl.
- 2 Add your oats, chocolate chips, dried cranberries, and cinnamon and mix together.
- 3 Next, add your creamy nut butter. Stir again.
- 4 Finally, Add in your vanilla extract and honey (or maple syrup), a little bit a time, mixing with a spoon between pours. Adjust the amount of honey you use depending batter's thickness. You might need more or less.
- 5 If batter is too sticky, add a few tbsp of coconut flour or protein powder. Mix with spoon.
- 6 Before rolling, **chill the batter in the fridge for 20 minutes.** That way, it's easier to roll later.
- 7 Roll into 1-1.5 inch balls and place on a cookie tray or plastic ware with parchment paper underneath.
- 8 Let them freeze for 20-30 minutes then transfer into a Ziploc bag. Keep in fridge or freezer for up to 6 weeks.

NOTES

- We use Enjoy Life mini chocolate chips, which stir well.
- **If you want a thinner batter**, blend the oats with the nuts in a food processor so it's a chopped texture. Then you will probably need less honey/nut butter.
- **Pro Tip** Add in your nut butter and honey a little bit at a time until you find the right consistency to roll into balls. Each batch will be different depending on how fine you blend the nuts and the type of nut butter you use. Pretty easy to adjust though.

NUTRITIONAL INFORMATION

- Nutrition shown below is for 1 bite. **3-4 bites are equivalent to a nutrient-dense energy bar.**

CHRISTMAS

word search

ham & pea
DESIGN AND PAPERIE

G K S H W A B J A G S T O C K I N G A E
L O U C T L R E I N D E E R S Y C U N W
N I G N W A C O L J S N O W M A N H I R
H E A K R A R E M L E O R E W E G F H E
A S R C E Y E C O I S H E P H E R D O N
M N P P A R U R A N F U W O I L A T J L
E O L S T O A W Y J I N G L E J E I U S
D W U N H C G I N O A N G E L L A D N G
L F M K A C A N D Y E O N A T I V I T Y
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CANDLE
CANDY
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EGGNOG
ELF
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PRESENTS
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REINDEER
RIBBON
SANTA
SHEPHERD
SLEIGH

SNOW
SNOWFLAKES
SNOWMAN
STAR
STOCKING
SUGARPLUMS
TIDINGS
TINSEL
TREE
WREATH
YULETIDE



Seven Grandfathers Teachings 2019 Awards

Call Out for Nominations

Nominations are once again being accepted for individuals whom have made a positive contribution to our First Nation this year.

Individuals being nominated must demonstrate qualities of one or more of the Seven Grandfathers Teachings.

Nominators must live in the community or work for HIFN.

Nominations can be submitted into one of the two ballot boxes located at the Band Office or in Trailer #1 at the Health Centre.

Ballot forms will be readily available at both sites.

Submission deadline is Monday, December 2nd @ 4pm.

Awards will be handed out at this year's HIFN Community Christmas Party. Each recipient will receive an Award and \$75.00.

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



The Seven Grandfathers Teachings

- (1) To cherish knowledge is to know **WISDOM**.
- (2) To know **LOVE** is to know peace.
- (3) To honor all of the Creation is to have **Respect**.
- (4) **BRAVERY** is to face the foe with integrity.
- (5) **HONESTY** in facing a situation is to be brave.
- (6) **HUMILITY** is to know yourself as a sacred part of the Creation.
- (7) **TRUTH** is to know all of these things.

