



October



**SCIENCE
DISCOVER
CAMP**

Science Camp
Sept. 30 @ 9am



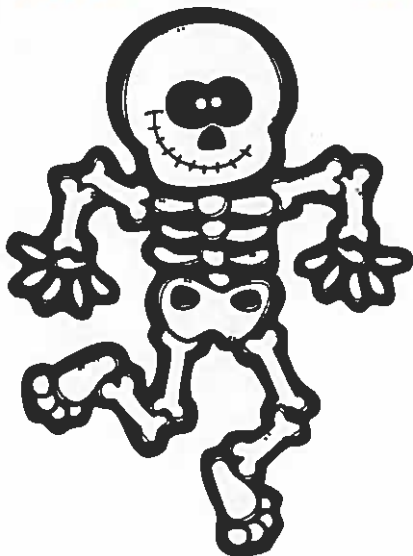
October 4, 2019
@ 9:30am



Offices Closed on
Monday Oct-14,-19
for Thanksgiving Day!



Band Council MTG.
Mon. Oct. 7 @ 6PM





Community Band Council Meeting

Monday October 7, 2019

6:00pm @ Firehall

Topics

- Staff Reports
- Council Reports

HIFN DAYCARE
SCIENCE CAMP

MONDAY SEPTEMBER

30, 2019

@ FIREHALL

9:00 AM TO 3:30 PM

**SNACKS AND LUNCH
PROVIDED**

**SO COME ON OUT AND
LEARN FROM HANDS ON
ACTIVITIES!**

AGES 5 -13 YRS!

TIME	ACTIVITY	
9:00 – 9:10	Piezo Popper	
9:10 - 9:40	Expectations & Shrinky Dinks	Take Home
9:40 – 10:00	Bike (Smoothie)	
10:00 – 10:15	Nutrition Break	
10:15 – 11:15	Bike (Art Spinner) + Wonder Gears	Take Home
11:15 – 11:30	Edison Lightbulb (Demo)	
11:30 – 12:00	Bike (Sledgehammer Light)	
12:00 – 1:00 pm	LUNCH	
1:00 – 1:45	Makey Makey + Snap Circuits (Stations)	
1:45 – 2:00	Nature Prints	Take Home
2:10 – 2:30	Spouting Bowl	
2:30 – 2:45	Nutrition Break	
2:45 – 3:20	Slime	Take Home
3:20 – 3:30	Big Rocket (Demo)	



Missing & Murdered Indigenous Women's day

Orange shirt day

September 30, 2019

FEAST AND SHIRT GIVE AWAY

5 PM AT THE FIREHALL

Stan & Louise



Caterer Needed!

Caterer required for HIFN Fall 2019 Community Cleanup

Requirements:

- *Safe Food Handlers Certification required.
- *Food to be prepared in smoke-free environment

Menu:

- * scone dogs
- * potato salad
- * fresh, cut vegetables (w/ranch and blue cheese dip)
- * drinks to incl. apple juice, orange juice, iced tea, flavoured sparkling water (large bottles, not individual)
- * dessert: fresh fruit salad w/ whipped topping

Date: Friday October 4th, 2019

Time: Lunch served at 11:30 a.m.

Place: HIFN Fire Hall

No. of people: 50 ppl



Please submit your quote to the HIFN Lands Office to the attention of Leena Hall, Lands Office Assistant by no later than noon on Friday September 27th (Quote to include: service fee, lunch for 40 people and mileage). Cleanup required afterward including removal of any garbage. **Please Note**** To keep waste to a minimum; feast bundles (i.e: reusable plate, cutlery & cup) will be provided for 50 ppl; caterer is not to provide disposable dinnerware/cutlery for this event, napkins only. Miigwetch!**

HIFN Fall Community Cleanup

PUT THIS
on YOUR
CALENDAR!



HIFN Fire Hall (start)

Friday October 4th

- Prizes for Top 3 groups - Catered Lunch - Door Prize - Thank you gift for all -

All Participants will receive a gift for helping to keep the community beautiful!



Group Sign-in

**9:00
A.M.**

Bring your team of four (4) and grab your bags & gloves at the Fire Hall:



- * Sign-in starts at 9:00 a.m. at the Fire Hall
- * All participants enter their name for a chance to win a DOOR PRIZE (ipad). Draw at end of event.

Cleanup kickoff !



Kickoff @ 9:30 a.m. sharp

Bag Tally Begins @ 11:00 a.m...Don't be Late!

Prizes and Door Prize Draw @ 11:15

**@ 9:30
A.M**



**Lunch
Served
@ 11:30**

Door Prize.... ipad worth
320.00!



32 GB (10.2 Inch) wifi &
cellular

Please register your group of four in advance for this event!!! Please call Leena @ the Lands Office before 4:30 p.m. on Thursday October 3rd, 2019 with your Team Name and team member names.

Transportation for elders is provided. Please call by 4:30 on October 3rd to arrange if transportation is required.

Contact: Leena Hall, Lands Office Assistant P: (705) 857-5211.

TICKETS

Canada's
Wonderland

HIFN Community Cleanup "Top Pickers" (Group which collects the most trash) will win...

Gold Passes

For Wonderland for 2019/2020!

Come out for the Community Cleanup October 4th for your chance to win!

Each winning team member receives a Gold Pass which includes:

Unlimited Visits to Canada's Wonderland and Splashworks for the rest of 2019 and all of 2020! Your Gold Pass also includes free admission to:





FIRST RESPONDERS VOLUNTEER WANTED!!!



- No Previous Experience Necessary
- The Departments Provide All Training
- Competitive and Challenging Environments
- Supportive Staff and Mentoring Program
- Rotating On-Call Times
- Must Be Self-Motivated and Eager to Learn
- Must be at Least 18 Years of Age
- Must be Physically fit to Perform Strenuous Duties

Contact Kara Newton 705-857-1221 31 for more info!!!

Be part of the **COMMUNITY** Be part of the **EXCITEMENT** Be part of the **TRADITION**



Deadline for Sign Up is
OCTOBER 18, 2019

ONTARIO WORKS PROGRAM

**ANYONE INTERESTED IN GETTING THEIR BUS
DRIVERS TRAINING/LICENSE PLEASE SIGN UP
AT THE BAND OFFICE.**



MIIGWETCH

Information Hwy:

By; Rosemarie Simmon

Federal Election information

The Federal Election is on Monday, October 21, 2019 Voting will take place from 9:30 am to 9:30 pm Eastern Time. This info is about why we vote, information on the parties their core belief, and there candidate running for Parry Sound-Muskoka.

Voting Day October 21,2019 polls open- 9:30 am to 9:30 pm Fire Hall, Henvey Inlet.

CANDIDATES for Parry Sound-Muskoka

Trisha Cowie is the Liberal Candidate for the 2019 federal election.

Here are 5 facts to help you get to know her better.

1. Cowie was born and raised in Port Carling and is one of eight children. She operates her own law practice, Cowie Law in Bala and is raising her 11-year old son, Ronan, where she grew up. She practises real estate law, family and criminal law and provides pro bono legal services to veterans and to victims of domestic violence, according to her Facebook page.
2. In 2015, Cowie was the federal Liberal candidate for the riding and came second, receiving 38.9 percent of the vote. She was defeated by Conservative candidate Tony Clement, who won 43.3 percent of the vote.
3. She was acclaimed as the 2019 Liberal candidate for the riding on May 8. The meeting took place in Port Sydney and was attended by Prime Minister Justin Trudeau.
4. Cowie is a member of the Hiawatha First Nation and says on her Facebook page that she is working to encourage reconciliation between Indigenous and non-Indigenous communities in the riding.

5. Her Facebook page says she is involved with local organizations such as the Manna Food Bank, Port Carling Curling Club, the Muskoka Lakes Soccer Club, the YWCA and Big Brothers Big Sisters.

Scott Aitchison is the Conservative Candidate for the 2019 federal election. Huntsville Mayor Scott Aitchison said he is ready to step into the election ring he has a lot on his plate as mayor of Huntsville and a full-time real estate business.

Tom Young is the federal NDP Candidate for ParrySound-Muskoka in 2019. Health care, national pharmacare, climate action, green energy and affordable housing loom large in candidate's remarks to NDP riding association members. Young, now a father himself, said he had worked in many industries, including hospitality, sales, radio and construction. He is a former municipal employee who worked for 12 years in public works for the Town of Bracebridge and four years as an operations supervisor at the Township of Georgian Bay.

But he made special note of his dedication to volunteerism, which includes Crime Stoppers, SantaFest,

Santa Claus Parade, teen dances, South Muskoka Shield, Salvation Army Toy Drive and hospital fundraising efforts. He's won the Town of Bracebridge Volunteer of the Year Award and others.

Gord Miller is the Green Party Candidate for Parry Sound-Muskoka. Gord Miller pegs Parry Sound-Muskoka Green-friendly riding and has great hopes for this fall's federal election.

Why do we vote, generally because we're not happy with things but I have been hearing announcers on the radio when interviewing people that they're not voting because things are bad and they don't see a resolution. WOW, if we don't vote then for sure there will never be change and things will keep going the way they are. But also keep in mind it takes some time to bring change around and like anything else you have to be patient. Taking a look at the time frame to pass a bill

with no obstacles could take two weeks to three months, depending on how difficult the text is and if there are obstacles sometimes more than a year. Can you see how difficult their job is in this instance? It all takes time. Do not despair take a deep breath and practice patience.

The Liberal Party of Canada has dominated federal politics for much of Canada's history, holding power for almost 69 years in the 20th century. Ask yourself why is this? Why do people feel connected to there policies? The Liberal party in the 1880s has been described as "the principal working-class party in most parts of the country.

Liberal Party Profile:

Trudeau's international image as a progressive leader rests a lot on his power of speech about addressing climate change and environmental disasters(Steven Zhou, News). The Liberals have been touting their record since taking power, the carbon tax (a favourite target of the Conservatives), a ban on oil tankers off the B.C. coast, the implementation of a carbon-limited fuel standard, and funding public transportation(Steven Zhou., News).

Indigenous Affairs

The Liberals don't have a full platform for this file yet but have promised to align Canada's commitments to Indigenous nations with the United Nations' Declaration on the Rights of Indigenous Peoples.

Indigenous voters turned out for Trudeau in 2015 partly due to his sweeping promises, from launching an inquiry into missing and murdered Indigenous women and girls (MMIWG), to addressing the prolonged water crisis on reserves.

They are likely to be disappointed. Numerous issues (and resignations) plagued the MMIW inquiry, including Indigenous voices revealing the lack of consultation with their communities. VICE has also covered extensively

how the Liberals have fallen short in providing reserves with clean water. For example, the Trudeau government said they essentially solved the issue with their investments. But a VICE fact check revealed that several reserves still suffered from chronic issues like power outages, underfunding, delays, and other breakdowns.

The disappointment perhaps culminated last when the government bought the Trans Mountain pipeline for \$4.5 billion. Some Indigenous nations, along with advocacy groups, even took their complaints to court as the PM defended the purchase by pointing to his record on the environment (Steven Zhou, News).

Best case scenario

Roughly tied with the Conservatives going into the election, Trudeau finds some of that 2015 magic on the campaign trail and Andrew Scheer proves to be dull and gaffe-laden. Ontario and Quebec largely go Liberal, with the Conservatives losing the Toronto suburbs thanks to Doug Ford, and a weakened NDP ceding seats to the Grits in Quebec. The Liberals lose a couple of seats in Atlantic Canada but largely sweep it. Western Canada is still a losing cause but they mostly maintain their seats there. If the Liberals can get young voters out again, and the Conservatives fail to make a dent in Ontario, Trudeau could easily win another majority, albeit a smaller one, even if they just have a narrow popular vote victory

The Conservative Party, in the Oxford Dictionary, says they are a right-winged group of individuals that believe in tradition, human imperfection, hierarchy which is the pecking order or class system, authority and property rights. They seek to preserve a range of institutions such as religion, parliamentary government, and property rights. With the aim of emphasizing social stability and flow.

Right winged parties include conservatives, Christian democrats, classical liberals, nationalists, and on the FAR RIGHT racists and fascists.

The Conservative Party is explained as a centre-right and right-wing party. Far-right politics have never been a prominent force in Canadian Society.

Conservative Party Profile: Things you Need to Know About Voting for Andrew Scheer

Scheer would like to tell you about Trudeau's terrible record and the conservative hits say's(Steven Zhou.,News).

Conservative leader Andrew Scheer demonstrated in the first leadership debate last Thursday that his party's main focus for this election is to attack Justin Trudeau's record (Steven Zhou.,News). And why? Maybe he does not have a platform that he is running on except let me tell you all of Mr. Trudeau's failures.

The Conservatives portraying Trudeau as an elitist leader with no sense of what it means to be middle class because of his privileged upbringing. Instead, Scheer is promising Canadians that he'll put money back in their pockets.

The Conservatives are promising tax cuts, less spending, and a shrinking government deficit(Steven Zhou.,News.,).

Mr. Sheer, the Government of Canada posted a budgetary deficit of \$ 19.0 billion for the fiscal year ended March 31, 2018. Revenues increased by \$ 20.1 billion or 6.9 percent. The current account deficit has now declined for three consecutive years from a peak of \$ 70.5 billion in 2015 (Canadian_public_debit, Wikipedia). When the Liberals took over from the Conservative government I find this very interesting...

Mr. Sheer also introduced new tax credits for families with children in sports (up to \$ 1,000 per child) or arts (up to \$ 500. Per child) (Steven Zhou.,News). What about the families that can not afford sports or the arts for their children. And are the Conservatives, taking from the Canada Child Benefit where it's up to the families where the money is spent not the Conservative Government? Most

middle-class families can not afford to have their children in a sport like hockey especially with more than one child (that would be a professional parent family your talking about with a much higher income than the middle class, Mr. Sheer.

Mr. Sheer's Tories have attacked the Liberals' carbon tax, which Scheer says will make it more expensive for Canadians to heat their homes and pump gas into their cars while having a negligible effect on carbon emissions(Steven Zhou.,News). I think what we have here is someone in denial of Climate change. Yes, the change will cost more money on our pocketbooks but if we don't change, I don't even want to think about what it will cost all of us. And I did not see any mention of the associated tax breaks.

Scheer also promises to repeal Bill C-69, which put some restrictions on how big energy projects are approved in Canada, including having to consult with Indigenous communities and having lawmakers explain how projects will affect public health and the environment. The bill restores regulations scrapped by the Harper Conservatives in 2012(Steven Zhou.,News).

Sheer said in the leadership debate last week that no community should be able to "hold hostage" any project and keep it from moving forward(Steven Zhou.,News).

Mr. Sheer maybe does not know about our Indigenous rights and our Treaty rights in Canada. He probably did not take a course in Indigenous Studies recommended by Universities in Canada for people working within the Federal Government.

Mr. Sheer also disagrees with the National Inquiry into Missing and Murdered Indigenous Women and Girls (MMIWG)'s finding this June that the disappearance and murder of well over 1,000 Indigenous women, girls, 2SLGBT QIA persons over a period of 30 or so years amounts to "Canadian genocide(Steven Zhou.,News).

Yet Mr. Sheer recklessly exploited Trudeau's youthful mistake of colouring his skin brown and wearing a turban for a picture in his yearbook. Some of the media are

asking him to resign. Yet Mr. Sheer has totally disregarded the Indigenous People's Rights and Treaty Rights across Canada. Maybe our Chiefs should get on the phone and call the Chiefs across this wonderful country of ours and ask them to make a stand. Yes, there is the Green Party and the NDP, but when it comes to the numbers needed to win, it is not likely that they will but not impossible. Let us not waste our vote, let's make it count.

NDP

Jagmeet Singh (b. 1979 in Scarborough, Ontario)

Upbringing: Singh's parents, both immigrants, were struggling to make ends meet when Singh was born. His mom worked at a bank and his dad had to work as a security guard while studying to obtain medical recertification (Canada did not recognize his training in India as a physician). His parents had to send him away to India to live with his grandmother because they couldn't afford to keep him around. These challenges have helped shape Singh's underdog image, particularly as the first racialized leader of a major political party in Canada. You could say that his early childhood struggles place at least part of his youth below the privilege threshold for the average middle-classer.

Education: Singh moved to Newfoundland as a kid so his dad could attend Memorial University. He learned English there. Then he moved to Windsor, Ontario where he was bullied so badly his parents ended up sending him across the border to a private school near Detroit, Michigan. He then got a degree in Biology from Western University, before going to Osgoode Hall Law School in Toronto. Tough roots, but some fine schooling.

Jobs: Singh was still in university when his father fell ill and couldn't work. So Singh ended up working in retail and became the sole earner in his household. Once he finished school, Singh worked as a criminal defence lawyer. While working in Brampton, Singh ultimately became interested in

partisan politics and ran in the 2011 federal election and lost. That same year, he ran in the Ontario election and became an MPP in Brampton.

GREEN PARTY

Elizabeth May (b. 1954 in Hartford, Connecticut)

Elizabeth May (b. 1954 in Hartford, Connecticut)

Upbringing: The only party leader on this list born outside of Canada, May didn't actually move here until she was 19. She became a Canadian citizen in 1978. May then worked in her family's small restaurant and gift shop business in Cape Breton. Her dad worked as an accountant at first and her mom as a sculptor and writer. By all accounts, she had a pretty standard middle-class upbringing. But she loses a half-point for being born in Connecticut.

Education: May had to put aside her studies at first to help out with her family's restaurant business. She took some courses in hotel management but didn't pursue full-time school until 1980 at Dalhousie University—the McGill of the Maritimes, where she got a degree in law.

Jobs: May is basically a career activist, policy wonk, and activist. She worked on environmental issues all throughout the 1970s and then as a policy adviser under the Brian Mulroney government in the 1980s. She then became the executive director of the Sierra Club from 1993 to 2006. In 2006 she became the leader of the Greens but didn't win a seat in Parliament until 2011.



**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: October 1, 2019
Re: HIFN Housing update.

Mark your calendars!

Furnace inspections by Reg's Heating is ongoing please contact Housing department to ensure your furnace gets inspected.

B.A.R. Refrigeration is inspecting HRV units, please contact the Housing department to ensure your unit gets inspected.

October 22nd is the Transfer meeting for all Phase 1, 2, and 3 homes. Don't forget your loonie! This meeting is mandatory for all home owners. Warm meal will be served.

October 23rd is the winter home maintenance workshop in the Firehall. Derck McGregor of Waabnoong Bemjiwang Association of First Nations will be the guest speaker. Attendance is mandatory. Please see attached flyer.

Thank you,

Heidi Kimberley
Housing Assistant

Home



Maintenance **WORKSHOP**

*Open to all community members
(Attendance is mandatory for all CMHC/Band
Unit tenants)*

WHERE: Fire Hall - Henvey Inlet First
Nation

DATE: Wednesday October 23, 2019

TIME: 1:00pm *(light snacks provided)*

Heidi Kimberley (Housing Assistant) 705-
857-2331 ext.223



CRAFTY KIDS NIGHT

with Debbie Lemieux
CHILD WELL BEING WORKER

Every second Wednesday Night.

Located at Right 2 Play Program (Tribal Downstairs)

Starting at 3:30pm to 5:30pm each date

Wednesday October 2, 2019 – Sock Monkey Making

Wednesday October 16, 2019 – Sensory Bottles Making

Wednesday October 30, 2019 – Halloween Craft

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

ONTARIO WORKS PROGRAM COMPUTER TRAINING

WHERE: LIBRARY CENTRE

DATE: TUESDAY OCTOBER 2, 2019

TIME: 9:30 A.M



TEACHER: ASHLEY MCGEE

YMCA EMPLOYMENT SERVICES

PARRY SOUND

**LUNCH PROVIDED
AND INCENTIVE**

You can learn how to help family and friends!



Become a Peer Helper

Peer Helpers are people who have been trained to recognize when their peers (friends and family) may have a problem. Peer Helpers have also been trained to listen effectively and to know where there are resources (help) for their friends and family.



N'Swakamok Native Friendship Centre

Is offering the

Community Resources Peer Helper Training Program

The first group will take the training in October

The second group will take the training in November

For information and to register contact:

Rose (705-674-2128)

Monica (705-929-2467)

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GEZHTOOJIG EMPLOYMENT & TRAINING

OCT. 2, 2019-Henvey Inlet Community Outreach
Sandra Martin will be available to meet with you in the community.

WHERE	DATE & TIME
Henvey Inlet—Fire Hall/Library	Wednesday, OCT. 2/19 1:00pm— 3:00pm

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



Hello:

Please Post, share with staff & for your community newsletter.

Do you know anyone that is Unemployed and 18+ years of age & from one of our First Nation communities?

To apply for funding to cover any of the items below for they **MUST be:**

- 1) **UNEMPLOYED**
- 2) **18+YEARS OF AGE**
- 3) **STATUS from one of these communities (Henvey Inlet, Magnetawan, Shawanaga, Wasauksing, Dokis, Temagami, Wahnapiatae)**

Items that Gezhtoojig will now cover include:

- 1) Driver's Education – Require a quote from driver training centre they want to do it at is required to be submitted along with attached forms.
- 2) G1 License Package Fees (includes a knowledge test, a Class G@ road test & five year license). (Fee as per Drive Test Ctre).
- 3) G License Road Test Fees \$89.25 (Fee as per Drive Test Ctre).
- 4) G License (5 Year) - \$90.00 (Fee as per Drive Test Ctre).
- 5) Back on Track - Require a quote from where they are taking the program.
- 6) Parole Board of Canada Pardon Fee of \$631.00 (to process a record suspension application). I've attached information in this email.

Here is:

- 1) Gezhtoojig forms
- 2) Parole Board of Canada Record Suspension information
- 3) Posters for Pardons, Back on Track, Driver Education & License Fees

To submit the request they would need to complete our Gezhtoojig forms attached & provide the information above for what they would like Gezhtoojig to cover.

Any questions please feel free to give me a call.

Thanks, Sandra Martin. 705 524 6772

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GEZHTOOJIG EMPLOYMENT & TRAINING

To request Gezhtoojig to cover the fees listed below you **MUST** be:

- (1) 18+ Years of Age,
- (2) Unemployed, &
- (3) 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

Call **GEZHTOOJIG** at **1-800-361-9256** or **705-524-6772**

BACK ON TRACK

- Require a quote from where they are taking the program

DRIVER EDUCATION TRAINING

- Require a quote from driver training centre

DRIVERS LICENSE FEES

- G1 License Package Fees includes a knowledge test, a Class G road test & five year license
- G License Road Test
- G License

RECORD SUSPENSION (PARDON)

- Parole Board of Canada Pardon Fee of \$631.00 to process a record suspension application



Applying for a Record Suspension?

Information
you should know

www.irp.gc.ca/dsuspension/g.c.c.ca
1-800-874-2652

Canada

Who is responsible for record suspensions?

The Parole Board of Canada (PBC) is the official and only federal agency responsible for ordering, denying and revoking record suspensions under the *Criminal Records Act* (CRA).

What is a record suspension?

A record suspension (formerly a pardon) allows people with a criminal record to have it set aside. This helps them access employment and educational opportunities and to reintegrate into society.

A record suspension removes a person's criminal record from the Canadian Police Information Centre (CPIIC) database. This means that a search of CPIIC will not show that you have a criminal record or a record suspension.

The CRA applies only to records kept by federal organizations, but most provincial and municipal criminal justice agencies also restrict access to their records once they are told that a record suspension has been ordered.

Limits of a record suspension:

- does not erase a convicted offence, but sets it aside;
- does not guarantee entry or visa privileges to another country;
- suspended records of former sexual offenders are **flagged** in CPIIC in order to conduct a vulnerable sector check should they apply to work or volunteer in such a sector.

Who can apply?

You can apply for a record suspension if you were:

- convicted of an offence, in Canada, under a Canadian federal act or regulation; or
- convicted of an offence in another country and transferred to Canada.

Are any offences ineligible?

Yes. You are not eligible if you have been convicted of:

- a Schedule 1 Offence (sexual offence involving a child) under the *Criminal Records Act*;
- more than three (3) offences prosecuted by indictment each with a prison sentence of two (2) years or more.

When can a person apply?

A person must have **completed all sentences**, which includes:

- all fines, surcharges, costs, restitution and compensation orders;
- all sentences of imprisonment, conditional sentence order;
- any probation order(s).

Followed by a **waiting period**:

- for summary offences: 5 years;
- for indictable offences: 10 years.

How does a person apply?

Get an Application Guide, which includes the application forms, and carefully complete all of the listed steps.

You can get an Application Guide by calling the PBC toll free at 1-800-874-2652, through the PBC website, regional PBC offices, or Court and police services offices.

How much does it cost to apply?

The PBC charges \$631 to process a record suspension application.

You are also responsible for additional fees related to getting the following: fingerprints, copy of your criminal record, court documents, and local police record checks.

Can a record suspension be revoked or cease to have effect?

Yes. If you are:

- convicted of a new indictable offence, or in some cases, a summary offence;
- found to no longer be of good conduct; or
- found to have made a false or misleading statement, or hidden information when you applied.

Did you know?

You can apply directly to the PBC for a record suspension.

Using a third-party service provider will not:

- X** guarantee you a record suspension;
- X** accelerate the review of your application; or
- X** give your application a special status.

The PBC treats all applications the same.

For more information, or help with your application, contact the

Parole Board of Canada:

1-800-874-2652 (toll free)

suspension@pbc-cler.gc.ca

www.reportsuspension.gc.ca

Or scan this code for an official application



		Case Reference	
		Person Reference	
<i>Ce formulaire est aussi disponible en français</i>			
Last Name		First Name	Middle Name/Nickname
Details			
Gender		Date of Birth	Marital Status
<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Undisclosed		DD MM YYYY	<input type="checkbox"/> Single <input type="checkbox"/> Married (or equivalent) <input type="checkbox"/> Undisclosed
Status in Canada			Date Arrived in Canada
<input type="checkbox"/> Canadian Citizen <input type="checkbox"/> Permanent Resident <input type="checkbox"/> Other: _____			DD MM YYYY
Please complete if you wish to self-identify as a member of a designated group(s). Your response to this question is entirely voluntary and will not affect your eligibility. This information will be used by the Governments of Ontario and Canada for policy analysis and statistical purposes related to employment programs and services.		<input type="checkbox"/> Newcomer <input type="checkbox"/> Person With Disability <input type="checkbox"/> Visible Minority <input type="checkbox"/> First Nations <input type="checkbox"/> Métis <input type="checkbox"/> Inuit	
Preferred Language of Service	Social Insurance No.		
<input type="checkbox"/> English <input type="checkbox"/> French	_____		
Address			
Primary Mailing Address			
Unit/Suite/Ap	Street Number and Name		City
			Province
			Postal Code
Alternate Mailing Address			
Unit/Suite/Ap	Street Number and Name		City
			Province
			Postal Code
Contact			
Primary Telephone		Alternate Telephone	
<input type="checkbox"/> Home <input type="checkbox"/> Mobile <input type="checkbox"/> Other		<input type="checkbox"/> Home <input type="checkbox"/> Mobile <input type="checkbox"/> Other	
Area Code		Area Code	
Tel. number		Tel. number	
Ext.		Ext.	
Email Address			

Education			
Select your Highest Level of Education <u>Completed</u>			
<input type="checkbox"/> Grade 0 - 8	<input type="checkbox"/> Grade 11	<input type="checkbox"/> Certificate of Apprenticeship	<input type="checkbox"/> Applied Degree
<input type="checkbox"/> Grade 9	<input type="checkbox"/> Grade 12 (or equivalent)	<input type="checkbox"/> Journeyperson	<input type="checkbox"/> Bachelor's Degree
<input type="checkbox"/> Grade 10	<input type="checkbox"/> OAC	<input type="checkbox"/> Certificate/Diploma	<input type="checkbox"/> Post Graduate
Institution of Highest Level of Education <u>Completed</u>			

START Date	END Date	Type	Country of Institution
DD MM YYYY	DD MM YYYY	<input type="checkbox"/> Full-Time <input type="checkbox"/> Part-Time	
Program Description			

Additional Education			
<input type="checkbox"/> Some Apprenticeship	<input type="checkbox"/> Some College	<input type="checkbox"/> Some University	
Institution of Additional Education (may or may not have been completed)			

START Date	END Date	Type	Country of Institution
DD MM YYYY	DD MM YYYY	<input type="checkbox"/> Full-Time <input type="checkbox"/> Part-Time	
Program Description			

Employment					
List your work experience below, including volunteer work. Start with the most recent job/volunteer activity.					
Employment Type <input type="checkbox"/> Paid <input type="checkbox"/> Self Employed <input type="checkbox"/> Unpaid <input type="checkbox"/> Volunteer					
Name of Employer			Job Title / Duties		
Country of Employment		Employment START Date DD MM YYYY		Employment END Date DD MM YYYY	
Wage Amount \$ _____	Per <input type="checkbox"/> Hour <input type="checkbox"/> Week <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Month <input type="checkbox"/> Year		Employment Hours per Week		Service Provider Use Only NOC NAICS
Reason for Leaving					
Employment Type <input type="checkbox"/> Paid <input type="checkbox"/> Self Employed <input type="checkbox"/> Unpaid <input type="checkbox"/> Volunteer					
Name of Employer			Job Title / Duties		
Country of Employment		Employment START Date DD MM YYYY		Employment END Date DD MM YYYY	
Wage Amount \$ _____	Per <input type="checkbox"/> Hour <input type="checkbox"/> Week <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Month <input type="checkbox"/> Year		Employment Hours per Week		Service Provider Use Only NOC NAICS
Reason for Leaving					
Employment Type <input type="checkbox"/> Paid <input type="checkbox"/> Self Employed <input type="checkbox"/> Unpaid <input type="checkbox"/> Volunteer					
Name of Employer			Job Title / Duties		
Country of Employment		Employment START Date DD MM YYYY		Employment END Date DD MM YYYY	
Wage Amount \$ _____	Per <input type="checkbox"/> Hour <input type="checkbox"/> Week <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Month <input type="checkbox"/> Year		Employment Hours per Week		Service Provider Use Only NOC NAICS
Reason for Leaving					

Additional Information	
How did you hear about this program?	
What are your short-term employment/career goals?	
What are your long-term employment/career goals?	
What types of work are you interested in doing? (List by order of preference)	
Identify any necessary adjustments or accommodations at a job location, e.g. access and/or equipment needs, that may be required due to a health issue or disability	
Have you applied for Employment Insurance Benefits in the past 52 weeks? <input type="checkbox"/> Yes If "Yes", where? _____ <input type="checkbox"/> No <input type="checkbox"/> Unsure	

Last Name	First Name	Case Reference	Person Reference
-----------	------------	----------------	------------------

Client Summary (Service Provider Use Only)

Internationally Trained Professional
 Yes No

Labour force attachment
 Employed Unemployed Under-employed Self-employed Full-time Student Part-time Student

Credentials not recognized in Ontario
 Regulated trade certificate College diploma
 Regulated professional University degree
 High school diploma N/A

History of poor work retention?
 Yes No

Job search skills: Unknown Needs development Satisfactory Strength

Employment skills: Unknown Needs development Satisfactory Strength

Language skills: Unknown Needs development Satisfactory Strength

Recent job loss due to labour market change?
 Yes No

Employment Experience
 No work experience Worked in Canada Worked, but not in Canada

Source of Income
 Employment Insurance (EI) Ontario Disability Support Program (ODSP)
 Ontario Works (OW) Dependent of OW/ODSP
 Crown Ward Extended Care and Maintenance No Income
 Other, specify: _____

Highest Level of Education/Training Completed
 _____ In Canada Outside Canada

Time out of school/work
 Less than 3 months 3 to 6 months 6 months to 12 months more than 12 months

Validation of OW/ODSP or EI status on file? Yes No Not Applicable
 Validation of income on file (if Training Supports are provided)? Yes No Not Applicable

ES proof of eligibility has been reviewed and verified (age, legally entitled to work in Canada, etc.)?
 Yes No

Case Worker (First Name, Last Name) _____ Date DD MM YYYY

Notice of Collection and Consent

Your Service Provider delivers Employment Service under an agreement with the Ministry of Training, Colleges and Universities (Ministry) and is required to make its books and records available to the Ministry for inspection, investigation or audit. Your Service Provider is also required to report to the Ministry on:

- the service it tailors and provides to you
- your educational, training and employment progress and outcomes
- your satisfaction with the service you receive

The Ministry will also collect relevant personal information from Canada if necessary to determine your eligibility for and the nature and level of Employment Insurance benefits and to monitor, assess and evaluate the effectiveness of Employment Service. Depending on the type of service or support you receive and any incentives available to your employer to hire you, the Ministry may also collect personal information indirectly from your employer.

The Ministry will use your personal information to administer and finance Employment Service. For purposes of administering the Employment Service, client information collected on this form will be recorded, either by the Service Provider or Ministry, in the Ministry's Employment Ontario Information System (EOIS). EOIS is used by the Service Provider and Ministry to support the administration of Employment Ontario programs and services, including the Employment Service. Note: The Ministry may use contractors and auditors to administer and finance Employment Service.

- Administration includes:
- Assessing the performance of your Service Provider – its effectiveness, efficiency and customer service results; monitoring, inspecting, investigating, auditing and enforcing your Service Provider's compliance with its agreement with the Ministry;
 - Planning, evaluating and monitoring Employment Service – this includes conducting surveys, and conducting policy and statistical analysis and research related to all aspects of Employment Service. You may be contacted to request your voluntary participation in surveys.
 - Promoting Employment Service – You may be contacted to request your voluntary participation in public relations campaigns related to Employment Service.

Employment Service is funded by the Ministry, in part with funds provided by Canada under Part II of the *Employment Insurance Act*. Under the Labour Market Development Agreement between Canada and Ontario (LMDA), the Ministry is required to collect your social insurance number to provide reports to Canada to allow it to monitor and assess the Employment Insurance Program as required under s. 3 of the *Employment Insurance Act*. For example of such a report, see http://www.hrdc.gc.ca/eng/employment/el/monitoring_assessment/index.shtml.

The Ministry collects your personal information in accordance with s. 38(2) of the *Freedom of Information and Protection of Privacy Act*, R.S.O. 1990 c. F.31, as amended, the LMDA, the Labour Market Agreement between Canada and Ontario, ss. 3, 63 and 139 of the *Employment Insurance Act*, S.C. 1996, C.23, as amended, s. 76.29 of the *Employment Insurance Regulations*, SOR/96-332, ss. 10, 34(1) and 36(1) of the *Department of Human Resources and Skills Development Act*, S.C. 2005, C.34 AND S. 8 OF THE *Privacy Act*, R.S. 1985, c. P-21, as amended.

For more information about the collection and use of your personal information to administer and finance Employment Service you can contact the Manager, Employment Ontario Hotline, in writing at the Ministry of Training, Colleges and Universities, 33 Bloor Street East, 2nd Floor, Toronto, Ontario M4W 3H1 or by phone at 1-800-367-5658. <http://www.edu.gov.on.ca/eng/tcu/threeWays.html>.

By signing below, I give consent to the Ministry to indirectly collect, use and disclose my personal information for the purposes set out above.

Signature of Participant _____ Date DD MM YYYY
 X _____

By signing below, I acknowledge that my Service Provider has explained its use and disclosure of my personal information for its purposes.

Signature of Participant _____ Date DD MM YYYY
 X _____



PARTICIPANT REGISTRATION

Last Name: _____		First Name: _____	
DETAILS			
FIRST NATIONS <input type="checkbox"/>	<input type="checkbox"/> Off-reserve <input type="checkbox"/> On-reserve	METIS <input type="checkbox"/>	INUIT <input type="checkbox"/>
NON-STATUS <input type="checkbox"/>			
First Nation Band Affiliation (<i>Community</i>): _____		Band No. (<i>10 digit</i>) _____	
Number of Dependents: _____	Age: _____	Age: _____	Age: _____
RESUME ATTACHED: <input type="checkbox"/> YES <input type="checkbox"/> NO			
Driver's License: <input type="checkbox"/> Y <input type="checkbox"/> N Type: _____	Access to Transportation: <input type="checkbox"/> Y <input type="checkbox"/> N	Willingness to Relocate: <input type="checkbox"/> Y <input type="checkbox"/> N	
SOURCE OF INCOME...You Must Select One			
<input type="checkbox"/> EI Employment Insurance	<input type="checkbox"/> OW Ontario Works	<input type="checkbox"/> ODSP Ontario Disability Support Program	<input type="checkbox"/> Other, <i>specify</i> : _____
NOTICE OF COLLECTION AND CONSENT			
I understand that Gezhtoojig Employment and Training may collect relevant information to monitor, access, and evaluate the effectiveness of Employment/Training Service and to administer and finance Employment/Training Service. Any exchange of personal information will be held confidential between all parties below:			
Representative	<i>Initial</i> ↓	Representative	<i>Initial</i> ↓
<input checked="" type="checkbox"/> Employment Insurance		<input type="checkbox"/> First Nation:	
<input checked="" type="checkbox"/> Employment Ontario		<input type="checkbox"/> Other LDM:	
<input checked="" type="checkbox"/> Aboriginal Labour Force Development Circle		<input checked="" type="checkbox"/> Employer:	
<input checked="" type="checkbox"/> Union of Ontario Indians		<input type="checkbox"/> Training Institution:	
<input type="checkbox"/> Other:		<input type="checkbox"/> Ontario Disability Support Program	
<input type="checkbox"/> Other:		<input type="checkbox"/> Ontario Works	
I hereby grant permission to Gezhtoojig Employment and Training to collect, use and disclose my personal information when required, on an as needed basis for the purposes set out above.			
SIGNATURE OF PARTICIPANT: X _____		DD	MM
		YYYY	
CONSENT TO RECEIVE EMAIL UPDATES			
To receive emails from Gezhtoojig about our program & services, employment opportunities and invitations to events please check one of the two options : <input type="checkbox"/> YES I CONSENT or <input type="checkbox"/> NO THANKS			
<input checked="" type="checkbox"/> I CONSENT ... Email Address: _____			
SIGNATURE for Consent: _____			
<u>Please note:</u> To change your consent click on the "unsubscribe" button found at the bottom of our electronic messages.			
SERVICE RATING			
As your Service Provider how would you rate Gezhtoojig Employment and Training's Services? Please rate on a scale of 1 to 5 (1 poor, 5 excellent): _____			
<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			
BARRIERS TO EMPLOYMENT: (Do not fill out this Section)			
<input type="checkbox"/> None	<input type="checkbox"/> Education	<input type="checkbox"/> Lack of Transportation	
<input type="checkbox"/> Lack of Labour Force Attachment	<input type="checkbox"/> Economic	<input type="checkbox"/> Remoteness	
<input type="checkbox"/> Lack of Work Experience	<input type="checkbox"/> Dependant Care	<input type="checkbox"/> Other Barrier Not Listed	
<input type="checkbox"/> Lack of Marketable Skills	<input type="checkbox"/> Language	<input type="checkbox"/> Physical, Emotional or Mental Health	



**Learn how you could get your degree,
diploma or certificate or upgrade your skills
online without leaving your community.**

Drop in to see **Jacquie Wareham**, Contact North | Contact Nord Online Learning Recruitment Officer, at the following location in **Henvey Inlet First Nation** to learn more about what programs and courses are available. No appointment necessary!

Wagamake Adult Learning Centre
295 Pickerel River Road, Pickerel
Wednesday, October 23, 2019 at 10:00 a.m.

For more information, contact the Parry Sound online learning centre at **parrysound@contactnorth.ca** or call **1-855-352-1531**.



COLIN MOUSSEAU TRADITIONAL HEALER

DATES:

Tues. Oct. 22, 2019 - One on One Appts.

Wed. Oct. 23, 2019 - TENTATIVE-

Community Members Honoring Of

Anishinabek Names

Thurs. Oct. 24, 2019- One on One Appts.

WHERE: HIFN Library

TIMES: 9:00am – 5:00pm

**TO BOOK AN APPOINTMENT OR
CANCEL YOUR APPOINTMENT
PLEASE CONTACT:**

**Darcy Ashawasegai
HENVEY INLET FIRST NATION
Health Centre 705 857-1221**



**JOB POSTING
INTERNAL/EXTERNAL**

CLOSING DATE: October 16th, 2019

Position: SAR Field Technician & Community Liaison

Start date: as soon as possible

End date: March 31, 2022 with possible extension

Salary: \$20/hr for 37.5 hours per week

Job Description

The SAR Field Technician & Community Liaison will support Shawanaga First Nation and the Georgian Bay Biosphere Reserve in the delivery of species-at-risk projects. The successful candidate will have the dual roles of being a field technician and a liaison with Knowledge Keepers. A large part of the SAR Field Technician & Community Liaison's role will focus on working with First Nations communities in eastern Georgian Bay to develop Traditional Ecological Knowledge (TEK) protocols and subsequently conduct interviews with Elders and Knowledge Keepers related to species-at-risk. The SAR Field Technician & Community Liaison will also be involved in species-at-risk field work in and near rivers and wetlands in all weather conditions.

Key Responsibilities

- Develop TEK protocols with several First Nations communities in eastern Georgian Bay.
- Reach out to First Nations communities in eastern Georgian Bay and conduct interviews with Elders and Knowledge Keepers to gather TEK on lake sturgeon.
- Assist with monitoring at several known and suspected lake sturgeon spawning locations along the coast of eastern Georgian Bay to investigate presence/absence.
- Assist with daily road and habitat surveys for reptiles, as needed.
- Input, organize, and manage TEK and monitoring data according to established protocols.
- Attend gatherings with community members to give educational presentations as well as gather TEK about local species-at-risk.
- Other duties as assigned.

Knowledge and Experience

- University or college education and/or work experience in applied fieldwork, conservation, and biology.
- Knowledge and understanding of Indigenous culture and values.
- Experience gathering TEK a strong asset.
- Knowledge of Ontario fish and reptiles, ecological principles, field research, and conservation is required.
- Boating and watercraft experience preferred.
- Field research experience in remote and challenging conditions.
- Experience working with species at risk a strong asset.

- Ability to tolerate extreme weather conditions and biting insects, while spending full days in the field.
- Moderate to strong swimmer.
- Valid driver's license required.
- Valid First-Aid/CPR certification.

Please submit a cover letter addressing how your previous work and personal experience will satisfy the requirements of this job, three current references, and a resume. Applications must be submitted on or before **October 16th, 2019 @ 4:00 pm**

Shelley Baker, HR Manager
hrmanager@shawanagafirstnation.ca
Shawanaga First Nation
2Village Rd., Nobel, ON P0G 1G0 Fax: 705-366-2740

Preference may be given to Aboriginal candidates with relevant on reserve employment experience and/or those with knowledge and understanding of the Shawanaga First Nation history and community.

Only those applicants selected for an interview will be contacted. We wish to thank everyone for their applications.

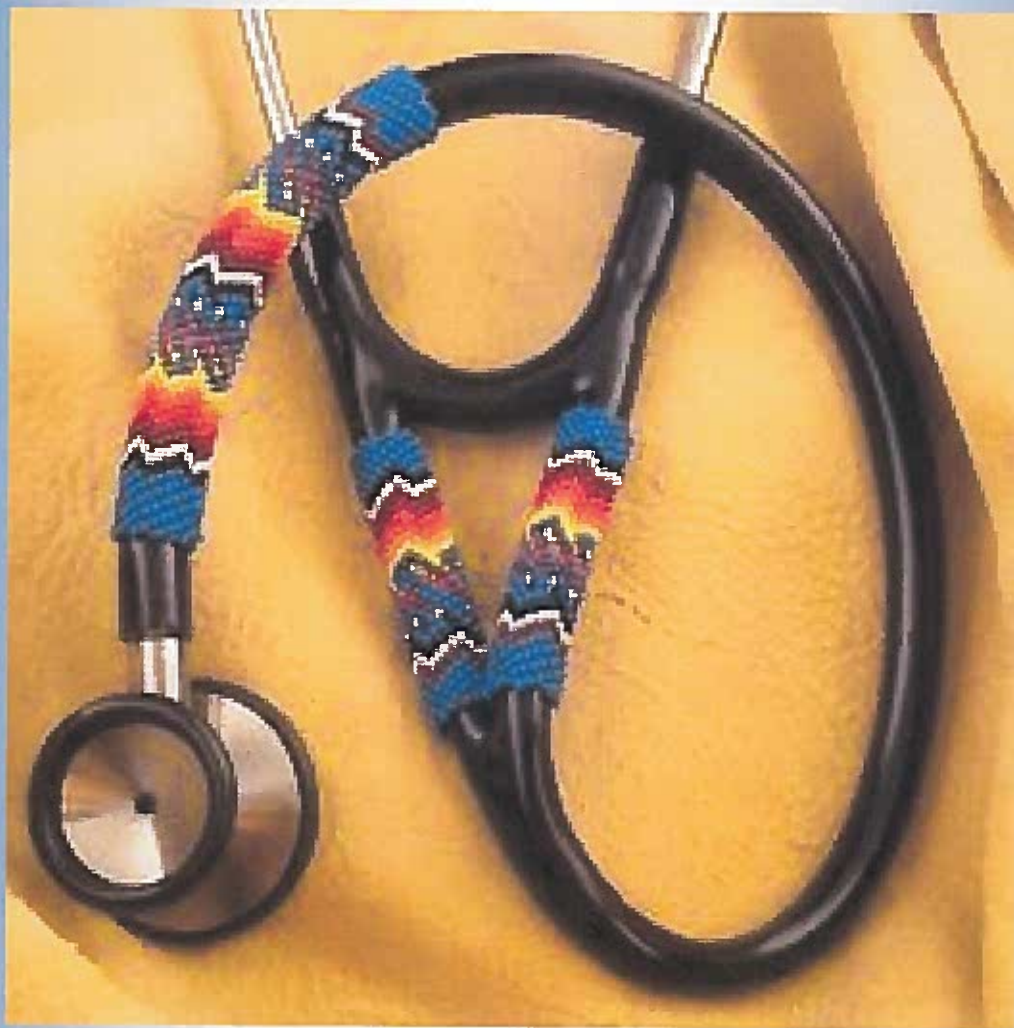
SHAWANAGA HEALING CENTRE PRESENTS...

FAMILY HALLOWEEN VIDEO DANCE

OCT 25

FOR INFO CONTACT JOSHUA @
705.366.2378. HELD @ THE REC CTR.
ALL ARE WELCOMED!

Community Health Nurse



Debbie Brennan

October 2019



DEBBIE BRENNAN
CHN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 OFFICE HOME VISITS	2 Dmitiri H&fitness Elders	3 Elders cruise	4 OFFICE	5
6	7 OFFICE HOME VISITS	8 OFFICE HOME VISITS	9 Dmitiri H&fitness Elders	10 OFFICE HOME VISITS	11 OFFICE	12
13	14 OFFICE HOME VISITS	15 Program Prep.	16 B/P, B/S Screening Clinic	17 Meeting NP Consult tentative	18 OFFICE	19
20	21 OFFICE HOME VISITS	22 Program Prep.	23 Dmitiri H&fitness Elders	24 LUNCH & LEARN	25 OFFICE	26
27	28 OFFICE HOME VISITS	29 OFFICE	30 Dmitiri H&fitness Elders	31 Happy Halloween! OFFICE	OFFICE HOME VISITS	

Blood Pressure/ Blood Sugar Clinic

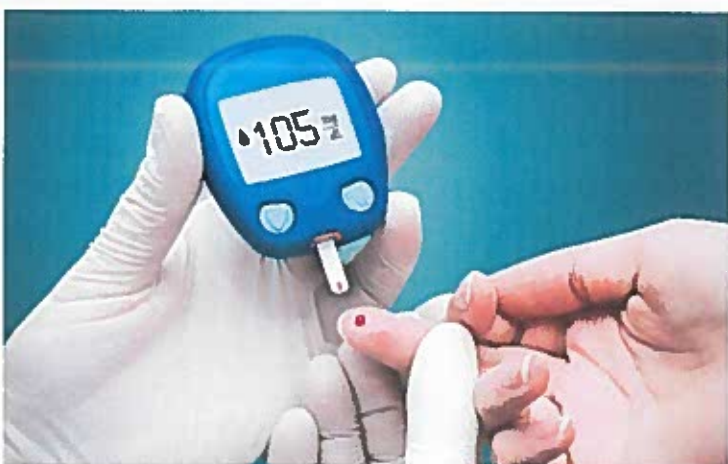
Location: Trailer #4– Health Centre

Wednesday October 16, 2019 10am– 3pm



No sign-up necessary!

Up to 3 individuals who visit Debbie to have their B.P./B.S. checked will be eligible to win 2 bags of perishables such as; fruit, veggies, eggs, bread, and healthy treats.



Contact:

Debbie Brennan, C.H.N.

705-857-1221

Lunch N Learn

Location: To Be Announced

Thursday October 24, 2019 10am- 3pm



Diabetes
Education

Diabetes BINGO!!

20 maximum players

Please call Darcy to sign up!! You must be present at program by 11:45am or your name will be bumped by next person on the waiting list.

Contact:

Debbie Brennan, C.H.N.

705-857-1221

**THINK
PINK**

OCTOBER

**BREAST
CANCER**

AWARENESS MONTH





EARLY DETECTION

Basic tips on self exams for breast cancer.

STEP 1

Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.



Here's what you should look for:

- Breasts that are their usual size, shape, and color
- Breasts that are evenly shaped without visible distortion or swelling

Now, raise your arms and look for the same changes.

STEP 2

STEP 3

While at the mirror, look for any signs of fluid coming out of one or both nipples (This could be a watery, milky, or yellow fluid or blood).

Next, feel your breasts while lying down, using your right hand to feel your left breast, then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter.

STEP 4



STEP 5

Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.

Is it a **Cold** or the **Flu**?

SYMPTOM	COLD	FLU (INFLUENZA)
Fever	Rare	Usual, high fever (102°F/39°C to 104°F/40°C) sudden onset, lasts 3-4 days
Headache	Rare	Usual, can be severe
General aches and pains	Sometimes, mild	Usual, often severe
Tired and weak	Sometimes, mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort, coughing	Sometimes, mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure; Can worsen a current chronic respiratory condition; Can be life-threatening

SEE A HEALTH CARE PROVIDER RIGHT AWAY IF YOU DEVELOP THE FOLLOWING SYMPTOMS

- Shortness of breath, rapid breathing or difficulty breathing
- Chest pain
- Bluish or grey skin colour
- Bloody or coloured mucus/spit
- Sudden dizziness or confusion
- Severe or persistent vomiting
- High fever lasting more than three days
- Low blood pressure

ADDITIONAL SYMPTOMS TO WATCH FOR IN CHILDREN

- Not drinking enough fluids or eating
- Not waking up or interacting
- Irritability; not wanting to play or be held

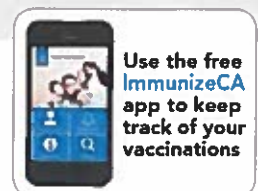


To find out where to get your flu vaccine or to learn more about the ImmunizeCA app, visit Fightflu.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Use the free
ImmunizeCA
app to keep
track of your
vaccinations

Kerri Campbell
N.C.F.W.




&

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





October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 HOLIDAYS	01 HOLIDAYS	02 HOLIDAYS	03 HOLIDAYS	04 HOLIDAYS	05
06	07 CAS CQI MEETING NORTH BAY	08 In Office	09 Not In Office	10 Dmitri Health & Fitness 18-54	11 Parry Sound	12
13	14 Closed 	15 In Office	16 Nijaansinani Meeting Trailer #2	17 Dmitri Health & Fitness 18-54 Parenting Workshop	18 In Office	19
20	21 Dmitri Health & Fitness 18-54	22 Bread Venture 	23 Halloween Dance Shopping	24 Dmitri Health & Fitness 18-54	25 Halloween Dance 	26
27	28 Dmitri Health & Fitness 18-54	29 Family Court CAS Board Meeting	30 LADIES GAME DAY 12-2	31 Dmitri Health & Fitness 18-54	01 Not In Office	02
03	04	05	06	07	08	09

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 STAFF MEETING IN OFFICE	01 IN OFFICE	02 IN OFFICE	03 IN OFFICE	04 IN OFFICE	05
06	07 IN OFFICE	08	09 BUDGETING WKSHP 10AM	10 DEADLINE FOR DIY HALLOWEEN COSTUME MAKING	11	12
13	14 	15 STAFF MEETING/ SHOPPING FOR DIY HALLOWEEN COSTUME WKSHP	16 Nijjaansinamik Mlg	17 DIY HALLOWEEN COSTUME WKSHP	18 IN OFFICE	19
20	21 SHOPPING FOR BREADVENTURE	22 BREAD VENTURE 9AM	23 IN OFFICE	24 IN OFFICE	25 	26
27	28 STAFF MEETING	29 IN OFFICE	30 LADIES GAME DAY	31 IN OFFICE	01 IN OFFICE	02
03	04	05	06	07	08	09





BUDGETING

WORKSHOP

PLEASE CONTACT DARCY AT 705-857-1221, TO SIGN UP!

with Tom Bursma

Wednesday October 9, 2019

10:00am

Trailer #2



Niijaansinaanik

Child and Family Services

"Our children are sacred"

COMMUNITY PRESENTATION

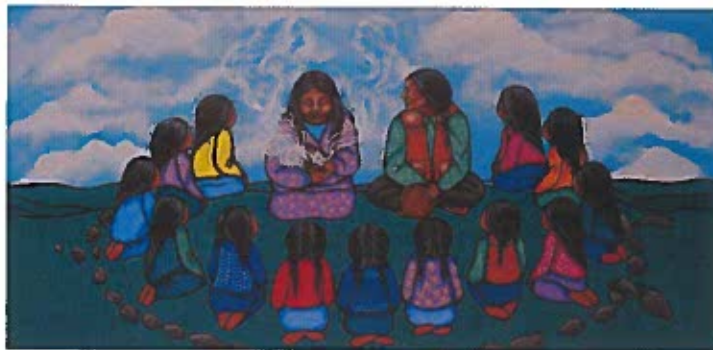
DATE: MONAY OCTOBER 16TH, 2019

LOCATION: HENVEY INLET FIRST NATION-TRAILER NO 2, PICKERAL RIVER ROAD

TIME: 10:00AM



NIJJAANSINAANIK CHILD AND FAMILY SERVICES
SERVICE MODEL, CUSTOMARY CARE, JORDAN'S
PRINCIPLE





PARENTING WORKSHOP

DIY HALLOWEEN

COSTUMES

**PLEASE SUBMIT AT LEAST
2 IDEAS OF COSTUMES &
SIZES to DARCY BY
THURSDAY, OCTOBER 10 ,
4:00 PM**

NO EXCEPTIONS!!



**PARENTING WORKSHOP
DIY HALLOWEEN
COSTUMES**

**Do It Yourself Halloween
Costume Workshop**

**THURSDAY OCTOBER 17,
2019**

9:30 AM

TRAILER #2

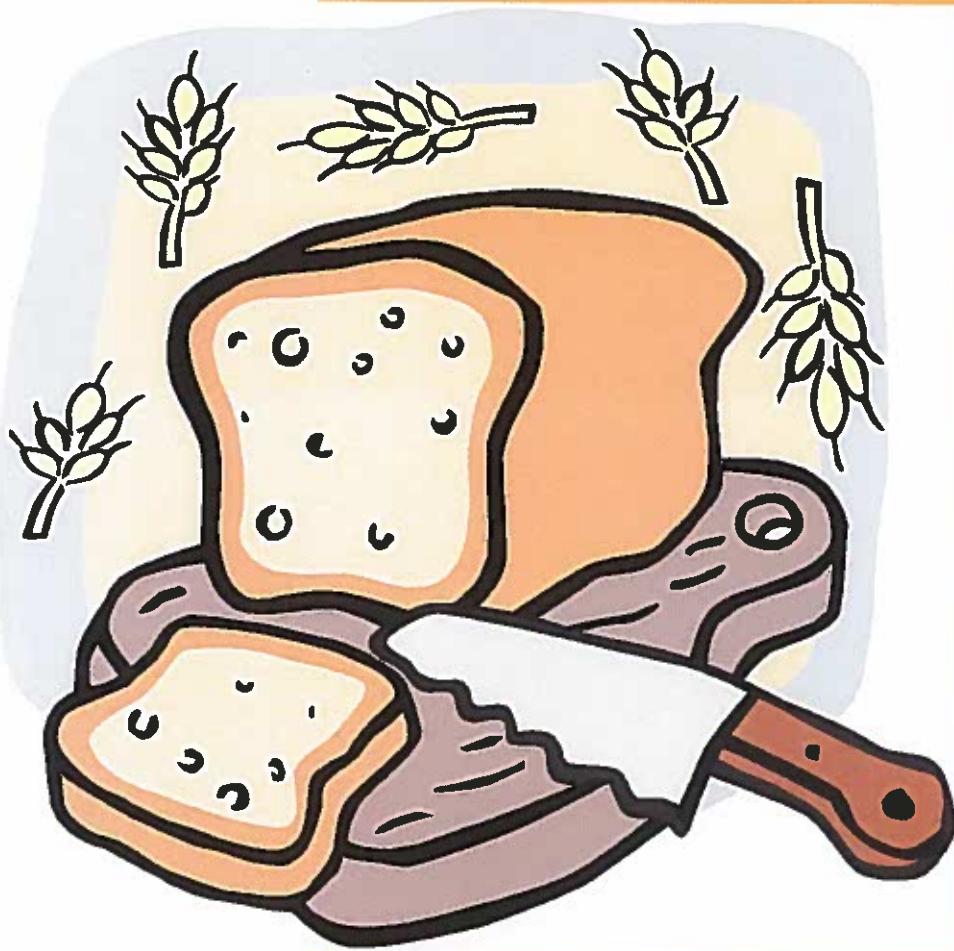
BREADVENTURE

Time: 9:00AM

October 22, 2019

**Location to be
announced!!!**

**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**



YOU ARE INVITED TO A
HALLOWEEN
PARTY
at the
FIREHALL

DJ SERVICES
BY OUR VERY OWN...
YVNGSAFARI



OCT 25
6:00-9:00PM

**COSTUME CONTEST, PUMPKIN CARVING CONTEST,
GHOULISH GAMES, SPOT DANCES,
FUN FOR EVERYONE!!!**

HALLOWEEN DANCE 2019 AGENDA

FRIDAY, OCTOBER 25TH, 2019

6:00 pm-7:00 pm Dance/Spot Dance

7:00pm-7:30pm Costume Judging

8:00pm—GAMES

8:30pm-9:00pm Dance/Spot Dances/Games

This is a Drug & Alcohol Free Event

Food and Refreshments will be sold on site!!!

AGE GROUP	1ST PLACE	2ND PLACE	3RD PLACE	MOST ORIGINAL
0-6	GIFT CARD	GIFT CARD	GIFT CARD	GIFT CARD
7-12	CASH-PRIZE	CASH-PRIZE	CASH-PRIZE	CASH-PRIZE
13-17	CASH-PRIZE	CASH-PRIZE	CASH-PRIZE	CASH-PRIZE
18+	CASH-PRIZE	CASH-PRIZE	CASH-PRIZE	CASH-PRIZE



Ladies AGES GAME Day 18-54

JOIN US FOR A FUN
AFTERNOON, PLAYING
VARIOUS GAME AND
ACTIVITIES...NOT
BINGO!!!



SPACE IS LIMITED TO THE FIRST 8 TO CALL IN!!!
CONTACT DARCY TO SIGN UP!!!



OCTOBER 30, 2019
12-2PM
AT TRAILER #2

Henvey Inlet First Nation Daycare
Newsletter
October 2019

The leaves are changing and the weather with it too. The children are back in school and its time to get ready for Thanksgiving and Halloween. This month is a time to get ready for the colder weather and the longer nights and shorter days. Our topics for this month have to do with the following:

October 7 to 11, 2019:	Pumpkin Week
October 7, 2019:	Band Council Meeting
October 14, 2019:	Daycare Closed Thanksgiving Day
October 15 to 18, 2019:	Cat Week
October 15, 2019:	Staff Meeting
October 21 to 25, 2019:	Mask Week
October 24, 2019:	ECE Appreciation Day
October 28, 2019:	Staff Meeting
October 28 to November 1, 2019:	Halloween Colors

Reminder to parents: that October 15 to 18, 2019 there will be two staff in Daycare. Supervisor attending Supervisor meeting in Thunder Bay. For this newsletter there are some news release from Ministry of Education for updates to the CCEYA, 2014 & the Education Act, information sheet on Evening Primrose, and 2 recipes for the colder weather. Also, reminder to ask parents to update their children's immunization information. Wishing everyone a Happy Thanksgiving and a Safe Halloween.

Thank You

C. Ashawasegai

C.L Bennett

E. McQuabbie

Charlene Ashawasegai RECE Carrie Lynn Bennett RECE Erin McQuabbie ECE

October 2019 Daycare Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Staff on Oct. 15-18/2019	Supervisor at- tending meeting In Thunder Bay	1	2	3	4	5
6	7 BCM @ 6 pm Topic: Pumpkin Week	8 This week the children will be drawing their pumpkins and will be able to take them home. The children will design their own faces and parents can help them cut the pumpkins out.	9	10	11	12
13	14 CLOSED Thanksgiving Day	15 STM	16 Topic: CAT Week	17 Cats and all that they and their association with Halloween!	18	19
20	21 Topic: Mask	22 Making masks from a variety of objects, different textures.	23 24 ECE Appreciation Day	25	26	26
27	28 STM	29 Topic: Halloween Colors	30 The Children will be making their crafts and all activities with the 4 colors associated with Halloween!	31		

Legislative and regulatory updates to the CCEYA, 2014 and the Education Act / Modifications législatives et réglementaires à la Loi de 2014

Ministry of Education <EYPPB@ontario.ca>

Fri 2019-08-02 5:25 PM

To: hifndaycare07@HOTMAIL.COM <hifndaycare07@HOTMAIL.COM>

2 attachments (523 KB)

Appendix.pdf; Annexe.pdf;

Dear Early Years and Child Care Partners,

We know it is important to get the early years right - and make life easier for families.

That is why our government is committed to increasing access to child care and giving parents more choice through an over \$2 billion investment in child care and early years programs, and the creation of up to 30,000 new child care spaces. Further, we are reducing red tape and administrative burdens for operators.

Today I am pleased to announce new and revised regulatory amendments under the Child Care and Early Years Act, 2014 (CCEYA) and the Education Act.

These changes will give parents and families more choice and flexibility when looking for child care and simplify rules for providers by removing duplicative requirements and reducing red tape, where possible.

Some of these changes also support recent legislative amendments to the CCEYA made under Restoring Ontario's Competitiveness Act, 2019 that came into effect on July 1, 2019 to increase access and flexibility in home-based child care and authorized recreational and skill building programs.

The health and safety of children remains of paramount importance, and we want to ensure that they receive the best care possible in all child care settings.

Between April 4 and May 19, 2019, the Ministry of Education consulted on these changes through the Ontario Regulatory Registry and received 46 submissions from a variety of stakeholders and the public.

I would like to thank everyone who provided their valuable feedback and advice. For more information on the newly introduced regulatory changes please refer to the Appendix.

In addition to reducing red tape and administrative burden, increasing choice and availability for families, and improving quality and delivering high standards of care, we are also proud of the new Ontario Childcare Access and Relief from Expenses (CARE) tax credit.

The CARE tax credit is central to the government's plan to make child care more affordable and accessible and is one of the most flexible child care initiatives ever introduced in Ontario. It puts parents at the centre of the decision-making process, giving them the choice, they want and deserve.

Thank you for your ongoing commitment, dedication, and partnership as we ensure Ontario's children and families have access to a range of high-quality, inclusive, and affordable early years and child care programs.

Together, we are helping families and giving children across Ontario the best possible start in life.

Sincerely,

The Honourable Stephen Lecce
Minister of Education

Madame, Monsieur,

Nous savons qu'il est important de prendre les bonnes décisions pour ce qui est de la petite enfance - et de faciliter la vie des familles.

C'est pourquoi notre gouvernement s'est engagé à améliorer l'accès aux services de garde d'enfants et à offrir plus de choix aux parents, en investissant plus de 2 milliards de dollars dans les services de garde d'enfants et les programmes pour la petite enfance et en créant jusqu'à 30 000 places additionnelles en services de garde d'enfants. De plus, nous réduisons les formalités et le fardeau administratifs pour les exploitants.

Aujourd'hui, j'ai le plaisir d'annoncer de nouvelles modifications réglementaires en vertu de la Loi de 2014 sur la garde d'enfants et la petite enfance (LGEPE) et de la Loi sur l'éducation.

Ces modifications offriront davantage de choix aux parents et aux familles ainsi qu'une plus grande souplesse dans la sélection des services de garde d'enfants. Elles simplifieront également les règles que doivent suivre les fournisseurs en supprimant les chevauchements en matière d'exigences et en réduisant les formalités administratives, dans la mesure du possible.

Certaines de ces modifications sont liées aux modifications législatives apportées récemment à la LGEPE en vertu de la Loi de 2019 visant à rétablir la compétitivité de l'Ontario, qui sont entrées en vigueur le 1er juillet 2019. Elles visent à accroître l'accès aux services de garde d'enfants en milieu familial et aux programmes autorisés de loisirs et de développement des compétences, ainsi qu'à offrir une plus grande souplesse.

Nous accordons à la santé et à la sécurité des enfants une attention prioritaire et nous voulons nous assurer que les enfants reçoivent les meilleurs soins possibles, quel que soit l'endroit où on leur fournit les services de garde.

Au moyen du Registre ontarien de la réglementation, entre le 4 avril et le 19 mai 2019, le ministère de l'Éducation a mené des consultations sur les modifications qu'il souhaitait apporter et a reçu 46 mémoires provenant de divers groupes d'intervenants et de membres du public.

Evening Primrose

Botanical: *Oenothera biennis*

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Evening primrose oil is made from the seed of the plant. It is used to treat premenstrual syndrome (PMS), menopause symptoms such as hot flashes, and a variety of skin disorders from acne to eczema. The seeds contain high levels of fatty acids that help decrease inflammation related to such conditions as arthritis.

Western



Western Name: Evening Primrose

Also Known As: Fever Plant, Kings-Cure-All, Scurvish

Main Organs/Systems: Uterus, Nervous/Endocrine Sys.

Key Actions: Astringent, Analgesic, Anti-inflammatory,

Anticoagulant, Estrogenic, Anodyne, Antidepressant

Key Medicinal Uses: Premenstrual Syndrome (PMS), hot flashes, eczema, acne, psoriasis, neurodermatitis, rheumatoid arthritis, multiple sclerosis, Raynaud's syndrome, Sjorgren's syndrome, cancer, high cholesterol, heart disease, alcoholism, Alzheimer's disease, asthma.

Eastern



Pin Yin: Yue Jian Cao

Also Known As: N/A

Main Meridians: Kidney, Liver, Heart

Key Actions: Moves Blood, Tonifies Yin, Tonifies the Liver, Reduces Pain, Soothes Skin.

Key Medicinal Uses: Infertility, premenstrual Syndrome including cramping, mood swings, headaches, breast tenderness, excessive bleeding, menopausal disorders including hot flashes and depression. The herb is used to treat headaches, acne, psoriasis, eczema.



BASIC HABITAT/BOTANY: Evening primrose is a hardy biennial herb that can grow to be six feet tall. The showy flowers appear in the second year and bloom in the evening and at night. The flowers are bright yellow and have 4 petals and 8 stamens. Evening primrose is native to the temperate climates of North America and is now found in Europe and parts of Asia. It likes dry, open soils along roads, railroads, and fields. The plant was brought to Europe from North America.

FUN FACT!



Piles and Bruises

A poultice made from the roots can be applied to piles and bruises.



Peripheral Neuropathy

Evening primrose has been effective in reducing peripheral neuropathies and other symptoms associated with diabetes.



Obesity

A tea made from the roots is used in the treatment of obesity and bowel pains.

KEY CONSTITUENTS: Fatty acids (including Gamma-linolenic acid (GLA) and Linoleic acid), Oleic acid, Palmitic acid, Stearic acid, Mucilage, Tannin, Caffeic acid, Beta sitosterol, Lignin, Amino acids, Calcium, Vitamin E and B, Iron, Magnesium, Manganese, Phosphorus, Potassium, Zinc.

PARTS MOST FREQUENTLY USED: Seed Oil, The Entire Plant is Edible, Leaves, Roots

FLAVORS/TEMPS: Leaves – Slightly Pungent, Slightly Sweet, Neutral, Astringent. Roots – Sweet, Pungent, Warm. Oil – Sweet, Neutral.

CAUTION: Generally considered safe.

HISTORY/FOLKLORE: Native Americans boiled and ate the root. They used a poultice made from the leaves to treat bruises and hemorrhoids. The plant is still used as a food. The leaves and flowers can be added to salads, and the roots eaten as a vegetable. The oil from the leaves and seeds can be used in creams and balms to relieve itching, red and inflamed skin conditions.



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Slow Cooker Beef and Noodles

Prep Time: 5 mins **Cook Time:** 12 hrs **Serves:** 8-10

Hearty, and stick-to-your-ribs, this Slow Cooker Beef & Noodles is a cinch to make!

Ingredients

2-3 lb. beef roast

1 can (14 oz.) reduced-sodium beef broth

1 envelope (from a 2.2 oz. box) beefy onion soup mix

1 can (10.5-10.75 oz.) cream of celery or mushroom soup, undiluted

3-4 cloves garlic, minced

6-8 cups beef broth or water, more if desired

1 pkg. (24 oz.) frozen home-style egg noodles

Salt and pepper, to taste

Instructions

1. In a large bowl, combine the beef broth, beefy onion soup mix, cream of mushroom soup, and garlic cloves. Set aside.
2. Place the roast in a 5-qt. (or larger) slow cooker. Add the soup mixture. Cover and cook for 8 hours or overnight on LOW, or until the beef shreds easily.
3. In the morning, break beef apart and add 6 -8 cups of beef broth or water. Cover and continue to cook an additional 8 hours on LOW.
4. An hour before you eat, add egg noodles, salt and pepper. Cover and cook for an additional hour on HIGH or until noodles are tender.

One-Pan Taco Mac and Cheese

The Mexican flavors in this one pan taco mac and cheese will make your family love this recipe's twist on hamburger helper.

🍴 Course	Entree
🍷 Cuisine	Mexican
🔑 Keyword	One Pan Taco Hamburger Helper

🕒 Prep Time	10 minutes
🕒 Cook Time	20 minutes
🕒 Total Time	30 minutes

🍴 Servings	4 servings
🔥 Calories	867 kcal
👤 Author	Leah @ Beyer Beware



★★★★★
5 from 1 vote

Ingredients

- 1 pound of ground beef pork, turkey or chicken
- 12-16 ounces of pasta like macaroni One whole box
- 1 can fire roasted tomatoes
- 1 envelope of taco seasoning
- 2 cups of corn frozen or canned
- 4 cups of water approximate, enough to cover the pasta
- 2 cups of shredded Mexican blend cheese
- Fresh tomatoes green onions, cilantro for garnish

Instructions

1. Start with browning either ground beef, turkey, chicken or pork in a large skillet like my Le Creuset braiser.
2. When the meat is completely browned, drain the grease and return to the skillet.
3. Add the pasta, taco seasoning, diced tomatoes, corn, and water. You need to cover the pasta completely with the water.
4. Bring to a boil and then turn down a slow boil or simmer and cover.
5. Cook till the pasta is tender and liquid is pretty much gone, stirring occasionally. Good time rule of thumb is the amount of time on the pasta box.
6. Remove from heat and stir in the cheese. Sprinkle additional cheese over top and place the lid back on to let the cheese melt.
7. Top with diced tomatoes, onions and cilantro.



I am thankful for...



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THE 7 STYLES OF LEARNING

VISUAL (SPATIAL):

You prefer using pictures, images, and spatial understanding.

- Use images, pictures, color and other visual media to help you learn
- Use color, layout, and spatial organization in your associations, and use many 'visual words' in your assertions.
- Use mind maps
- Replace words with pictures, and use color to highlight major and minor links

SOLITARY (INTRAPERSONAL):

You prefer to work alone and use self-study.

- You prefer to learn alone using self-study
- Align your goals and objectives with personal beliefs and values
Create a personal interest in your topics
- When you associate and visualize, highlight what you would be thinking and feeling at the time
- You drive yourself by the way you see yourself internally
- Modeling is a powerful technique for you
- Be creative with role-playing
- Your thoughts have a large influence on your performance and often safety

AURAL (AUDITORY-MUSICAL):

You prefer using sound and music.

- Use sound, rhyme, and music in your learning
- Use sound recordings to provide a background and help you get into visualizations
- When creating mnemonics or acrostics, make the most of rhythm and rhyme, or set them to a jingle or part of a song
- If you have some particular music or song that makes you want to 'take on the world,' play it back and anchor your emotions and state.

SOCIAL (INTERPERSONAL):

You prefer to learn in groups or with other people.

- Aim to work with others as much as possible
- Role-playing is a technique that works well with others, whether its one on one or with a group of people
- Work on some of your associations and visualizations with other people
- Try sharing your key assertions with others
- Working in groups to practice behaviors or procedures help you understand how to deal with variations

VERBAL (LINGUISTIC):

You prefer using words, both in speech and writing.

- Try the techniques that involve speaking and writing
- Make the most of the word-based techniques such as assertions and scripting
- Record your scripts using a tape or digital audio recorder (such as an MP3 player), and use it later for reviews
- When you read content aloud, make it dramatic and varied
- Try working with others and using role-playing to learn verbal exchanges such as negotiations, sales or radio calls

PHYSICAL (KINESTHETIC)

You prefer using your body, hands and sense of touch.

- Focus on the sensations you would expect in each scenario
- For assertions and scripting, describe the physical feelings of your actions.
- Use physical objects as much as possible
- Keep in mind as well that writing and drawing diagrams are physical activities
- Use role-playing, either singularly or with someone else, to practice skills and behaviors

LOGICAL (MATHEMATICAL)

You prefer using logic, reasoning and systems.

- Aim to understand the reasons behind your content and skills
- Create and use lists by extracting key points from your material
- Remember association often works well when it is illogical and irrational
- Highlight your ability to pick up systems and procedures easily
- Systems thinking helps you understand the bigger picture
- You may find it challenging to change existing behaviors or habits
- If you often focus from analysis paralysis, write 'Do it Now' in big letters on some signs or post-it notes



Circle of Life

