



June



SO LONG  
SCHOOL  
Hello  
Summer!



Band Council Meeting  
June 3, 2019



Offices Closed on  
June 21, 2019



*Summer Student  
Positions posted  
inside!*

HIFN Pow Wow  
June 8 & 9, 2019



HOT  
SUMMER  
Days

Happy  
FATHER'S  
day



# Community Band Council Meeting

Monday June 3, 2019

6:00pm @ Firehall

## Topics

- Staff Reports
- Council Reports



# Notice Regarding Prescription Delivery to Homes

Prescriptions are now being delivered directly to The  
Clients Home.



This will be Every Wednesday anytime from 1:30pm to 3:00pm

If you will not be home please call the pharmacy to notify and arrange for the prescription to be dropped off at the Health Centre. Your prescription could be brought back to the Pharmacy if they are not notified of absence.

*Please call your Refills in on Mon./Tues. for delivery on Wednesday! If you call your refill in on Wednesday morning, it could possibly not be ready for the afternoon delivery.*

Noelville Pharmacy 705-898-2999



# **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**  
Pickering, ON P0G 1J0

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

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

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

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

## MEMORANDUM

To: Member of Henvey Inlet First Nation  
Fr: Housing Assistant  
Dt: June 2019  
Re: Monthly Home Maintenance tips.

**Inside household tip:**

Check washer and dryer hoses for leaks and clean your dryer vent of lint.

Clean your ceiling fans.

**Outside your home:**

Inspect and wash windows look for gaps and leaks. That may need weather stripping.

Check your outdoor water faucets for leaks.

Heidi Kimberley  
Housing Assistant



**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  
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T 705-857-1221  
F 705-857-0730  
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F 705-857-1369

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

## MEMORANDUM

To: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: May 29, 2019

Re: Employment Opportunities

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

Summer Student Coordinator  
Summer Students - various positions  
Delivery Driver/Chauffeur  
Trail Maintenance Trainee - 2 Positions  
NRF Point Person

See attached job postings for more information.

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

Miigwetch,

Samantha Bradley, PCP  
Human Resources Coordinator



## EMPLOYMENT OPPORTUNITY

# SUMMER STUDENT COORDINATOR

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### **POSITION SUMMARY**

Henvey Inlet First Nation is seeking a **Summer Student Coordinator** to join our Administration for a short-term seasonal contract from June 2019 to August 2019. The Summer Student Coordinator reports to the Director of Finance/Administration and is responsible for supervising the summer students as they fulfill their work plan objectives. This position requires exceptional communication skills and a positive, motivational attitude.

### **MAIN RESPONSIBILITIES**

The Summer Student Coordinator will be responsible to:

- Act as a responsible role model
- Participate in student interview process
- Prepare all confirmation of employment letters for each student
- Prepare all new hire packages and personnel files for each student
- Greet students on first day and complete/collect required new hire documents and funding agency intake or information forms
- Review applicable policies, procedures, and safety protocols with students on first day
- Supervise and support the summer students through mentoring, coaching, and leading project initiatives
- Coordinate daily activities of all summer students and ensure appropriate tasks are assigned
- Transport students to and from job sites as required
- Ensure necessary equipment and supplies are available to students when required
- Ensure equipment provided is in safe working order and used properly; ensure students are trained on all equipment they use
- Ensure all equipment is stored/secured at the end of each workday and at the end of the employment period
- Ensure all safety precautions are met and adhered to during regular working hours
- Ensure weekly timesheets are properly completed by each student in time for payroll deadline
- Oversee time and attendance records for summer students, including approval and sign-off of timesheet
- Collect and submit summer student timesheets on a weekly basis
- Complete all funding reports and final reports by their respective deadlines for the various funding agencies (ie - Gezhtoojig, Health Canada, AANDC, MNDM)
- Communicate with Director of Finance/Administration any issues arising from students
- Participate in performance management and progressive discipline processes within Summer Student Coordinator capacity as necessary
- Work cooperatively with all HIFN staff
- Attend workshops and or training provided during employment period
- Other duties as assigned from time to time by Chief and Council or the Director of Finance/Administration

## **QUALIFICATIONS**

- Must be 18 years of age or older
- Grade 12 diploma preferred
- Possess a valid Ontario Driver's License with access to a reliable, insured vehicle
- Current driver's abstract
- Current CPIC
- Current First Aid and CPR Level C an asset
- Experience using Microsoft Word and Excel
- Excellent interpersonal communication skills
- Positive and responsible attitude

## **HOURS OF WORK**

Full-Time - 35 hrs/week

## **REMUNERATION**

Based on available funding

## **START DATE**

June 24, 2019

## **APPLICATION DEADLINE**

June 6, 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](mailto: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.





## EMPLOYMENT OPPORTUNITY

# TRAIL MAINTENANCE TRAINEE

2 POSITIONS

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### **POSITION SUMMARY**

Henvey Inlet First Nation is seeking two (2) **Trail Maintenance Trainees** to join our Administration for a short-term seasonal contract from June 2019 to October 2019. The Trail Maintenance Trainee reports to the Director of Finance/Administration and is responsible for restoring and maintaining the nature trails of Henvey Inlet First Nation. This position requires a high degree of self-motivation and physical stamina.

### **MAIN RESPONSIBILITIES**

The Trail Maintenance Trainee will be responsible to:

- Clear trail pathways using appropriate power equipment (ie – chainsaw or brush saw) based on pre-determined pathway schematic
- Take precautionary measures when operating power equipment including use of proper personal protective equipment
- Maintain all power equipment in operational order by replacing missing or broken parts and topping up oil and fuels as needed
- Ensure equipment is stored in a secure place when not in use
- Remove dead, damaged or excess branches from trees or shrubs
- Save all useable fire wood in a designated area to be cut for elders
- Split saved useable fire wood into smaller manageable pieces for elders
- Pile all trimmings in a designated area for burning at appropriate time
- Collect and remove trash and other debris on and surrounding pathways
- Assist in the construction or re-construction of all trail infrastructure
- Repair and install all trail signage where required
- Other duties as assigned from time to time by Chief and Council or the Director of Finance/Administration

### **QUALIFICATIONS**

- Grade 12 diploma or equivalent
- Current First Aid and CPR Level C an asset
- Chainsaw Safety Certification preferred
- Previous brush cutting or landscaping experience an asset
- Ability to stand, bend, reach and twist for long periods of time
- Ability to lift up to 20lbs continuously
- Professional attitude and a strong work ethic

### **HOURS OF WORK**

Full-Time – 35 hrs/week

**REMUNERATION**

\$14/hour

**START DATE**

As soon as possible

**APPLICATION DEADLINE**

June 12, 2019

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

**Henvey Inlet First Nation – Human Resources**

295 Pickereel River Rd.

Pickereel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: [samantha.bradley@henveyinlet.com](mailto:samantha.bradley@henveyinlet.com)

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

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## EMPLOYMENT OPPORTUNITY

# NEW RELATIONSHIP FUND (NRF) POINT PERSON

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### **POSITION SUMMARY**

Henvey Inlet First Nation is seeking a **New Relationship Fund (NRF) Point Person** to join our Administration for a short-term contract from June 2019 to March 2020. The NRF Point Person reports to the Director of Finance/Administration and is responsible for increasing membership participation in discussions and decision making regarding future economic development and long-term land use plans. This position requires a high degree of self-motivation and a strong work ethic.

### **MAIN RESPONSIBILITIES**

The NRF Point Person will be responsible to:

- Conduct community engagement sessions to increase membership participation in land use planning and decision making
- Increase the Band's ability to consult with Government and Industry relating to lands and resources
- Build an in-house knowledge base of information and increase Chief and Council's ability to elevate discussions with Government and Industry
- Engage in extensive internal and external community, Government and industry consultation on economic, cultural and traditional land use issues
- Conduct research on the historical land use and long-term use of occupancy of the Band's Traditional Territory
- Develop internal archives of historical research to support above activities
- Use research data collected to strengthen the Band's position in negotiations with Government and Private Sector on any and all current and future land use
- Decrease reliance on external expertise
- Complete all mandatory reporting requirements for various program and project funders
- Attend all staff meetings and other mandatory meetings
- Other duties as assigned from time to time by Chief and Council or the Director of Finance/Administration

### **QUALIFICATIONS**

- Grade 12 diploma or equivalent
- Valid Ontario Class G Driver's License
- Access to a reliable, insured vehicle
- Basic computer and typing skills
- Experience using Microsoft Word and Excel
- Previous data collection and analysis experience
- Previous report writing experience
- Current First Aid and CPR Level C an asset
- Strong knowledge of First Nations historical background and culture
- Working knowledge of the Indian Act and the First Nations Land Management Act
- Excellent written communication skills and interpersonal communication skills
- Highly self-motivated with an ability to work independently
- Professional attitude and a strong work ethic

**HOURS OF WORK**

Full-Time – 31.5 hrs/week

**REMUNERATION**

\$23/hour

**START DATE**

As soon as possible

**APPLICATION DEADLINE**

June 12, 2019

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

**Henvey Inlet First Nation – Human Resources**

295 Pickereel River Rd.

Pickereel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: [samantha.bradley@henveyinlet.com](mailto:samantha.bradley@henveyinlet.com)

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

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## EMPLOYMENT OPPORTUNITY

### SUMMER STUDENTS

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#### **QUALIFICATIONS**

- Must be a registered member of Henvey Inlet First Nation. *Other registered First Nation student members will only be considered for student vacancies left unfilled by Henvey Inlet First Nation student members.*
- Students in Grade 9 or higher **must** have a valid Social Insurance Number (*Grade 8 students going into Grade 9 do not require a SIN*)
- Must have attended classes no less than 75% of the time for the 2018-19 school year; absence rate must be 25% or less for the 2018-19 school year
- Must be enrolled in and returning to school in September 2019
- Must be available for the full contract term from July 2<sup>nd</sup> to August 9<sup>th</sup>, 2019

#### **AVAILABLE POSITIONS**

##### **Landscaping and Grounds Worker Summer Student (2 positions)**

- General maintenance of community grounds including grass cutting, brush cutting and general landscaping
- Ensure all brush and debris is cleared away and equipment maintained and secure equipment
- Perform a variety of janitorial and maintenance duties for all Henvey Inlet First Nations buildings
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisors

##### **Marina/Trailer Park Assistant Summer Student (2 positions)**

- Perform a variety of janitorial, landscaping and maintenance duties for the Trailer Park and Marina
- Ensure asset and equipment security and integrity
- Maintain ongoing communication with customers and assist them when needed
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

##### **Maintenance Worker Summer Student (2 positions)**

- Assist with setting up the Firehall for workshops and cleaning up afterwards
- Assist with basic carpentry and plumbing repairs
- Assist with garbage collection, grounds maintenance and lawn care for all Henvey Inlet First Nation buildings
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

##### **Cultural and Recreation Assistant Summer Student (1 position)**

- Assist with planning and implementing cultural and Right to Play recreational activities
- Assist with the completion of department reports, letters, posters and promotional materials
- Provide general administrative and clerical support
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

##### **Finance Administration Summer Student (1 position)**

- Assist with coding incoming invoices and counting monies from Band source revenue
- Assist with preparation and mailing of outgoing cheques
- Provide general administrative and clerical support to the Band Office including answering phones and taking messages
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

**Daycare Assistant Summer Student (1 position)**

- Assist in monitoring children up to 13 years of age
- Assist with planning and implementing Daycare recreational activities
- Perform a variety of general janitorial and administrative duties
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

**Home Support Worker Summer Student (1 position)**

- Perform exterior maintenance of Elders' homes including landscaping and grounds maintenance
- Perform interior basic house cleaning for Elders
- Ensure personal safety of Elders by assisting them with walking, standing, climbing, and sitting as needed
- Accompany Elders on recreational activities when required
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

**Band Support Funded Floater (4 positions)**

- Provide general administrative and maintenance support to various Henvey Inlet First Nations departments
- Provide backup support to the Gas Bar when required
- Answer phones, conduct research, draft letters, forms and reports and file documentation
- Assist with coordination and preparation of department workshops, meetings and events
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisors

**HOURS OF WORK**

Full-Time – 31.5 hrs/week

**REMUNERATION**

\$14/hour

**CONTRACT DURATION**

July 2<sup>nd</sup> to August 9<sup>th</sup>, 2019

**APPLICATION DEADLINE**

June 19, 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](mailto:samantha.bradley@henveyinlet.com)

**Interviews will take place on June 26, 2019 for those selected.**

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.



## EMPLOYMENT OPPORTUNITY

# DELIVERY DRIVER/CHAUFFEUR

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### **POSITION SUMMARY**

Henvey Inlet First Nation is seeking a full-time **Delivery Driver/Chauffeur** to join our Administration. The Delivery Driver/Chauffeur reports to the Director of Finance/Administration and is responsible for purchasing, picking up, and delivering program supplies and packages to all Henvey Inlet First Nation departments. The Delivery Driver/Chauffeur will also assist in the transport of passengers to and from Henvey Inlet First Nation on a pre-determined schedule. This position requires excellent customer service and time-management skills.

### **MAIN RESPONSIBILITIES**

The Delivery Driver/Chauffeur will be responsible to:

- Perform pre-trip inspection of Henvey Inlet First Nation vehicle
- Ensure overall vehicle safety by checking that the lights, brakes, windshield wipers, and tire pressure are in proper working condition
- Maintain logs of working hours, mileage and of vehicle service and repair status, following applicable provincial and federal regulations
- Ensure vehicle interior and exterior are well maintained and kept clean
- Operate motor vehicle to pick up and deliver program supplies and packages and to transport passengers
- Operate vehicle in a safe manner, obeying all rules of the road
- Coordinate various program supply pick-ups and deliveries with department personnel including delivering or picking up mail and other packages from postal services and other stores or providers
- Coordinate passenger pick-up and drop-off schedules in alignment with delivery schedule to ensure only one vehicle run to and from Henvey Inlet First Nation occurs each day within regular work hours
- Assist in loading and unloading of vehicle deliveries in a timely manner
- Complete and submit all necessary paperwork at the end of the shift including daily logs, inspection logs, vehicle inspection, hours of service, travel and expense claims and shopping receipts
- Pick up and transport passengers to and from Henvey Inlet First Nation on a pre-determined schedule
- Assist all passengers with entering and exiting the vehicle when necessary
- Ensuring seat belts are operational and used by all passengers
- Apply defensive driving techniques to uphold the safety of all passengers
- Complete accident reports when necessary
- Other duties as assigned from time to time by Chief and Council or the Director of Finance/Administration

### **QUALIFICATIONS**

- Grade 12 diploma or equivalent preferred
- Valid Ontario Class G Driver's License
- Clean Driver's abstract
- Current First Aid and CPR Level C an asset
- Exceptional organization and time-management skills
- Ability to multi-task and manage competing priorities
- High level of personal integrity and a strong work ethic
- Demonstrated ability to exercise necessary cost control measures
- Must be able to work with little supervision; must be self-directed

**HOURS OF WORK**

Full-Time – 31.5 hrs/week

**REMUNERATION**

\$16/hour

**START DATE**

As soon as possible

**APPLICATION DEADLINE**

June 19, 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](mailto:samantha.bradley@henveyinlet.com)

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

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**CATERER REQUIRED!**

**FOR SAFE FOOD HANDELLERS COURSE**

Requirement: Safe Food Handlers Certificate

Please submit your costs to Darcy @ the Health Centre  
for service fee, food for 20-30 people and mileage

Put Attention To: Kara Newton

Deadline to Submit Bid: Monday June 10, 2019  
@4:30pm

Event date: Monday June 17, 2019

Event Place: Health Centre

Menu is up to Caterer but must include:

A.M. Snack

Full Lunch with Dessert

Beverages available for whole course (100% Fruit Juice,  
Tea, Coffee, and Water)

Cups, utensils, plates, bowls and napkins

Caterer must clean-up food afterward and take out any  
garbage to bin outside.

**Important: Food must be prepared in a non-smoking  
environment**

# IMPORTANT REMINDER TO STUDENTS!

All Students currently in Grade 9 or higher applying for Summer Employment with Henvey Inlet First Nation must have a Social Insurance Number prior to applying.



Social Insurance Number must be presented at the Summer Student Orientation on July 2, 2019.

Miigwetch!

## WAGAMAKE LEARNING CENTRE

As per a recent HIFN Council decision, our Learning Centre will be open for one more year. This means that students only have 12 months to get their high school diploma.

Students should remember that they have several options to getting their diploma. It isn't all paper-work!

Credits can be earned from previous or current employment as well as workshops attended here in the community.

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 also willing to change her schedule to accommodate students who are currently working.

Be sure to stop by to speak to her! 705-857-5391

# Education News

*Please remember to return your 2019 Graduation Survey as soon as possible. This celebration is for all students!*

*If Wonderland is chosen as the event, parents will be asked to pay \$20.00 for each ticket requested.*

*Transportation will be provided for both parents however only one parent will qualify for all expenses paid.*

*If we go to Wonderland, we will start the day with Brunch and Student Acknowledgements at the Firehall then ride the bus to Barrie.*

The other option is to have Dinner and Student Acknowledgements at the Firehall followed by a trip to the Movies in Sudbury.

PLEASE SUBMIT YOUR SURVEY TO GENEVIEVE ASAP.

*AND remember that the Field Trip policy will apply to all participants.*

## PARENT REMINDERS

- ✦ Email your portrait code to [education@henveyinlet.com](mailto:education@henveyinlet.com) so that your Graduation photos can be purchased for you.
- ✦ Please remember to give Genevieve your new phone number if/when it changes
- ✦

### EXCITING OPPORTUNITIES: Contact Genevieve

1. **REEL Writers** summer camp at Parry Sound High for Grade 5, 6, 7 & 8. If your child would like to attend please let me know as soon as possible. I will call Parry Sound Public School to register them and arrange for transportation. Call the Band office or email: [education@henveyinlet.com](mailto:education@henveyinlet.com)
2. **Standing Bear Youth Leadership Camp**. Please let me know if your child/ren would like to attend.
3. **Tree Top Trekking in Barrie** on June 15: Grades 6, 7 & 8



## **Mental Wellness Crisis Circle**

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**Information to  
Members on who our  
Team is and how you  
can get involved in  
developing a Crisis  
Response Plan for  
your community**

**DINNER PROVIDED**

**JUNE 4, 2019**

**5 PM TO 7 PM**

**'THE FIREHALL'**

**ALL COMMUNITY MEMBERS  
Come Out and Meet Us**

**For more Information Contact:**

Darcy Ashawasegai

Health Centre Receptionist

[admin@henveymedicalcentre.com](mailto:admin@henveymedicalcentre.com)

**NTAM NISHNABEG JIIGBIIG**

**MENTAL WELLNESS & CRISIS  
RESPONSE TEAM**

Serving Wasauksing,  
Magnetawan, Henvey Inlet, Dokis,  
Nipissing & Wahnapiatae

# DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

**MAY 8, 2019-Henvey Inlet Community Outreach**  
*Sandra Martin will be available to meet with you in the community.*

WHERE	DATE & TIME
Henvey Inlet—Health Centre	Tuesday June 4/19 1:00pm

**Unemployed & Looking for Options?**  
**Are you Indigenous or a member of one of these First Nations?**

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

### Purchase of Training:

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



### Apprenticeship:

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

### Wage Subsidies:

50% of wage for full-time jobs

### Mobility:

Assistance to attend job interview

### Relocation:

Assistance to relocate for a full-time job

### Employment Support:

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

**Self Employment Information**  
**Administer Second Careers**



## **INCOME TAX E-FILE**

THIS IS FOR LATECOMERS THAT HAVE NOT FILED THEIR INCOME TAX FOR APRIL OR ANY OTHER PAST YEARS.

DATE: **WEDNESDAY, JUNE 5<sup>TH</sup>, 2019**

TIME: **10:00 A.M – 2:00 P.M**

WHERE: **WAGAMAKE LEARNING CENTRE**



**MIIGWECH**



**WAABNOONG BEMJIWANG CHILD AND FAMILY SERVICES**

**INFO SESSION ON ALTERNATIVE CARE  
(FOSTER CARE)**

**JUNE 18, 2019**

**AT THE HENVEY HEALTH CENTRE**

**2 P.M.**

**WE ARE IN NEED OF INDIVIDUALS/COUPLES/FAMILIES INTERESTED IN BECOMING  
ALTERNATIVE CAREGIVERS FOR (FOSTERING) FIRST NATION CHILDREN/YOUTH**

**SNACKS AND DOOR PRIZES PROVIDED**

**NEED MORE INFO CONTACT (705)763-2000 EXT. 202**



HENVEY INLET FIRST NATION  
16th ANNUAL INTER-TRIBAL  
POW-WOW

**"GWEKAANIMAK"**

**JUNE 8th & 9th, 2019**

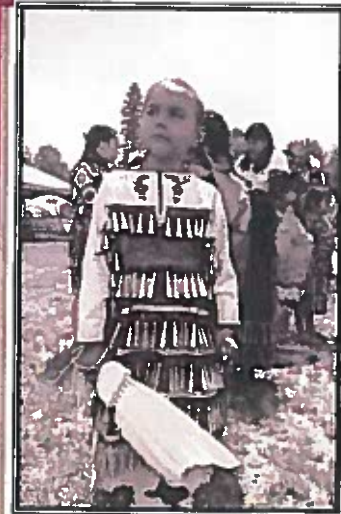


GRAND ENTRY: SATURDAY 1 PM & 7 PM  
SUNDAY 12 NOON

Host Drum: BIG TRAIN SINGERS New Credit, ON  
Co-Host Drum: THUNDER BOYZ SINGERS Henvey Inlet, ON  
Guest Drum: HIGH NOON SINGERS Hobbema, AB  
M.C: CHRIS PHEASANT Wikwemikong, ON  
Arena Director: ROBERT STONYPOINT Sagamok, ON  
Head Man: RYE WHETUNG Curve Lake, ON  
Head Lady: RAVEN NOGANOSH Rama, ON

Honorariums to the first 6 Registered Drum Groups  
Honorariums to all Dancers  
Feast & Give-a-way  
Dance Specials

ANISHINABEK CRAFT & FOOD VENDORS WELCOME



MYRA CONTIN-MCQUABBIE  
Henvey Inlet First Nation, ON

Location: French River I. R. #13 aka: Pickerel Reserve, ONTARIO  
45 minutes South of Sudbury off Hwy 69 or 1 hour North of Parry Sound.

Turn off at Pickerel River Road, drive in 4Kms.

Held at the PowWow Grounds on Pickerel River Road.

Watch for POW-WOW signs. Rough camping.

Bring your own lawn chair. No Pets. EVERYONE WELCOME!

This is a drug and alcohol free event.

FOR MORE INFORMATION CONTACT POW-WOW CO-ORDINATOR: KIM McQUABBIE  
Cell 705 822-9069  
EMAIL: kmcquabbie@gmail.com

 Find us on  
**Facebook**

# National Aboriginal Day



Looking for suggestions for events!  
Suggestion Boxes are set up at the  
Administration Building

DATE:  
JUNE 21

TIMES:  
T.B.D.

EVENTS:  
T.B.D.

Stay tuned for the days agenda which will be delivered to  
your mailboxes ASAP upon selection of suggestions!

For more information contact:  
Stan Moses- Cultural Co Ordinator 705-857-1221 or  
Angele Dubois- Community Mentor/Y.L.P. 705-857-2331



# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
02	03	04	05	06	07	08
	CAS Meeting Board Room	Sudbury Kina	Parry Sound Family Court	Meat Pic Workshop	Not In Office	
09	10	11	12	13	14	15
	Eagle's Nest Jordan's Principle Meeting	In Office	Family court Parry Sound	Summer Bingo	Parry Sound CAS	
16	17	18	19	20	21	22
	In Office	Bread Venture	In Office	Ladies Day	Sudbury CAS	
23	24	25	26	27	28	29
	In Office	CAS Board Meeting	Strawberry Picking	Parenting Workshop	In Office	
30	01	02	03	04	05	06



# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29 SEWING AFTERNOON	30	31	01
02	03	04	05 SEWING AFTERNOON	06 MEATPIE MAKING WKSHP	07	08
09	10 JORDAN'S PRINCIPLE MTG NORTH BAY	11	12 SEWING AFTERNOON	13 GET READY FOR SUMMER BINGO	14	15
16	17 Safe Food Handling	18 WELLBABY CLINIC BREADVEN TURE	19 SEWING AFTERNOON	20 LADIES DAY	21	22
23	24 ALGONQUIN GRADUATION	25	26 SEWING AFTERNOON	27 PARENTIN G	28	29
30	01	02	03	04	05	06



# Meat Pie Workshop



PLEASE JOIN US ON  
**THURSDAY JUNE 6, 2019 9:00 AM**  
COME COOK WITH JANICE CAMPBELL AT THE HEALTH  
CENTRE!!!  
SPACE IS LIMITED TO 4 PARTICIPANTS, SIGN UP BY  
CALLING DARCY AT THE HEALTH CENTRE

82

67

52

31

# Summer



# BiNGO

## THURSDAY JUNE 13, 2019

### 1PM AT THE

### HEALTH CENTRE

5

3

9

1



Limited Space

Register Now!



COMMUNITY HEALTH EDUCATOR

Phone: 705-857-1221

Fax: 705-857-0730

E-mail: [kara.harkness@henveymedicalcentre.com](mailto:kara.harkness@henveymedicalcentre.com)

HENVEY INLET HEALTH CENTRE

# WELL BABY CLINIC

**WELL BABY ASSESSMENTS WILL NOW BE HELD MONTHLY AT THE HEALTH CENTRE. IF YOU ARE PREGNANT, OR HAVE A CHILD UNDER THE AGE OF 1, PLEASE COME IN TO HAVE YOUR CHILD WEIGHT, HEIGHT AND DEVELOPMENTAL SCREENING PERFORMED!**

**ASSESSMENT INCLUDES:**

- WEIGHT AND BLOOD PRESSURE MONITORING OF MOM
- WEIGHT AND HEIGHT MONITORING OF INFANTS
- DEVELOPMENT SCREENING
- IMMUNIZATION OVERVIEWS
- TAKE HOME RESOURCES



**JUNE 17TH, 2019**

**10AM**

**HEALTH CENTRE**

- IF THE MONDAY IS A HOLIDAY, THEN THE WELL BABY CLINIC WILL BE HELD ON THE NEXT BUSINESS DAY
- DATES MAY BE SUBJECT TO CHANGE, PLEASE REFER TO CALENDAR LOCATED AT THE BOTTOM RIGHT

# Safe Food Handling



\* Please join the Health Centre Team and Ray Alatalo, Environmental Health Officer on

June 17, 2019

Henvey Inlet First Nation  
HEALTH CENTRE

Please contact Darcy at 705-857-1221 to sign up!!!

**REMEMBER....IF YOU WANT TO CATER FOR COMMUNITY FUNCTIONS, YOU MUST BE IN POSSESSION OF A CURRENT SAFE FOOD HANDLER CERTIFICATE!!!**

PLEASE CALL THE HEALTH CENTRE TO  
ENSURE YOUR NAME IS ON THE LIST!!!

## FIGHT BAC!



Keep Food Safe From Bacteria™

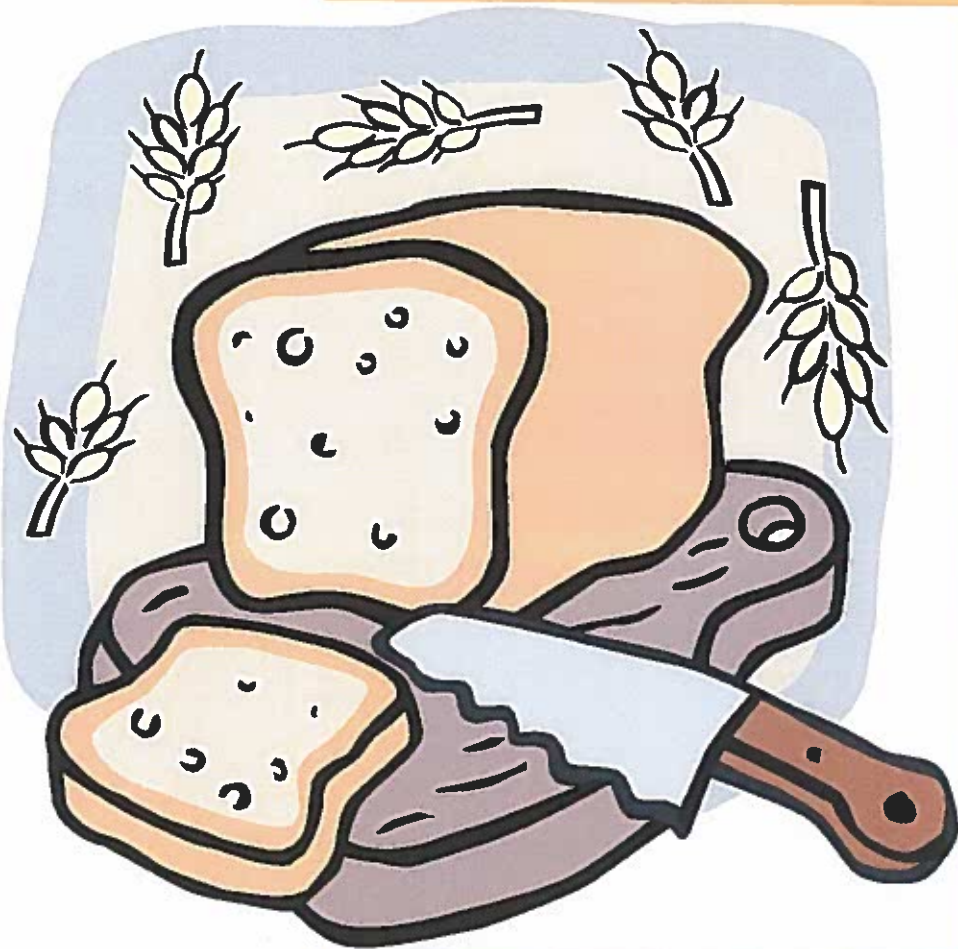


Health Canada Santé Canada



# BREADVENTURE

**Time: 9:00AM  
JUNE 18, 2019**



**COME AND JOIN US  
ALONG WITH OUR  
SUPER FABULOUS  
BAKER, JANICE  
CAMPBELL, IN BAK-  
ING HOMEMADE  
BREAD!!!**

**CALL DARCY @ 705 857 1221**

**SPACE IS VERY LIMITED, SO CALL AS SOON AS  
YOU CAN!! IF YOU REQUIRE TRANSPORTA-  
TION, PLEASE CONTACT THE HEALTH CENTRE  
3 DAYS PRIOR TO THE EVENT!!!**

**IF YOU HAVE PARTICIPATED  
MORE THAN 3TIMES,  
YOUR NAME WILL GO ON  
THE  
WAITING LIST TO ALLOW  
OTHERS TO JOIN**

# Ladies Day

AGES  
18-54



JOIN US FOR A FUN-  
FILLED LUNCHEON!!!



SPACE IS LIMITED TO THE FIRST 10 TO CALL  
IN!!! CONTACT DARCY TO SIGN UP!!!

TUESDAY MAY 20, 2019  
STARTING AT 12PM  
AT THE  
HEALTH CENTRE



# PARENTING WORKSHOP

PLEASE JOIN KERRI AND KARA  
ON  
**THURSDAY JUNE 27, 2019 AT 1PM**  
AT THE  
**HEALTH CENTRE**

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

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



# NNADAP

Louise Ashawasegai



# June 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1
2	3 OFFICE	4 ONE ON ONE	5 SEWING PARS	6 FIRE – PM HOME VISITS SWEAT	7 OFFICE PICK MEDICINE	8
9	10 OFFICE	11 ONE ON ONE	12 SEWING PARS	13 FIRE- PM HOME VISITS SWEAT	14 OFFICE PICK MEDICINE	15
16	17 OFFICE	18 ONE ON ONE	19 SEWING PARS	20 FIRE- PM HOME VISITS SWEAT	21 OFFICE PICK MEDICINE	22
23 PREPARING	24 OFFICE	25	26 SEWING PARS	27 FIRE – PM SWEAT	28 OFFICE HOME VISITS	29
30						

## Notes

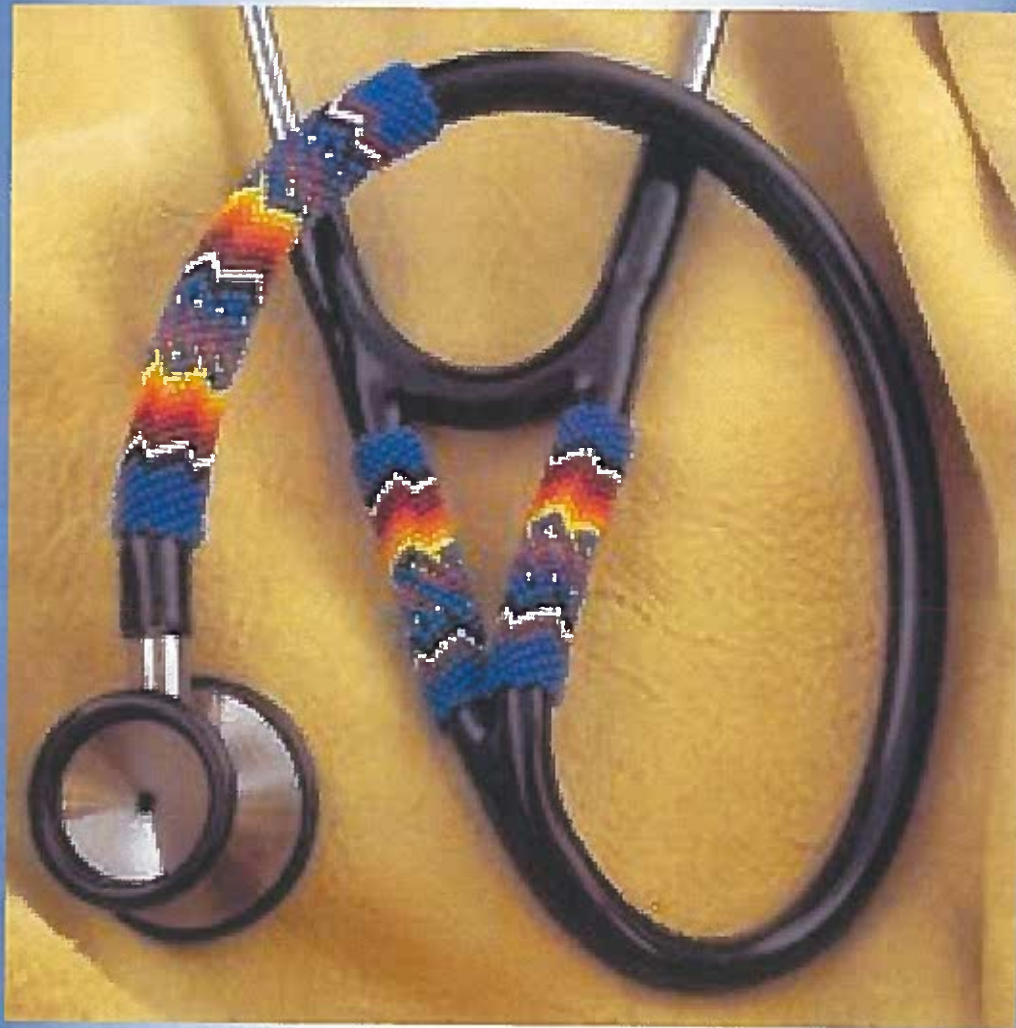
STAFF MEETING EVERY 2 WEEKS



**Please Protect our Children.  
We have needle disposal boxes  
All over our community.**

**USE THEM!!!!**

# Community Health Nurse



**Debbie Brennan**

# JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 OFFICE HOME VISITS	4 OFFICE HOME VISITS	5 OFFICE	6 OFFICE HOME VISITS	7 OFFICE	8
9	10 OFFICE	11 OFFICE HOME VISITS	12 OFFICE	13 OFFICE HOME VISITS	14 OFFICE	15
16	17 PROGRAM SHOPPING	18 PROGRAM PREP.	19 BP/BS SCREENING CLINIC	20 OFFICE	21 OFFICE	22
23	24 DM: Dialysis 11am-8pm	25 OFFICE	26 DM: Dialysis 11am-8pm	27 OFFICE	28 DM: Dialysis 11am-8pm	29/30



DEBBIE BRENNAN  
CHN



# COMMUNITY HEALTH



**DEBBIE BRENNAN**  
CHN



## **Aanii:**

**I would kindly like to introduce myself. My name is Debbie Brennan, and my spirit name is Buffalo Woman. My home community is Henvey Inlet First Nation, and I now reside in our community. I have a family of 2 children, and my fur babies. I am honored to fulfill the Community Health Nurse position, on a temporary basis, until further notice.**

**I am a Registered Practical Nurse, and worked in various health care settings over a span of fifteen years, and I am passionate about supporting families, and promoting purpose and meaning in daily living. My goal is client-centered care, which is the approach to respond to the client's changing health care needs.**

**I am looking forward to meeting the members of the community. I am friendly, and approachable, and please do not hesitate to visit me at the health center if you have inquiries, or just to say "hello". I will do my best to answer any of your questions, or concerns. Striving to work together is important in building a healthy community.**

## **Miigwetch**

### **HIFN Health Centre**

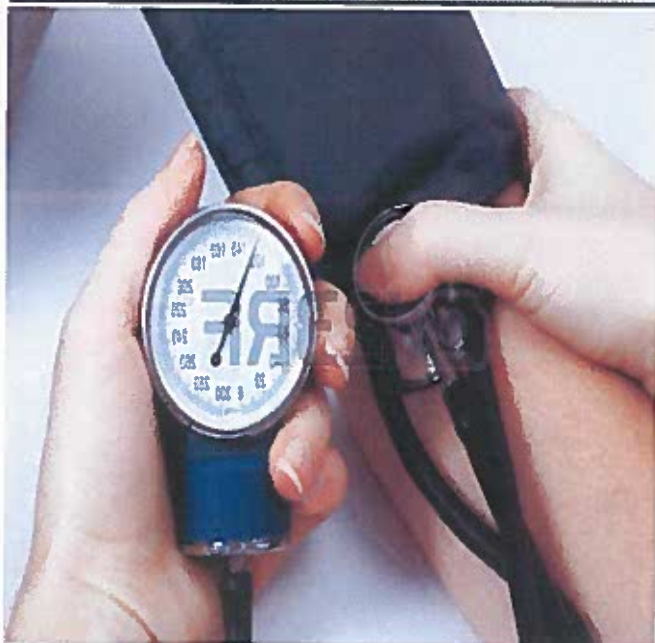
Henvey Inlet FN Health Centre  
354-A Pickereel River Rd  
Pickereel, ON  
POG-1J0

Phone: 705-857-1221 ext. 226  
Fax: 705-857-0730  
E-mail: [debbie.brennan@henveymedicalcentre.com](mailto:debbie.brennan@henveymedicalcentre.com)

# B/P & Blood Sugar Screening Clinic

**Date:** June 19, 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 2 bags of perish-**  
**ables, such as**  
**vegetables, eggs, bread,**  
**and healthy treats.**

**CONTACT:** Debbie Brennan,  
CHN

# Fentanyl Facts

Are you or someone you know at risk for opioid overdose?

[Learn More.](#)

## What is Fentanyl?

- Fentanyl is an opioid (a powerful painkiller) that is much more toxic than other opioids, such as heroin, morphine, methadone, or codeine. This makes the risk of accidental overdose with Fentanyl much higher.

## Illicit (Illegal) Fentanyl?

- Illicit or “bootleg” Fentanyl is being made illegally and sold on the street. It is being cut into many drugs like heroin, cocaine, ecstasy, and also in counterfeit pills that are being made to look like other prescription pills (like ‘OxyContin’ or ‘Percocet’)

## How to spot Fentanyl

- There is no easy way to know if Fentanyl is in your drugs. You can’t see it, smell it, or taste it
- When you are getting drugs from a friend, ordering online, or a dealer, there is no way to be sure exactly what is in them or how toxic they may be.
- Any drug can be cut (mixed) with Fentanyl. Even a very small amount can be deadly.

## Prevent overdose

If you are going to use, here are some ways to use more safely:

- Avoid using alone
- Avoid using more than one drug at a time or using drugs with alcohol
- Start with smaller amounts or “testers”
- Carry Naloxone

## Signs of overdose

- Can’t wake the person up
- Breathing is very slow, or has stopped
- Deep snoring or gurgling sounds
- Fingernails or lips are blue
- Body is very limp
- Pupils are very small

## RESPOND

### 5 Steps to Save a Life

1. Shake their shoulders, shout their name
2. Call for help
3. Give Naloxone
4. No change? Start chest compressions or CPR or rescue breathing
5. If no improvement in 3-5 minutes, repeat steps 3 & 4

Stay around until help arrives.

Adapted from Toronto Public Health, 2017.

## Naloxone

- Naloxone is a medication that temporarily reverses an opioid overdose
- Naloxone only lasts for about 30-60 minutes but the drugs taken can last longer – this means the overdose symptoms can come back if you don’t get help
- Naloxone can save a life while you are waiting for help to arrive

## The Good Samaritan Drug Overdose Act

- Provides some legal protection to those who witness an overdose and seek help on behalf of an overdosed person, where the police may arrive.
- The act helps those who either stay or leave the scene before help arrives. [www.Canada.ca/Opioids](http://www.Canada.ca/Opioids)

**DON'T USE ALONE.  
CARRY NALOXONE.**

Take-home Naloxone kits are available for free. Contact your Health Centre or Nursing Station for more information.

Adapted with permission of Ottawa Public Health. For educational and non-commercial use only.



# Don't Wait, Vaccinate! Measles

## What you should know about measles

### What is measles?

It's a severe illness caused by a virus. It spreads easily and is very contagious. Measles can be dangerous, especially for babies and adults as complications and deaths happen more often for these groups of people.

### What happens when you have measles?

High fever, cold-like symptoms and a bad cough start 7-18 days after being infected. This is followed by a red, blotchy rash on the face that spreads down the body. Measles can make children very sick and complications such as swelling of the brain can happen.

### How does measles spread?

The virus can spread very quickly, from 4 days before and up to 4 days after the rash started. It spreads from someone who has measles: when they cough or sneeze, and by sharing items such as utensils or cups. If you or your children haven't been vaccinated and have never had measles, you don't have protection from the virus and are at risk of getting measles.



#### SYMPTOMS OF MEASLES:

- Fever
- Cough
- Runny nose
- Body aches
- Rash
- Diarrhea
- Red eyes
- Feeling irritable or unwell

#### COMPLICATIONS OF MEASLES:

- Severe bronchitis, ear infections, and diarrhea
- Pneumonia (1 in 10 cases)
- Seizures
- Swelling of the brain (1 in 1,000 cases – of these cases 15% die and 25% have permanent brain damage)
- Death (1-2 in 1,000 cases)

### How do you avoid measles?

**Immunization is the best way to protect yourself, your children and your community.**

If you have measles, you should stay at home and away from anyone who isn't immune to measles for 4 days after the rash appears. This will help to limit the spread of the virus to others.

### How is measles found and treated?

Call your health care provider right away if you think you or your child may have been exposed to measles, or if you or your child has a rash that looks like measles. Measles is a serious disease that needs immediate treatment to avoid getting very sick and to help relieve any symptoms. There is no cure for measles.



# Don't Wait, Vaccinate! Measles

## What you should know about the measles vaccine

### What is the measles vaccine?

Measles vaccine is included in the measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV) vaccine, which is part of the regular childhood immunization series.

### How well does the measles vaccine work?

After the first dose of vaccine, protection is 85-95%. After two doses of vaccine, protection is almost 100%!

Very few people who get two doses of vaccine will still get measles if they are exposed to the virus. If they do get measles, they are less likely to have severe symptoms or spread the disease to others.

### What are the benefits of this vaccine?

The measles vaccine is safe, works well and is free. It's the best way to protect against serious symptoms that can happen from the disease.

### Who should get the measles vaccine?

The measles vaccine is given in 2 doses in childhood. Timing of when it's given varies by province and territory. The measles vaccine is also recommended for some people who didn't get measles or the vaccine in the past.

### Where can I get the vaccine?

Call your health care provider or local Public Health Unit.

### What are the possible side effects of the measles vaccine?

Most children are fine and have no reaction to the vaccine.

In some cases, your child may have some symptoms which are usually mild and don't last long. Your child's arm may be a bit red, sore or swollen where the needle went in. Some people may have a mild fever and a mild rash 1-3 weeks after the vaccine, that lasts for 1-3 days. Sometimes teens and adults have joint pain in the knees and fingers.

Talk to your health care provider about how to help relieve any symptoms after vaccination.

### Where can I get more information?

[Canada.ca/vaccines](http://Canada.ca/vaccines)



Don't Wait, Vaccinate! Measles Fact Sheet for First Nations

Updated: January 2018  
Original: January 2018

© Her Majesty the Queen in Right of Canada, Represented by the Minister of Indigenous Services, 2018.

Cat.: H34-314/2018E-PDF  
ISBN: 978-0-660-24492-1  
Pub.: 170258

# LEGALIZING AND STRICTLY REGULATING CANNABIS

The *Cannabis Act* sets out a system for legalizing, strictly regulating and restricting access to cannabis

## FEDERAL RESTRICTIONS TO PROTECT YOUTH

### MINIMUM AGE OF 18 TO PURCHASE

### PUBLIC EDUCATION AND AWARENESS CAMPAIGN

### REQUIRING CHILD RESISTANT PACKAGING AND WARNING LABELS

#### PROHIBITIONS

- Products appealing to youth
- Packaging or labelling cannabis in a manner that makes it appealing to youth
- Selling cannabis through a self-service display or vending machine
- Promoting cannabis, except in narrow circumstances where the promotion could not be seen by a young person
- Penalties: Up to \$5 million fine or 3 years in jail

#### TWO NEW OFFENCES

- Giving or selling to youth
- Using a youth to commit a cannabis-related offence
- Penalties: Up to 14 years in jail

## I'M AN ADULT. WHAT WILL I BE ALLOWED TO DO UNDER THE NEW SYSTEM?

### ✓ [ ALLOWED ]



#### POSSESSION UP TO THE LIMIT

- Up to 30 grams in public of licit dried cannabis and equivalent in non-dried
- Sharing up to 30 grams among adults



#### PURCHASE AND CONSUMPTION

- From a licensed retailer
- Minimum age of 18 (or higher if set by province/territory)
- Up to possession limit (30 grams)
- Initially available: dried and fresh cannabis, cannabis oil
- Other products (e.g. edibles) available later



#### HOME CULTIVATION

- Up to 4 plants per residence
- From legal seeds/seedlings
- Local oversight (e.g. registration or permit)
- Make cannabis-containing products at home, such as food and drink
- No use of dangerous organic solvents



#### MEDICAL

- Access to cannabis for medical purposes will be maintained
- Authorization of health care professional
- Home or designated production
- Direct order from licensed producer with secure delivery through mail or by courier

### ✗ [ PROHIBITED ]

#### DRIVING WHILE IMPAIRED BY A DRUG (INCLUDING CANNABIS)

#### DRIVING WITHIN TWO HOURS OF HAVING AN ILLEGAL LEVEL OF DRUGS IN BLOOD (NEW) \*

- Penalties can range from \$1,000 to life imprisonment depending on the level of drugs in blood and whether someone was hurt or killed

#### ILLEGAL DISTRIBUTION OR SALE

- Tickets for small amounts
- Up to 14 years in jail

#### POSSESSION OVER THE LIMIT

- Tickets for small amounts
- Up to 5 years less a day in jail

#### GIVING OR SELLING TO YOUTH (NEW)

- Up to 14 years in jail

#### USING A YOUTH TO COMMIT A CANNABIS-RELATED OFFENCE (NEW)

- Up to 14 years in jail

#### TAKING CANNABIS ACROSS INTERNATIONAL BORDERS

- Up to 14 years in jail

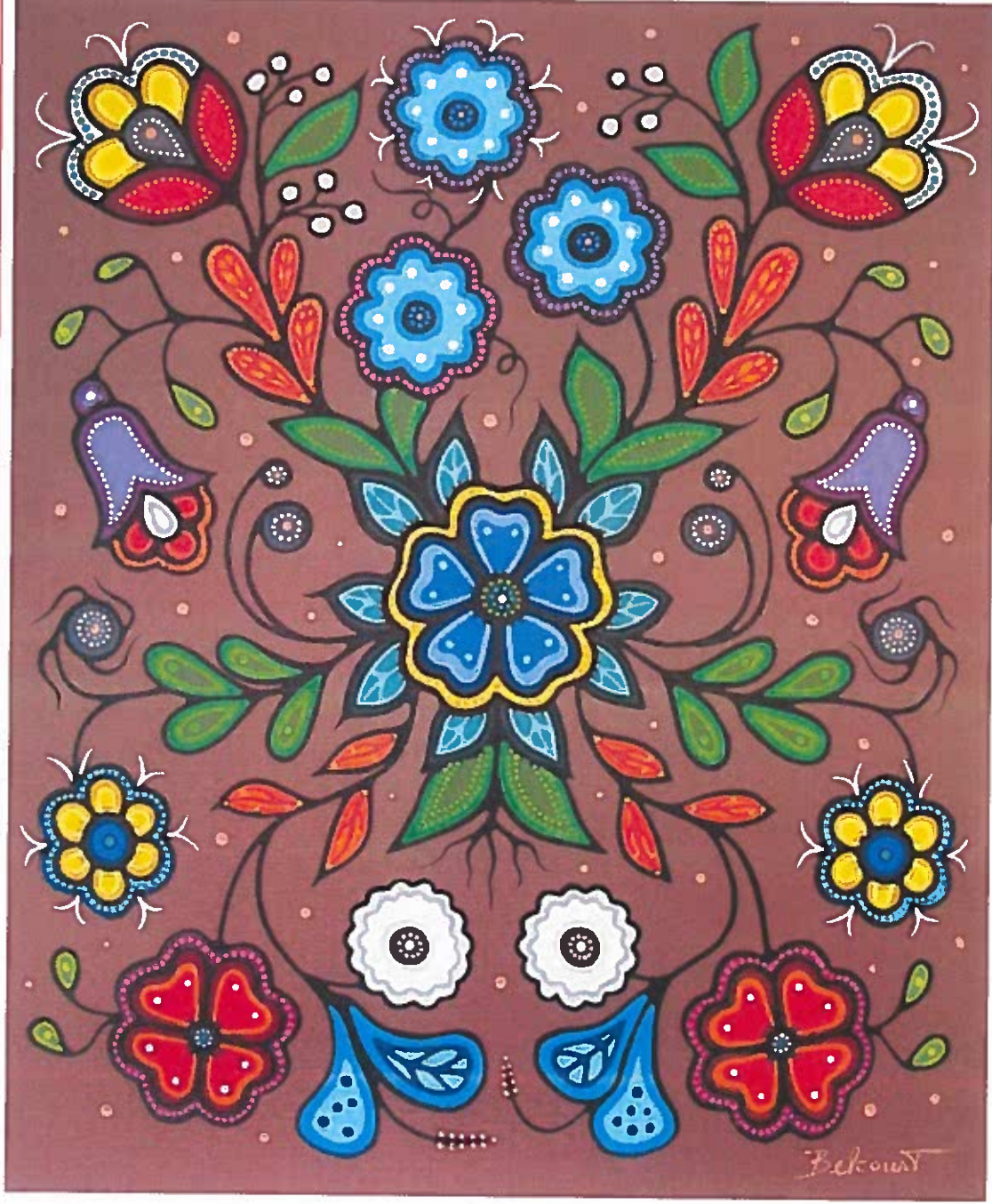
#### PRODUCTION OF CANNABIS BEYOND HOME CULTIVATION LIMITS OR WITH DANGEROUS ORGANIC SOLVENTS

- Tickets for small amounts
- Up to 14 years in jail

\* In impaired driving legislation



# 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



To keep the body in good health is a duty...otherwise, we may not be able to keep our mind strong and clear.

## JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
HIFN POWWOW DRUMMING WITH RODNEY	REGALIA MAKING	REGALIA MAKING DRUMMING WITH RODNEY	REGALIA MAKING	REGALIA MAKING DRUMMING WITH RODNEY	OUT OF OFFICE DEADLINE FOR 7GF TEACHING AWARD NOMINATIONS	HIFN POWWOW DRUMMING WITH RODNEY
9	10	11	12	13	14	15
HIFN POWWOW DRUMMING WITH RODNEY	CEMETERY RESEARCH	CEMETERY RESEARCH	PROGRAM SHOPPING	ELDERS LUNCH & BINGO	IN OFFICE	
16	17	18	19	20	21	22
FATHER'S DAY	VACATION	VACATION	VACATION	VACATION	INDIGENOUS DAY	
23/31	24	25	26	27	28	29/30
	VACATION 1/2 DAY	CEMETERY RESEARCH	STRAWBERRY PICKING	27 P.T.S.D. DAY (SEE DISPLAY) BRITT SCHOOL POWWOW	IN OFFICE	



# JUNE CLASSES 2019

DATE: 3, 4, 5, 6,

TIME: 9:00 A.M.



*MONDAY TO THURSDAY  
9AM TO 4PM.*

*FOR ALL REGISTERED PARTICIPANTS,  
WE WILL BE COMPLETING REGALIA PIECES  
THIS FIRST WEEK OF JUNE.*

*CWW LUANA MCQUABBIE*

# REGALIA MAKING

**JUNE 4 & 6, 2019**



**TUESDAY & THURSDAY NIGHT  
HEALTH CENTRE BOARD  
ROOM.**

**6:00—7:30 PM.**

Rodney Stanger will be  
assisting Thunderboyz Singers  
at the HIFN PowWow  
June 8 & 9.

**DRUMMING W/RODNEY**

CWW LUANA  
MCQUABBIE

# ELDERS LUNCH

## & BINGO

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YOU ARE INVITED TO A  
MONTHLY LUNCH & BINGO  
HERE AT THE HEALTH CEN-  
TRE.

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

OPEN TO 55+.



**JUNE 13, 2019**  
**12 NOON**



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Community Wellness Program/CWW LUANA MCQUABBIE

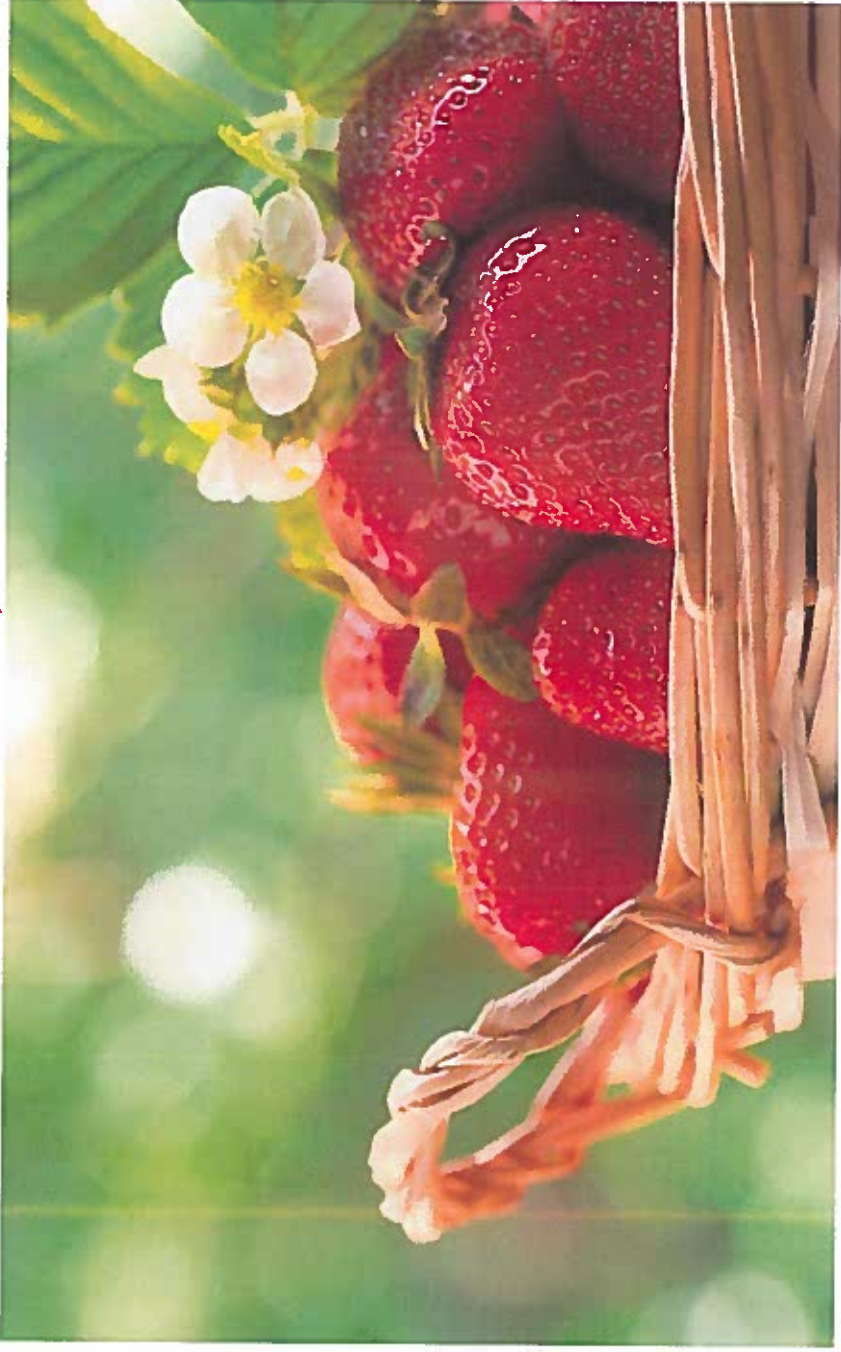
HENVEY INLET HEALTH CENTRE  
BOARDROOM  
354-A PICKEREL RIVER ROAD  
PICKEREL, ON

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

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

# STRAWBERRY PICKING @ STURGEON FALLS

WEDNESDAY, JUNE 26, 2019 @ 8:30 A.M.



**SIGN UP BY  
JUNE 14<sup>th</sup>.**

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

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

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

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

## FOR MORE INFO CONTACT:

CWW Luana McQuabbie  
NCFWS Kerri Campbell





**A HERITAGE PRESERVATION  
PROJECT**

**JUNE 2019**

**All CARDS & NOTICES  
will be returned to  
their original owner  
after a copy has been  
made for the Heritage  
Collection.**

**Same day return.**

**Please come with  
your CARDS & NOTICES  
to the Health Cen-  
tre for scanning or I  
can come to you.**

## **HERITAGE COLLECTION INFO NEEDED**

### **FUNERAL/PRAYER CARDS/OBITUARY NOTICE**

**Funeral Memorial Cards and Prayer Cards** are small, sturdy, sometimes laminated cards (about the size of a playing card) that offer a tribute to the deceased. After the funeral, it is common for people to place them in their bible or prayer book as a reminder of a loved one lost.

**Obituary Notice** is a news article that reports the recent death of a person. Typically along with an account of a person's life and information about the upcoming funeral.

*I have been doing research on our cemetery here in the main community. Eventually plaques will be placed at each grave as well as monument in the old part of the cemetery. As you know accurate records have not be kept up over the years. I am willing to take on this task and I need your assistance for this project. Any relevant information you can offer would be greatly appreciated. Even just a Name would give me something to work with. As a Thank You I will be giving out a Tim Hortons gift card a Value of \$2.00 for every card or Obituary Notice I receive. As long as I don't already have the same one in my collection.*



Examples



## **COMMUNITY WELLNESS PROGRAM**

LUANA MCQUABBIE  
COMMUNITY WELLNESS WORKER

Phone: 705 857-1221 EXT 227

E-mail: [luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)



# Seven Grandfathers Teachings 2019 Awards

## Call out for Nominations

Nominations are now being accepted for individuals who have made a positive contribution to our community. Nominators are encouraged to nominate an individual who have demonstrated qualities of one or more of the Seven Grandfathers Teachings. Awards will be handed out at this year's Indigenous Day Celebrations. Nominations can be submitted into one of the two ballot boxes located at the Health Centre or Band Administration Office. The deadline for submissions is Friday, June 7th at 12:00 Noon.

Each recipient will receive an Award and \$75.00.

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

# THE SEVEN GRANDFATHERS TEACHINGS AWARD NOMINATION BALLOT

To nominate an Individual who has made a positive contribution to our community, please circle the teaching you are nominating them for. Print their full name. Give an example in a short story using one of the chosen Seven Grandfathers teachings and indicate why you feel this individual would be a perfect candidate for this award.

**The Seven Grandfathers Teaching(s): (Please circle only one)**

WISDOM~~LOVE~~RESPECT~~BRAVERY/COURAGE~~HONESTY~~HUMILITY~~TRUTH

Name of Nominee: \_\_\_\_\_

An Example in a Short Story: \_\_\_\_\_

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Nominated by: \_\_\_\_\_  
Please print your name

All nomination ballots can be submitted into one the provided Nomination Ballot Boxes located at the Health Centre or Band Administration Office on or before June 7<sup>th</sup> at 12 Noon.

HIFN Daycare Newsletter  
June 2019

Spring being a tough act to follow, God created June.  
— Al Bernstein

June is upon us already and a flurry of activities are happening in the community. June has always been a month of hustle and bustle. We here at the Daycare are getting ready for the summer program. Reminding Parents to Please fill out application forms and update all your child/ren information for the summer months. We are still under construction here at the Daycare but things are moving along slowly but surely. I have enclosed a copy of the Daycare Calendar for your information.

June 3 to 7, 2019: Topic: Circles  
June 8 & 9, 2019: HIFN Pow-wow  
**Monday June 10, 2019: Staff Meeting**  
June 10 to 14, 2019: Topic: Dream Catchers  
June 17 to 21, 2019: Topic: Four Colors  
FRIDAY JUNE 21, 2019: First Nations Day CLOSED  
**Monday June 24, 2019: Staff Meeting**  
June 24 to 28, 2019: Painting Week

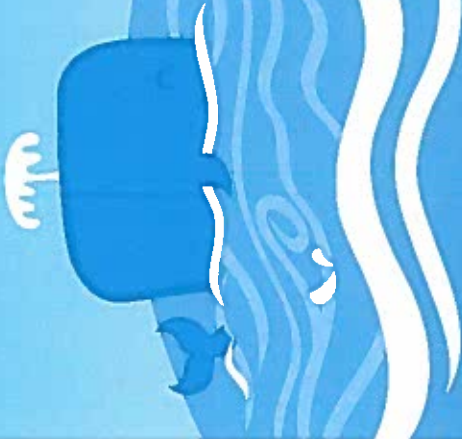
**Please remember** as the weather gets sunnier and hotter to please make sure and send extra clothing, a hat, and if you want bug repellent. Also make note to inform us if your contact information has changed. Enclosed is a recipes for summer salads, coloring pages, poems about Father's Day and First Nations Day! Please enjoy this following month and be Thankful and Grateful for what Mother Earth has provided for all! So get out there and enjoy Grandfather Sun and All that Mother Nature has provided..Odemiini-giizis (Strawberry Moon). I am Thankful for the last 20 years that I have been able to work with our communities children. As of June 1, 2019 it has been 20 years for HIFN Daycare and for myself being Supervisor. IT hasn't been a smooth ride but one that has been unforgettable!

**"If people refuse to look at you in a new light and they can only see you for what you were, only see you for the mistakes you've made, if they don't realize that you are not your mistakes, then they have to go."**

— Steve Maraboli

Meegwetch  
Charlene Ashawasegai RECE  
HIFN Daycare Program Supervisor





# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
<p><b>Reminder: Please complete your updated enrollment packages for your children and this summer program. Call or e-mail or drop by and pick up the package. Carrie holidays are June 24 to 28, 2019</b></p>						
02	03	04	05	06	07	08
		<b>TOPIC: Circles</b>	<p>During this week Topic it will Circles Galore.! We will be doing our crafts with circles all colors, sizes, and makes. Collages, carrot stamps, circle foods, Circle hunt, etc</p>			
09	10	11	12	13	14	15
		<b>STM</b>	<p>Our topic this week will require, cutting, hand &amp; eye coordination, we will be making paper dreamcatchers and lid dream catchers. There will be yarn, string, etc.</p>			
16	17	18	19	20	21	22
		<b>TOPIC: Four colors</b>	<p>This week we will be making 4 color dyeIye t-shirts with the kids and handbags too.</p>			
23	24	25	26	27	28	29
		<b>TOPIC: Painting week</b>	<p>Our last week of June will be painting with the four colors week. Paint with our hands, feet, cars, marbles, fruits, veggies. What ever the children would like to try. Expression is theirs through art.</p>			
30	01	02	03	04	05	06
		<b>STM</b>	<p><b>First Nations Day</b></p>			

# Fathers Can Be Solitary Mountains

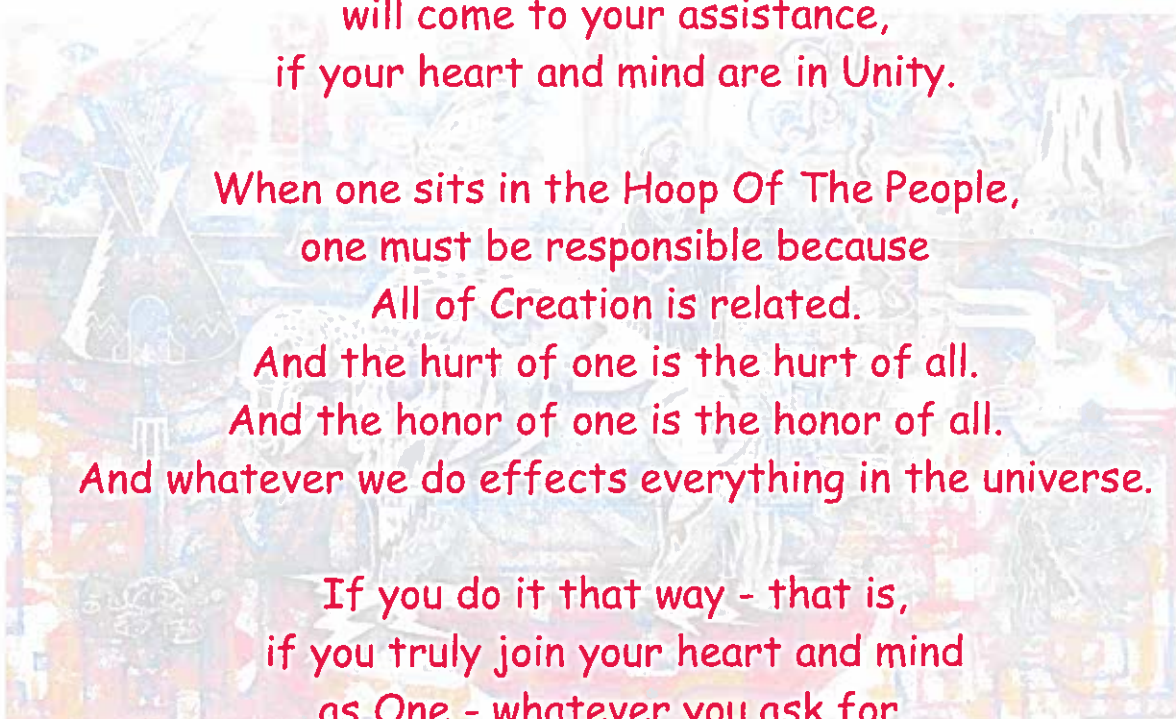
Fathers can be solitary mountains,  
All their love rock-like, steep, and strong.  
Though warm and caring, somehow they  
belong  
Halfway home to mothers' bubbling  
fountains.  
Each of us needs love that knows no  
quarter,  
Reminding us of bonds that cross a  
border,  
Strengthening our sense of right and  
wrong.

**Author Unknown**

## Instructions for Living

Friend do it this way - that is,  
whatever you do in life,  
do the very best you can  
with both your heart and mind.

And if you do it that way,  
the Power Of The Universe  
will come to your assistance,  
if your heart and mind are in Unity.



When one sits in the Hoop Of The People,  
one must be responsible because  
All of Creation is related.  
And the hurt of one is the hurt of all.  
And the honor of one is the honor of all.  
And whatever we do effects everything in the universe.

If you do it that way - that is,  
if you truly join your heart and mind  
as One - whatever you ask for,  
that's the Way It's Going To Be.

passed down from White Buffalo Calf Woman

Happy First Nations Day!!

**2019**

# Broccoli Salad No Mayo



5 from 2 votes

This healthy broccoli salad gets all the creaminess it needs from a tangy tahini and lemon dressing. I love to top this with grapes, raisins, peppers, toasted cashews, and cheddar cheese, but if you love bacon, throw that in as well!

Prep Time  
20 mins

Total Time  
20 mins

Course: **Salad** Cuisine: **American**

Keyword: **broccoli raisin cashew salad, broccoli salad, cold broccoli salad, healthy broccoli salad, no mayo, no mayonnaise**

Servings: **8 servings** Calories: **179kcal** Author: [Michelle Miller](#)

## Ingredients

- 6 cups broccoli chopped small
- 1 bell pepper orange or red
- 1 cup red grapes halved
- 1/3 cup cashews toasted
- 1/4 cup cheddar cheese cut into small cubes
- 1/4 cup golden raisins

## Lemon Tahini Dressing

- 1/4 cup tahini
- 1/4 cup lemon juice
- 1/4 cup white wine vinegar or sub red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon dijon mustard
- 1 teaspoon honey or date syrup, optional
- sea salt and pepper to taste

## Instructions

1. Mix all the dressing ingredients together. They can be whisked together, but for the creamiest dressing, add to a blender and process for a minute.
2. Add the chopped broccoli to a colander, and then pour boiling water over the broccoli to quickly soften it. Rinse it with cool water afterwards.
3. Mix the dressing into the broccoli and stir to fully coat.
4. Right before serving, add the rest of the ingredients. It's okay to add the raisins, grapes, and peppers, but keep the cheese and cashews reserved until serving.

## **Nutrition**

Calories: 179kcal | Carbohydrates: 17g | Protein: 5g | Fat: 11g | Saturated Fat: 2g | Cholesterol: 3mg  
| Sodium: 57mg | Potassium: 394mg | Fiber: 2g | Sugar: 8g | Vitamin A: 18.8% | Vitamin C: 101.7% |  
Calcium: 7.4% | Iron: 8.1%



# FRESH WATERMELON AND FRUIT SALAD

Recipe by LAURIE

My DBF(the truck driver) came home with extra watermelons from his delivery so I had to do something with them. This is very tasty, colorful and refreshing on a warm day.



READY IN: 20mins

SERVES: 20-30

UNITS: US

## INGREDIENTS

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- 1 watermelon (seedless is so much easier)
- 1 honeydew melon
- 1 cantaloupe
- 1 fresh pineapple
- 2 cups strawberries
- 2 cups blueberries
- 2 cups raspberries
- 2 teaspoons lemon juice

- 2      **tablespoons lime juice**
- 2      **tablespoons orange juice**
- $\frac{1}{3}$     **cup water**
- $\frac{3}{4}$     **cup sugar**

### **BUY INGREDIENTS ONLINE**

Send this recipe to your online basket

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**BASKET**

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## **DIRECTIONS**

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Slice the watermelon lengthwise about 1/3 of the way from the top.

This will be your bowl so you may have to slice a small portion off the bottom in order for it to sit flat.

Either ball or chunk the watermelon flesh.

Hollow out the watermelon shell completely.

Ball or chunk the remaining melons.

Chunk the pineapple.

Mix all the fruits in the melon bowl.

Combine the juices, water and sugar together.

Pour over the fruits and toss lightly.

Chill if desired or serve immediately.





