



# November

## HUNTING

Big Game Hunt  
Nov. 2nd & Family Small  
Game Derby- Nov. 10



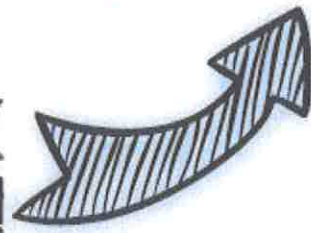
Offices Closed to  
observe Remembrance Day  
on Monday November 11th



Band Council Meeting  
November 4, 2019 @ 6pm



LOOK  
INSIDE!



for Health Centre  
Staff Programs- More  
flyers to be delivered  
at a later date!





# FRIENDLY REMINDER!!

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

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

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

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

**Thanks for understanding!**



# Henvey Inlet's Halloween Dance 2019

Pictures taken by Randy Naveau





# Henvey Inlet's Halloween Dance 2019

*Pictures taken by Randy Naveau*







# Community Band Council Meeting

Monday November 4, 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: All Henvey Inlet First Nation Members  
From: Samantha Bradley, Human Resources Coordinator  
Date: October 29, 2019  
**Re: Employment Opportunities**

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

Home Maintenance Worker

Valid Ontario Class G Driver's License and a current CPIC are required. See attached job posting 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

# HOME MAINTENANCE WORKER

**\*RE-POST\***

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### **POSITION SUMMARY**

Henvey Inlet First Nation is currently seeking a full-time **Home Maintenance Worker** to join our Administration. The Home Maintenance Worker reports to the Community Health Nurse and is responsible for providing primarily exterior home maintenance and minor home repairs for eligible clients in the Community. This position requires excellent customer service and interpersonal communication skills and a strong work ethic.

### **MAIN RESPONSIBILITIES**

The Home Maintenance Worker will be responsible to:

- Ensure the safety and adaptation needs of clients are met via installation of support bars, railings, etc.
- Check and report any extraordinary maintenance or safety concerns to the Supervisor
- Provide appropriate level of service to all clients as assigned and noted in the monthly calendar
- Accompany Supervisor on quarterly home visits to clients to review services being provided and ensure client satisfaction
- Perform various preventative, routine and seasonal home maintenance duties for clients including:
  - Basic plumbing such as repairing leaky faucets, broken pipes, etc.
  - Interior and exterior painting, window washing and basic carpentry
  - Changing light bulbs and smoke detector batteries
  - Deck and porch repair
  - Installation of clotheslines when requested
  - Hanging wall fixtures, safety bars or décor
  - Ensuring mailboxes are kept in good order for incoming mailing delivery
  - Cutting, piling, splitting and delivering wood
  - Lawn maintenance such as grass and brush cutting, raking leaves and removal of fallen trees
  - Assisting with planting, watering, weeding and harvesting of gardens
  - Clearing snow from driveways, steps, ramps, pathways, garbage bins, and mailboxes
  - Salting and/or sanding driveways, steps, ramps and walkways prior to and immediately following snow or ice storms
  - Hanging Christmas lights and outdoor decorations
  - Cleaning chimneys, stove pipes and gutters/eavestroughs
  - Winterizing doors and windows
  - Water delivery
  - Picking up and removing garbage and other debris in and around the property
  - Assisting with more difficult tasks in and around the home as required
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

## **QUALIFICATIONS**

- Valid Ontario Class G Driver's License **a must**
- Grade 12 diploma or equivalent preferred
- Current CPIC
- Basic home maintenance and carpentry skills
- Previous brush cutting or landscaping experience an asset
- Chainsaw Safety Certification preferred
- Ability to stand, bend, reach and twist for long periods of time
- Ability to lift up to 20lbs continuously
- Previous experience providing respectful and compassionate service to Elders preferred
- Current First Aid and CPR Level C
- Excellent customer service and interpersonal communication skills
- Exceptional organization and time-management skills
- Professional attitude and a strong work ethic
- Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours a must

## **HOURS OF WORK**

Full-Time – 31.5 hrs/week

## **REMUNERATION**

\$16/hour

## **START DATE**

As soon as possible

## **APPLICATION DEADLINE**

November 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.





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

## MEMORANDUM

To: Member of Henvey Inlet First Nation  
Fr: Housing Assistant  
Dt: November 1, 2019  
**Re: HIFN Housing update.**

**Rent incentives:**

Chief and Council will be presented with account standings in December for rent incentive consideration. Please ensure your accounts are up to date.

Please be aware the housing department in partnership with the housing advisory committee will be performing unit inspections as per Henvey Inlet FN housing policy 3.14.

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

Thank you,

Heidi Kimberley  
Housing Assistant

# Autumn Fire Safety

## Outside the Home

- Never park your car or truck over a pile of leaves. The heat from the vehicle's catalytic converter or exhaust system can ignite the leaves below. The resulting fire could destroy your vehicle.
- Flammable liquids should not be stored inside the home or in an attached garage or shed. This includes any unused fuel still in the fuel tank. Store this equipment away from your home or drain excess fuel out of the tank before storing. This simple safety precaution will help prevent accidental fires from escaping fuel vapors.
- Remove fuel from lawn mowers before storing them for winter.
- Contact your utility company if trees or branches are not clear of power lines
- Prune back trees, and rake up leaves and debris. If you live in an open area with a lot of natural vegetation, consider creating a defensible fire zone around your home. Prune the bottom branches from trees and remove shrubs and trees within 20 feet of your home
- Don't store cardboard boxes, paper or other flammable materials in the backyard. These materials provide ready fuel for a fire and all it takes is one spark.



## Heating your Home



### Most Important!

- Check all smoke and carbon monoxide detectors to make sure they work, and change the batteries. It is the law for all Ontario homes to have a working smoke alarm on every storey and outside all sleeping areas. This covers single family, semi-detached and town homes, whether owner-occupied or rented.
- Have a useable fire extinguisher available.

### Central Heating

- Get your central heating system cleaned, inspected and serviced by a certified HVAC (heating, venting and air conditioning) contractor every year before using it.
- If you have a gas heater, make sure that you have a sufficient quantity of fully functioning carbon monoxide detectors installed in your home.
- Keep all flammable materials away from your furnace. This includes, clothing, paint products, toxic materials, cardboard and more.

## Fireplaces and Woodstoves

- Have heating appliances serviced and chimney flues examined for defects.
- Have fireplaces and fireplace dampers checked.
- Fireplaces should be equipped with an appropriate screen or glass enclosure to prevent sparks from flying out.
- Wood burning stoves should be examined and the flue and chimney checked for creosote buildup. Creosote is a deposit from smoke that can build up in a chimney and can start a fire.
- Use only seasoned woods, and avoid soft woods like Pine, etc.
- Never use a flammable liquid to start a fireplace.
- Never overload the hearth with wood or artificial logs, the resulting fire may be too large for the unit.
- Put all ashes outdoors and away from the house in a metal container.

## Space Heaters

- Make sure that any space heaters are surrounded by at least three feet of empty space.
- Never place clothing or any other objects on a space heater to dry.
- Do not place space heaters near furniture or drapery.
- Turn space heaters off when you leave the house or go to bed.
- Avoid storing any combustible items near heaters.



## In The Home

- Cooking fires are the number one cause of home fires and home injuries. The leading cause of fires in the kitchen is unattended cooking. Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove. If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking. Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.
- Do not overload electrical outlets or use extension cords in the place of additional outlets.
- Check electrical appliances regularly for wearing cords and plugs. Do not leave electrical appliances plugged in if they do not need to be.
- Lack of maintenance is the number one cause of dryer fires. That is why it is critical to clean the lint filter before and after each use, and wipe away any lint that has accumulated around the drum. Perform periodic checks to ensure



that the air exhaust vent pipe is unobstructed (lint accumulation) and the outdoor vent flap opens readily. Do not run the dryer without a lint filter. You are encouraged to not leave the dryer running if you go out, in case it malfunctions.

## Candles

- Extinguish candles when leaving the room or going to sleep. Keep lit candles away from items that can catch fire
- Place candles in sturdy, burn-resistant containers that won't tip over and are big enough to collect dripping wax.
- Don't place lit candles near windows, where blinds or curtains may close or blow over them.
- Don't use candles in high traffic areas where children or pets could knock them over.
- Never let candles burn out completely. Extinguish them when they get to within two inches of the holder or decorative material.
- Never leave children or pets alone in a room with lit candles.



- Do not allow older children to light candles in their bedrooms. A forgotten candle or an accident is all it takes to start a fire.
- During power outages, exercise caution when using candles as a light source. Many destructive fires start when potential fire hazards go unnoticed in the dark.
- Never use a candle for light when fuelling equipment such as a camp fuel heater or lantern.
- Keep candle wicks short at all times. Trim the wick to one-quarter inch (6.4 mm).
- Be wary of buying novelty candles. Avoid candles surrounded by flammable paint, paper, dried flowers, or breakable/meltable containers.
- Extinguish taper and pillar candles when they burn to within two inches of the holder, and container candles before the last half-inch of wax begins to melt.
- When buying or using novelty candles, try to determine if they pose a potential fire hazard (if they contain a combustible component for instance). If they do, or if you suspect that they might, inform your local fire department.
- Use extreme caution when carrying a lit candle, holding it well away from your clothes and any combustibles that may be along your path.

## Public & Life Safety

This information is provided by the members of the Ontario Association of Fire Chiefs, the Ontario Fire Service, Ontario Fire and Life Safety Educators and the Office of the Fire Marshal. Questions regarding fire education and prevention should be directed to your local fire department.

**Prevention is the best way to fight a fire!**

# WAGAMAKE LEARNING CENTRE

## REMINDER!

Wagamake Learning Centre will only be open until June 2020.

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

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

Imagine being able to add Grade 12 to your resume 😊

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

Carol is at the Learning Center on the following days.

Monday: 8:30 - 4:30

Tuesday: 8:30 - 4:30

Wednesday: 1:00 - 4:30

Thursday: 8:30 - 4:30

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





# School Year Calendar 2019 - 2020

Legend → H - Statutory Holiday Schedule

E - Scheduled Examination Day

P - Professional Activity Day

B - Board Designated Holiday

☐ Half Day

Start: Tuesday, September 3, 2019  
End: Friday, June 26, 2020

Month	Number of Instructional Days	Number of Professional Activity Days	Number of Scheduled Examination Days	1st Week							2nd Week							3rd Week							4th Week							5th Week						
				M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F					
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
August 2019		1							1	2				H																								
September 2019	19	1																																				
October 2019	21	1																																				
November 2019	20	1																																				
December 2019	15																																					
January 2020	19	1	4																																			
February 2020	19																																					
March 2020	16																																					
April 2020	19	1																																				
May 2020	20																																					
June 2020	19	1	6																																			
July 2020																																						
<b>TOTAL</b>	<b>187</b>	<b>7</b>	<b>10</b>																																			

**Note:** The 2019-2020 calendar provides for 194 possible school days between September 1, 2019 and June 30, 2020. The school year shall include a minimum of 194 school days of which three days must be designated as professional activity days with respect to specific provincial education priorities as outlined in the Policy/Program Memoranda 151 and up to four extra days may be designated by the board as professional activity days. The remaining school days shall be instructional days. The boards may designate up to ten instructional days as examination days



## Britt School 2019 – 2020

I am so happy to share that things are awesome at Britt School. There is new staff, teachers and EA's and a new Vice-Principal Ms. Michaelis. Ms. Michaelis has been very busy implementing programs and cultural programs into the school through a team approach that support our students. On Tuesday Mornings we meet as a team to discuss things that are happening in the school and to ensure that everyone is on the same page. Some of the new things happening are:

1. Tuesday afternoon's from 1:30 till home time will be Cultural Teachings and sharing in the school and for all staff, students and support staff.  
Tuesday October 29 2019 – Feasting of Ancestors  
Tuesday November 05, 2019 – Grandfather Drum Teachings/Feast  
Tuesday November 12, 2019 – Film about our Veterans and a presentation about their role.  
Wednesday November 13, 2019- Rock your Mocs day at school  
Tuesday November 19, 2019- Elder Teaching  
Tuesday November 26, 2019 – Mindfulness Feast and Drumming with Rodney  
Tuesday December 03, 2019 - Medicine wheel teachings  
Tuesday December 10, 2019 – Teachings  
Tuesday December 17, 2019 – Turkey dinner and Bundle Bags
2. On Tuesday's in the morning we will be doing small group interventions with each class. For example: JK/SK class will be in a group and will be learning Fun Friend's strategies. I will be providing help to Naomi Pegahmagabow to assist with the four groups so that we have everyone doing the same things, using the same language and works well with other staff in the school.
3. The children who feel they need to meet with me are allotted their own time on a specific day. I am in the school 3 days a week. Tuesday's, Wednesday's and Thursday's from 9:30 till school is out. I am also available to help students who may be having a bad day and may need to meet with me to discuss and then they return to class. I am also outside at recess and can bring the children to the library, sensory room, the gym and the marked trails in the back of the school if the student chooses.
4. Rodney Stanger is back this year providing drumming and teachings to the students who wish to be involved twice a week through Ms. McQuabbie's SNL class.
5. There is also a Parent Council that is being developed in the school. So far, we have 3 parents who have committed to this council and will have their say in how things roll at school. Parent's will meet for approximately 40 minutes every three months.

I am so pleased and excited to be a part of the Britt School family this year and already feel the positive energy that is flowing through the school. Students appear happy and look forward to going to school. I have noticed a difference in the atmosphere and the approach that staff have with the children is quite different than last year. I continue to support these changes in the school and believe that the future looks very bright for Britt school. Staff, Support Staff and the children have been dedicated to making these changes an integral part of their everyday school home. WTG Britt Bears!!!!

FROM: Debbie Lemieux



# CRAFTY KIDS NIGHT

*with Debbie Lemieux*  
CHILD WELL BEING WORKER

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

Wednesday November 13, 2019 – Glass Lanterns (@ R.T.P)

Wednesday November 27, 2019 – Homemade lipbalms/chapstick  
(@LIBRARY)

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

\*All Materials covered & enough for every child\*



**Puppet Show for kids about  
Mental Wellness**

**Lunch**  
provided

**PUPPET SHOW  
WITH CHAD  
SOLOMON**



**Saturday  
Nov. 2nd  
11am-2pm  
at Tribal**

**For youth 5+**

**For more info: call Angele at (705) 918-1590**



**SUNDAY, NOVEMBER 10th**  
**12:00 PM AT FIREHALL**

*Family Small Game Hunting Derby*

**KIDS WEAR ORANGE**

**Max of 6 per Family Team -Sign up with Darcy**

**\*\*adult supervision required\*\***

**\*\*only one gun per team\*\***

**\*\* .22 calibre or shotgun only -no rifles\*\***

**ONTARIO WORKS SCHEDULE NOVEMBER 2019**

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

**OUT OF OFFICE ON WEDNESDAY, NOVEMBER 6<sup>TH</sup>  
Attending AD Morrison Training**

**EMPLOYMENT ASSISTANCE**

**LUNCH N LEARN FRIDAY, NOVEMBER 22 @  
WAGAMAKE LEARNING CTR. 10:30 A.M.  
ONLY 10 PARTICIPANTS!!  
**SEE SIGN UP SHEET @ BAND OFFICE****

**COMPUTER TRAINING WEDNESDAY, NOVEMBER 13<sup>TH</sup> &  
WEDNESDAY, NOVEMBER 27<sup>TH</sup>  
**@ WAGAMAKE LEARNING CTR.****

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**FOOD BANK  
NOVEMBER 15<sup>TH</sup> @ 11 A.M.**





**CATERER REQUIRED**  
**COMPUTER TRAINING NOVEMBER 13<sup>TH</sup> @**  
**WAGAMAKE LEARNING CTR.**

**Requirement:** Food Handlers Certificate. Please submit your costs for service fee, LUNCH for 10 people and mileage to ONTARIO WORKS

**By WEDNESDAY, NOVEMBER 6 @ 12 NOON**

**Caterer will be responsible for the following:**

- **MEATLOAF MADE WITH LEAN GROUND BEEF**
- **MASHED POTATOES**
- **CORN ON THE COB**
- **Bowl of fresh strawberries (not frozen) & real cool whip**
- **Minute maid orange juice & ginger ale**
- **Cups, utensils, plates, bowls & napkins**
- **And clean up afterwards and take garbage bags to bin outside**
- **Cups, utensils, plates & napkins**
- **AND Clean-up of food afterwards & bring garbage bags to bin outside.**

**MEGWETCH!**



## General Carpenter Pre-Apprenticeship Program for Women February 2020 Intake

<b>Overview for Applicants or Agencies</b>	
<b>February 2020-July2020</b>  Class times: Monday- Friday 8:30am-430pm <i>(subject to change)</i>	Job Readiness: Essential & Employability Skills Training
	MTH108 Trades Calculations
	Health & Safety Training
	Electrical Exposure Secondary Trade (1 week)
	General Carpenter Level One – (240 hours)
	General Carpenter Work Placement With Employer (8 weeks)
Ongoing	Provide individualized support, referrals and ongoing guidance through the application process, during training and in pursuit of employment options.

### Additional Information

There is no cost to participants for tuition and other costs associated with the program, including:

- Health And Safety Certification Fees, Classroom Supplies, Class Tools, PPE, Books, City Transit Passes

*\*Please Note: This training program **does not** cover living expenses/allowances or travel to and from communities*

Applicants must:

- Be 19 years of age and over
- Have a minimum of Grade 10 completed, but Grade 12 Diploma or its equivalent is recommended
- Be a resident of and able to work in Ontario
- Meet low-income eligibility criteria (see attached)

Upon successful completion of all components of the training program, students will obtain:

- Pre-Apprenticeship in General Carpentry Certificate and General Carpenter-Level 1

Two step application process:

- Application completion in full
- Eligible applicants will be contacted for a telephone interview/or information session

Out of town applicants must secure their own living allowance from a sponsor /funder to cover their living expenses, accommodation and travel. The following options are available:

- Canadore Residence - Sponsorship letter to Residence Manager will be required
  - Rate: \$150.00 per person per week (Subject to change)
  - Students are responsible for providing their own kitchen supplies (pots/pans, plates, utensils, microwave etc.), Linens (bedding, towels), TV etc.
  - Laundry facilities are onsite (pay-per-use) as well as Wi-Fi and cable services (included)

Please click on the link below for more information, and to view residence room options:

<https://www.canadorecollege.ca/experience/residence/Your-Room>

**Ontario Works Recipients:** Please contact your Case Manager to discuss your interest in the program and eligibility

**For inquiries or to apply, please call Sarah Julian 705-474-7600 ext. 5366  
or email at [sarah.julian@canadorecollege.ca](mailto:sarah.julian@canadorecollege.ca)**

## **General Carpentry Pre-Apprenticeship Program for Women**

The General Carpenter Pre-Apprenticeship Program for Women 2020 intake will run from February 2020 to July 2020. Please visit [www.canadorecollege.ca/pre-apprenticeship](http://www.canadorecollege.ca/pre-apprenticeship) for more information.

### **APPLICATION CHECKLIST**

The program application is a two-step process. Once we receive your application we will review it, and eligible applicants will be contacted to set up a telephone interview to further discuss your interest in the program.

This program is funded through the Government of Ontario, and applicants must meet the following eligibility requirements:

- Must be 19 years of age or older
- Must be a permanent resident of Ontario, and eligible to work in Canada
- Must meet low-income eligibility criteria
- Must have an OSSD or minimum of Grade 10 completed to meet apprenticeship criteria. *\*Those with proof of a High school Diploma or Equivalent (GED, ACE) will likely be accepted.*

To assist in the processing time of your application, ensure that you complete your application in FULL, and to further help your application processing, submit it with the information indicated below.

Attached you will find the following (pages 2 & 3) which you will need to provide:

- Registration Forms (2-page) - Please fill in ALL AREAS

You will also need to provide the following:

- Copy of your High School Transcripts, High School Diploma or Equivalency

If you have not completed your High School diploma, a minimum of grade 10 must be completed, including grade 10 Math & Grade 10 English. Please provide the following:

- Copy of your high school transcripts (please contact your high school to obtain a copy)

*The deadline to apply for the February 2020 cohort is October 31, 2019. Applications are being accepted now, and spots are limited. If you will be applying for sponsorship or funding through your band, please submit your application as soon as possible to avoid delays.*

### **Submit Application In-Person, by Email or by Fax To:**

#### **Sarah Julian**

Project Lead, General Carpenter Pre-Apprenticeship for Women  
P.O. Box 5001, North Bay, ON. P1B 8K9  
sarah.julian@canadorecollege.ca  
705-474-7600 ext. 5366 cell: 705-499-6568  
Fax: 705-474-2384





## General Carpentry Pre-Apprenticeship Program for Women



Start and End Dates: February 2020- July 2020 (Please Complete Form *in Full* to Avoid Delays)

### Registration Form

Last Name:	Middle Initial:	First Name:
Previous Name (if applicable):	Street Address:	
City:	Province :	Postal Code :
Telephone:	Email:	
Date of Birth (YY/MM/DD):	Age:	

**Are you of Indigenous Descent?**      Yes  No   
 Aboriginal Descent (if applicable)  
     First Nation  (please specify) \_\_\_\_\_ Métis  Inuit  Non-Status   
 Other  (please specify) \_\_\_\_\_

**Please check:**  
 How did you hear about the program:    Friendship Centre  Friend  Family  Flyer  Email   
 Information Session  Facebook  Employment Office  OW Worker  Other: \_\_\_\_\_

### Educational Information

Do you have (check any that apply)

- An Ontario secondary school diploma?      Yes  No  Year of graduation \_\_\_\_\_  
     If **NO**, What is the highest Grade Achieved? \_\_\_\_\_  
     Did you Complete Grade 10 Math & Grade 10 English? Yes  No   
     How many high school credits have you achieved? \_\_\_\_\_
- A secondary school diploma from outside Ontario?    Yes  No  Year of graduation \_\_\_\_\_  
     If **YES**, from where? \_\_\_\_\_
- A GED (secondary school equivalence)      Yes  No  Year of completion \_\_\_\_\_
- Any other secondary school equivalence (dual-credit, ACE): If "other", please specify \_\_\_\_\_
- Is there any other relevant educational information you would like to include?  
     \_\_\_\_\_

**My high school transcript is attached.**      Yes  No

*(Please supply a copy of your transcript or High School Diploma if possible. You can get one from your high school. It can be faxed directly to Canadore at 705-474-2384 ATT: Sarah Julian.)*

Have you attended college or university?    Yes  No   
     If **YES**, what was the name of the college or university? \_\_\_\_\_  
 What program or course did you study? \_\_\_\_\_  
 Did you graduate or complete your program or course?    Yes  No   
     If **YES**, what year did you graduate or complete? \_\_\_\_\_

**Please briefly describe your career goals, and any experience you have related to the construction field/industry**

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### Transportation

Do you have a valid driver's license: Yes  No   
 Do you have access to a vehicle: Yes  No   
 What type of transportation will you use while in training?    Own Care       Get a ride   
     City Bus       Walk



# General Carpentry Pre-Apprenticeship Program for Women



### Employment Information

I am currently employed: Yes  No  If yes: Full-time  Part-time

*PLEASE NOTE: If employed, please speak with your local employment service agency to discuss your options and if attending a training program is right for you.*

### Your living expenses while in training:

I will need to leave my home community for this training: Yes  No   
 I live at home with: Parent(S)  Spouse  Single  Single Parent  Number Of Dependents: \_\_\_\_  
 I will be looking into daycare for my dependents: Yes  No   
 I will be applying for sponsorship for living expenses: Yes  No   
 I require information about Canadore's Residence Facility: Yes  No

### Sponsorship Information (Please check any items that apply to you.)

I am currently receiving benefits from Ontario Works  WSIB   
 Service Canada (EI)  ODSP   
 Band Sponsored  (Please specify) \_\_\_\_\_  
 Other (please specify) \_\_\_\_\_

Name of Case Manager \_\_\_\_\_

*PLEASE NOTE: If you are receiving benefits from Ontario Works, WSIB, or Service Canada (EI), or any other sponsoring agency, and you are offered a seat in the Pre-Apprenticeship Program, your sponsoring agency must approve your participation in the training program prior to the start-date.*

### In case of an emergency, whom can we contact?

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Relationship to you: \_\_\_\_\_

### Consent to Disclosure

I certify that the above information is true and complete. I understand that any false or incomplete information may invalidate my application. I have read the Freedom of Information and Privacy Protection statement below. I authorize my previous educational institutions and/or the Ministry of Education to release my academic information and school record to the above mentioned college. I also authorize the release of this information to the Ministry of Training, Colleges and Universities. I authorize Canadore College to disclose academic information as required to sponsoring agencies or other adult education providers.

Applicant's Name (please print) \_\_\_\_\_

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Freedom of Information and Protection of Individual Privacy**

The personal information on this application is collected under the legal authority of the Ministry of Colleges and Universities Act, R.S.O. 1990,c.M.19,s.5 and Regulation 770, R.R.O.1990,s.8. The information is used for the administration and statistical purposes of the College and/or the Ministries and Agencies of the Government of Ontario and the Government of Canada. If you have any questions regarding the collection and use of this personal information, please contact the Registrar of the College.

### For further information contact:

**Sarah Julian**  
 Project Lead, General Carpenter Pre-Apprenticeship for Women  
[sarah.julian@canadorecollege.ca](mailto:sarah.julian@canadorecollege.ca)  
 705-474-7600 ext. 5366 cell: 705-499-6568  
 Fax: 705-474-2384





# General Carpenter

## Pre-apprenticeship Program for Women

**FREE FOR QUALIFIED PARTICIPANTS**

This training program is geared towards Indigenous women, or any woman interested in carpentry.

Train to use hand and power tools while working with various construction materials. Learn the latest installation methods along with the best practices and workplace safety to make you employable in today's construction industry.

You will be guided and supported in culturally inclusive strategies during training and placement, with continued support as you transition into the workplace or further education.

**Location:** Canadore College, Commerce Court Campus, North Bay, Ontario

**Date:** February – July 2020

**Cost:** **FREE** (Tuition, tools, PPE, and Health and Safety Certifications)

**To determine eligibility or for more information please contact:**

Sarah Julian - Project Lead  
705.474.7600 ext. 5366  
sarah.julian@canadorecollege.ca



# DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

**NOV. 6, 2019-Henvey Inlet Community Outreach**  
*Sandra Martin will be available to meet with you in the community.*

WHERE	DATE & TIME
<b>Henvey Inlet—Fire Hall/Library</b>	<b>Wednesday, NOV. 6/19</b> 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*
  - *Wahnapitae 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

**PROGRAMS TO ASSIST UNEMPLOYED**

### 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**





## Henvey Inlet Marina

Tony Solomon informed me on October 15, 2019, that he was just finalizing the close of the Marina and Trailer Park for the year. They now have 80 more doc slips and 30 some new trailer lots, everything looks great. Once they finalize the costing out, I will let you know a little more...





# Trudeau Wins


Even with Trudeau's Liberals being reduced to a minority. Western Canada, Alberta and Saskatchewan overwhelmingly backed the Conservatives and voted For their own future and the future of their oil and gas industry. Absolutely no consideration for our children's future or the environment

Mr. Trudeau will turn to the NDP and the Greens for help here... Trudeau's own star candidate Steven Guilbeault said just the other day, pipelines are a thing of the past in Canada. I think its time for Western Canada to Wake Up there are real evaluation and impact assessment for projects and come to the conclusion that many of these projects are incompatible with the goals we have for 2030. Western Canada is not looking at this from a national perspective.

Trudeau needs to move fast to unify the country he needs to reconcile with Canadians in Alberta and Saskatchewan. One solution which has been done before would be for him to appoint a senator from the region to his cabinet. It's time for us the country of Canada to see our common ground and not our differences, to pull together and come up with a compromise and work for a common goal taking in the pipeline and meeting our goals in 2030. How I don't know? It's time for us as a country to put our heads together and stop wasting time bickering.

On Election Day at the Fire Hall, we had Central Poll Supervisor Mr. Bob Bradley in the centre, Braedy Skilton, Raine McQuabbe, April Panamick, and Kimberly McQuabbie.

Photo of Staff...*on next page*

**From:** Rosemarie Simmons simmons\_rosemarie@icloud.com   
**Subject:** Photo  
**Date:** October 27, 2019 at 12:31 PM  
**To:** rosemarie@vianet.ca

RS



*Sent from my iPhone*





# 2019

# BIG GAME HUNT

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Join us in our celebration of Fall and Come on a Big Game Hunt!

3 Runs will be done throughout the day. Hunting will be done in and around the Community.

To Begin with Breakfast, Snacks provided for Lunch, and Dinner to be served at 5:00pm

Please call the Health Centre/Darcy to Sign-Up by October 29 @12 Noon. Participants must be dressed in proper hunting attire (Brightly/Florescent Colored)

For more information contact:  
Cultural Co-ordinator- Stan Moses 705-857-1221

**SATURDAY  
NOVEMBER  
2ND**

**@7:30AM TO  
APPROX.  
4:00PM**



# INVITATION

ELDER'S CHRISTMAS DINNER AND SHINGDIG

THURSDAY DECEMBER 5<sup>TH</sup>, 2019

SHAWANAGA RECREATION CENTRE

11:00 AM UNTIL 4:00 PM

Gift Exchange - please bring a gift if you would like to participate.

"Migizi Country Band" will be providing the Entertainment for the afternoon - bring your dancing shoes.

Wolf Eye Productions will be on hand for Individual Picture taking and Group Pictures if requested - dress your best.

Need a haircut or trim - We will have someone onsite to provide this service - no cost to you.

Please call the Shawanaga Healing Centre (705-366-2378 speak with Cecilia or Ann) before Tuesday November 26<sup>th</sup>, 2019 with the number of Elders who will be attending from your First Nation/Organization.


Santa will be joining us on this day as well... We are looking forward to seeing you all and a fun filled day.

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**CONTACT: Stan 857-1221**

**Maureen 857-2331 or**

**Rose Marie 857- 5211**




**Elders are welcome to bring a Friend/Family Member. This Meeting is for Elders to share their Old Stories, Legends and any kind of knowledge that has been passed down generations and to talk about how life was years ago. Participants names to be put in Door Prize Draw!**

# **Elders Group Meeting**



**Tuesday. Nov. 5th  
at 10am  
Fire Hall  
LUNCH PROVIDED!**

**If you require a ride, Please call the  
Health Centre 3 days prior to Nov. 5  
705-857-1221**







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# MEN'S CIRCLE

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**Planning Session for  
Future Men's Circles**

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With

DAVE RICE &

STAN MOSES

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**WHEN: Thursday November 14, 2019**

**WHERE: HIFN TRAILER #4**

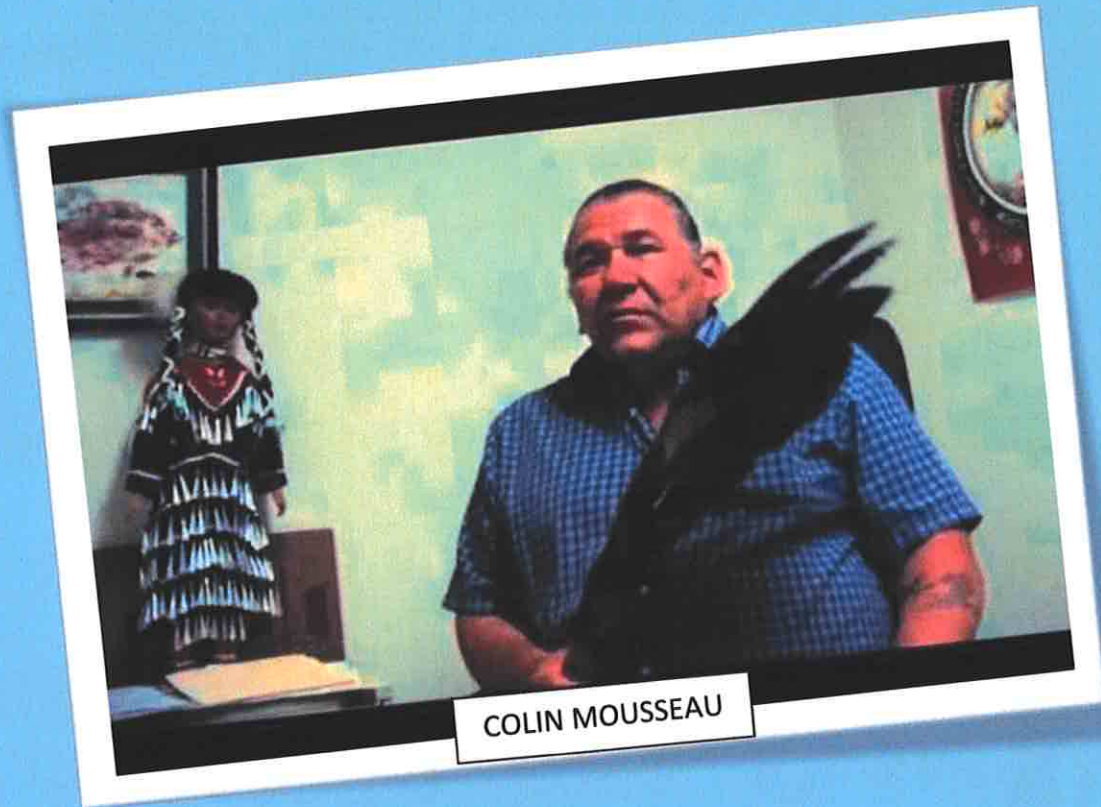
**TIME: 5-7 PM**

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

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

CULTURAL COORDINATOR STAN MOSES 705-857-1221

**\*A SUPPER WILL BE SERVED\***



# COLIN MOUSSEAU TRADITIONAL HEALER

## **DATES:**

Tues. Nov. 19, 2019 – Feasting of Names,  
Clans, & Ancestors

Wed. Nov. 20, 2019 – Appts in A.M. &  
Sweat in P.M.

Thurs. Nov. 21, 2019- One on One Appts.

**WHERE:** HIFN Library

**TIMES:** 9:00am – 5:00pm

**CONTACT:** Stan Moses (705) 857-1221

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

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





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# MEN'S CIRCLE

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**Planning Session for  
Future Men's Circles**

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With

DAVE RICE &

STAN MOSES

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**WHEN: Thursday November 28, 2019**

**WHERE: HIFN TRAILER #4**

**TIME: 5-7 PM**

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

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

CULTURAL COORDINATOR STAN MOSES 705-857-1221

**\*A SUPPER WILL BE SERVED\***

# Service Canada



## Information Session

Old Age Security  
Canada Pension Plan  
CPP-Disability

### When?

Wednesday November 27<sup>th</sup>, 2019

## Séance d'information

Sécurité de la vieillesse  
Régime de pension du Canada  
Prestation d'invalidité- CPP

### Quand ?

le mercredi 27 novembre 2019

## Presentation

10:00am to 11:00am

## Présentation

10h00 à 11h00

## SIN and Pension Clinics

11:00am to 2:00pm

## Cliniques de NAS et pensions

11h00 à 14h00

## Where?

Henvey Inlet Wagamake Learning Centre Bureau d'apprentissage Wagamake

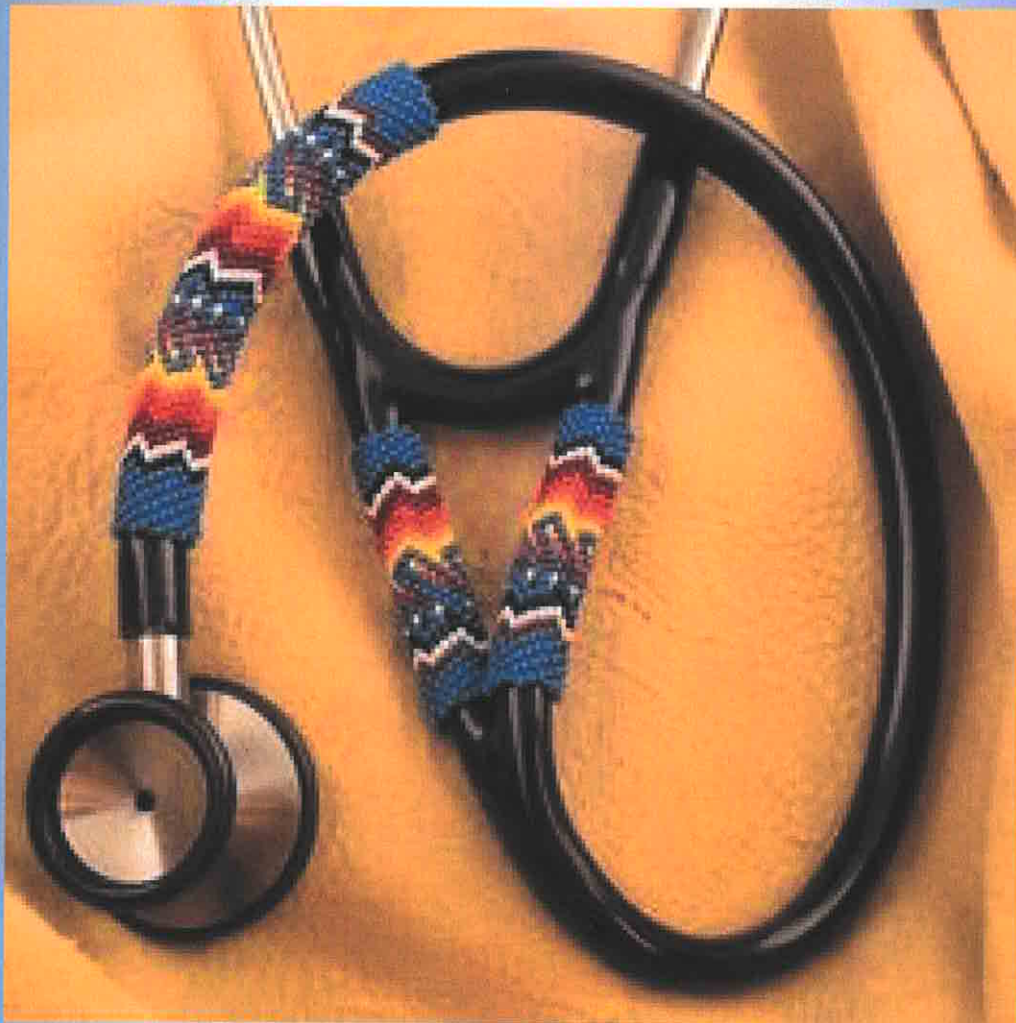
## Lieu?

For more information, please contact

Judy Contin 705-857-2331



# Community Health Nurse



**Debbie Brennan**

# November 2019



DEBBIE BRENNAN  
CHN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 OFFICE HOME VISITS	2
3	4 OFFICE HOME VISITS	5 Training Immunization Tentative	6 Elders Game Day! Dimitri	7 Training Immunization Tentative	8 OFFICE	9
10	11 OFFICE HOME VISITS	12 OFFICE HOME VISITS	13 Elders Game Day! Dimitri	14 Meeting Magnetewan	15 OFFICE HOME VISITS	16
17	18 OFFICE HOME VISITS	19 Program Prep.	20 BP/BS Clinic/ Elders Game Day!	21 OFFICE HOME VISITS	22 OFFICE	23
24	25 OFFICE HOME VISITS	26 Program Prep.	27 Lunch N Learn	28 OFFICE	29 OFFICE HOME VISITS	30/31



# Blood Pressure/ Blood Sugar Clinic

Location: Trailer #4– Health Centre

Wednesday November 20, 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: @ Fire Hall

Wednesday November 27, 2019 @ 11:30 am



**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**



# UNDERSTANDING THE UNDERAPPRECIATED BURDEN OF INFLUENZA AMONGST CANADA'S OLDER ADULTS

Influenza, together with all causes of pneumonia, is the 7<sup>th</sup> leading cause of death in Canada, and is the leading cause of death amongst diseases prevented by vaccines.

## FLU-RELATED HOSPITALIZATIONS AND DEATHS

### WHAT ARE THE RISKS?

- Every year in Canada, influenza causes an average of 12,200 hospitalizations and an average of 3,500 deaths.
- On average, adults 65 years and older account for **70% of flu-related hospitalizations** and **90% of flu-related deaths**.

## HEART, LUNG AND THE FLU

In adults 65 years and older, the risk of death associated with the flu was:

- **5X GREATER** among those with chronic heart disease
- **12X GREATER** among those with chronic lung disease
- **20X GREATER** among those with BOTH chronic heart and lung conditions.

**It is imperative to prevent the flu in adults 65 years and older.**

## WHAT IS THE CONNECTION BETWEEN FLU AND HEART ATTACKS?

### DID YOU KNOW?

A recent Canadian study of adults found that:

- The risk of heart attack was **6X HIGHER** within 7 days of a flu diagnosis.

In a separate study in adults with varying degrees of cardiovascular risk:

- Flu vaccination was associated with a **36% lower risk of major cardiovascular events** including cardiovascular death, heart attack and heart failure.

## VACCINES: LESS THAN 100% IS BETTER THAN 0%

Even when there is a less than ideal match or lower effectiveness against one virus, it is important to be aware that those who get the flu vaccine:

- **ARE STILL MORE LIKELY TO BE PROTECTED AGAINST THE FLU COMPARED TO THOSE WHO ARE UNVACCINATED**
- **ARE PROTECTED AGAINST THE OTHER FLU STRAINS THAT ARE CONTAINED IN THE VACCINE**
- **MAY HAVE A Milder illness even if they do get the flu.**

**You are also less likely to pass the flu along to those who aren't able to fight it.**

The National Advisory Committee on Immunization (NACI) recommends flu vaccination for everyone 6 months of age and older, especially those at high risk, including infants, adults 65 years and older, and those with comorbidities.



# DON'T LET INFLUENZA CHANGE YOUR RETIREMENT PLANS

It's not **JUST** a cold. It's not **JUST** a stomach illness. It's not **JUST** the flu. **Influenza is SERIOUS, and can be deadly.**

The more informed you are, the more you'll understand the importance of getting an annual influenza (flu) vaccination. Being immunized will help you protect yourself and prevent the spread of flu to those you care about, including those most vulnerable, like your grandchildren and those with cancer.

**According to the World Health Organization, influenza vaccination is the 3<sup>rd</sup> priority intervention to achieve healthy ageing after the prevention of falls and the promotion of physical activity.**

## ADULTS 65 YEARS AND OLDER

Compared with younger adults, adults 65 years and older have a higher prevalence of chronic medical conditions, many of which are associated with increased risk of **flu-related complications and severe outcomes**.

Immunosenescence is the **natural decline of our body's immune system** as we age, which increases our risk of contracting infections like the flu and may reduce our response to vaccines.

## PEOPLE WITH CERTAIN MEDICAL CONDITIONS

People with medical conditions including asthma, chronic lung disease, diabetes, and heart disease are considered to be at higher risk for developing flu-related complications.

The flu has the ability to worsen chronic conditions; it is a **known trigger for heart attacks and strokes** in people with existing heart disease.

## HOSPITALIZATION, LOSS OF INDEPENDENCE, AND FRAILTY

Influenza can take away independent living from older adults. A single hospitalization (due to flu or in general) can have a devastating impact on an older adult's ability to live independently.

Studies have found that as many as **1/3 of older adults** leave hospitals with a significant loss of ability to carry out their activities of daily living, such as bathing, dressing or eating.

Influenza is the **3<sup>rd</sup> leading cause of catastrophic disability\***, only behind congestive heart failure and stroke.

\* Catastrophic disability is defined as the loss of independence in three or more basic activities of daily living (e.g. eating, dressing, and bathing).

**GET VACCINATED TO HELP PROTECT YOURSELF  
AND PREVENT THE SPREAD OF FLU TO OTHERS**



# UNDERSTANDING THE UNIQUE INFLUENZA RISKS FOR OLDER ADULTS

**The flu is a serious illness that can be deadly.**

The more informed you are, the more you'll understand the importance of getting an annual flu vaccination. Being immunized will help you protect yourself and prevent the spread of flu to those you care about.

## ADULTS 50+

- As **adults 50 years and older** age, their immune system naturally begins to decline, which increases their risk of contracting infections like the flu.
- Adults 50 years and older have medical conditions that are more frequently linked to flu complications, compared to younger adults.
- Conditions such as diabetes and cardiovascular disease increase the **risk of hospitalization and heart attacks** when combined with the flu.

## ADULTS 65+

### In addition to the facts for adults 50+:

- For **adults 65 years and older**, the flu is linked to 4 major causes of hospitalization:
  - Pneumonia
  - COPD<sup>†</sup>
  - Heart disease
  - Stroke
- 90% of flu-related deaths occur in adults 65 years and older.
- The presence of chronic conditions, such as diabetes, increases the likelihood of complications from influenza, hospitalizations and higher death rates.
- Influenza can cause older adults to **lose their independence** – adults can lose muscle strength every day they are bedridden in the hospital.
- Studies have found that as many as **1/3 of older adults** leave hospital with a significant loss of ability to carry out their activities of daily living, such as bathing, dressing or eating.
- Influenza is the **3rd leading cause of catastrophic disability\***, only behind congestive heart failure and stroke.

\* Catastrophic disability is defined as the loss of independence in three or more basic activities of daily living (e.g. eating, dressing, and bathing).

<sup>†</sup> COPD = Chronic Obstructive Pulmonary Disease

**In Canada, publicly funded flu vaccines may vary from province to province. The National Advisory Committee on Immunization (NACI) provides a list of recommended vaccines according to age. Talk to your healthcare provider about the flu vaccine best suited for you.**



# WHAT YOU NEED TO KNOW ABOUT INFLUENZA AS YOU AGE

## A Must-read For Older Adults

Just because you haven't had influenza (the flu) yet, doesn't mean you won't get it this year. Make sure you have all the facts.

**QUESTION:**  
IF I'M HEALTHY,  
DO I EVEN NEED  
TO GET  
VACCINATED?

### ANSWER:

- Even healthy people can get sick enough from the flu to miss substantial time from work and impact their daily activities – some even end up hospitalized.
- Even a mild case of the flu is **contagious** and can be passed on to people you care about, including those most vulnerable, such as your grandchildren and those with cancer.
- In older adults, immune system function **naturally declines** with age, which increases their risk of contracting infections like the flu.

**QUESTION:**  
CAN I GET  
THE FLU FROM  
THE FLU  
VACCINE?

### ANSWER:

- **No, you can't get the flu from the flu vaccine** – you can get the flu from someone else and even from surfaces harboring the flu virus, like door handles.
- Flu vaccines are made with viruses that are inactivated or weakened, they are not infectious and **cannot cause the flu**.
- Common reactions to flu vaccination may include: soreness, redness or swelling at the injection site, which generally lasts 1-2 days; muscle aches, headache and fever.
- You may have been infected with the virus before you got the flu vaccination or before the vaccine had a chance to take effect. *For the vaccine to take full effect, it typically takes up to 2 weeks.*

**QUESTION:**  
HOW DOES THE  
VACCINE "MATCH"  
AFFECT MY  
PROTECTION?

### ANSWER:

- Even if the vaccine is not a "good" match, **the flu vaccine can still provide protection**.
- Individuals who get the flu vaccine:
  - Are more likely to be protected against the flu compared to those who are unvaccinated
  - Are protected against several different flu strains
- The National Advisory Committee on Immunization (NACI) still recommends flu vaccination for everyone 6 months of age and older because antibodies made in response to the flu vaccine can sometimes provide protection against different but related flu viruses.

**NOTE: See reverse for age-specific flu information.**

**GET VACCINATED TO HELP PROTECT YOURSELF  
AND PREVENT THE SPREAD OF FLU TO OTHERS**



# PROTECTING AGAINST INFLUENZA IN PEOPLE

# WITH Heart Disease

## INFLUENZA IS A PREVALENT, CONTAGIOUS, AND VACCINE-PREVENTABLE INFECTIOUS DISEASE IN CANADA

### CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR INDIVIDUALS LIVING WITH HEART DISEASE

This group is at higher risk of serious influenza-related complications, including heart attack.<sup>1-4</sup>

Influenza infection activates inflammatory pathways in the body which can cause plaques in the arteries to burst and block blood flow, triggering a heart attack.<sup>5-7</sup>

### ACCORDING TO THE PUBLIC HEALTH AGENCY OF CANADA:



**89%**  
of adults hospitalized for influenza in the 2010-2011 flu season had a chronic medical condition



**23%**  
of those patients had heart disease<sup>8</sup>

Some types of heart disease include:<sup>9</sup>

- Coronary artery disease
- Heart failure
- Peripheral vascular disease
- Cardiomyopathy
- Heart attack

### GET YOUR INFLUENZA VACCINE TODAY!



Influenza season usually peaks in the winter months, but can occur as early as October and as late as May. Early immunization is preferred, but it is not too late to get the vaccine in January or beyond.<sup>2</sup>

### HEART DISEASE IN CANADA



IN 2015

**51,534**

deaths were caused by heart disease<sup>10</sup>



Heart Disease is the second leading cause of death in Canada<sup>10</sup>

ABOUT 1 IN 5 CANADIANS die of heart disease<sup>10</sup>



### NACI\* AND HEART & STROKE\*\* RECOMMEND influenza immunization for individuals with heart disease and their close contacts:<sup>2,11</sup>

individuals with heart disease and their close contacts:<sup>2,11</sup>



Healthcare Providers



Household Contacts



Service Providers

\* National Advisory Committee on Immunization \*\* Heart and Stroke Foundation

### BENEFITS OF SEASONAL INFLUENZA VACCINES<sup>2</sup>

- ✓ Considered the most effective method to prevent influenza
- ✓ Helps protect those who are vulnerable to serious illness



## VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.<sup>2</sup>

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.<sup>12</sup> For more information on seasonal influenza vaccines, visit [www.immunize.ca](http://www.immunize.ca). Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

TALK TO YOUR HEALTHCARE PROVIDER ABOUT THE RISKS AND BENEFITS OF INFLUENZA VACCINATION.

REFERENCES: 1. Udell et al. Association Between Influenza Vaccination and Cardiovascular Outcomes in High-Risk Patients: A Meta-analysis. 2013. JAMA 310(16):1711-1720. doi:10.1001/jama.2013.279206. 2. An Advisory Committee Statement (ACS), National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2017-2018. Public Health Agency of Canada. October 2016. 3. CDC Centers for Disease Control and Prevention. Influenza (Flu) - Flu and Heart Disease and Stroke. August 2016. 4. Davis, M. M. et al. Influenza Vaccination as Secondary Prevention for Cardiovascular Disease. Journal of the American College

of Cardiology. 48(7). 1498-1502. doi:10.1016/j.jacc.2006.09.004. 5. Madjid M. et al. Influenza epidemics and acute respiratory disease activity are associated with a surge in autopsy-confirmed coronary heart disease death: results from 8 years of autopsies in 34 892 subjects. Eur Heart J. 2007;28(10):1205-1210. 6. Ross R. The pathogenesis of atherosclerosis: a perspective for the 1990s. Nature. 1993;362(6423):801-809. 7. Warren-Gash C. et al. Influenza as a trigger for acute myocardial infarction or death from cardiovascular disease: a systematic review. Lancet Infect Dis. 2009;9(10):601-610. 8. National Advisory Committee on Immunization (NACI) Statement on Seasonal Influenza Vaccine for 2011-2012. An

Advisory Committee Statement (ACS) National Advisory Committee on Immunization (NACI) Canada Communicable Disease Report, Oct. 2011. 9. Government of Canada. About Heart Diseases and Conditions. March 2017. 10. Statistics Canada. Table 13-10-0394-01 Leading causes of death, total population, by age group. 11. Heart and Stroke Foundation. Ask a cardiologist: Flu shots. Jay Udell. 12. Public Health Agency of Canada. Public Funding for Influenza Vaccination by Province/Territory (as of March, 2015). 2017.





# PROTECTING AGAINST INFLUENZA IN PEOPLE

# WITH Diabetes

## INFLUENZA (FLU) IS A PREVALENT, CONTAGIOUS, AND VACCINE-PREVENTABLE INFECTIOUS DISEASE IN CANADA

### CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR INDIVIDUALS LIVING WITH DIABETES.

People with diabetes are at higher risk of serious influenza-related complications, hospitalizations or even death.<sup>1-4</sup> These complications include but are not limited to:<sup>2,5</sup>



Bronchitis



Worsening of Chronic Heart Disease



Pneumonia



Sinus & Ear Infections



chronic diseases, such as:

- COPD
- hypertension
- renal disease

that put them at high risk for influenza-related complications or hospitalization.<sup>6,7</sup>

For hospitalized patients, acute illness is one of several obstacles to maintaining blood sugar control.<sup>8</sup>

Diabetes patients frequently have other



37% have 2 or more other chronic diseases and



13% have 3 or more other chronic diseases<sup>6</sup>

In Canada, the number of type 1 & 2 diagnosed diabetes cases is expected to increase 32% by 2028.<sup>9,10</sup>



Diabetes can reduce lifespan by

**5-15** years.<sup>10</sup>

### DC\* and NACI\*\* RECOMMEND

influenza immunization for individuals with diabetes, and NACI recommends the same for their close contacts:<sup>1,11</sup>



Healthcare Providers



Household Contacts

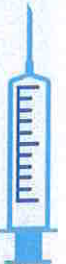


Service Providers

\* Diabetes Canada  
\*\* National Advisory Committee on Immunization

### BENEFITS OF SEASONAL INFLUENZA VACCINES<sup>1</sup>

- ✓ Considered the most effective method to prevent influenza
- ✓ Helps protect those who are vulnerable to serious illness



### GET YOUR INFLUENZA VACCINE TODAY!



Influenza season usually peaks in January or February, but can occur as early as October and as late as May. Early immunization is preferred, but it is not too late to get the influenza vaccine in January or beyond.<sup>1</sup>

**VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.<sup>1</sup>**

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.<sup>12</sup> For more information on seasonal influenza vaccines, visit [www.immunize.ca](http://www.immunize.ca). Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

TALK TO YOUR HEALTHCARE PROVIDER ABOUT THE RISKS AND BENEFITS OF INFLUENZA VACCINATION.

REFERENCES: 1. Public Health Agency of Canada (PHAC). An Advisory Committee Statement (ACS). National Advisory Committee on Immunization (NACI): Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2018-2019. May 2018. 2. CDC. Flu and People with Diabetes. [www.cdc.gov/flu/diabetes/index.htm](http://www.cdc.gov/flu/diabetes/index.htm). September 2018. 3. Muller LMAJ, Gorter KJ, Hak E, et al. Increased risk of common infections in patients with type 1 and type 2 diabetes mellitus. *Clin Infect Dis*. 2005;41:281e8. 4. Groenwold RHH, Hoos AW, Hak E. Impact of influenza vaccination on mortality risk among the elderly. *Eur Respir J*.

2009;34:56e62. 5. CDC. Flu Symptoms and Complications. [www.cdc.gov/flu/consumer/symptoms.htm](http://www.cdc.gov/flu/consumer/symptoms.htm). September 2018. 6. PHAC. Diabetes in Canada: Facts and figures from a public health perspective 2011. 7. PHAC. Canadian Immunization Guide. 2016. 8. Magaji V, Johnston JM. Inpatient Management of Hyperglycemia and Diabetes. *Clinical Diabetes*. 2011 vol. 29 no. 1 3-9. 9. Diabetes stats in Canada are estimates generated by the Canadian Diabetes Cost Model, a forecasting model that provides projections on prevalence, incidence and economic burden of diabetes in Canada based on national data from government sources. Refer to: Canadian

Diabetes Association. 2015 Report on Diabetes. Driving Change. Toronto; 2015. 10. Diabetes Canada. Diabetes in Canada. March 2018. 11. Husein N, Chetty A. Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada: Influenza, Pneumococcal, Hepatitis B and Herpes Zoster Vaccinations. *Canadian Journal of Diabetes*. 2018; Vol 1(2): S142-S144. 12. PHAC. Public Funding for Influenza Vaccination by Province/Territory (as of March, 2015).

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This content has been reviewed by Diabetes Canada and is consistent with the 2018 Diabetes Canada Clinical Practice Guidelines.





# PROTECTING AGAINST INFLUENZA IN PEOPLE

# WITH COPD

## INFLUENZA IS A PREVALENT, CONTAGIOUS, AND VACCINE-PREVENTABLE INFECTIOUS DISEASE IN CANADA

### CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR INDIVIDUALS WITH COPD (Chronic Obstructive Pulmonary Disease).

COPD is the leading cause of hospital admissions and has a much higher re-admission rate than other chronic illnesses.<sup>1</sup> Exacerbation is the key contributing factor to hospitalization, morbidity and mortality associated with COPD.<sup>1</sup>

Recent evidence suggests that **RESPIRATORY VIRUSES** are associated with

**40 to 60%** of COPD exacerbations.<sup>2-5</sup>



In studies of **COPD-EXACERBATED PATIENTS** who have viral infections

**8 to 36%** of the viruses detected were influenza.<sup>2,5,6</sup>

COPD patients infected with influenza have a significant risk of hospitalization.<sup>7-9</sup>



In 2014  
**804,043**

  
Canadians aged 35+ reported being diagnosed with COPD.<sup>11</sup>

Chronic lower respiratory diseases such as bronchitis, asthma and **COPD** are ranked

**4<sup>TH</sup>** leading cause of death.<sup>12</sup>

**CTS\* RECOMMENDS** annual influenza immunization for individuals with COPD.<sup>7</sup>

**NACI\*\* ALSO RECOMMENDS** vaccination for those in contact with them:<sup>10</sup>



Healthcare Providers



Household Contacts



Service Providers



\* Canadian Thoracic Society

\*\* National Advisory Committee on Immunization

### BENEFITS OF SEASONAL INFLUENZA VACCINES<sup>10</sup>

- Considered the most effective method to prevent influenza
- Helps protect those who are vulnerable to serious illness



### GET YOUR INFLUENZA VACCINE TODAY!



Influenza season usually peaks in January or February, but can occur as early as October and as late as May. Early immunization is preferred, but it is not too late to get the vaccine in January or beyond.<sup>10</sup>

**VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.<sup>10</sup>**

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.<sup>13</sup> For more information on seasonal influenza vaccines, visit [www.immunize.ca](http://www.immunize.ca). Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

TALK TO YOUR HEALTHCARE PROVIDER ABOUT THE RISKS AND BENEFITS OF INFLUENZA VACCINATION.

REFERENCES: 1. The Human and Economic Burden of COPD: A Leading Cause of Hospital Admission in Canada. Canadian Thoracic Society. February 2010. 2. P. Mallia and S. L. Johnston. Influenza infection and COPD. *Int J Chron Obstruct Pulmon Dis*. 2007 Mar; 2(1): 55-64. 3. Seemungal T, Harper-Owen R, Bhowmik A, et al. 2001. Respiratory viruses, symptoms, and inflammatory markers in acute exacerbations and stable chronic obstructive pulmonary disease. *Am J Respir Crit Care Med*, 164: 1618-23. 4. Rohde G, Wiethege A, Borg I, et al. 2003. Respiratory viruses in exacerbations of chronic obstructive pulmonary disease requiring hospitalisation: a case-control study. *Thorax*, 58: 37-42. 5. Tan WC, Xiang X, Qiu D, et al. 2003. Epidemiology of respiratory viruses in patients hospitalized with near-fatal asthma, acute exacerbations of

asthma, or chronic obstructive pulmonary disease. *Am J Med*, 115: 272-7. 6. Beckham JD, Cadena A, Lin J, et al. 2005. Respiratory viral infections in patients with chronic obstructive pulmonary disease. *J Infect*, 50: 322-30. 7. O'Donnell DE, Aaron S, Bourbeau J, et al. Canadian Thoracic Society Recommendations for Management of Chronic Obstructive Pulmonary Disease - 2007 update. *Can Respir J*. 2007 Sep; 14 Suppl B: 5B-32B. 8. Wongsurakiat P, Maranetra KN, Wasil C, et al. Acute respiratory illness in patients with COPD and the effectiveness of influenza vaccination: a randomized controlled study. *Chest*. 2004 Jun; 125(6): 2011-20. 9. Nichol KL, Baken L, Nelson A. Relation between influenza vaccination and outpatient visits, hospitalization, and mortality in elderly persons with chronic lung disease. *Ann Intern Med*. 1999 Mar 2; 130(5): 397-403.

10. An Advisory Committee Statement (ACS), National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2015-2016. Public Health Agency of Canada. July 2015. 11. Statistics Canada. Chronic Obstructive Pulmonary Disease by Age Group and Sex. 2015. Accessed at [www80.statcan.gc.ca/wes-esw/page1-eng.htm](http://www80.statcan.gc.ca/wes-esw/page1-eng.htm). 12. Leading Causes of Death by Sex (Both Sexes). Statistics Canada. 2014. 13. Public Health Agency of Canada. Public Funding for Influenza Vaccination by Province/Territory (as of March, 2015). 2015. Accessed at [www.phac-aspc.gc.ca/im/plmprog-progimpt/fluacc-eng.php](http://www.phac-aspc.gc.ca/im/plmprog-progimpt/fluacc-eng.php).



# PROTECTING AGAINST INFLUENZA IN ADULTS

# 65+

## INFLUENZA IS A PREVALENT, CONTAGIOUS, AND VACCINE-PREVENTABLE INFECTIOUS DISEASE IN CANADA

### CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR ADULTS 65+.

This age group generally has lower immune responses to infections AND typically doesn't respond to vaccines as well as younger adults.<sup>1-3</sup> This puts them at potentially higher risk of influenza-related complications, hospitalization, and death.<sup>4-6</sup>

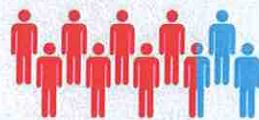
#### SENIORS REPRESENT

 **15%** of Canada's population<sup>7</sup>

**YET, IN 2014-2015, ADULTS 65+ ACCOUNTED FOR:**

 **70%** of influenza-related hospitalizations<sup>8</sup>

 **91%** of influenza-related deaths<sup>8</sup>



# 74%

**OF CANADIANS 65+** reported having at least 1 chronic condition\*, many of which may put them at high risk for influenza and its complications.<sup>4,9</sup>

\*Arthritis, asthma, cancer, chronic pain, depression, diabetes, emphysema/COPD, heart disease, high blood pressure, mood disorders (other than depression), stroke.

### INFLUENZA IS RANKED:



among the most common infectious diseases in Canada<sup>4,10</sup>



leading cause of mortality in Ontario between 2005-2007<sup>10</sup>

**NACI\* RECOMMENDS** influenza immunization for high-risk individuals, such as **ADULTS 65+** and people with:<sup>4</sup>



Cancer



Cardiac Disorders



Pulmonary Disorders (e.g., asthma, COPD)



Diabetes

and for those who may transmit influenza to people at high risk.<sup>4</sup>



Healthcare Providers



Household Contacts



Service Providers

\* National Advisory Committee on Immunization

### BENEFITS OF SEASONAL INFLUENZA VACCINES<sup>4</sup>

- Considered the most effective method to prevent influenza
- Helps protect those who are vulnerable to serious illness



### GET YOUR INFLUENZA VACCINE TODAY!



Influenza season usually peaks in January or February, but can occur as early as October and as late as May. Early immunization is preferred, but it is not too late to get the vaccine in January or beyond.<sup>4</sup>

## VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.<sup>4</sup>

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.<sup>11</sup> For more information on seasonal influenza vaccines, visit [www.immunize.ca](http://www.immunize.ca). Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

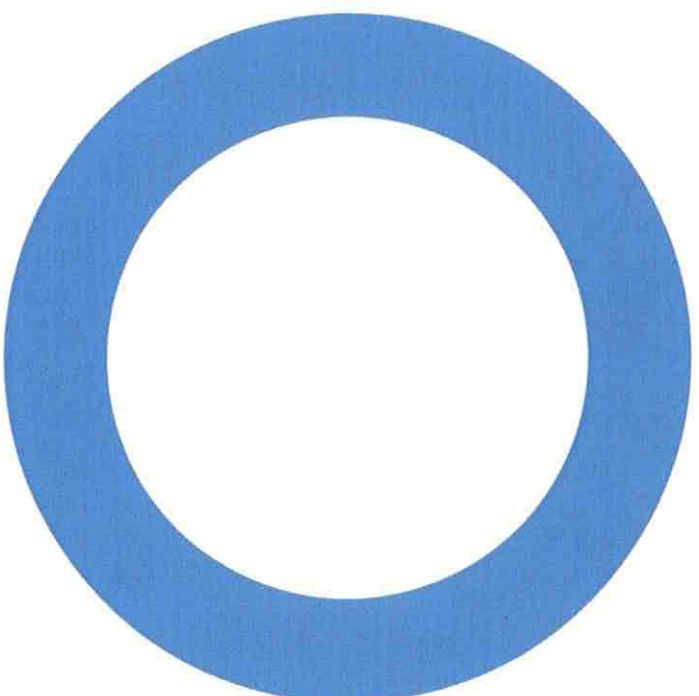
TALK TO YOUR HEALTHCARE PROVIDER ABOUT THE RISKS AND BENEFITS OF INFLUENZA VACCINATION.

**REFERENCES:** 1. Aspinall R, Del Giudice G, Effros RB, Grubeck-Loebenstien B, Sambhara S. Challenges for vaccination in the elderly. *Immun Ageing*. 2007;4:9. 2. Monto AS, Ansalidi F, Aspinall R, et al. Influenza control in the 21st century: optimizing protection for older adults. *Vaccine*. 2009;27(37):5043-5053. 3. Govaert TM, Thijs CT, Masurel N, et al. The efficacy of influenza vaccination in elderly individuals. A randomized double-blind placebo-controlled trial. *JAMA*. 1994;272(21):1661-5. 4. An Advisory Committee Statement (ACS), National Advisory Committee on Immunization (NACI): Canadian Immunization Guide Chapter on Influenza and

Statement on Seasonal Influenza Vaccine for 2015-2016. Public Health Agency of Canada. July 2015. 5. CDC. Estimates of deaths associated with seasonal influenza—United States, 1976-2007. *MMWR*. 2010;59(33):1057-1062. 6. McElhaney J. Seasonal Influenza Vaccination: Public Health Benefits of Immunization in Non-Communicable Diseases - Implications for Policy White Paper. 7. Population by Sex and Age Group in Canada. Statistics Canada. 2015. 8. Public Health Agency of Canada (PHAC). FluWatch. May 3 to May 9, 2015. 9. CIHI: Seniors and the Health Care System: What Is the Impact of Multiple Chronic Conditions? 2011.

Accessed at: [https://secure.cihi.ca/free\\_products/air-chronic\\_disease\\_aib\\_en.pdf](https://secure.cihi.ca/free_products/air-chronic_disease_aib_en.pdf). 10. Kwong JC, Rainasingham S, Campitelli MA, et al. The Impact of Infection on Population Health: Results of the Ontario Burden of Infectious Diseases Study. *PLoS ONE*. 2012;7(9). 11. Public Health Agency of Canada. Public Funding for Influenza Vaccination by Province/Territory (as of March, 2015). 2015. Accessed at: [www.phac-aspc.gc.ca/im/ptimprog-progimp/flu vacc-eng.php](http://www.phac-aspc.gc.ca/im/ptimprog-progimp/flu vacc-eng.php).





**World diabetes day**

**14 November**



**It takes a community to prevent a fall:  
We all have a role to play!**

# **November is Fall Prevention Month.**

**Falls are the leading cause of injury among older adults and one-third of those who fall will never return home.\***

The Fall Prevention Month website has:

- Pre-planned activities, posters and social media posts
- Resources you need to make a difference in your community

Together, we can help keep people active, independent, injury-free and healthy.

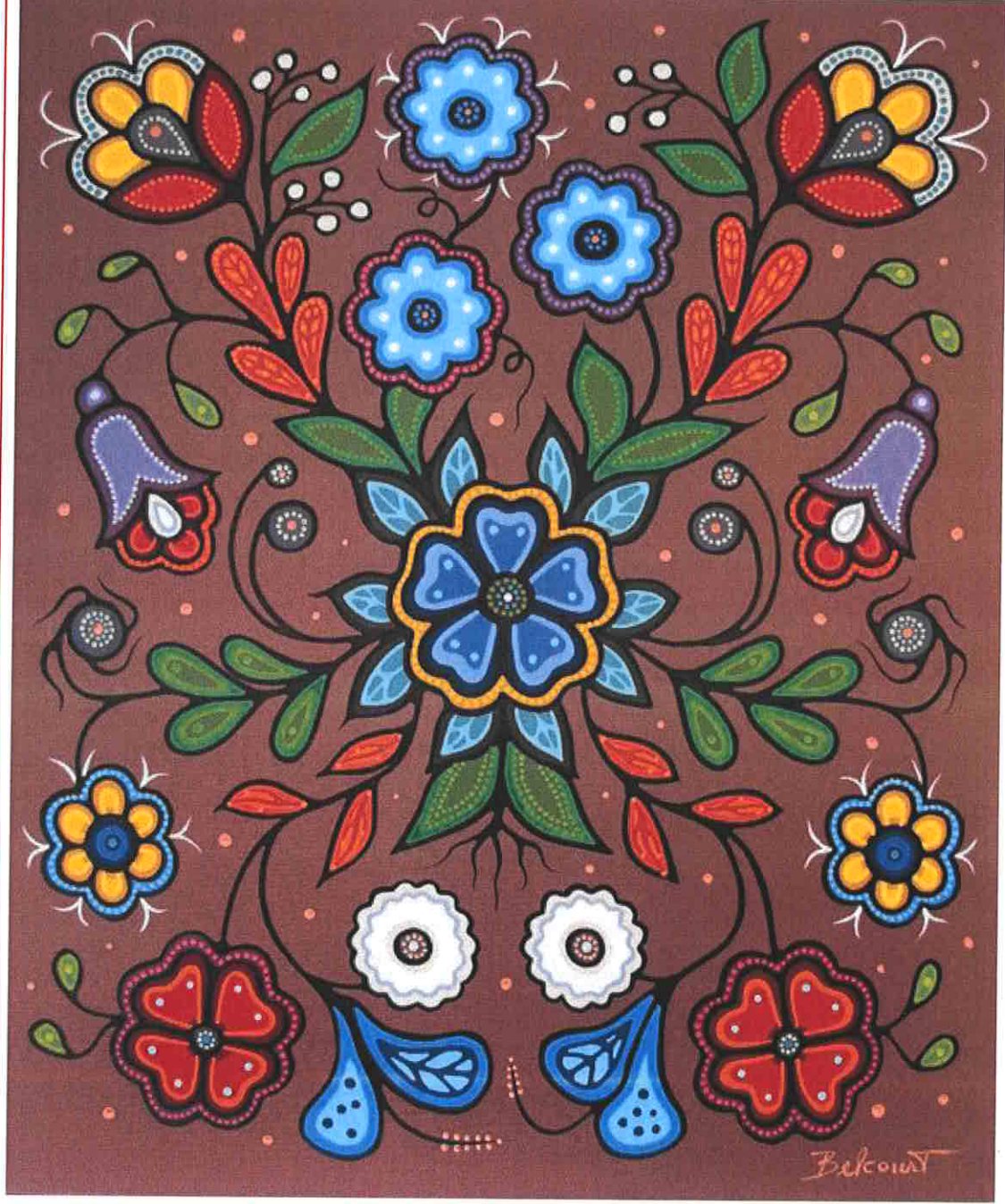
Find out more and download these resources at [www.fallpreventionmonth.ca](http://www.fallpreventionmonth.ca)

\*Data Source: Statistics Canada: Health at a Glance, <https://www150.statcan.gc.ca/n1/pub/82-624-x/2014001/article/14010-eng.htm>. Adapted by the Ontario Neurotrauma Foundation





# 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

THERE IS NO ONE GIANT STEP THAT DOES IT. IT'S A LOT OF LITTLE STEPS.

## NOVEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 COMMUNITY CALENDAR PREPS	2
3	4 COMMUNITY CALENDAR PREPS	5 COMMUNITY CALENDAR PREPS	6 HOME VISITS	7 PROGRAM SHOPPING	8 HIV, AIDS, HEP C COMMUNITY AWARENESS & INFO SESSION	9
10	11 REMEMBRANCE DAY	12 STAFF MEETING FULL MOON CEREMONY	13 OUT OF OFFICE	14 HOME VISITS	15 PROGRAM SHOPPING	16 CEDAR BATHS W/ MARY ELLIOTT
17	18 GENEALOGY BASICS 101 W/KIM KIPPAX	19 COMMUNITY CALENDAR PREPS	20 HOME VISITS	21 OUT OF OFFICE	22 P. A. DAY 23 RITES OF PASSAGE W/LUANA HARPER & SCOTT DEBASSIGE	23 FREE HAIRCUT DAY W/ANNETTE
24	25 STAFF MTG COMMUNITY CALENDAR PREPS	26 COMMUNITY CALENDAR PREPS	27 HOME VISITS	28	29	30



# HIV/AIDS/HEP C COMMUNITY AWARENESS & INFO SESSION

Friday, November 8, 2019

9:30 a.m.—12:00 p.m.

LUNCH AT 11:15

SPECIAL GUEST SPEAKERS

Located in TRAILER #3/Henvey Inlet Health Centre

**GIFT CARDS will be drawn for Participants in attendance of session.**



EVERYONE WELCOME TO ATTEND

**COMMUNITY WELLNESS WORKER~LUANA MCQUABBIE**

354-A Pickerel River Road  
TRAILER #3  
Pickerel, ON

Phone:705-857-1221 Ext: 227  
Email:luana.mcquabbie@henveymedicalcentre.com

NOVEMBER  
12th  
2019

FULL MOON CEREMONY  
With Judy Contin

263 PICKEREL RIVER ROAD

7:00 PM



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

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

Ceremonies are held around each monthly Full Moon

Please remember to:

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

PLEASE SIGN UP WITH THE HEALTH CENTRE

**FOR FURTHER INFORMATION CONTACT:  
COMMUNITY WELLNESS WORKER LUANA MCQUABBIE**





# CEDAR BATHS FOR WOMEN & SELF CARE

W/MARY ELLIOTT OF ATIKAMEKSHENG ANISHNAWBEK

**SATURDAY, NOVEMBER 16, 2019**

**10 A.M. - 2 P.M.**

**HIFN HEALTH CENTRE/TRAILER #3**



- \*SHARING CIRCLE
- \*PIPE CEREMONY
- \*CEDAR BATHS BY YOU  
W/SELF-CARE TEACHINGS
- \* CLOSING CIRCLE
- \*FEAST

~TAKE HOME YOUR OWN PERSONAL CEDAR BATH BUNDLE~

**PLEASE CALL THE HEALTH CENTRE TO SIGN UP. MAX 10.**

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



# CEDAR BATHS FOR WOMEN & SELF CARE

W/MARY ELLIOTT OF ATIKAMEKSHENG ANISHNAWBEK

## About Mary

Mary Elliott is from Atikameksheng Anishnawbek. She is a member of the Turtle/Bird Clan family. She is a Great Grandmother to 1. Grandmother to 8 and a Mother to 3 beautiful daughters.

Over the past 35 years Mary has travelled extensively to many First Nation and Urban communities sharing her knowledge and expertise pertaining to walking a good path. Being raised with the culture of Anishnawbek and the strong cultural knowledge & experience she has, Mary has been able to articulate this into the presentations she has been asked to facilitate.

Now as a Grandmother, she has been asked to do Openings, provide support to delegates of conferences, One on One support, and debrief with those who feel they need to.



# GENEALOGY BASICS 101

## W/ KIM KIPPAX

**NOVEMBER 18, 2019**

**10:00-2:00**

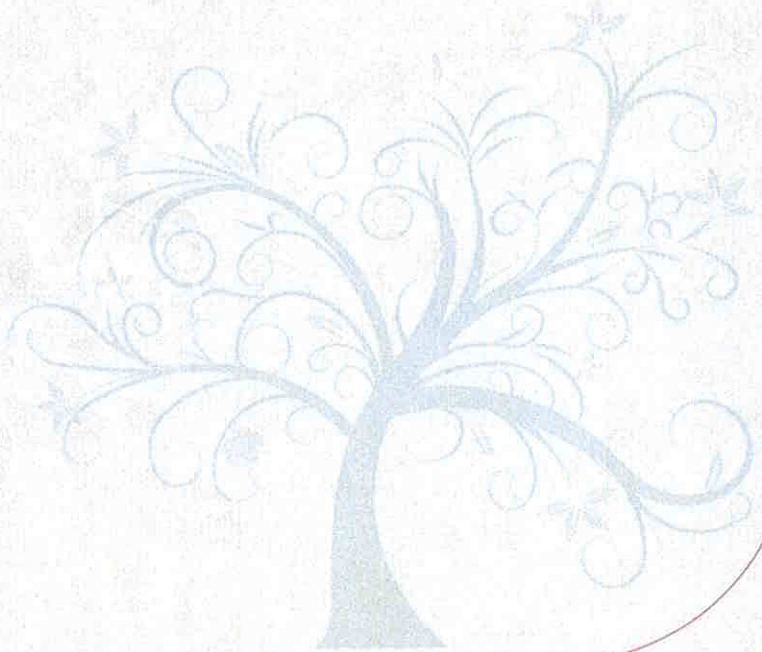
**HIFN HEALTH CENTRE/TRAILER #3**

**LUNCH PROVIDED**

Kim Kippax of Ever Growing Past will once again be in our community to lend her expertise for individuals who would like to get started on making their own family trees. Ever Growing Past is a Sudbury ON based Genealogical & Historical Research company.

Genealogical Research  
Packages will be available to  
participants.

*“We believe that everyone  
deserves to know who they are  
and we believe to do this you  
need to know where you came  
from. We will help you find your  
past.” K.K.*



**PLEASE CALL THE HEALTH CENTRE TO SIGN-UP. MAX 10.**

**FOR FURTHER INFO PLEASE CONTACT:**

**CWW LUANA MCQUABBIE 705 857-1221 EXT 227**



# RITES OF PASSAGE

W/LUANA HARPER & SCOTT DEBASSIGE

FOR YOUTH 7 YRS & UP. PARENTS ARE WELCOME TO ATTEND.

## November 22, 2019

**Girls 10a.m.-12p.m. Boys 1p.m.-3p.m.**  
Henvey Inlet First Nation Health Centre  
Lunch provided at 12 Noon for both groups.

**Call - (705) 857-1221**

**[CONTACT THE HIEN HEALTH CENTRE TO SIGN-UP.](#)**

FOR FURTHER INFO CONTACT:  
CWW LUANA MCQUABBIE 705 857-1221 EXT 227  
RIGHT TO PLAY ANGELE DUBOIS 705 918-1590





# FREE HAIR CUT DAY

WITH

ANNETTE ASHAWASEGA-CRISTO

**Annette will be in the community for one day to offer haircuts to all ages.**

**SATURDAY, NOVEMBER 23, 2019**

**9 A.M. – 5 P.M.**

**TRAILER #3**

**HENVEY INLET FIRST NATION HEALTH CENTRE**

*NO APPOINTMENT NECESSARY!  
JUST WALK IN AND SIGN IN.*

*PLEASE CONTACT THE HEALTH CENTRE SHOULD YOU  
NEED A RIDE.*



## COMMUNITY WELLNESS PROGRAM

Henvey Inlet First Nation Health Centre  
Trailer #3 beside the Ball Field  
Phone 705 857-1221 EXT 227  
[luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)



# Seven Grandfathers Teachings 2019 Awards Call Out for Nominations

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

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

Nominators must live in the community or work for HIFN.

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

Ballot forms will be readily available at both sites.

Submission deadline is Monday, December 2<sup>nd</sup> @ 4pm.

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

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





## The Seven Grandfathers Teachings

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







# NNADAP

Louise Ashawasegai

# Remembrance Day

## Wreath Making

**NOVEMBER**

**6 & 7**

Wednesday & Thursday

**Wed. 1pm to 4pm / Thurs. 4pm to 8pm**

**@ Health Centre ~Meal Provided~**





Henvey Inlet First Nation Daycare  
354B Pickerel River Road  
Pickerel, Ontario  
P0G 1J0  
PH: 705-857-0957  
Email: [hifndaycare07@hotmail.com](mailto:hifndaycare07@hotmail.com)

November is here and the days are getting shorter. It's that time of year when you just want to stay warm and have a never ending supply of hot tea. But no rest for those that have bills to pay. We here at Daycare are enjoying Grandfather Sun as much as possible and trying to get used of the weather change. The staff is getting ready for the cold weather making sure we get our immunization up to date. There are also training dates coming up for the staff here at the Daycare. So please take a look at the calendar to see what will be going on here this month. Our topics are as follows:

November 4 to 8, 2019:	Poppy Week
November 4 to 8, 2019:	Charlene's Holiday
November 11, 2019:	CLOSED Remembrance Day
November 12, 2019:	Staff Meeting
November 12 to 16, 2019	Dinosaurs
November 18 to 22, 2019:	Car/Truck
November 25, 2019:	Staff Meeting
November 25 to 29, 2019	Review Week

Also Make note to remember that during Carrie/Erin Training dates there will be only one staff one site. Included in this month's newsletter is information on flu and cold season and proper handwashing hints. Also reminder to parents if your child gets sick please keep them at home till they are better. Included is a recipe for homemade chicken and dumpling soup. Enjoy!!

Thank You

Charlene Ashawasegai RECE HIFN Daycare Program Supervisor	Carrie L. Bennett RECE HIFN Daycare Worker	Erin McQuabbie ECE HIFN Daycare Worker
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# NOVEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Important Dates: November 12 to 16, 2019: Carrie /Erin Training in Toronto: Infant programming November 25, 26, 2019: Carrie/Erin Training: Sudbury: Mental Health First Aid					I All Souls Day	2
3 CHARLENE HOLIDAYS 4 TO 8/2019	4	5	6	7	8	9
		<b>Topic: Poppy Week:</b> During this week the children will be making their own poppy wreaths to put on their window or door. We will also incorporate the four colors in our crafts.				
10	11	12	13	14	15	16
	Closed	<b>STM</b>			<b>Topic: Dinosaurs:</b> This week the children will be making dinosaurs of all shapes and sizes and colors.	
17	18	19	20	21	22	23
		<b>Topic: Car/Truck Week:</b> With the little ones in our group this is always a favorite. They enjoy painting, using blocks, even making them out of cardboard. So there will be lots of interaction and highway safety.				
24	25	26	27	28	29	30
	<b>STM</b>					
					<b>Topic: Review Week:</b> This week we will review some of the topics we have covered and give the children a chance to learn the spelling, shapes, colors, Practise scissors with cutting lines.	



# COLD OR FLU

## KNOW THE DIFFERENCE

The flu and a cold can have similar symptoms. The difference is how intense they feel and how common they are. In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.

### COLD

You may feel chills but fever is rare

Cough, chest discomfort  
(mild but may last a while)

Body aches & pains  
(mild)

Tiredness  
(you can still do your daily activities)

Headache  
(mild)

Sore throat

Stuffy, runny nose, sneezing



### FLU

Fever

Cough, chest discomfort  
(dry cough can be severe)

Body aches & pains  
(can be severe)

Bedridden  
(you may feel extremely exhausted)

Headache  
(can be severe)

Sore throat

Stuffy, runny nose



### COMPLICATIONS CAN INCLUDE...

- + Lung infections
- + Throat infections
- + Ear infections
- + Sinus infections

### COMPLICATIONS CAN INCLUDE...

- + Pneumonia
- + Pre-existing health conditions getting worse (such as asthma)
- + Hospitalization
- + Death

People experience symptoms differently. If your symptoms get worse or persist, see your healthcare provider.

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)



# KNOW THE FLU FACTS

## THE FLU CAN BE SERIOUS.

- + The flu is very contagious and can spread **quickly** and **easily**.
- + Before you even know you are sick, you can **pass the flu on to others**.
- + In Canada, an average of **12,200 hospitalizations** and **3,500 deaths** related to the flu occur each year\*.

## THE FLU CAN AFFECT ANYONE.

- + Even healthy people can get the flu, and it can be serious.
- + People at **higher risk of serious complications\*** are:
  - > *adults aged 65 and over*
  - > *young children*
  - > *those living with one or more chronic health conditions*
  - > *pregnant women*
  - > *those residing in nursing homes or other facilities*
  - > *Indigenous peoples*

## YOU NEED TO GET VACCINATED EVERY YEAR.

- + **Flu viruses** change each year. Experts create a **new vaccine** to protect you **each flu season**.

## YOU CAN'T GET THE FLU FROM THE FLU SHOT.

- + The viruses in the **flu shot** are either killed or weakened and **cannot give you the flu**.

## THE FLU SHOT IS SAFE.

- + **The flu shot** has **benefited millions** of Canadians since 1946.
- + Most people don't have reactions to the **flu shot**; those who do may have soreness, redness or swelling at the injection site.
- + **Severe reactions** to the vaccine are **extremely rare**.

## EVERYBODY WINS WHEN YOU GET VACCINATED.

- + If you do get the flu, the **flu shot** may reduce the **severity of your symptoms**.
- + By getting the **flu shot**, you **protect yourself and others** because you are less likely to spread the flu.
- + It's a **simple action** that can **prevent complications** and **save lives**.

\* National Advisory Committee on Immunization (NACI): Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine.

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)



# Handwashing

To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand rub. Wash hands for at least 15 seconds or more. Pay special attention to fingertips, between fingers, backs of hands and base of the thumbs.

- Keep nails short
- Remove watches, rings and bracelets
- Do not use artificial nails
- Avoid chipped nail varnish
- Wash wrists and forearms if they are likely to have been contaminated
- Make sure that sleeves are rolled up and do not get wet during washing

If you have any questions regarding cuts, sores, allergies or pre-existing skin conditions, call Telehealth Ontario at 1-866-797-0000, TTY 1-866-797-0007.

## Handwashing with soap and water

- Remove jewellery and wet hands and wrists with warm water.
- Use 1 or 2 squirts of liquid or foam soap.
- Lather soap and scrub hands well, palm to palm.
- Scrub in between and around fingers.
- Scrub back of each hand with palm of other hand.
- Scrub fingertips of each hand in opposite palm.
- Scrub each thumb clasped in opposite hand.
- Scrub each wrist clasped in opposite hand.
- Rinse thoroughly under running water.
- Pat hands dry with paper towel.
- Turn off water using same paper towel.

## Cleaning with alcohol-based hand rub

- Apply 1 to 2 pumps of product to palms of dry hands.
- Rub hands together, palm to palm.
- Rub in between and around fingers.
- Rub back of each hand with palm of other hand.
- Rub fingertips of each hand in opposite palm.
- Rub each thumb clasped in opposite hand.
- Rub each wrist clasped in opposite hand.
- Rub hands until product is dry. Do not use paper towels.

YIELD: 6 PEOPLE

# CHICKEN NOODLE & DUMPLING SOUP

*My favorite soup from my childhood, Chicken Noodle & Dumpling Soup is made with homemade egg noodles, super easy dumplings from scratch, and loaded with shredded chicken, carrots, cabbage, celery, and onions! It's comfort food at it's best!*

*prep time*

15 MINUTES

*cook time*

30 MINUTES

*total time*

45 MINUTES



## INGREDIENTS

- 12 cups low sodium chicken broth
- 4 stalks celery, chopped
- 4-6 carrots, sliced into discs
- 1 1/2 cups cabbage, roughly chopped
- 1/2 onion, diced
- 1-2 teaspoons salt (to taste)
- 3/4 teaspoon freshly ground black pepper
- 1/2 teaspoon dried thyme (or 1 teaspoon fresh)
- 3 cups chicken breasts and/or thighs, cooked and shredded

### HOMEMADE EGG NOODLES

- 1 cup all-purpose flour
- 1 egg
- 1/2 teaspoon salt
- 1 teaspoon olive oil



- 1-2 tablespoons milk

#### DUMPLINGS

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 beaten egg
- 2 tablespoons oil
- 1/4 cup milk

## INSTRUCTIONS

1. Pour the chicken broth into a large heavy pot or dutch oven over medium-high heat. Add the carrots, celery, onion, and cabbage to chicken broth and season with salt, pepper, and thyme and bring to a boil, then reduce heat to medium-low. Simmer 15-20 minutes, until the vegetables are tender.
2. Stir in the shredded, cooked chicken. Add the fresh egg noodles by dropping them in a handful at a time and stirring so they don't clump together. Add the dumplings at the same time by dropping tablespoonfuls on top of the simmering soup. Cover and cook for 5 minutes until the dumplings are cooked through and no longer doughy inside.

#### EGG NOODLES

1. To make the noodles, pulse flour and salt in a food processor. Add olive oil and pulse. Add egg and pulse to combine. Add the milk, one tablespoon at a time, and pulse just until combined and starting to clump a bit.
2. Dump the egg noodle dough onto a clean counter and knead a few times to bring it together in one clump, then cover with plastic wrap and let rest for 20 minutes or longer. Roll out very thin on a well-floured surface, then cut into thin, short strips using a pizza cutter or sharp knife.

## DUMPLINGS

1. Combine all dumpling ingredients together in a medium bowl by stirring with a fork just until moistened.

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**NUTRITION INFORMATION:** YIELD: 6 SERVING SIZE: g

*Amount Per Serving:* CALORIES: 439 SATURATED FAT: 2g CHOLESTEROL: 88mg

SODIUM: 942mg CARBOHYDRATES: 45g FIBER: 3g SUGAR: 4g PROTEIN: 37g

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CUISINE: AMERICAN

[HTTPS://HOUSEOFNASHEATS.COM/CHICKEN-NOODLE-DUMPLING-SOUP-RECIPE/](https://houseofnashheats.com/chicken-noodle-dumpling-soup-recipe/)

Exclusive Member of Mediavine Food



**Sent:** October 10, 2019 7:05 AM

**Subject:** RE: deadline extension of Aug 30 2019 to Sept 30 2019

Good day,

Thank you for your email.

Please note that the deadline for submitting an individual payment application form expired on **August 30th , 2019**.

Kindly note that claims will be accepted until ninety (90) days after the Individual Payment Application Deadline where there has been undue hardship or exceptional circumstances.

Applicants will have to complete and submit the attached form **along with the Individual Payment Application Form** explaining the undue hardship or exceptional circumstances which resulted in them missing the deadline before November 28, 2019.

The court-appointed Reconsideration Officer will decide whether their claim can be accepted and they will be advised of his decision.

They can forward the completed form explaining their reasons for delay and application form to:

COLLECTIVA

Sixties Scoop Class Action Administrator c/o Collectiva Class Action Services, Inc.

2170, René Lévesque Boulevard West, Suite 200 Montreal, Quebec H3H 2T8

Phone: 1-844-287-4270

Fax: 514-287-1617

Email: [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca)

If you have any other questions or concerns, please do not hesitate to contact us.

Kind regards,

COLLECTIVA

Toll free: 1-844-287-4270

Email: [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca)



# SIXTIES SCOOP

CLASS ACTION LAWSUIT

**Are you a Sixties Scoop Survivor? The deadline to submit a claim has been extended to November 28, 2019.**

Those who missed the August 30, 2019 deadline for submitting an individual payment application are able to submit a claim before November 28, 2019.

The Federal Government of Canada and certain survivors of the Sixties Scoop have reached a settlement of class action lawsuits that provides compensation for certain survivors of the Sixties Scoop.

Late claims will be accepted until ninety (90) days after the Individual Payment Application Deadline where there has been undue hardship or exceptional circumstances.

Complete and submit the form to explain the undue hardship or exceptional circumstances which resulted in you missing the deadline along with your Individual Payment Application before November 28, 2019. The court-appointed Reconsideration Officer will decide whether your claim can be accepted and you will be advised of his decision.

The settlement provides a payment to any registered Indian or person eligible to be registered or Inuit person who was adopted or made a permanent ward and was placed in the care of non-Indigenous foster or adoptive parents in Canada between January 1, 1951 and December 31, 1991.

For more information and to access forms, visit <https://sixtiesscoopsettlement.info>

If you require assistance, please contact the FNFAO office at 204-957-8450.



# SIXTIES SCOOP SURVIVOR SETTLEMENT DEADLINE EXTENDED TO NOVEMBER 28, 2019

October 4, 2019

FNFAO Admin

No Comments

### Individual Payment Application Form

This is an application form to obtain an individual payment from the Sixties Scoop Settlement Agreement.

The settlement provides a payment to any registered Indian or person eligible to be registered or Inuit person who was adopted or made a permanent ward and was placed in the care of non-Indigenous foster or adoptive parents in Canada between January 1, 1951 and December 31, 1991.

If this describes you, please read and complete the following form. You must then submit it to the Claims Administrator **no later than August 30, 2019** either

**(a) by filling out and submitting the electronic version of this form which can be found on the administrator's website at the following address [www.sixtiesscoopsettlement.info/ClaimForm](http://www.sixtiesscoopsettlement.info/ClaimForm)**

**(b) by email, fax or mail, to the following coordinates:**

**Sixties Scoop Class Action Administrator**  
**c/o Collectiva Class Action Services, Inc.**  
2170, René Lévesque Boulevard West, Suite 200  
Montreal, Quebec H3H 2T8  
Fax: 514-287-1617  
Email: [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca)

For assistance with completing this form you can contact Collectiva at 1-844-287-4270 or by email at [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca)

1. What is your full name:

First name: \_\_\_\_\_  
Middle name: \_\_\_\_\_  
Last name: \_\_\_\_\_

Have you ever used any other names or legally changed your name?  
(for example: birth names, adopted names, married names, etc.)

Please list them here: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Please attach copies of legal name change certificates)

Your current address: \_\_\_\_\_  
City: \_\_\_\_\_  
Province: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Country: \_\_\_\_\_  
Daytime phone: \_\_\_\_\_  
Cellular telephone: \_\_\_\_\_  
Email address: \_\_\_\_\_



2. What is your date of birth:

\_\_\_\_\_   
 mm/dd/yy

3. Are you a registered Indian:

- Yes  
 No

Please provide your registration/status/treaty number here: \_\_\_\_\_

4. Are you entitled to be registered as an Indian but you do not have a registration number:

- Yes  
 No

*If Yes, please complete the **Request for Indian Status Registration** form which can be found on the administrator's website [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info) under Forms. If you need more information about whether you are entitled to be a registered Indian, please contact Collectiva at 1-844-287-4270.*

5. Are you Inuit:

- Yes  
 No

Please indicate which Lands Claims Agreement you are enrolled in here:

\_\_\_\_\_

*If you do not know which Lands Claims Agreement you are enrolled in, please contact the Administrator for assistance.*

6. Were you adopted:

- Yes  
 No

If so when were you adopted: \_\_\_\_\_   
 mm/dd/yy

Where were you adopted:

City: \_\_\_\_\_  
Province: \_\_\_\_\_

*If you were adopted more than once, please indicate the City, Province and date of additional adoptions.*

7. Were you made a permanent ward (in other words, were you placed under the permanent guardianship of a child and family services agency):

- Yes
- No

If so, when were you made a permanent ward: \_\_\_\_\_  
mm/dd/yy

Where were you made a permanent ward:  
City: \_\_\_\_\_  
Province: \_\_\_\_\_

8. Were you placed with non-Indigenous parents or foster parents?
  - Yes
  - No
9. If you were in foster care, for what years: \_\_\_\_\_
10. Do you have any documents relating to your adoption or wardship?
  - Yes
  - No

*If you have documents please provide a copy with your application form. Please do not send us original documents.*

11. Collectiva will arrange for provincial records to be checked in order to support your claim. For us to do this, we need your written consent. Please indicate your consent by signing the **Consent to Search for Records** form. If we are unable to find the necessary documents through the search, we may ask you to sign an additional consent letter.
12. Please provide any additional details that will assist us in verifying your claim for compensation.

***Your Personal Story:***

13. [Optional] Would you like to share your story? Sharing your story can help us evaluate your claim if records cannot be located. We will not share this information with anyone without your permission.
14. [Optional] Would you like the Healing Foundation to document your story? If you agree to share your story, you can give permission for the Healing Foundation to archive it along with the stories of other Sixties Scoop survivors. This would mean that your story would be publicly available today and for future generations.

Do you agree to the Foundation archiving your story:  
 Yes



If yes, would you like your name to be attached to your story?

Yes, please use my first and last name: \_\_\_\_\_

Please use only my first name: \_\_\_\_\_

Please do not use my name at all: \_\_\_\_\_

No

*Please use this section to write your story. If you need more space, you can add additional pages.*

15. [Optional] Would you like to receive information from the Healing Foundation for example about Foundation updates, consultations, or other events?

Yes, please share my contact information with the Foundation

No, do not share my contact information with the Foundation

I declare that the information I have provided is true to the best of my knowledge.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

mm/dd/yy

### Consent to Search Records Form

I hereby consent to the Claims Administrator, Collectiva, taking all necessary steps to arrange for my provincial records to be checked to support my claim. I acknowledge that my provincial records contain personal information about myself.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_  
mm/dd/yy

KM-3393196v1



<b>SIXTIES SCOOP CLASS ACTION SETTLEMENT REASONS FOR LATE APPLICATION SUBMISSION FORM</b>	
<b>FULL NAME:</b>	
<b>DATE:</b>	
<p><b>PLEASE EXPLAIN BELOW THE UNDUE HARDSHIP OR EXCEPTIONAL CIRCUMSTANCES WHICH RESULTED IN YOU MISSING THE DEADLINE (PROVIDE AS MUCH DETAIL AS YOU CAN):</b></p>	

Please return the above reasons **and** the completed Individual Payment Application to the Claims Administrator, Collectiva, at:

**COLLECTIVA**  
**Sixties Scoop Class Action Administrator**  
**c/o Collectiva Class Action Services, Inc.**  
 2170, René Lévesque Boulevard West, Suite 200  
 Montreal, Quebec H3H 2T8  
 Phone: 1-844-287-4270  
 Fax: 514-287-1617  
 Email: [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca)