



February





Henvey Inlet First Nation

Pickereil, ON P0G 1J0

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

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

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

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

MEMORANDUM

To: All 8Plex Tenants
Fr: Chief and Council
Dt: January 23, 2019
Re: **Complaints**

Numerous complaints have been received about issues concerning to tenants in the 8Plex, we are asking everyone's cooperation with respect to corrective action respecting the following;

Noise

Numerous incidents have been reported since occupancy of the 8Plex that there are certain tenants hosting parties in their apartment and the noise level gets to be extreme. The lease agreement actually doesn't allow for alcohol on the premises, but Council has been lenient in this regard, tenants were told that if it becomes an issue, a lease can be terminated on these grounds. Tenants and visitors/guests alike are to refrain from any loud noise after 11 p.m.

Recreational Vehicles

Observations have been reported that vehicles such as quads, and snow machines are being driven in the court yard. Tenants and visitors/guests alike are NOT permitted to drive any vehicle anywhere in or near the court yard; they must be parked in parking area provided.

Parking

Complaints have been received that tenants are returning to the 8Plex to find no parking available due to visitors/guest's vehicles parked. Tenants who invite, or have guests visit are reminded that the parking area provided is for 8Plex tenants only. There is more than enough room for others to park their vehicles in the Health Centre/WBAFN parking area.

Pets

Complaints have been received about tenant's and or visitors/guests not cleaning up after their pets. The droppings of dogs are particularly concerning; you are reminded that all pet owners have the responsibility clean up after their pets. No one wants to see it or step in it.

Field Bed

It's been observed that snow machines have been driven over the raised field bed, or septic field. This is not to be driven on by any motorized vehicle.

All tenants are advised that living in close proximity to others comes with an expectation to be considerate and respectful of your neighbors, these complaints will stop if everyone realizes and remembers they're part of the solution.

/WM *MWM*



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Pickerel, ON P0G 1J0

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MEMORANDUM

To: Registered Members of Henvey Inlet First Nation
Fr: Millie Pawis, Director of Finance/Administration
Dt: January 28, 2019
Re: **General Band Council Election 2019**

Please be advised that Scott Jacobs of Shagi Consulting Services has been retained as our Electoral Officer in the upcoming Band Council Election scheduled for March 2019.

The Nomination meeting will be held on February 7, 2019 at the Fire Hall from 5 p.m. - 8 p.m.

The Vote will be held on March 21, 2019 at the Fire Hall from 9 a.m. to 8 p.m.

Any questions concerns relating to this process are to be directed to Scott himself at (705) 741-3773.

Thank you.

MP

/MP
Director of Finance/Administration

Notice of Nomination Meeting

Notice is hereby given that a meeting of the electors of the **Henvey Inlet First Nation** will be held at the **Henvey Inlet Fire Hall** on **Thursday the 7th day of February, 2019**, beginning at **5:00 o'clock p.m.** and lasting for at least three hours to conclude at **8:00 o'clock p.m.**, for the purpose of **nominating candidates** for the positions of Chief and Councillors on the Band Council of the said Band, for the next ensuing term. **There are six (6) Councillor positions and one (1) position for Chief available.**

The election will be held at the Henvey Inlet Fire Hall on Thursday the 21st day of March, 2019.

Please note that any voter may nominate candidates by using a mail-in nomination form. All voters may nominate candidates for both Chief and Councillor positions. You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the Electoral Officer before the time set for the nomination meeting **OR** you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the Electoral Officer before the time set for nomination meeting are void. Also note that any voter may vote by mail-in ballot.

Given under my hand at Henvey Inlet First Nation, this 8th day of January, 2019.

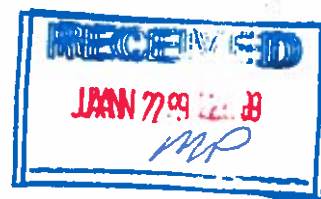
G. Scott Jacobs, Electoral Officer
P.O. Box 128
Britt, Ontario
P0G 1A0
Phone: (705) 741-3773
E-mail: scott.jacobs@sympatico.ca



Signature of Electoral Officer



January 21, 2019



4058-3-231

Chief and Council
Henvey Inlet First Nation
295 Pickerel River Rd.
PICKEREL, ON P0G 1J0

Re: 2019 Treaty Annuity Payments

Please be advised that treaty payments are scheduled for:

DATE: Tuesday, April 30, 2019
TIME: 2:30 p.m. to 4:30 p.m.

Please confirm the date as well as location in writing no later than Friday,
February 15, 2019.

MAIL: Indigenous Services Canada
100 Anemki Place, Suite 101
Fort William First Nation, ON P7J 1A5

or FAX: 807-623-3536
or EMAIL: Crystal.Silvaggio@canada.ca / Lenaya.Grassia@canada.ca

Thank you

Lenaya Grassia
Jr. Treaty Payment Officer
Governance, Individual Affairs and Government Relations
Indigenous Services Canada
Thunder Bay Business Centre
(807) 624-1516

cc: Debbie Newton, Indian Registration Administrator



Henvey Inlet First Nation

Pickering, ON P0G 1J0

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

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MEMORANDUM

To: Registered Members of Henvey Inlet First Nation
Fr: Millie Pawis, Director of Finance/Administration
Dt: December 19, 2018
Re: Equalized Distribution - \$1,000

Chief and Council decided at their recent finance committee meeting to issue every registered member of Henvey Inlet First Nation the sum of \$1,000.

You are receiving this one-time form of payment as a gift from initial proceeds that Henvey Inlet First Nation has received from the Henvey Inlet Wind Farm Project.

The plan to distribute these monies was discussed at great length at the recent Band Membership Meeting as well on December 3, 2018. As a First Nation responsible for its own Registered Membership List, and realizing that we cannot ask Indian and Northern Affairs Canada to produce for us a list of all those registered to Henvey Inlet including dependent children, we need to rely on what has been created internally; but it's not complete. The list that the HIFN Administration has lists all those registered members 18yrs and over.

It was decided that this distribution will be issued to everyone 18yrs and over, until we receive registered dependent children information. We assure everyone that subsequent payments will be issued upon the following:

Upon receipt of a "Direct Deposit Form" along with a valid email address to the Administration office Registered Members will be provided \$1,000, in the event this form is not received, a cheque will be issued and mailed to the address we have on file. All processing is scheduled to be done by December 19, 2018.



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First Nation**

Pickering, ON P0G 1J0

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Parents or legal guardians of children under 18yrs of age registered to Henvey Inlet First Nation need to contact the Administration office with their respective children's full names, dates of birth and registration numbers in order to further process payment.

In the event that you've had a new baby, in order to receive this money for that child, we are asking that you provide confirmation via an official Registration document showing that the process of registration has been started to register your child/ren with Henvey Inlet First Nation. The registration process must have been started prior to the date of this memo.

Please be advised that this payment will be made available to all members who have provided proof of registration as of the date of this Memorandum. We will be allowing members a window of one year ending December 19th 2019 to provide this proof of valid registration as of today's date. The purpose of this window is in consideration of the length of time it takes for the registration process to be completed.

If you have any questions or concerns please contact our administration office and ask to speak with Chief Wayne McQuabbie, or Millie Pawis, Director of Finance/Administration.

Thank you.

/MP
Director of Finance/Administration

NOTICE REGARDING DIRECT DEPOSITS

HIFN COMMUNITY MEMBERS,

If you receive Financial assistance
(Community Submissions, O.W.,
Reimbursements, Prior Approvals, etc..) from
HIFN; Your Direct Deposit forms are needed
to process payments, as there will be a
discontinuation of cheques!

Please hand in Direct Deposit forms to the
Administration Office ASAP!

Delays in receiving your banking information
will result in delays to processing payments.

Your cooperation is appreciated!



Henvey Inlet First Nation

295 Pickering River Road
Pickering, ON P0G 1J0
705-857-2331
www.hifn.ca

PHARMACIE
Noëlville
PHARMACY

Contacting the pharmacy by phone:

705-898-2999 (or Toll-free: 1-800-727-0058)

Press 1: leave a refill request by phone

Press 0: speak to staff anytime

PHARMACIE
Noëlville
PHARMACY

Service En Français

20 St. David St. N.
Noelville, ON

Toll-Free 1.800.727.0058 or 705.898.2999

Press 1 to enter your Rx# for a refill

Press 0 to speak to a staff member anytime

Fax 705.898.1096

Front Shop

Mon-Thurs 9am-5:30pm

Fri 9am-6pm

Sat 9am-4pm

Sun, Holidays Closed

Dispensary

Mon, Tues 10am-5:30pm

Wed 1pm-5pm

Thurs, Fri 10am-5:30pm

Sat, Sun, Holidays Closed

Deanna Doucette, Pharmacist/Pharmacy Manager
ddoucette@noelvillepharm.ca

Jacques Guy, Pharmacist

Jeannine Dubuc, Operations Manager

Jason Chenard, Owner/Pharmacist
Cell 705.822.2644
jchenard@noelvillepharm.ca

INFORMATION SESSION

SIXTIES SCOOP, DAY SCHOOL & MORE:

Compensation for Abuse & Injuries

Shawanaga First Nation Healing Cere

Monday February 11th, 2019

6:00 p.m. to 8:00 p.m.

Drop in any time.

All welcome.

**Elaine Bright, Lawyer, Peace Law Firm will
answer questions and help anyone who needs
assistance in completing Application Forms.**

General Information

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

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

Who is Eligible

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

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

Documentation Required

Please provide the following documentation:

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

Qualifying Property and Services

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

Direct Deposit

To enrol for direct deposit or to update your banking information, complete the following:

(You can find these numbers in your chequebook, on your bank statement or on a personal deposit slip or you can get them from your financial institution)

Branch No. (5 digits)

Institution No. (3 digits)

Account No. (maximum 12 digits)

By providing my banking information I authorize the Minister of Finance to deposit in the bank account number shown above any amounts payable to me by the Ministry of Finance, **for this program**, until otherwise notified by me. I understand that this authorization will replace all of my previous direct deposit authorizations **for this program**.

Authorized Representatives

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

Guidelines for Preparing Your Application

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

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

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

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

Instructions for Completing the Application Form

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

Claim Completion

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

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

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

Mailing:

All refund applications
should be submitted to:



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



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

Application for Ontario Portion of HST Refund for First Nations

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

A Claimant Information

Name of Claimant _____

Mailing Address

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

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

Representative's Name

Last Name _____ First Name _____

Mailing Address

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

B Summary of Claim

Total Number of Receipts (Maximum 100 receipts)	Period Covered: From (yyyy/mm/dd)	Period Covered: To (yyyy/mm/dd)
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The following are examples of receipts that are not eligible for exemption/refund:

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

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

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

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

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

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

C Certification Please remember to sign this application

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

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

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

Dear Youth and Parents,

There will be no Right to Play programs the week of
January 28th-Feb 1st or Feb 11th-Feb 15th

I am taking vacation the last week of January and I
have Right to Play training in February.

Miigwetch,

Angele Dubois

RIGHT
TOPLAY

Attn: Henvey Inlet Youth 6+

Come learn our creation story, have lunch, make a traditional craft and maybe win the super cool door prize!!

Special Guest:

**Elder, Larry McLeod of
Nipissing First Nation**

Saturday, Feb 9th

At Tribal from 11-4pm



Please text or call Angele Dubois at

705-918-1590 by Feb 7th to reserve your spot ☺

****Anyone younger than 6 years-old will need to bring a parent or guardian****

Henvey Inlet Family Day

Ice Fishing Event

February 18th starting at 11am

We'll meet at the landing by trailer park at the end of Pickerel River Rd

Please dress warm and bring your own chairs

Holes, hooks, lunch and hot drinks will be provided

Prize for YOUTH who catches the biggest fish



Please call or text

Angele Dubois at

705-918-1590

if you plan to come.



Moose Hide Mitten Making

Saturday March 2, 2019 &

Sunday March 3, 2019

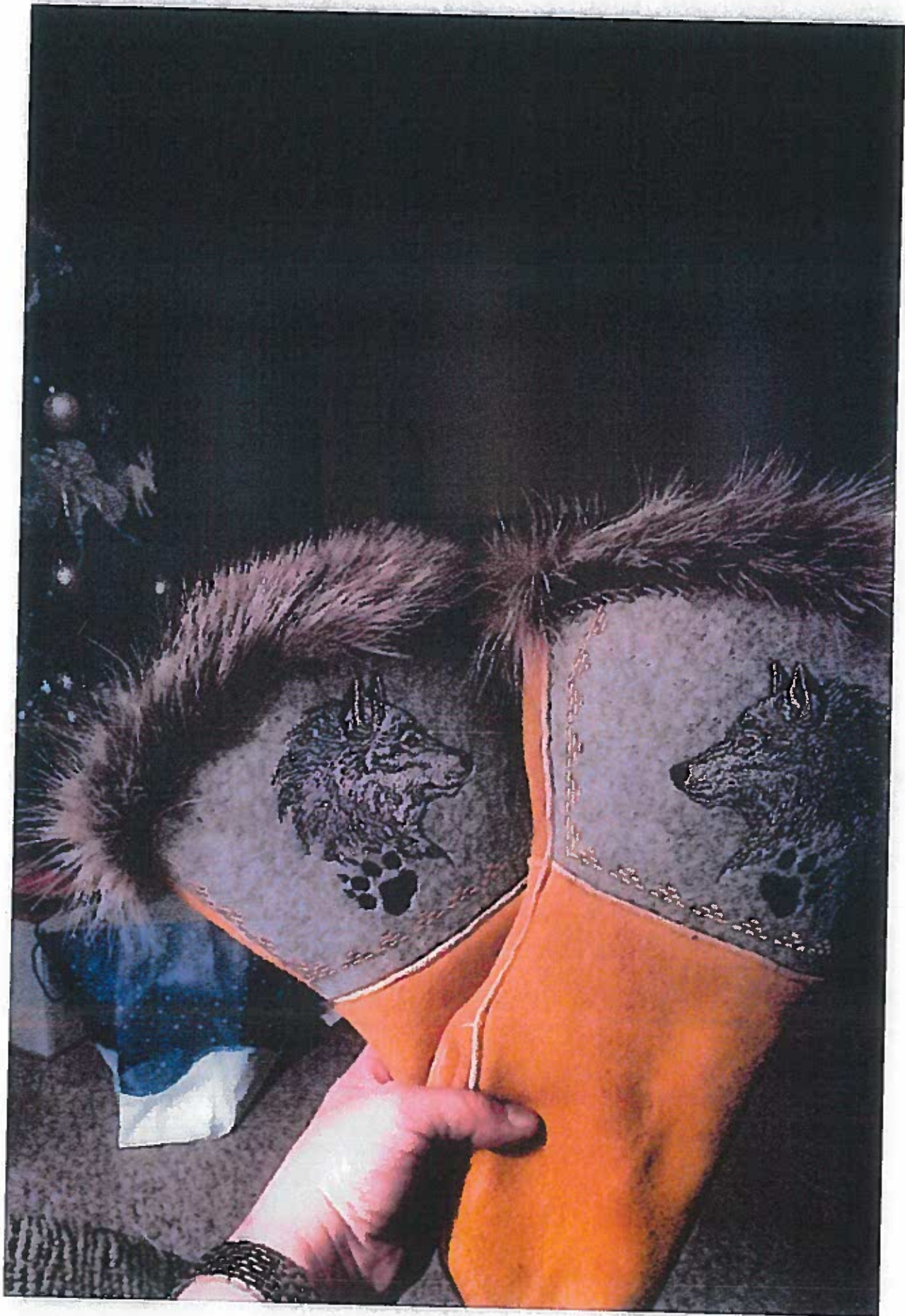
9am-8pm- Day 1 ~ 9am- Finished(8pm)- Day 2
French River I. R. No 13 Firehall

Make your own Moose Hide Mittens (long mitt)
w/Instructor Teresa Flammand. Please contact
Stan Moses for further information 705-857-1221.

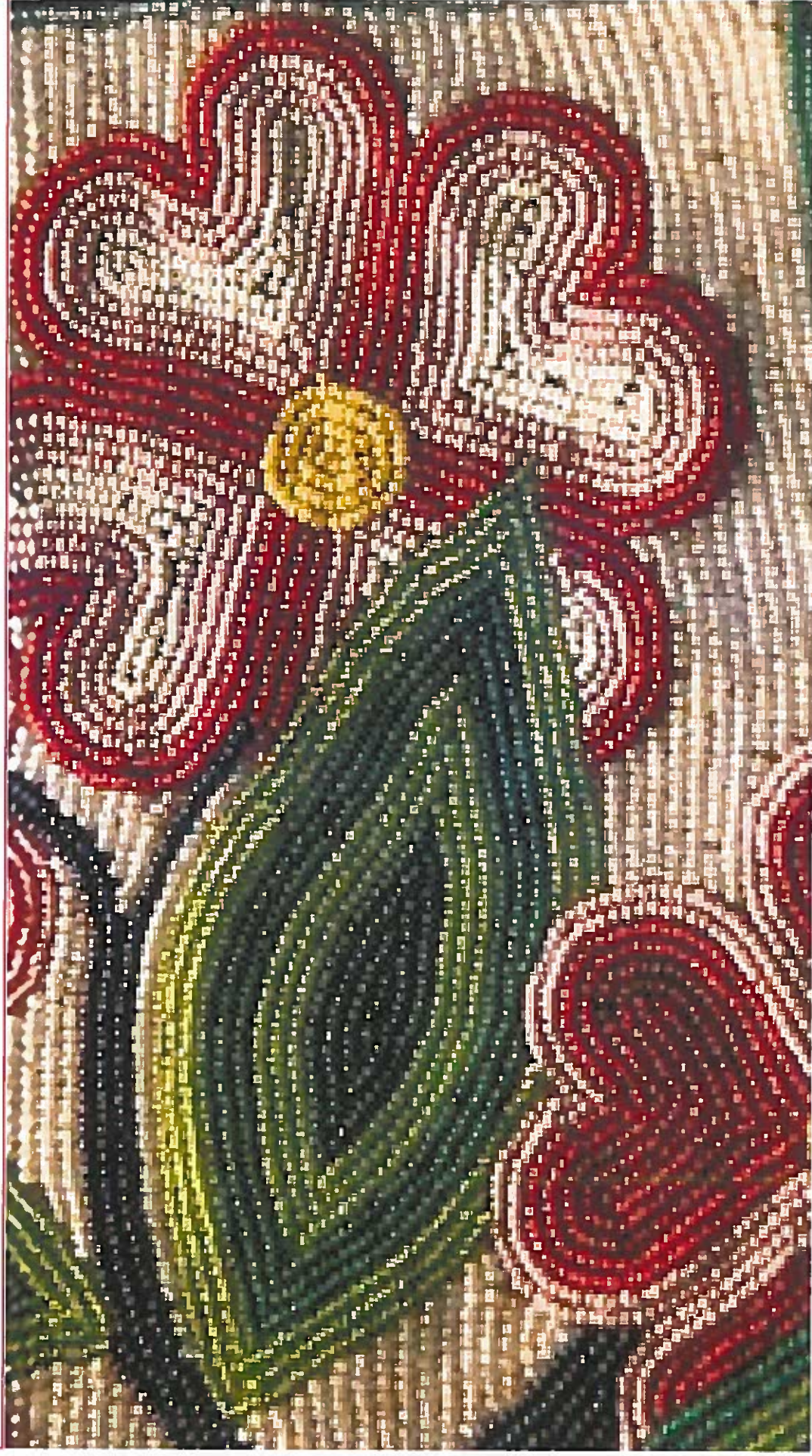
Lunch and Dinner Provided both days!

ONLY 30 SPOTS AVAILABLE! Please sign up on the
sign-up sheets located @ the Health Centre, Day
Care, and Administration Office. Example
attached!





COMMUNITY WELLNESS PROGRAM COMMUNITY WELLNESS ПРОГРАМ



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



ONTARIO MARKS HUMAN TRAFFICKING AWARENESS DAY ON FEBRUARY 22nd EVERY YEAR.

FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CULTURAL ARTS	2
3	4 SEWING	5 Out of Office / day HUMAN TRAFFICKING TRAINING/Sagamok DRUMMING W/ROD	6 REGALIA MAKING REGISTRATION	7 IN OFFICE	8 CULTURAL ARTS	9
10	11 SEWING	12 REGALIA MAKING REGISTRATION DRUMMING W/ROD	13 PROGRAM SHOPPING	14 ELDERS LUNCH & BINGO	15 CULTURAL ARTS	16
17	18 FAMILY DAY HOLIDAY FULL MOON CERE	19 DRUMMING W/ROD	20 PROGRAM SHOPPING	21 IN OFFICE	22 CULTURAL ARTS	23
24	25 SEWING	26 DRUMMING W/ROD	27 PROGRAM SHOPPING	28 HIV/AIDS & HEP C COMMUNITY PRESENTATION	1 REGALIA MAKING	

CULTURAL ARTS CLASSES FEBRUARY 2019

FEBRUARY 1, 8, 15 & 22
HEALTH CENTRE BOARD ROOM



EVERY FRIDAY MORNING

9:00 A.M.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

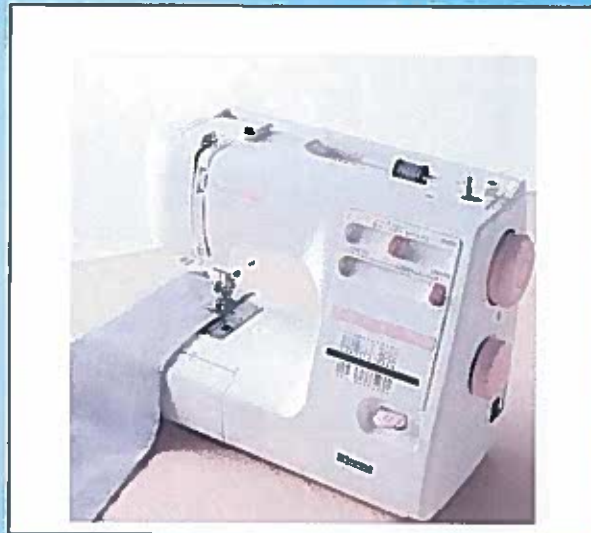
This program is open to all learners interested in developing artistic skills in traditional and contemporary Native arts and crafts. Participants will learn from hands on instruction including Beadwork, Decorative Arts, Nature Crafts & Small Crafts. **OPEN TO ALL HIFN COMMUNITY MEMBERS.**



For More Information Contact:
CWW Luana McQuabbie
OW DOROTHY CONTIN
EDO JUDY CONTIN

SEWING & DESIGN CLASSES FOR FEBRUARY 2019

FEBRUARY 4, 11 & 25
BOARD ROOM @ H.C.



EVERY MONDAY

9:00A.M. or 10:00A.M. on a STAFF MTG DAY 😊

PARTICIPANT INFORMATION ABOUT THE PROGRAM

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



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

EVERYONE WELCOME

DRUMMING/SINGING WITH RODNEY STANGER

FEBRUARY 5, 12, 19 & 26, 2019



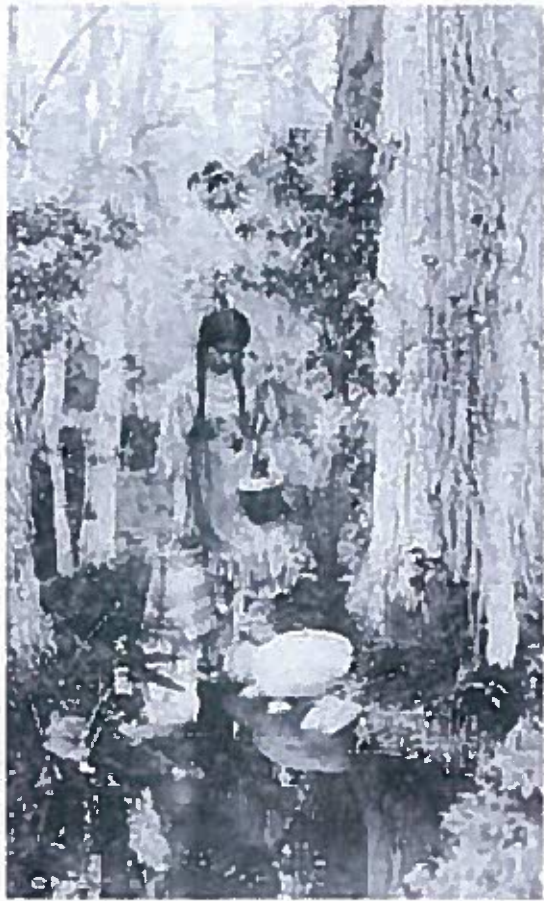
HENVEY INLET FIRST NATION HEALTH CENTRE

BOARDROOM

6:00 – 7:30 PM

BROUGHT TO YOU BY THE FAMILY WELL BEING PROGRAM

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



FEBRUARY 2019 REGALIA MAKING

REGISTRATION DAYS FEBRUARY 6TH & 12TH

PICK UP A REGISTRATION PACKAGE OR REGISTER ON THE SPOT WITH INSTRUCTOR.

OPEN TO ALL AGES. PARENTS MUST REGISTER THEIR CHILDREN.
WEEKLY EVENING CLASSES ARE BEING PLANNED AS WELL.

**DEADLINE TO REGISTER IS FEBRUARY 12TH AT 4:00 PM.
FIRST CLASS WILL BE HELD ON MARCH 1, 2019**

ITEMS WILL BE PURCHASED FROM FABRICLAND and IBEAD

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

ELDERS LUNCH & BINGO

YOU ARE INVITED TO A
MONTHLY LUNCH &
BINGO HERE AT THE
HEALTH CENTRE.

THIS IS A WONDERFUL
OPPORTUNITY FOR
ELDERS TO MEET,
SOCIALIZE AND HAVE
FUN.

OPEN TO 55+.



FEBRUARY 14, 2019
12 NOON



COMMUNITY WELLNESS PROGRAM/CWW LUANA MCQUABBIE

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

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

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

FEBRUARY
18th
2018

FULL MOON CEREMONY
With Judy Contin

263 PICKEREL RIVER ROAD

7:00 PM



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

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

Please remember to:

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

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

Phone: (705) 857-1221 Ext 227

Fax: (705) 857-0730

E-mail: luana.mcquabbie@henveymedicalcentre.com

HIV/AIDS/HEP C COMMUNITY INFO & PRESENTATION

Thursday, February 28, 2019

5:00 p.m.—7:00 p.m.

SUPPER

SPECIAL GUEST SPEAKERS

Located in the Board Room at Henvey Inlet Health Centre

FOR A RIDE TO THIS EVENT PLEASE CONTACT HEALTH CENTRE.

Door Prize & GIFT CARDS will be drawn for Participants!



COMMUNITY WELLNESS WORKER~LUANA MCQUABBIE

354A Pickerel River Road Phone:705-857-1221 Ext: 227

Pickerel, ON Toll Free: 1-866-252-3330

PoG 1J0 Fax: 705-857-0730

What is human trafficking?

Human trafficking is a crime and human rights abuse that's sometimes called "modern day slavery."

There are different types of human trafficking that take place in Ontario, including sex trafficking and labour trafficking. Forced marriage is also considered a form of human trafficking.

Traffickers control people in many ways, including psychological manipulation, emotional abuse, lies, addiction, threats, violence, isolation, and taking control of ID/documents and money.

Because this treatment can cause severe trauma, survivors often need intensive, specialized services and supports to rebuild their lives.

Sometimes human trafficking is confused with human smuggling (across borders). In reality, most of the people trafficked in Ontario are girls and women who are Canadian citizens or permanent residents.

While human trafficking is a vastly under-reported crime, Ontario is a major centre for human trafficking in Canada, with about two-thirds of reported cases arising in Ontario.

Knowing the signs

Organizations that work to end human trafficking have identified a number of signs that may point to human trafficking:

- The person is not allowed to speak for themselves and their activities are controlled by someone else.
- The person is under 18 and involved in prostitution or sex work.
- The person is unpaid or paid very little to work, and seems to be treated poorly (long or unusual hours, not allowed breaks, forced to live in poor conditions, etc.).
- The person is repaying a large debt through labour or sex.
- The person seems fearful, anxious, depressed, submissive, tense, or nervous/paranoid. They may avoid eye contact, seem fearful around police, etc.
- The person shows signs of abuse, such as bruising, cigarette burns, fractures, etc.
- The person has tattooing or branding symbols, particularly names.
- The person doesn't have their own things or money, and doesn't control their own passport or other documents.
- The person seems malnourished or lacks medical care.
- The person is moved frequently and may not know their surroundings well.
- The person has been reported missing.

Myths about human trafficking

Myth: Human trafficking is an international crime that involves sneaking someone across a border.

Fact: Human trafficking is sometimes confused with human smuggling, but in reality it may or may not involve moving someone across a border. In most reported cases of human trafficking in Ontario, the person trafficked is from Canada and is recruited within Canada.

Myth: Human trafficking happens in developing countries, not in places like Ontario.

Fact: Human trafficking occurs throughout the world, including here. According to the RCMP, there have been 269 cases in Ontario since 2005 where human trafficking specific charges were laid. Since human trafficking is an underreported crime, the actual number of cases is likely much larger.

Myth: All sex workers are victims of human trafficking.

Fact: If an adult chooses to engage in consensual, paid sex work on their own terms and is not controlled and exploited by another person, it is not considered human trafficking.

Myth: Sex trafficking can only happen to people who use drugs or have other serious risk factors.

Fact: While some groups have been identified as at-risk, there are also cases in which no known risk factors are present. In those cases, traffickers often target very young people and may build trust during a "grooming" period before exploitation begins.

Myth: If a person isn't kept locked up or in chains they can always just leave.

Fact: Some people who are trafficked are controlled and monitored constantly and don't have the opportunity to ask for help. Others may not realize or acknowledge what is happening to them or that it is a crime. In some cases, they may fear their trafficker or law enforcement too much to risk seeking help. They may also be manipulated to believe that the trafficker is the only person who cares about them and that they are best off staying with their trafficker.

Who is at risk of sex trafficking

- Most people who are trafficked for sex are women and girls, but boys, men and people who are LGBTQI2S are also targeted.
- The age of recruitment is as low as 12 or 13.
- Homeless and marginalized youth are targeted by sex traffickers.
- Youth who struggle with low self-esteem, bullying, discrimination, poverty, abuse, isolation and other social or family issues may be targeted.
- Indigenous women and girls are especially likely to be trafficked.
- Addiction, mental health issues and developmental disabilities are also risk factors.

The recruitment and "grooming" process:

Sex traffickers often recruit and groom people for trafficking by becoming a trusted friend or boyfriend.

Possible signs that someone is being groomed for sex trafficking include changes such as:

- Withdrawing from family and friends
- Being secretive about their activities
- Having a new boyfriend, girlfriend or friend who they won't introduce to friends and family
- Suddenly spending time with an older person or people
- Staying out more often and later
- Absences from school or a decline in school performance
- Wearing more sexualized clothing
- Having new clothing, jewelry etc. that they can't afford to buy
- Suddenly having a new or second cell phone with a secret number

Facts about sex trafficking

- Language like "pimping," "the game" and "the life" is sometimes used when talking about sex trafficking.
- Most police-reported cases of human trafficking in Ontario involve sex trafficking.
- Sex trafficking is different from consensual sex work – in trafficking situations, the trafficker is in control.
- A person can be trafficked anywhere, including in their home community.
- When a person under 18 is advertised for sex, it is a criminal offence – legally no one under the age of 18 years old can consent to engaging in sex work.
- Sex traffickers often control every aspect of the person's life: when they eat and sleep, what they wear, who they talk to, etc.
- People who are being trafficked, as well as people come into contact with them, may not know or understand that a crime is taking place.
- Most often, sex traffickers purposely develop a bond with the person they are trafficking, in order to manipulate them and make them believe they are better off staying than leaving. For this and other reasons, the trafficked person may fear and resist police intervention.
- It can be very difficult for a survivor to leave a trafficking situation. It can take several attempts before they are able to find assistance.

Who is at risk of labour trafficking

- Being a newcomer or having uncertain immigration status is the largest risk factor for labour trafficking.
- Other factors, such as being homeless, can also make somebody more likely to be trafficked.
- People who are isolated or who can't speak English or French are especially vulnerable to trafficking, and may have the hardest time getting help.
- Internationally, there have been human trafficking cases involving construction, manufacturing, mining, hospitality, salons, agriculture, domestic work, sales and other industries.

Facts about labour trafficking

- Language like “forced labour,” “servant” and “servitude” are sometimes used when talking about labour trafficking.
- “Debt bondage” is a form of labour trafficking where a person is told they must work to pay off a large, unexpected and illegal debt.
- People in other countries and newcomers may be recruited by someone from their home country or from Canada who makes false promises about what the job is and how much it pays.
- The person may not know their rights in Ontario, may not know how to get help, or may fear reporting to police.
- Labour traffickers often take away passports and other documents, and sometimes control where the person stays.

How to get help

There are different ways to get help if you or someone you know is being trafficked or is at risk:

- **If there is immediate danger or if you suspect a child under 18 is being trafficked, call 911 or your local police service.**
- For information and support, call Ontario's confidential Human Trafficking Helpline: **1-833-999-9211, TTY 1-888-340-1001**
- You can search your community by name to find services or click on the map below:

What Ontario is doing

Help for survivors

Community and Indigenous agencies help survivors through counselling, peer mentorship, work training, health services, family supports, 24/7 access and more.

Ontario has a dedicated, confidential, 24/7 provincial human trafficking helpline: 1-833-999-9211, TTY 1-888-340-1001.

People who have experienced human trafficking or domestic abuse can contact their local [municipal service manager](#) to get priority access to social housing or help paying rent. Some frontline agencies can also help survivors apply for a monthly rent subsidy.

Indigenous anti-human trafficking liaisons support organizations and communities in responding to the needs of human trafficking survivors who identify as First Nations, Métis and Inuit.

Ontario has a unique Human Trafficking Lived Experience Roundtable to ensure survivor perspectives inform all programs and services.

Legal supports

Survivors, people at risk of human trafficking and parents or guardians of a child at risk of trafficking can [get free legal help to apply for a restraining order](#) against a current, past or potential trafficker.

Ontario's justice system offers several services tailored to meet the unique needs of human trafficking survivors. These include specialized Victim/Witness Assistance workers; access to emergency funding for services like tattoo removal, addiction recovery and ID replacement; and the option to sue traffickers in court for financial compensation.

Ontario has a Human Trafficking Prosecution Team composed of specialized Crown prosecutors who are responsible for prosecuting human trafficking cases, providing legal advice to police and prosecutors, and delivering enhanced education and training within the justice sector.

Prevention and Training

Ontario marks Human Trafficking Awareness Day on February 22 each year, and regularly promotes awareness through social media (@StopTrafficking on twitter) and print materials.

Specialized youth-in-Transition Workers help to prevent the victimization of vulnerable youth transitioning out of care and connect human trafficking survivors to appropriate services and resources.

Free online training is available for anyone who wants to learn about the issue at helpingtraffickedpersons.org. The Centre for Addiction and Mental health also has [free online training for addiction and mental health workers](#).

Police officers receive specialized training at the Ontario Police College on how to investigate and respond to human trafficking cases using an effective, victim-centred and trauma informed approach. Police also receive intelligence-gathering support for human trafficking cases through Criminal Intelligence Service Ontario.



CHILD & FAMILY PROGRAM

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02
03	04 In Office AM Out of Office pm	05 In Office Home Visits	06 Program Prep	07 Ladies Day	08 Parry Sound	09
10	11 Sudbury AM In Office pm	12 In Office Home Visits CAS 2 pm	13 Family Court PM	14 In Office	15 Not In Office	16
17	18 Office Closed Family Day	19 CAS Board Meeting	20 OSC Steering Committee Meeting	21 Prescheduled Workshop	22 Sudbury	23
24	25 In Office	26 Family Court Sudbury	27 In Office	28 Parenting Workshop	01	02
03	04	05	06	07	08	09



Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy Children
For A Healthy Future"

354A Pickereel River Road
Pickereel ON P0G 1J0

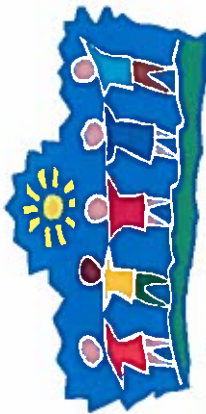
Phone: 705-857-1221

Toll Free: 1-866-252-3330


Fax: 705-857-0730

E-mail:

kara.harkness@henveymedicalcentre.com



FEBRUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	
3	4	5	6 PROGRAM PREP	7 LADIE'S DAY	8	9	
10	11	12	13	14	15	16	
		CHILDREN'S HOLIDAYS					
17	18  Happy Family Day	19	20	21 PRESCHEDULED WORKSHOP	22	23 EFR TRAINING	
24 EFR TRAINING	25	26	27	28 PARENTING WORKSHOP			

Parenting Workshop



February 28, 2018

9 am

Health Centre



Sign up for a surprise event geared just for our Momma's!!!

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

Please sign up by February 18th, 2019 at 4pm by calling
Darcy at 705-857-1221!!!



Life is better
with surprises



AGES

18-54

HEY LADIES!!!

JOIN KERRI AND KARA AT THE HEALTH CENTRE ON

THURSDAY FEBRUARY 7TH, 2019 1PM

FOR A BEAUTIFUL MEAL, FUN GAMES, GREAT COMPANY AND
TONS OF LAUGHTER!!!

SPACE IS LIMITED TO THE FIRST 10 PARTICIPANTS TO CALL IN!!!

CONTACT DARCY AT THE HEALTH CENTRE

705-857-1221 TO SIGN UP!!!



Canada's
food guide

Eat well. Live well.



Eat a variety of healthy foods each day

Discover your food guide at
Canada.ca/FoodGuide

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Healthy eating recommendations



Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating

Eat meals with others

Make it a habit to eat a variety of healthy foods each day.

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.

- Choose foods with healthy fats instead of saturated fat

Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

Make water your drink of choice

- Replace sugary drinks with water

Use food labels

Be aware that food marketing can influence your choices

Apple Pie Oatmeal

Enjoy the sweet aroma of apple pie at breakfast with this creamy, whole grain oatmeal.



Vegetarian



30 mins or less



PREP TIME
5 min



COOK TIME
15 min



SERVINGS
4

Ingredients

- 625 mL (2½ cups) skim milk
- 250 mL (1 cup) water
- 325 mL (1 ⅓ cups) large flake oats
- 75 mL (⅓ cup) wheat germ
- 30 mL (2 tbsp) packed brown sugar
- 2 mL (½ tsp) pumpkin pie spice or ground cinnamon
- 1 apple, cored and diced
- 30 mL (2 tbsp) dried cranberries (optional)

Directions

1. In a large saucepan, bring milk and water to a gentle boil over medium-high heat. Stir in oats and wheat germ. Reduce heat to medium-low heat; stir in sugar and pumpkin pie spice. Cook, stirring for about 12 minutes or until almost thickened.
2. Remove from heat and stir in apple and cranberries, if using. Cover and let stand for 5 minutes before serving.

Tips

- ✓ Like cooked apples that melt in your mouth? Simply add it earlier and cook until desired texture.
- ✓ Double up on **bone building benefits** by swapping water for milk.
- ✓ For an **extra boost of fibre**, use pears instead of apples.
- ✓ **Short on time in the morning?** Make the oatmeal the night before and warm it in the microwave the next morning with a splash of milk.
- ✓ **Switch it up!** Use your favourite **seasonal fruit** instead of apple. Try peaches, plums, strawberries, blueberries or pears.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

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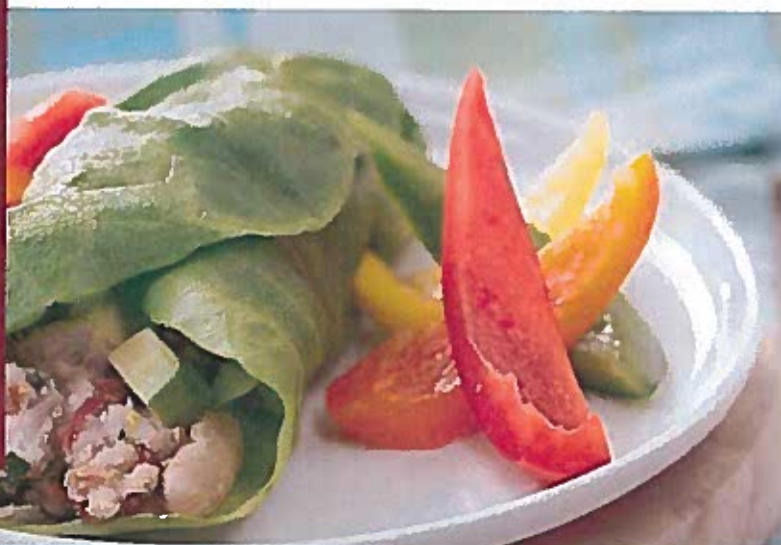
Health
Canada

Santé
Canada



Fresh avocado and bean lettuce wrap

Creamy and colourful, these wraps come together in very little time. The crisp red bell peppers and lettuce add crunch. For an easy appetizer, prepare the bean filling separately from the lettuce, and assemble just before you're ready to eat.



Vegetarian



30 mins or less



No-cook



PREP TIME
10 min



COOK TIME
0 min



SERVINGS
12 wraps

Ingredients

- 1 can (540 mL/19 oz) white kidney beans, drained and rinsed
- 60 mL (1/4 cup) chopped reconstituted sundried tomatoes (see tip)
- 60 mL (1/4 cup) chopped fresh parsley
- 1 clove garlic, minced
- 1 mL (1/4 tsp) fresh ground pepper
- 1 avocado, diced
- 1 small red bell pepper, diced
- 15 mL (1 tbsp) cider vinegar
- 1 small head Boston leaf lettuce
- 1 carrot, grated

Directions

1. In a large bowl, using a potato masher or fork, mash beans until coarse. Stir in tomatoes, parsley, garlic and ground pepper until well distributed. Gently fold in avocado, red bell pepper and vinegar.
2. Spoon bean mixture into lettuce leaves and sprinkle with carrot to serve.

Tips

- ✓ **To prep sundried tomatoes:** Place in a bowl and pour boiling water over top. Let it stand for about 3 minutes or until tender and soft. Drain water and chop sundried tomatoes to use in recipe.
- ✓ **Little chefs** can help to mash the beans, stir the mixture and fill their own lettuce leaves.
- ✓ Avocados **turn brown quickly** so cut them up just before using them.
- ✓ Bump up the colour in this recipe with **sliced radishes** or **quartered cherry tomatoes**.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

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Health
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Canada



Moose stew

A great one to warm you up on a cold winter day! Complete the field to table experience with this easy to make hearty stew.



Freezer-friendly



PREP TIME
10 min



COOK TIME
2.5 hrs



SERVINGS
6

Ingredients

- 10 mL (2 tsp) canola oil
- 575 g (1 lb 4 oz) moose, cubed
- 2 small onions, cut into large chunks
- 3 celery stalks, chopped
- 5 carrots, peeled and chopped
- 1 L (4 cups) no salt added beef broth
- 5 medium yellow fleshed potatoes, peeled and diced
- 750 mL (3 cups) mixed vegetables, frozen
- 2 mL (½ tsp) parsley, dried
- 2 mL (½ tsp) thyme, dried
- 4 bay leaves, dried
- 5 mL (1 tsp) pepper

Directions

1. In a large shallow saucepan or Dutch oven, heat oil over medium heat. Brown the moose meat and put aside.
2. Add the onions to the saucepan and cook for 2 to 3 minutes. Add the celery and carrots. Cook about 7 to 8 minutes, stirring frequently.
3. Add the moose meat and stir. Add in broth, potatoes, frozen vegetables, parsley, thyme, bay leaves and pepper and stir. Cover, lower heat and simmer for 2 hours. Remove whole bay leaves before serving.

Tips

- ✓ Want **leftovers** for lunches? Double the recipe and freeze for up to 4 months.
- ✓ Having trouble finding moose meat? Substitute moose meat with a **lean cut of beef** such as round or loin.
- ✓ Try some **sweet potatoes** or **squash** instead of potatoes.
- ✓ Serve with a baked whole grain tortilla, bannock or flatbread for a little crunch.



Health Canada Santé Canada

Canada

Creamy dreamy hummus

This dip is perfect to enjoy as a snack with vegetables or whole grain crackers. Use it as a sandwich spread instead of mayonnaise or mustard for an extra hit of protein and fibre.



Vegetarian



30 mins or less



Kid-friendly



Freezer-friendly



No-cook



PREP TIME
5 min



COOK TIME
0 min



SERVINGS
2

Ingredients

- 1 can (540 mL/19 oz) reduced sodium chickpeas, drained and rinsed
- 60 mL (1/4 cup) tahini (sesame seed paste)
- 5 mL (1 tsp) ground cumin
- 60 mL (1/4 cup) sodium reduced vegetable broth
- 2 mL (1/2 tsp) grated lemon rind
- 15 mL (1 tbsp) lemon juice
- 30 mL (2 tbsp) water (or more as desired)
- 1 clove garlic, minced

Directions

1. In a food processor bowl, combine chickpeas, tahini and cumin. Pulse until coarse. Add broth, lemon rind and juice and water, adding more as necessary to make a smooth textured hummus. Whirl until very smooth. Stir in garlic.

Tips

- ✓ **Take hummus to the next level with these fantastic variations:**
- ✓ **Navy Bean Hummus:** Omit chickpeas and tahini. Replace with 1 can (540 mL/19 oz) reduced sodium navy beans, drained and rinsed. Stir in 30 mL (2 tbsp) chopped fresh basil with the garlic.
- ✓ **Roasted Red Pepper Hummus:** Omit tahini and use 250 mL (1 cup) chopped roasted red peppers instead.
- ✓ **Herbed Hummus:** Stir in 60 mL (1/4 cup) of your favourite chopped herbs, such as basil, parsley, cilantro or mint.
- ✓ **Sundried Tomato Hummus:** Add 125 mL (1/2 cup) soaked sundried tomatoes, and use the reserved soaking liquid instead of the vegetable broth.

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Health
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Canada





NNADAP

Louise Ashawasegai

February

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6 ←-----	7 -----	8 OTTAWA	9 -----→
10	11 Office	12 Office	13 Office	14 Office Valentines Day	15 Office	16
17	18 FAMILY DAY ←----- Brampton	19 ----- Brampton	20 -----Harry Brampton	21 Snowboy Brampton	22 -----→	23
24	25 Office	26 Office	27 Office	28 Office	1	2
3	4	5	6	7	8	9

NNADAP Worker
Louise Ashawasegai



Community Health Nurse



Brenda Contin

February 2019

Brenda CONTIN,
Henvey Inlet C.H.N. Program

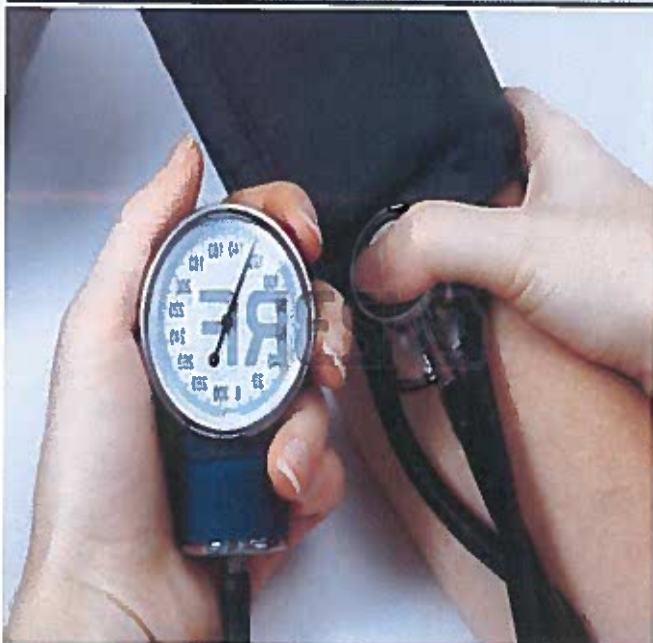
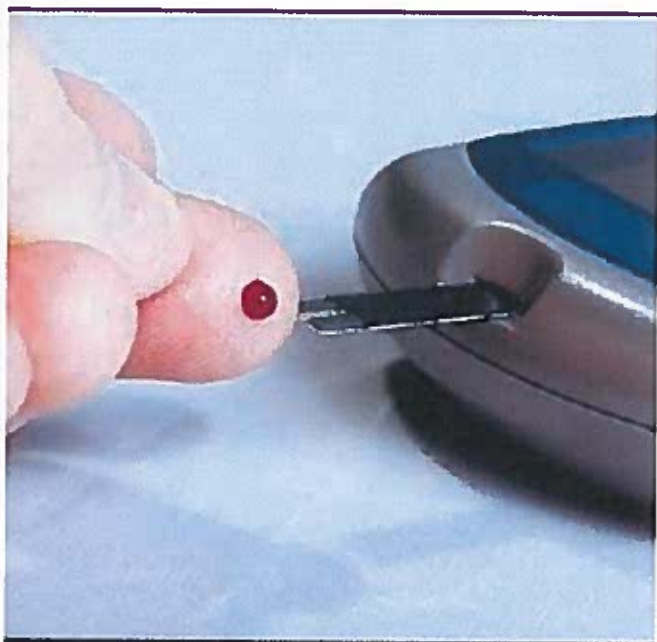
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	4 B/P CLINIC Staff Mtg.	5 OFFICE	6 HOME VISITS	7 Not in office	8 OFFICE	
	11 H O	12 L	13 I D	14 A Y	15 S	
	18 STAT HOLIDAY Family Day	19 Staff Mtg OFFICE	20 HOME VISITS	21 OFFICE	22 OFFICE	
	25 TORONTO:	26 C. O. O. H C O N F	27 E A L T E R E N C E	28	1 OFFICE	

B/P & Blood Sugar

Screening Clinic

Date: February 4, 2019

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

Henvey Inlet First Nation Daycare
354B Pickerel River Road
Pickerel, ON
P0G 1J0
pH; 705-857-0957
E-mail: hifndaycare07@hotmail.com

February is upon us and we are officially one month closer to Spring! Just maybe another 8 weeks to go till the spring thaw. I am sure we can all survive. If mother Nature doesn't throw us a curveball. She is always keeping us on our toes. Anyways happy to see sunshine and can handle the cold and the snow when needed. Winter has definitely changed since I was younger. I have never seen so many snow days! We have for sure gotten softer in our older age. Anyways another month in and was we plow through this month the topics are as follows:

February 4 to 8, 2019: Valentines: hearts, the color red, poems, cards, coloring,
Monday February 4, 2019 : STAFF MEETING @ 9:00 am

February 11 to 15, 2019: Family Week: Families: mom, dad, auntie, uncles,
grandparents etc

February 18, 2019: Daycare CLOSED FAMILY DAY

Tuesday February 19, 2019: STAFF MEETING @ 9:00 am

February 19 to 22, 2019: The MITTEN: Folk Lore and all its animals.

February 25 to March 1, 2019: Big and Small

It is a short month and there is lots to do. Stay safe and stay warm. **Reminder to parents that if your child is not well please keep them at home, and if possible get your flu shot. The flu season has started and there is another round of flu coming again. Please be healthy, and flu free.**

Thank you

Charlene Ashawasegai
HIFN Daycare Program Supervisor

FEB 2019

SUN	MON	TUE	WED	THU	FRI	SAT
						01 PD DAY
						02 Groundhog Day
03 Staff Meeting	04 Theme: Valentines	05 Red, hearts, love, friendship Poems etc	06 Nominations For Chief & Council	07	08	09
10	11 Theme: Family	12 Mom, dad, siblings, aunties, uncles	13 Valentines Day	14	15	16
17 Family Day CLOSED	18 Staff Meeting	19 Theme: Mittens	20 The folk lore and all its animals	21	22	23
24 Theme: Big and Small	25 Sizes, shapes, colors, collages etc	26	27	28		