



OCTOBER



HALLOWEEN COSTUME CONTEST

HALLOWEEN DECORATING CONTEST

Flu Clinic
Oct. 16, 19 to 21

*Costume/Decorating Contest
SEE INSIDE FOR DETAILS!*



Colin Mousseau
Oct. 20th to 22nd



Trust Fund Mtg.
Oct. 26th



Recycling Program Info



Saturday October 31, 2020



Community Band Council Meeting

Monday October 5, 2020

6:00pm @ Firehall

CANCELLED

Topics

- Staff Reports
- Council Reports



FRIENDLY REMINDER!!

For the clients who utilize the Medical Transportation Vehicle 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!!

It is mandatory for Clients who utilize the Medical Transportation Vehicle to wear a Mask or face covering for all able-bodied and able-minded individuals with the exception of very small children and those with medical conditions or disabilities preventing them from freely using these products safely.

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


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

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

Thanks for understanding!

COVID-19 Assessment Centre- Sudbury

HSN has capacity to test hundreds more people for COVID-19. Patients with ANY of the following symptoms **must call HSN's COVID-19 Assessment Center between 9am and 5pm, 7 days/week at (705)-671-7373 or fill out the new online form to request an appointment:**

- Fever or chills
- Shortness of breath *  **If you are having difficulty breathing or experiencing other severe symptoms, call 911 immediately. Advise them of your symptoms and travel history.**
- Sore throat
- New onset or worsening cough
- Difficulty swallowing
- Loss of taste or sense of smell
- Runny nose or nasal congestion (not due to seasonal allergies)
- Nausea, vomiting, diarrhea or abdominal pain.
- Muscle aches, unexplained fatigue, malaise (general feeling of discomfort, weakness, or illness that has recently developed)
- Headache
- Croup or "barking" cough
- Pink eye.

**** Important ****

No one who is symptomatic or who is concerned they have been exposed to COVID-19 will be declined a test at the Assessment Centre.

Effective immediately, testing is also available for the following populations:

- **People who are concerned that they have been exposed to COVID-19.** This includes people who are contacts of or may have been exposed to a confirmed or suspected case.
- **People who are at risk of exposure to COVID-19 through their employment,** including essential workers (e.g., health care workers, grocery store employees, food processing plants).

Patients will be screened by a nurse over the telephone, and referred to one of three options if testing is necessary:

- **COVID-19 Assessment Centre, 56 Walford Road,** with drive-through testing option;
- **NEOMO Medical, 885 Prete Street,** with drive-through testing option;
- **Primacy Medical Centre, 1485 Lasalle Boulevard,** with drive-through testing option

All three COVID-19 assessment options are **by appointment only**. They are designed to protect health workers and patients alike from being exposed to the virus. For safety reasons, **"walk in" appointments are strictly prohibited.**

Patients can access online test results through this secure [online portal](#).

Individuals with general questions are asked to please visit [Public Health Sudbury & Districts website](#).

The purpose of COVID-19 Assessment Centers is to identify and swab people who are at risk for infection with COVID-19. Our goal is to ensure the health of our community by identifying disease early and reducing the number of people presenting to the Emergency Department at HSN.

COVID-19 Assessment Centre- Parry Sound

Testing for COVID-19 is available for anyone who wants a test whether they have symptoms or not. To get tested, call an [assessment centre](#) to book an appointment. **Walk-ins are likely to be turned away.** You can also take a [self-assessment](#) to help you decide if you need a test.

Testing results can take four to ten days to be returned. Visit the Ministry of Health's [COVID-19 Test Result website](#) to access your results.

Long-Term Care Home Visitors: If you would like to visit someone in a long-term care home, it's important to plan ahead. Contact the long-term care home to ask about their specific policies for booking a visit. For more information: [Ministry of Long-Term Care Update to Visits at Long-Term Care Homes](#) and [COVID-19 Information for the Long-Term Care Sector](#). If a COVID-19 test is needed, call an [assessment centre](#) directly to book an appointment. Results can take **four to ten** days to be returned.

West Parry Sound COVID-19 Assessment Centre

Book an appointment: 705-746-4540 ext 5030

Location: 70 Joseph St., Parry Sound Unit 105-106, entrance at the back door, please ring doorbell at the time of your appointment and stand back past the sign as directed.



HENVEY INLET FIRST NATION

WINDFARM TRUST CONSULTATION REVISED SCHEDULE	
Tuesday 29 September 1:00 pm	Council Meeting Council, advisors will finalize the draft Trust Agreement, draft investment policies and draft financial modelling, post to HIFN website
Tuesday 13 October 2:00 pm	Community Meeting #4 Community review of Trust Agreement, investment policies, financial modelling, trustee selection and vote process
Tuesday 20 October 1:00 pm	Council Meeting Council, advisors will review feedback from Community Meeting #4 and finalize the Trust Agreement, investment policies, financial modelling, trustee selection and vote process
Monday 26 October 2:00 pm	Community Meeting #5 Final pre-vote community review of Trust Agreement, investment policies and financial modelling, ballot question, trustee selection and voting process
Sunday 13 December	Community Approval Vote



**Henvey Inlet
First Nation**

Pickereel, ON P0G 1J0

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

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

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

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

MEMORANDUM

To: All Henvey Inlet First Nation Members
From: Samantha Bradley, Human Resources Coordinator
Date: September 25, 2020
Re: Employment Opportunities

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

- 1) Early Childhood Education Worker OR Early Childhood Education Trainee – 2 Positions (*preference given to registered ECE's first, then trainees*)
- 2) Gas Bar Attendant – Multiple Casual Positions
- 3) Water Treatment Operator Trainee

See attached job postings for more information.

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

Miigwetch,

Samantha Bradley, PCP
Human Resources Coordinator



EMPLOYMENT OPPORTUNITY

EARLY CHILDHOOD EDUCATION WORKER

2 Positions

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking three (3) qualified full-time **Early Childhood Education Workers** to join our Administration. The ECE Worker reports to the Daycare Supervisor and is responsible for providing supervision and direct childcare to children attending the HIFN Daycare, in compliance with all regulatory standards required by federal, provincial and First Nations legislation, policies and procedures. Under the leadership of the Daycare Supervisor, the ECE worker will help to plan and implement developmentally appropriate activities and experiences for the children using a variety of teaching techniques in alignment with HIFN Daycare Philosophy. This position requires excellent interpersonal communication skills and the ability to adapt and respond to all childcare needs.

MAIN RESPONSIBILITIES

The Early Childhood Education Worker will be responsible to:

- Provide a daily balance of developmentally appropriate active/quiet, indoor/outdoor & individual/group activities and experiences for children
- Assist children in self-expression by listening and responding with dialogue that encourages and lengthens conversations
- Encourage the children in learning about a variety of different cultures, including an understanding of our First Nation culture and value system
- Provide experiences and play material that actively promotes diversity and acceptance in interactions and attitudes
- Participate in short- & long-term Daycare planning initiatives and evaluations
- Learn and use techniques provided to assist children in developing the necessary coping skills to address unique life issues
- Observe how children use materials and interact with other children and adults and plan activities that recognize these individual differences
- Initiate referral for additional services for parents and children as needed
- Ensure the child's environment is healthy and safe and monitor the environmental hazards
- Attend to children's physical needs for toileting, diapering, eating & sleeping as promptly as possible
- Maintain positive and ongoing communication with parents

QUALIFICATIONS

- 1-3 years related professional experience working with children preferred
- Diploma in Early Childhood Education as recognized by the Ministry of Education
- Current Ontario RECE License
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C
- Membership in good standing with the College of Early Childhood Educators
- Knowledge of the Child Care and Early Years Act, 2014
- Professional and responsible attitude

- Excellent oral, written and interpersonal communication skills
- Willingness to work flexible hours

HOURS OF WORK

Full Time – 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled.

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

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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

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



EMPLOYMENT OPPORTUNITY

EARLY CHILDHOOD EDUCATION TRAINEE

2 Positions

POSITION SUMMARY

Henvey Inlet First Nation is seeking two (2) full-time **Early Childhood Education Trainees** to join our Administration. The ECE Trainee reports to the Daycare Supervisor and is responsible for supporting our registered ECE's with the supervision and direct childcare of children attending the HIFN Daycare, in compliance with all regulatory standards required by federal, provincial and First Nations legislation, policies and procedures. Under the leadership of the Daycare Supervisor, the ECE Trainee will work towards their full ECE designation by enrolling and participating in all required courses and training during both work and non-work hours as needed. The ECE Trainee is responsible for maintaining the level of professionalism required for registration with the College of Early Childhood Educators. This position requires a high level of personal motivation, impeccable time-management skills and a strong work ethic.

MAIN RESPONSIBILITIES

The Early Childhood Education Trainee will be responsible to:

- Enrol and participate in all required ECE courses and training needed to obtain full registration with the College of Early Childhood Educators
- To meet all training goals and objectives as set out by the ECE training plan
- To provide all test results, grades, and relevant documentation needed for quarterly progress reports
- Provide a daily balance of developmentally appropriate active/quiet, indoor/outdoor & individual/group activities and experiences for children
- Assist children in self-expression by listening and responding with dialogue that encourages and lengthens conversations
- Encourage the children in learning about a variety of different cultures, including an understanding of our First Nation culture and value system
- Provide experiences and play material that actively promotes diversity and acceptance in interactions and attitudes
- Participate in short- & long-term Daycare planning initiatives and evaluations
- Learn and use techniques provided to assist children in developing the necessary coping skills to address unique life issues
- Observe how children use materials and interact with other children and adults and assist with planning activities that recognize these individual differences
- Ensure the child's environment is healthy and safe and monitor the environmental hazards
- Attend to children's physical needs for toileting, diapering, eating & sleeping as promptly as possible

QUALIFICATIONS

- Grade 12 diploma or equivalent and ability to meet enrolment requirements for a College of ECE recognized Early Childhood Education program
- Current and satisfactory Vulnerable Sector Police Check
- Professional experience working with children preferred
- Current First Aid and CPR Level C preferred
- Current Safe Food Handlers Certificate preferred
- Professional and responsible attitude
- Excellent oral, written and interpersonal communication skills
- Willingness to work flexible hours
- Willingness to travel to and attend training courses as needed

HOURS OF WORK

Full Time – 35.5 hrs/week

REMUNERATION

To be determined

START DATE

As soon as possible

APPLICATION DEADLINE

October 4, 2020

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

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EMPLOYMENT OPPORTUNITY

GAS BAR ATTENDANT

Multiple Vacancies

POSITION SUMMARY

Henvey Inlet First Nation is seeking multiple, casual **Gas Bar Attendants** to join our Administration. The Gas Bar Attendant reports to the Gas Bar Manager and is responsible for the sale of fuel and other automotive products and in-store merchandise, including tobacco products. The Gas Bar Attendant is also responsible for processing all point-of-sale transactions via cash, credit or debit card using an electronic scanner and cash register. This position requires a high level of personal integrity and superior customer service skills.

MAIN RESPONSIBILITIES

The Gas Bar Attendant will be responsible to:

- Greet Gas Bar customers and refuel vehicles
- Answer customer inquiries
- Assist with the sale of automotive products, in-store merchandise and tobacco products, ensuring restricted products are sold only to customers that are of the required age by requesting appropriate identification
- Process sales transactions, receive payments and issue correct change and receipts
- Count money in cash drawer at the beginning and end of shifts, dropping end of shift deposits in Finance deposit box
- Maintain clean and orderly checkout areas and Gas Bar exterior by sweeping service station and shoveling, sanding and/or salting service in winter and picking up/removing garbage and debris
- Stock shelves and price merchandise
- Change fuel prices on signage
- Assist with placing and receiving fuel and merchandise orders
- Maintain accurate sales and purchase records
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Must be 19 years of age or older
- Grade 12 diploma or equivalent preferred
- Customer service and/or retail experience preferred
- Current First Aid and CPR Level C an asset
- Excellent customer service and interpersonal communication skills
- Able to deal with people sensitively, tactfully, diplomatically, and professionally at all times
- Professional appearance and manners
- High level of personal integrity and a strong work ethic
- Basic mathematical skills
- Strong attention to detail
- Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours, including occasional weekends, **a must**

HOURS OF WORK

Varies – up to 40 hours per week as needed

REMUNERATION

\$14/hour

START DATE

As soon as possible

APPLICATION DEADLINE

Ongoing

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

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EMPLOYMENT OPPORTUNITY

WATER TREATMENT OPERATOR TRAINEE

POSITION SUMMARY

Henvey Inlet First Nation is seeking a **Water Treatment Operator Trainee** to join our Administration for a short-term contract funded by Aboriginal Affairs and Northern Development Canada from October 2020 to March 2021. The Water Treatment Operator Trainee reports to the Water Treatment Plant Operator and is responsible for learning the quality control measures that go into providing Henvey Inlet First Nation with safe, potable drinking water. The Water Treatment Operator Trainee will be expected to engage in the continuous learning and training required to prepare for successful completion of the Operator in Training Exam. This position requires a high degree of self-motivation and a strong work ethic.

MAIN RESPONSIBILITIES

The Water Treatment Operator Trainee will be responsible to:

- Attend and complete all required meetings, training, and exams, including the Operator in Training Exam
- Observe, monitor, and eventually operate control systems used in treatment and distribution of water
- Check flow meter gauges and other recording instruments to measure water output
- Review, sample, record and report water quality in appropriate logbooks as required
- Ensure pumps, motors, chlorinators and other equipment are in good operating condition, reporting when maintenance and repairs are required
- Maintain various distribution components including hydrants, valve boxes, and curb stops
- Accompany Water Treatment Plant Operator on call-outs
- Assist Water Treatment Plant Operator with preparation of reports for community and other meetings as required
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Must be 18 to 30 years of age per funding agreement
- Must be unemployed and not in school per funding agreement
- Grade 12 diploma or equivalent
- Valid Ontario Class G Driver's License with access to a reliable vehicle
- Previous data collection and analysis experience an asset
- Previous report writing experience an asset
- Current First Aid and CPR Level C an asset
- Current WHMIS training an asset
- Basic computer and typing skills
- Basic mathematical skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to multi-task
- Professional attitude and a strong work ethic
- Willingness to work rotating and flexible hours, including occasional weekends, a must

HOURS OF WORK

Full-Time – 35.5 hrs/week

REMUNERATION

\$14/hour

START DATE

As soon as possible

APPLICATION DEADLINE

October 2, 2020

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

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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

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**Henvey Inlet
First Nation**

Pickerel, ON P0G 1J0

Administration
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1-800-614-5533

Health Centre
354A Pickerel River Road
T 705-857-1221
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1-866-252-3330

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

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

MEMORANDUM

To: Member of Henvey Inlet First Nation
Fr: Housing Assistant
Dt: October 1, 2020
Re: HIFN Housing update.

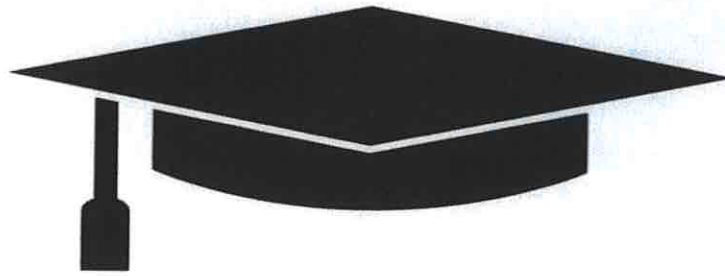
Mark your calendars!

Furnace inspections by DMC Mechanical is being scheduled please contact Housing department to ensure your furnace gets inspected.

Winter home maintenance workshop is being coordinated with HIFN's Energy Champion. Derek McGregor of Waabnoong Bemjiwang Association of First Nations will be the guest speaker. Attendance is mandatory. Details will be forth coming

Thank you,

Heidi Kimberley
Housing Assistant



YES !

You too can wear this Graduation Cap

Where: Wagamake Learning Centre

When: Mon 8:30 am - 4:30 pm
Tue 8:30 am - 4:30 pm
Wed 1:30 am - 4:30 pm
Thurs 8:30 am - 4:30 pm

Who: Carol Froehlich 705-774-2596

ONTARIO WORKS

MONDAY **8:30 – 2:30**

TUESDAY **8:30 – 2:30**

WEDNESDAY **9:00 – 4:30**

THURSDAY **8:30 – 2:30**

FRIDAY **8:30 – 12:00**



EFFECTIVE FEBRUARY 3, 2020

Monday September 14th 2020

Henvey Inlet First Nation had it's fall Clean Up on Monday Sept 14th.

Everyone that participated gets a prize...

Brenda Contin Team # 6



Millie Pawis, Kyla McQuabbie, Rachael Kagagins,
and Lyndy McQuabbie Team # 5



Darcy and Teagan Ashawasagai Team # 8



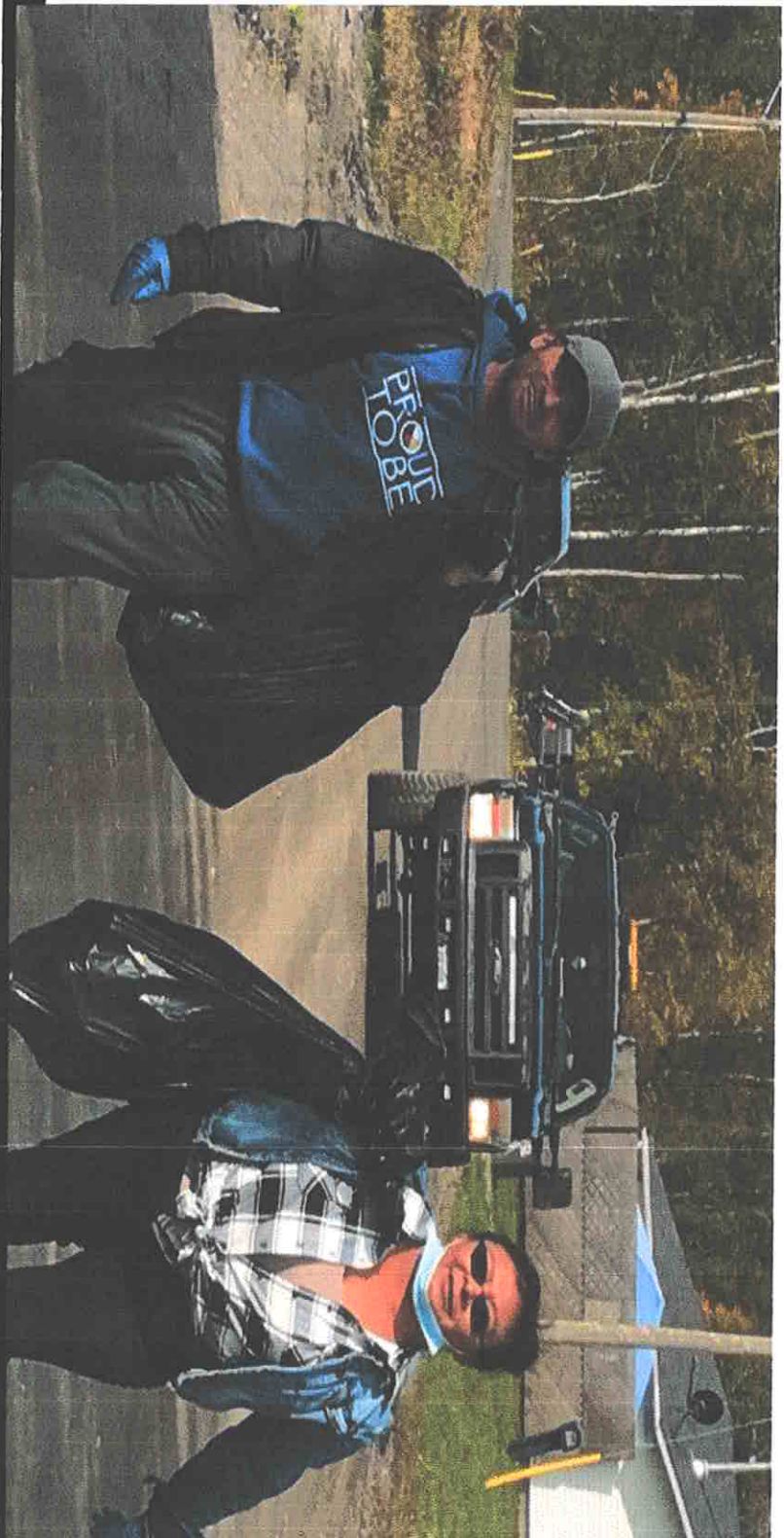
Guess Who? Charlotte Contin Team # 3



Alfreda McQuabbie Team # 6



Pat Brennan team # 4 and Maureen
Kagagins



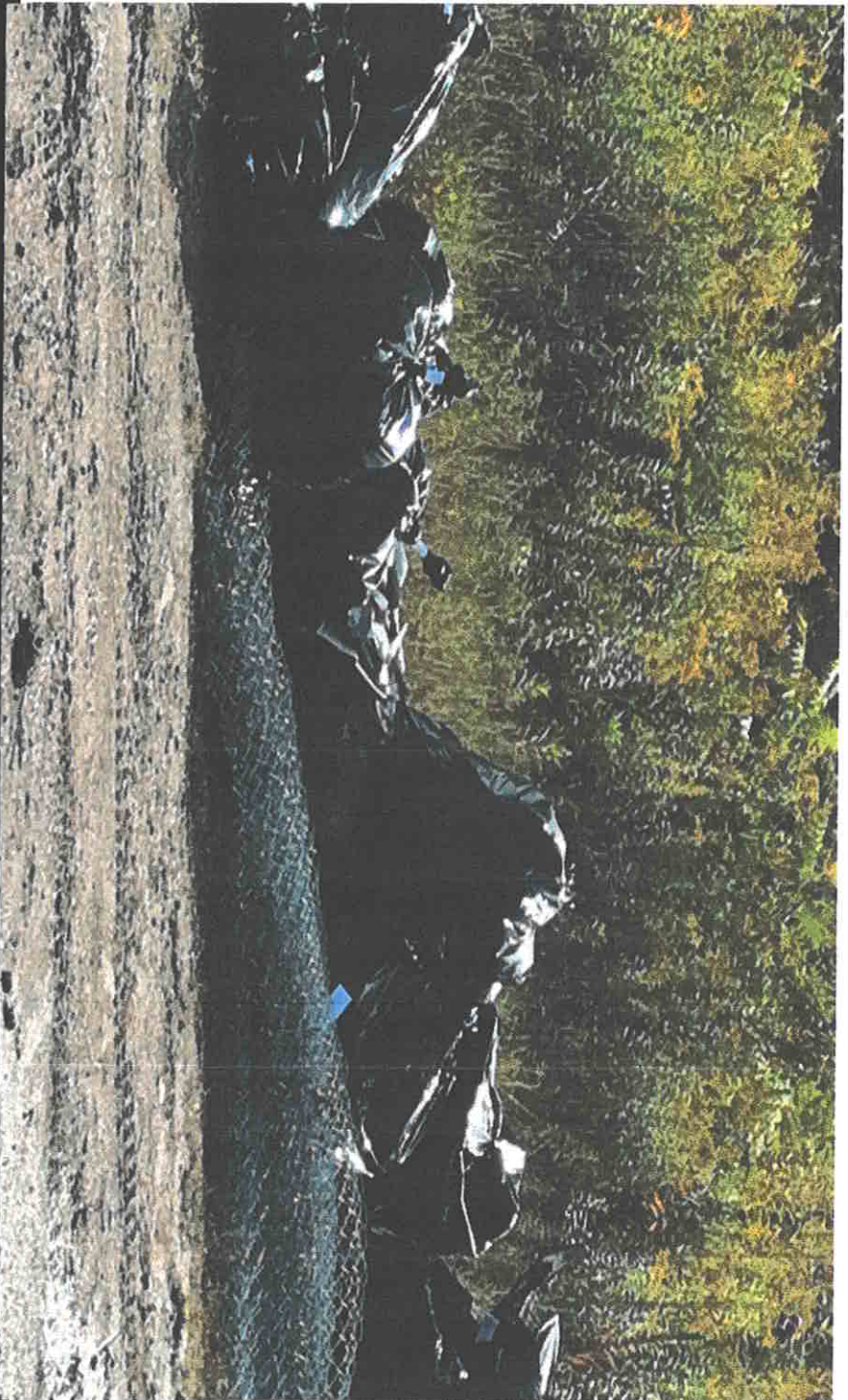
Earl Contin # 9, Stan Moses # 7, Ed Panamick Jr.,
Nick Panamick # 2.



GARBAGE



MORE GARBAGE



CLEAN, YES...



BIG PRIZE DRAW FOR 75" 4K Smart TV.

Draw was for everyone that participated in the clean up, there names went in for the draw.

WINNER

" BRENDA CONTIN "

FIRST PLACE WINNERS

Team # 3

Dot Contin

Judy Contin

Charlotte Contin

Amber Contin

Second Place Winners

Team # 1

Danielle Shukster

Alex Youman's

Riley Kagagins

Johnny Kagagins

Third Place Winners

Team # 6

Brenda Contin & Reagean

Alfreda McQuabbie

Luana McQuabbie

Ally Mc Quabbie



Information Hwy:

By: Rosemarie Simmons



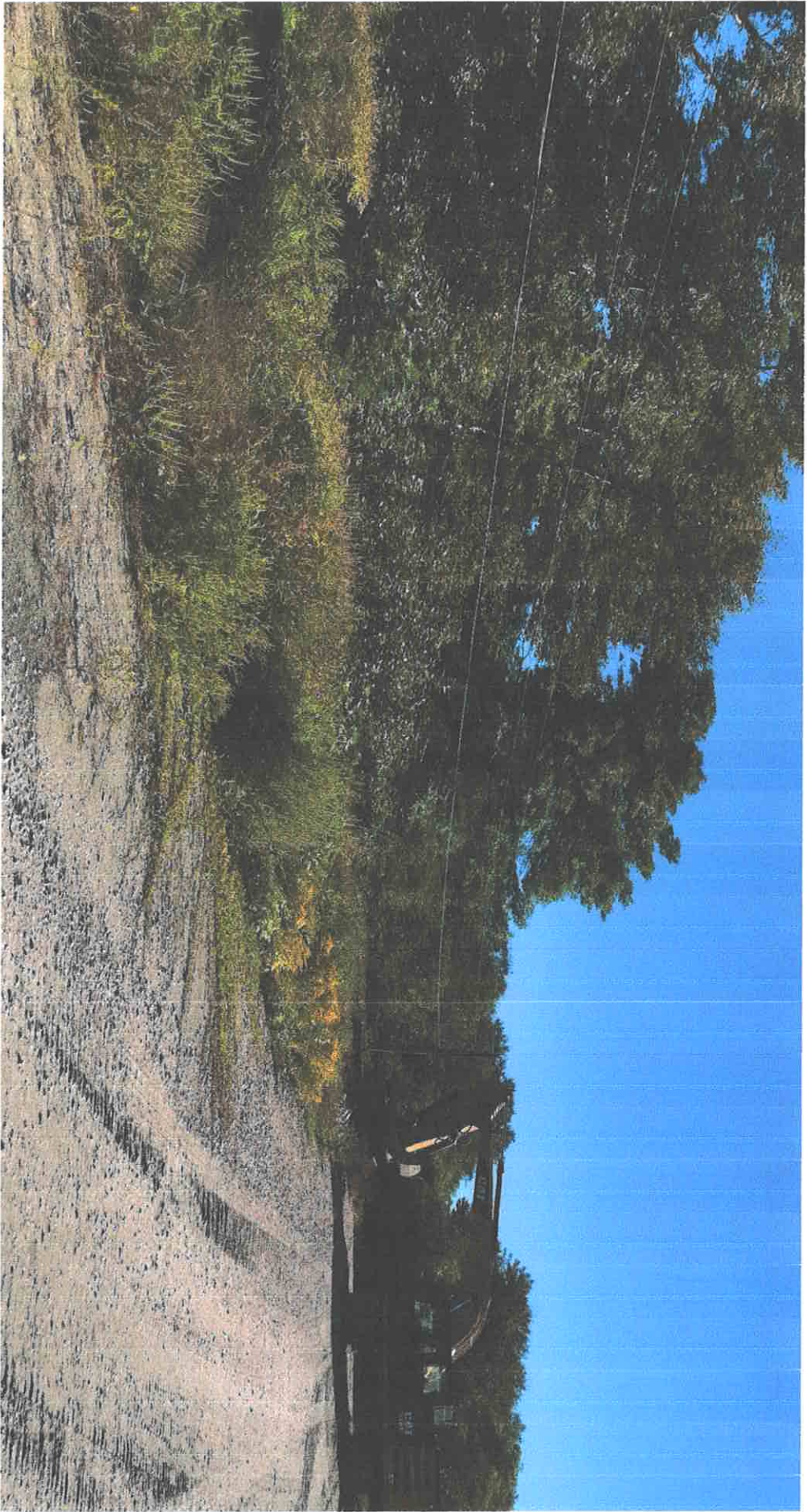
**Infrastructure and Clean Up
at Henvey Inlet, and Bekenon...**

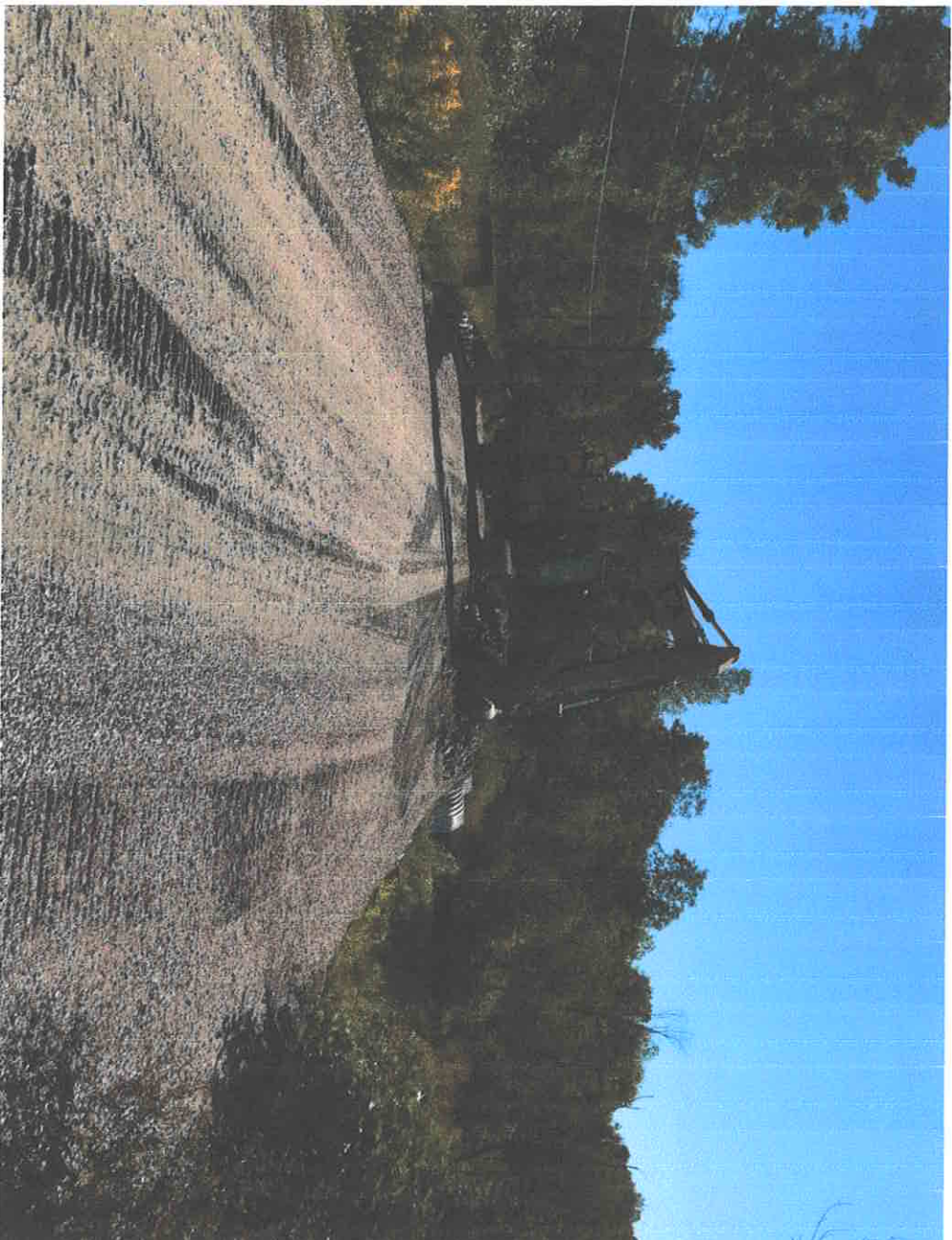


Ground Hog Corner, New Turn Around for School Bus.



**Amber and Shane
Contin Parents of
one of the children
coming off the
school bus soon.**





New culverts been installed at Point Rd., at the Marina. On Henvey Inlet First Nations

The next photo is the Removal and refurbishing of the docks at the Marina on HIFN.







Clean up at the Graveyard on HIFN.







**LOOKING FOR OPPORTUNITIES TO
ENHANCE YOUR SKILLS?**



NEED ACCESS TO TRAINING?

Gezhtoojig Employment & Training is currently accepting applications for the following

online courses this Fall:



oOccupational Health & Safety for Workers

- Excellence in Customer Service
- WHMIS
- Accessibility for Ontarians with Disabilities (A.O.D.A)
- Confined Space



oSmart Serve

- Food Handlers
- First Aid Training
- Working at Heights



Gezhtoojig

EMPLOYMENT & TRAINING

(Those Who Are Successful)

- Respiratory Protection Awareness
- Transportation of Dangerous Goods (TDG)
- Fall Protection Awareness
- General Safety Awareness (GSA)
- Lock out/Tag out

CONTACT US:

1-800-361-9256 or 705-524-6772

or Email getinfo@gezhtoojig.ca



**EMPLOYMENT
ONTARIO**
Ontario's employment & training network

Are you looking for a different education option for your child
in the midst of this pandemic?

An option with...
small learning group sizes?
remote language acquisition immersion learning?
staggered group outdoor learning?

akinoomoshin wiigwam

is accepting limited registration for the
2020-21 academic year



We are a private education teaching langt based in Akinoomoshin wiigwam. We centre
akinoomoshin kendaasowin, knowledge and learning in our approach to education.

We are looking for elementary aged learners and families who are committed to understanding
Akinoomoshin and learning additional skills and methods for understanding of science and mathematics.

We will support families transitioning their child's school to akinoomoshin wiigwam to meet their
learning goals.

Come for this pandemic year but we think you'll stay...

An online information session is scheduled for

Thursday, August 27, 2020 at 7 pm.

Pre-registration is required.

Contact Julia Pegahmagabow at (705) 618-0588 or akinoomoshin@gmail.com
for more information or to register.

THIS WOULD BE AT PARENTS EXPENSE!

DIGITAL BOOTCAMPS

Science North is offering FREE programs that will help you build digital skills for the workplace. Participate in a week-long Bootcamp and leave with new skills to add to your resume and a certificate to prove it!

Monday – Friday 10:30 am – 2:30 pm At Science North

Maximum 15 participants per Bootcamp. Lunch included. Registration will be through your employment centre.

OFFICE SKILLS BOOTCAMP

Learn the ins and outs of G Suite, Google's cloud computing, productivity and collaboration tools.

English Bootcamps: September 14 - 18, October 5 - 9

French Bootcamp: November 2 - 6

Day 1 – Intro, Accounts & Docs

Day 2 – Sheets

Day 3 – Slides

Day 4 – Email and Calendar

Day 5 – Networking, Sharing, etc.

TRADES SKILLS BOOTCAMP

Learn a range of introductory digital skills that can be used in the trades industry.

English Bootcamps: September 28 - October 2,

October 19 - 23

French Bootcamp: November 9 - 13

Day 1 – Technical Drawing

Day 2 – Machine Operation

Day 3 – Warehouse and Retail Technology

Day 4 – Electrical Schematics and Soldering

Day 5 – Surveying and GPS

Posted Date: September 22, 2020



Shawanaga First Nation Employment Opportunity

Position: Lands Manager

Term: Full-time 37.5 hours per week

Start Date: To be announced

Salary: To be determined

Overview of Responsibilities:

The Lands Manager will be responsible for the effective management of Shawanaga First Nation lands and resources, conducting scientific research, evaluating and creating land-use plans/development and related consultations, as well as programs and services within Shawanaga First Nation lands. This position works closely with the community and fosters strategic relationships with co-management groups, other First Nations, Provincial, and Federal governments.

Duties

- Prepares regular briefing notes for submission to the Band Manager, and Chief and Council;
- Participates in environmental monitoring of Shawanaga First Nation lands;
- Establishes and maintains a current land registry and other filing systems;
- Organizes and facilitates community consultations and workshops;
- Manage delivery of land practices, projects, and services for Shawanaga First Nation lands and resources;
- Collaboratively develop land management legislation as well as related aspects of land management systems and framework; policies and procedures, goals, and work plans;
- Participate in applicable committees, technical working groups, symposiums, conferences, meetings and consultations with the community and key associates;
- Receive and review applications for access and land use activities to Shawanaga First Nation lands such as quarries, road construction, and cabin building; negotiating terms and conditions of land use activities by applicants, and monitoring activities to ensure compliance with terms and conditions of approved use;
- Practice fiscal responsibility by preparing Lands budget for submission to Band Manager for inclusion into departmental budget; monitor expenditures and reporting financial statements as required;
- Assess and complete reports as required;
- Conduct Performance Evaluations with staff under the supervision of the Lands Manager, ensuring review occurs within the initial probation period and once per year thereafter;
- Perform other duties as required.

Posted Date: September 22, 2020

Required Qualifications and Skills

This position may demand overnight and day travel in Ontario and can include evening and weekend work, overtime as per approval of Band Manager.

- Degree or Diploma in one or more of the following; natural or renewable resource management, land management, environmental studies or relevant field;
- 5 years of experience in a land management position, or a combination of relevant education and experience;
- Knowledge of the principles and practices of land resource planning and management;
- Ability to negotiate contracts, manage projects supervise and mentor staff;
- Ability to comprehend and develop policy papers, technical/scientific papers, and present technical data to supervisors, community members and other key partners;
- Ability to function in a cross-cultural environment;
- Ability to communicate effectively and diplomatically, both verbally and in writing with co-workers, community members, and with outside agencies, partners and business associates;
- Knowledge of office terminology, procedures and equipment;
- Ability to organize and prioritize workload;
- Ability to communicate clearly and effectively, both orally and in writing with Shawanaga Band members, all levels of government and the general public;
- Ability to execute effective customer service when interacting with band members and general public;
- General filing knowledge, for effective document management/ retrieve;
- Computer proficiency is required (Microsoft Office, Excel, Power-point, Access, Outlook)
- Ability to analyze and interpret data;
- Class "G" driver licence and access to reliable vehicle;
- Time management and organizational skills;
- Knowledge of Shawanaga history, community, culture.

Other Considerations

Preference may be given to Aboriginal candidates with relevant on-reserve employment experience and/ or those with strong knowledge and understanding of Shawanaga First Nation history and community. Further consideration will be given for Anishnabernowin speaker.

Successful candidate must be able to produce and maintain clean Criminal Record Check (CPIC).

Only those who qualify for an interview will be contacted, thank you for your interest.

Please submit cover letter, resume, and three (3) recent work-related reference letters with current contact information by 12:00 pm Friday, October 9th, 2020 via fax, email, or in person to:

Shelley Baker

Human Resources Manager

Shawanaga First Nation

2 Village Road, RR#1, Nobel, ON P0G 1G0

Tel: (705)366-2526 Fax: (705) 366-2740

hrmanager@shawanagafirstnation.ca

Flu Shots

The Nursing Station would like to notify their Clients in Henvey Inlet First Nation that they will have Flu Shots available towards the middle/end of October.

****Clients must call to book an appointment!****

**** Clients must also call before coming to their appointment in order to be screened over the phone ****

Britt Nursing Station is advising EVERYONE to get their Fly Shot this year!

Britt Nursing Station

991 Riverside Drive
Britt, ON P0G 1A0
705-383-2375

IMPORTANT RECYCLING NOTICE

There is a growing incidence of contamination in the clear recycling bags that are picked up at curbside and/or dropped off at the landfills.

PLEASE NOTE THE FOLLOWING:

Even if an item has a recycling symbol on it, it may not be accepted under the Municipality's contract with the Sudbury Recycling Depot.

See the back of this notice for a list of acceptable items.

The guide can also be found on the municipal website:

<http://municipalityofkillarney.ca/public-works/waste-management-recycling>

PLEASE BE DILIGENT IN YOUR RECYCLING EFFORTS.

OUR CONTRACT WITH THE SUDBURY RECYCLING DEPOT MAY BE **TERMINATED** IF THE RULES ARE NOT ADHERED TO.

IF THE CONTRACT IS TERMINATED, THIS WILL RESULT IN INCREASED COSTS TO YOU, OUR RATEPAYERS AS OUR RECYCLABLES WOULD NEED TO BE TRUCKED TO AN ALTERNATE LOCATION.

The following **UNACCEPTABLE** items have been found in the recycling bags:

- Disposable Masks
- Disposable Gloves
- Recyclable food containers that are not emptied and rinsed
- Takeout coffee cups
- Paper towel/facial tissue
- Straws
- Motor oil containers

REMINDER

ALL RECYCLABLE FOOD CONTAINERS ARE TO BE EMPTIED AND RINSED BEFORE GOING INTO THE RECYCLING. REMOVE STRAWS AND PUT IN REGULAR GARBAGE. CARDBOARD MUST BE FLATTENED, BUNDLED & TIED TO A MAXIMUM SIZE OF 30" X 30".



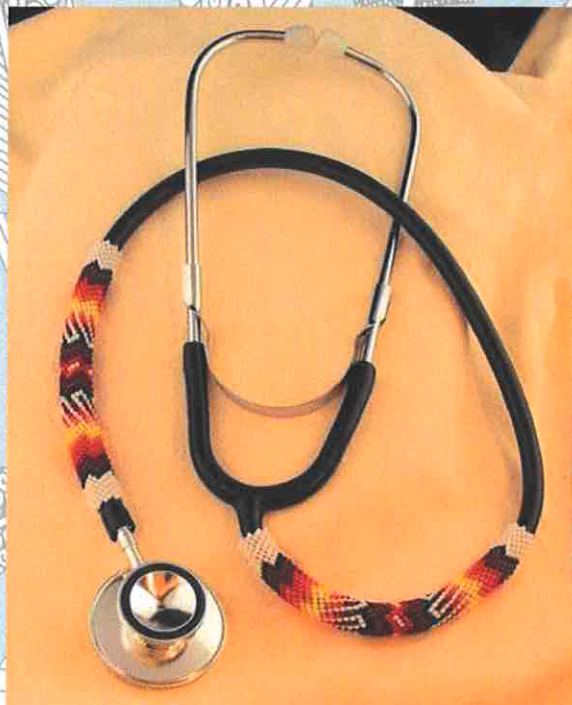
Municipality of Killarney
 Public Works
 1096 Highway 637
 Killarney On POM 2A0
 705-287-1040

Accepted Recyclables 2020

Thank you for participating in the Recycling Program

<p>Plastic Containers</p> <p>If one of these numbers appears on the bottom of a plastic container, place it in your blue box. # 1, # 2, # 4, # 5, # 6</p>  <p>Do not recycle: Containers without a number or with the numbers #3 or #7, plastic toys, plastic dishes or utensils.</p>	<p>Paper</p> <p>Almost all types of paper can be recycled. Shredded paper bagged separately.</p>  <p>Do not Recycle: Diapers, Kleenex, paper towels, tissue paper, cookie bags, paper cups, waxed paper.</p>	<p>Polystyrene Foam</p> <p>Foam egg cartons, meal trays, cups, plates, takeout containers, solid white packing foam broken to a maximum of 2ft x 3 ft x 1 ft</p>  <p>Do not recycle: Styrofoam packing peanuts, dirty foam, flexible foam, fire retardant treated foam insulation.</p>	<p>Plastic Bags</p> <p>You can recycle all types of plastic bags. Turn bags inside out. Stuff empty bags into one bag and tie at the top.</p>  <p>Do not recycle: Bubble wrap, plastic food wrap, granola bar wrappers.</p>
<p>Cardboard and Boxboard</p> <p>Remove bags, tissue and other liners. Flatten boxes and fold to a maximum size of 30" x 30". Place in, or beside your bluebox.</p>  <p>Do not recycle: Disposable coffee cups, waxed cardboard, wooden fruit crates.</p>	<p>Glass Bottles and Jars</p> <p>Empty and rinse bottles. Leave labels on. Leave plastic lids on jars. Metal lids should be taken off and placed in blue box.</p>  <p>Do not recycle: Drinking glasses, dishes, light bulbs, window panes, flower pots, ceramics, mirrors.</p>	<p>Metal Containers</p> <p>Aluminum foil, pie plates, roast pans etc. Food cans with lids pushed or put inside the can. Juice and pop cans.</p>  <p>Do not recycle: Coat hangers, pots, pans, wire.</p>	<p>Aerosol Cans and Dry Paint Cans</p> <p>Empty paint cans or cans with dried paint inside. Remove lids and place in blue box. Empty aerosol cans.</p>  <p>Do not Recycle: Cans with wet paint inside, paint filled aerosol cans, hazardous waste.</p>
<p>Beverage Boxes and Cartons</p> <p>Broth, soup, milk, cream and juice (drinking) boxes are all recyclable.</p>  <p>Please empty and rinse before putting in your blue box. Remove straws and put in your regular garbage.</p>	<p>Cardboard Cans</p> <p>Refrigerated dough, frozen juice, chips, nuts, powdered drink mixes and powdered cleansers. Include both metal ends in blue box.</p>  <p>Do not recycle: plastic pull off strips and /or peel off seal. Include in regular garbage.</p>	<p>PLEASE CHECK YOUR RECYCLING BAG CAREFULLY BEFORE IT LEAVES YOUR HOUSEHOLD.</p> <p>Thank you for your co-operation.</p>	
<p>PLEASE NOTE THAT THE CLEAR, TRANSPARENT RECYCLE BAGS ARE THE ONLY BAGS ACCEPTED FOR RECYCLABLES DISPOSAL</p>		<p>TYPE OF BAGS ACCEPTED FOR GARBAGE DISPOSAL:</p> <ul style="list-style-type: none"> ◆ GREEN, BLACK OR WHITE GARBAGE BAGS ◆ BLUE, TRANSPARENT BAGS 	

Community Health Nurse



BRENDA CONTIN

October 2020



BRENDA CONTIN, CHN

Sun	Mon	Tue	Wed	Thu	Fri
				1 OFFICE FRIDGE IN- SPECTION	2 OFFICE
	5 OUT OF OF- FICE	6 OUT OF OF- FICE	7 OUT OF OF- FICE	8 HC STAFF MTG/OFFICE	9 PARRY SOUND: Pick up vaccine
	12 STAT HOLI- DAY	13 OFFICE/C&C Mtg	14 OFFICE	15 OFFICE/C&C Mtg	16 FLU CLINIC: BY APPT ON- LY!
	19 FLU CLIN- ICS	20	21	22 OFFICE/SKHC BOARD MTG/ C&C MTG	23 OFFICE
	26 COMMUNI- TY MTG	27 FINANCE	28 OFFICE	29 OFFICE	30 OFFICE



2020/21 FLU CLINICS

Brenda CONTIN, C.H.N. & Debbie BRENNAN, H.C.N. will be **TENTATIVELY** initiating their clinics on **October 16th, 2020 BY APPOINTMENT ONLY!!!** This date is based on vaccine availability and we will advise community if we need to change date....Please call Darcy at the Health Centre to book your appt!

WHEN: October 16th, 2020, 9:30 AM to 4 p.m. followed by October 19—21st at the Library,

WHERE: Henvey Inlet Library

PLEASE NOTE YOU WILL BE REQUIRED TO WAIT 15 MINUTES POST VACCINATION IN A DESIGNATED AREA.



THE FLU SHOT:

Protect yourself, protect your community



The flu can spread easily and quickly to anyone, even before you know you are sick. Indigenous people with chronic health conditions or living in overcrowded homes are at a higher risk of hospitalization and serious health complications from the flu.

Getting the flu shot can help keep you and your community healthy!

THE FLU SHOT CAN SAVE LIVES

- ▶ Young children, people over age 65, pregnant women, and those who are in poor health are more likely to become very sick from the flu.
- ▶ The flu shot can help protect you and your family from the flu.

THE FLU SHOT WORKS

- ▶ There are many different types of flu viruses. Every year, the flu shot protects against the expected 3 or 4 most common types of the virus.
- ▶ Everyone responds differently to the flu shot. The shot can either prevent the flu entirely or reduce the severity of the sickness.
- ▶ It usually takes 2 to 4 weeks to build protection after you get the flu shot.
- ▶ The flu shot does not prevent colds because they are caused by different germs.

THE FLU SHOT IS SAFE

- ▶ You cannot get the flu virus from the flu shot.
- ▶ Most people do not have significant side effects from the flu shot.
- ▶ Serious side effects are very rare.
- ▶ If you have concerns or questions about the flu shot, talk to your nurse or doctor.

WHO SHOULD GET THE FLU SHOT

- ▶ **Everyone** 6 months of age and older.
- ▶ If you are pregnant or have an allergy to eggs, you can still safely get the flu shot.

Visit your community health centre, nursing station, or local healthcare provider to get your flu shot!

To learn more about the flu shot and other ways to prevent the flu, visit: Canada.ca/flu

Cat.: R5-743/2019E-PDF

ISBN: 978-0-660-32981-9



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

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

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

COMPLICATIONS CAN INCLUDE...

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

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

Comparison Chart of COVID-19 and Influenza

	COVID-19	Influenza
Presentation	<ul style="list-style-type: none"> respiratory diseases with a wide range of illness from asymptomatic or mild through to severe disease and death 	<ul style="list-style-type: none"> respiratory disease with a wide range of illness from asymptomatic or mild through to severe disease and death
Mode of Transmission & Public Health Measures	<ul style="list-style-type: none"> spread through contact, droplets and fomites prevention includes hand hygiene and good respiratory etiquette 	<ul style="list-style-type: none"> spread through contact, droplets and fomites prevention includes hand hygiene and good respiratory etiquette
Median incubation period (time from infection to appearance of symptoms)	<ul style="list-style-type: none"> estimated at 5 days 	<ul style="list-style-type: none"> 1-4 days, mean of 2 days
Serial interval (time between successive cases)	<ul style="list-style-type: none"> estimated to be 5-6 days 	<ul style="list-style-type: none"> 3 days can spread faster than COVID-19
Major driver of transmission	<ul style="list-style-type: none"> adults (children are infected from adults) 	<ul style="list-style-type: none"> first 3-5 days of illness/pre-symptomatic transmission children (adults are infected from children)
Severity	<ul style="list-style-type: none"> 80% of infections are mild or asymptomatic 15% are severe infection requiring oxygen 5% are critical infections requiring ventilation. 	<ul style="list-style-type: none"> burden of influenza varies every year globally, an estimated 0.3% to 0.5% of influenza cases are severe
Most at risk	<ul style="list-style-type: none"> older age underlying conditions 	<ul style="list-style-type: none"> children pregnant women elderly underlying/chronic medical conditions immunosuppressed
Mortality	<ul style="list-style-type: none"> higher (3-4%) than for influenza (especially seasonal influenza) 	<ul style="list-style-type: none"> usually well below 0.1% determined by access to and quality of health care
Treatment	<ul style="list-style-type: none"> number of therapeutics currently in clinical trials in China more than 20 vaccines in development currently no licensed vaccines or therapeutics 	<ul style="list-style-type: none"> antivirals and vaccines available

References

Annals of Internal Medicine. (2020). The incubation period of coronavirus disease 2019 (COVID-19) from publicly reported confirmed cases: estimation and application. Available at, <https://annals.org/aim/fullarticle/2762808/incubation-period-coronavirus-disease-2019-covid-19-from-publicly-reported>

National Advisory Committee on Immunization. (2020). Canadian Immunization Guide chapter on Influenza and statement on seasonal influenza vaccine for 2019-2020. Available at, <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/healthy-living/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2019-2020/NACI Stmt on Seasonal Influenza Vaccine 2019-2020 v12.3 EN.pdf>

Ontario Ministry of Health. (2020). Appendix A: Disease-specific chapters Influenza. Available at, http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/docs/influenza_chapter.pdf

CHECK YOUR CHILD DAILY FOR SYMPTOMS OF COVID-19

Complete this self-assessment daily before sending your child to school settings

Child name: _____ Child temperature: _____ Date: _____

Before sending your child to school settings, assess your child for NEW, WORSENING or UNEXPLAINED symptoms related to COVID-19. If you are concerned about your child's symptoms, consult your health care provider.

Common symptoms of COVID-19 include:



FEVER
(temperature of 37.8°C or greater)

Yes No



NEW OR WORSENING COUGH

Yes No



SHORTNESS OF BREATH

Yes No



SORE THROAT OR DIFFICULTY SWALLOWING

Yes No



ALTERED SMELL OR TASTE

Yes No



NAUSEA/VOMITING, DIARRHEA, ABDOMINAL PAIN

Yes No



RUNNY NOSE, OR NASAL CONGESTION
(unrelated to seasonal allergies, post nasal drip etc.)

Yes No

Other less common symptoms of COVID-19 can include:

- | | | | | | |
|------------------------------|-----------------------------|---|------------------------------|-----------------------------|---|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Tiredness, feeling unwell or muscle aches | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Red/purple discolouration to hands, fingers, feet and/or toes, and skin may peel (COVID-toes) |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Worsening of chronic conditions | | | |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Chills | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Increased tiredness/fatigue |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Headaches | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Difficulty feeding in infants |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Croup | | | |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Pink eye | | | |

For an up-to-date list of all symptoms, please reference the North Bay Parry Sound District Health Unit (<https://www.myhealthunit.ca/en/health-topics/coronavirus.asp>)

If your child has underlying health conditions, share this information with your school so they are aware of possible related symptoms.

If your child has new, worsening or unexplained symptoms related to COVID-19:

- Do not enter and return home immediately
- Seek assessment and testing as early as possible at a COVID-19 Assessment Centre and self-isolate while waiting for result
- If test result is negative, self-isolate for 24 hours after symptom resolution, unless you have been a close contact of an existing COVID-19 case in which case please follow instructions from Public Health and isolate for 14 days since last contact
- If test result is positive or test is not completed, self-isolate for 14 days (including any members of your household or people you had close contact with from 48 hours before symptom onset) and contact Public Health
- If parents/guardians have symptoms of COVID-19, do not enter the school and seek assessment and testing at a COVID-19 Assessment Centre and self-isolate while waiting for result.



**IT'S MORE
IMPORTANT
THAN EVER
TO REDUCE
THE SPREAD
OF FLU**

Immunization against influenza is recommended for all community members 6 months and older.

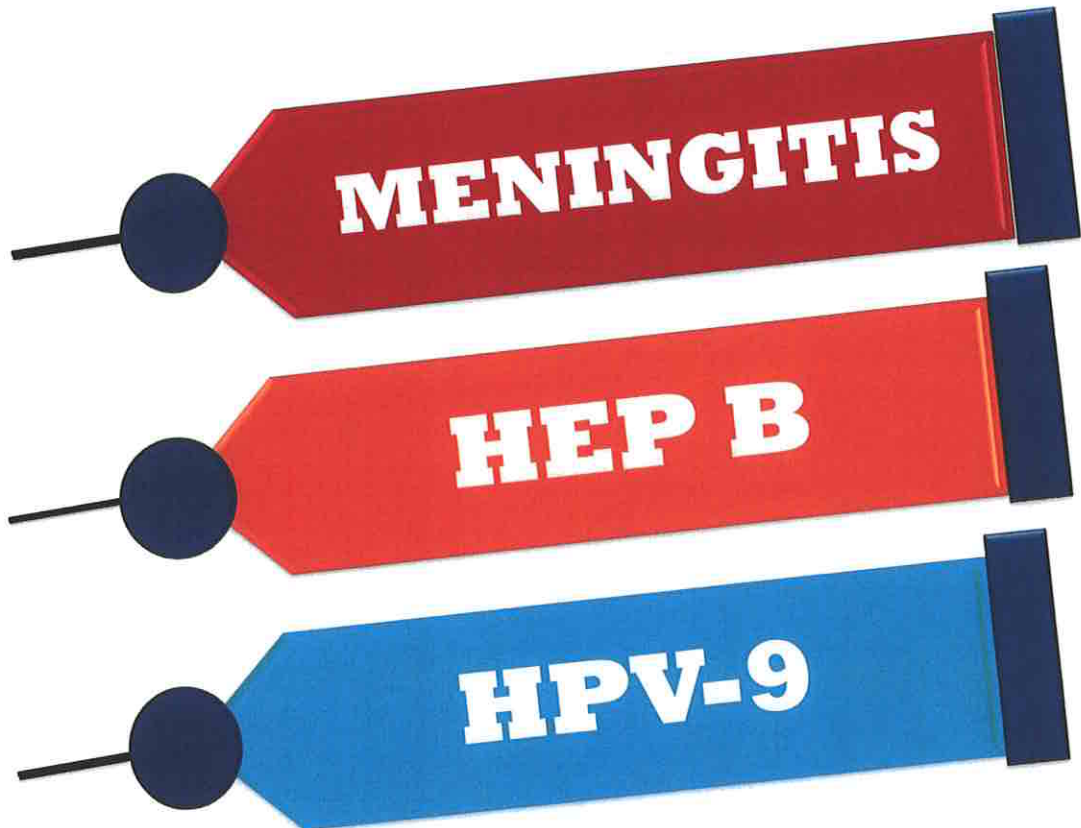
LET'S DO OUR PART.

**Talk to your doctor,
nurse, pharmacist, or
health centre about
getting the flu shot.**



GET YOUR SHOTS!

Clinic for Grade 7 & 8 Students



CLINIC
DATES

SATURDAY, SEPTEMBER 19 & SATURDAY, OCTOBER 3 2020

10 am to 2 pm

PARRY SOUND MALL

North Bay Parry Sound District Health Unit

OR

SOUTH RIVER

SEPTEMBER 19th 2020

10 am to 1 pm

South River Community Arena

Non-Insured Health Benefits Info

Reminders: provider billing and client reimbursement

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

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

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

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

General NIHB inquiries

Toll free: 1-800-640-0642

Fax: 613-952-7054

Medical supplies and equipment, vision care (including eyewear), mental health counseling (vendors and providers only)

Toll free: 1-800-881-3921

Dental benefits

Dental Predetermination Centre (dental services)

Non-Insured Health Benefits
Address locator: 1902D
Ottawa ON K1A 0K9
Toll free: 1-855-618-6291
Fax: 1-855-618-6290

Dental Predetermination Centre (orthodontic services)

Non-Insured Health Benefits
Address locator: 1902C
Ottawa ON K1A 0K9
Toll free: 1-866-227-0943
Fax: 1-866-227-0957

Pharmacy benefits

Providers requesting prior approval of drug benefits on behalf of NIHB recipients may call the:

NIHB Drug Exception Centre

Address locator: 1902D
Ottawa ON K1A 0K9
Toll free: 1-800-580-0950
Fax: 1-877-789-4379

Home Care Nurse



DEBBIE BRENNAN

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 PHN VISIT, Inspection / Immuniza- tion set-up	2 OFFICE Admin.	3
4	5 OFFICE HOME VISITS	6 OFFICE Medical consultations	7 HC STAFF MTG, HOME VISITS	8 OFFICE HOME VISITS	9 OFFICE Admin.	10
11	12 STAT HOLIDAY	13 STAFF MTG, OFFICE	14 Nursing T/C, OFFICE	15 OFFICE HOME VISITS	16 FLU CLINIC BY APPT. ONLY	17
18	19 FLU CLINIC	20 FLU CLINIC	21 FLU CLINIC	22 OFFICE HOME VISITS	23 OFFICE Admin.	24
25	26 OFFICE HOME VISITS, Staff mtg.	27 OFFICE Medical consultations	28 OFFICE HOME VISITS	29 Blood Pressure/BS Screening clinic	30 OFFICE Admin.	31



DEBBIE BRENNAN
HCN

Blood Pressure/ Blood Sugar Clinic

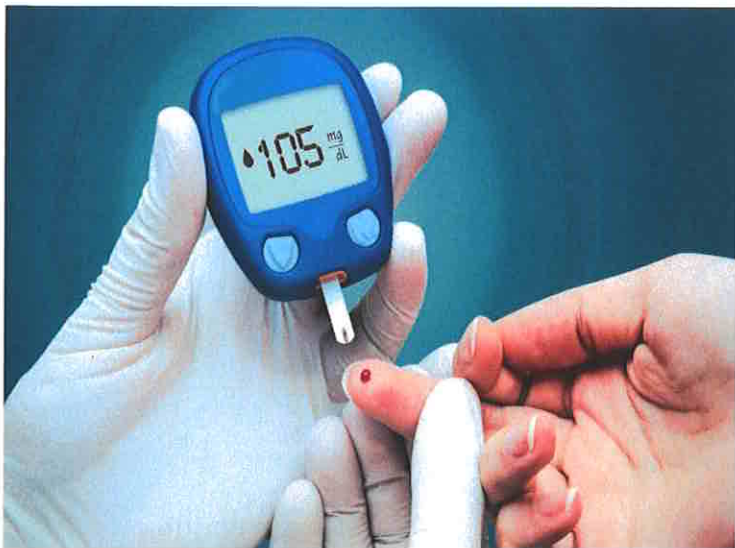
Location: Health Centre Program Trailer

Thursday October 29, 2020 @10am- 3pm



NO SIGN-UP NEEDED!

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.



For Information Contact:

Debbie Brennan, H.C.N.

705-857-1221

YOUR MENTAL HEALTH

[Your Mental Health](#) > Your Social Distancing Survival Guide

Your Social Distancing Survival Guide

We are used to having built-in ways to connect. We connect at school and at work, at events and social activities, even with our neighbours in the grocery store. We have visited and we have socialized. And maybe, until now, we've seen all of that connection as simply a part of our everyday life. We can't any longer. For the time being, it's not a built-in feature of our lives. We have to go looking for connection and we have to be creative. We need to make an effort to reach out to each other.

Here's your guide to connecting with others in these difficult times:

Make it part of your routine. Set a time, or several times, over the course of the day, and call it "social connection time." This will be a dedicated time when you forego all distractions and check in or share with others—like on your morning walk.

Make a date. Book a time for a conversation. Send an email or a message, or just call someone spontaneously, inviting them to a phone date, or a video chat.

Schedule it in. Just like you would a meeting (or a dentist appointment) write the time in your agenda or put an alert on your phone. "At such and such an hour, I'm going to reach out to a friend, colleague or family member." They want to hear from you right now.

Let yourself be vulnerable. If you're craving connection, let others know. Let them know you feel isolated. Deepening your conversations will deepen your relationships.

Be honest. If you're not doing well, don't cover over the feelings. Share them openly.

Be generous and kind. Kindness can actually work to counter stress which is particularly important in these times. Send out a few words of gratitude on social media or send a kind message via email. This will make someone's day and is itself a meaningful connection.

Practice listening. Really listen to each other and give the other person space to let you know how they are really feeling, too. See our [Tips on how to really listen](#) and our [Listening Checklist](#) for building listening skills. Learning to listen actively and carefully is key to having meaningful social interaction.

Think outside your circle! Your family members and good friends aren't the only sources of social support. Who has offered you support in the past? This might be a good time to reconnect.

Join a virtual community. Go ahead and join a group, virtually. There are Facebook groups on just about everything and now is a good time to find community. Go to Facebook and search the name of the activity or kind of group that interests you using the search tool (magnifying glass) at the top of the screen.

Slide into your DMs. Giving and getting likes on social media is one thing but sending and receiving direct messages (DMs) can spark deeper, more meaningful connection. So, don't just scroll through posts. Send a DM to someone who has been supportive in the past, or who seems to need support.

Remember the telephone and low-tech ways to connect. The phone may have been invented two centuries ago, but it is one of the most enduring and important tools for social connection that we have. If you want to reach someone long distance, you can use Skype audio, or WhatsApp, which both offer free services. Letter writing maybe a lost art too. Corresponding by mail is a great way to reach out and connect. Canada Post is still there for you. So is your email account.

Make the most of high-tech. Use video technologies, like Skype, Facebook or Messenger. Sign up for free. All you need is a computer with a camera, or a smart phone. Don't be shy: video is face-to-face time when you can't be side-by-side. If you still feel shy: turn off the video view of yourself. This might help lighten feelings of self-consciousness.

Plan a virtual event. Participating in group activities can bring you closer to your friends, family, and members of your community. Zoom (zoom.us) is a free video platform that was created to host virtual meetings, but has become a central meeting space for people looking for opportunities to socialize. Here is a partial list of social activities you could host on Zoom: dinner party, play date, singalong, game night, trivia contest, book club meeting, coffee breaks or slide shows! Be creative, laugh at yourself and learn from your mistakes as we muddle through this new way of connecting—together.

Remember you are not alone. Maybe most importantly, know that even if you feel alone, there are others out there, ready and waiting to help. If you're struggling:

Find a support group. With a simple Google search you can find online support groups and peer support services to engage on issues that matter most to you. Or get some peers together and host your own support group on Zoom.

Use e-mental health services. There are hundreds of online portals and hubs to connect you to virtual and online support services such as online courses, coaching and therapy. Check out the Government of Canada's new [Wellness Together](#) portal, or check in with [your local CMHA](#) to see what they have to offer online and over the phone.

In crisis? Please call 1-833-456-4566 toll free (In QC: 1-866-277-3553), 24/7 or visit www.crisisservicescanada.ca

< BACK

Local Canadian Mental Health Associations

Muskoka-Parry Sound Branch 173 Manitoba Street Bracebridge, P1L 1S3 Ontario, Canada

Phone: 705-645-2262 Url: <http://www.cmhamps.ca/>

Sudbury-Manitoulin Branch 111 Elm Street Sudbury, P3C 1T3 Ontario, Canada

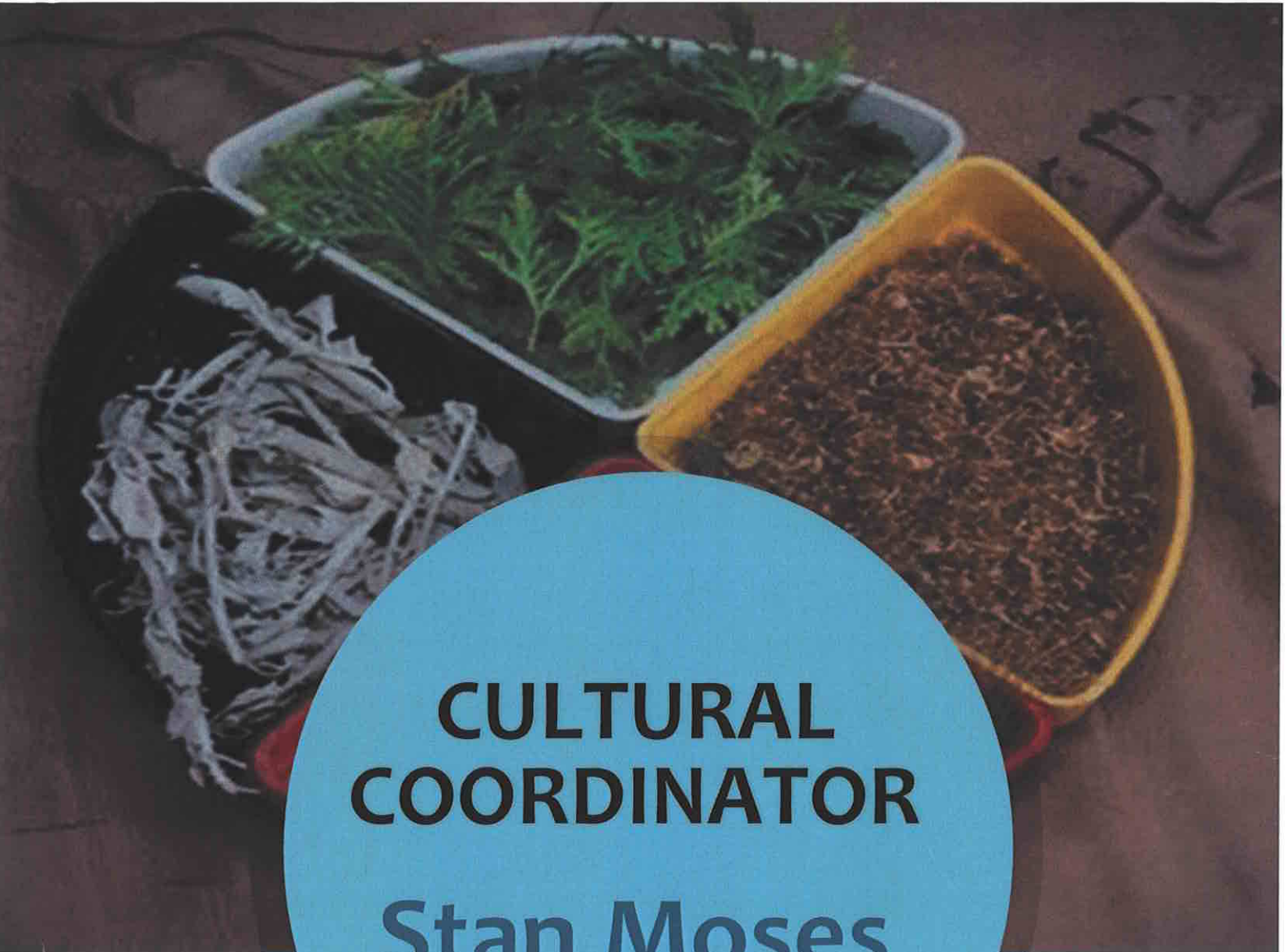
Phone: (705) 675-7252 or Toll-Free: 1-866-285-2642 Fax: (705) 675-7247 Url:
<https://sm.cmha.ca/> Email: info@cmha-sm.on.ca

OCTOBER BREAST AWARENESS MONTH

Breast Cancer



AWARENESS MONTH

A photograph showing three trays of dried herbs. The top tray is white and contains green, feathery herbs. The bottom-left tray is black and contains white, fibrous herbs. The bottom-right tray is yellow and contains dark brown, crumbly herbs. A large blue circle is overlaid on the center of the image, containing the text.

**CULTURAL
COORDINATOR**
Stan Moses

**Henvey Inlet First Nation Health Centre
354A Pickerel River Road- Pickerel, ON**

PoG 1J0

(705)857-1221 EXT: 229



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Kind Man Program

WHEN: Thursday October 1, 2020

WHERE: Program Trailer

TIME: 5 - 7 PM

Please call to SIGN-UP!! This helps with knowing how much food will be needed! Call/leave a message for Darcy 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



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Sweat Lodge Ceremony

WHEN: Thursday October 15, 2020

WHERE: 456 Pickerel River Rd. (Louise's)

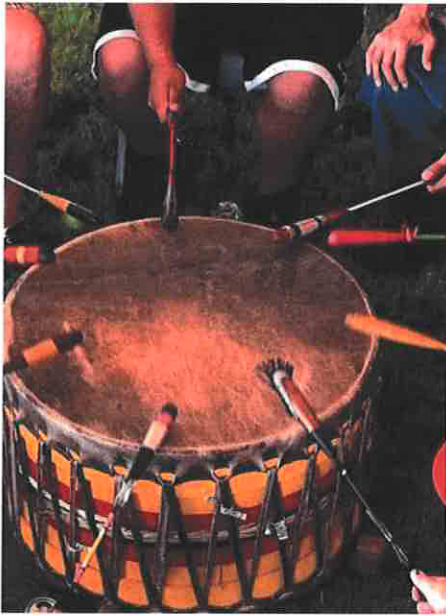
TIME: 5 - 7 PM

Please call to SIGN-UP!! This helps with knowing how much food will be needed! Call/leave a message for Darcy 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

MEN'S HAND DRUM MAKING



**With Rod
Nettagog**

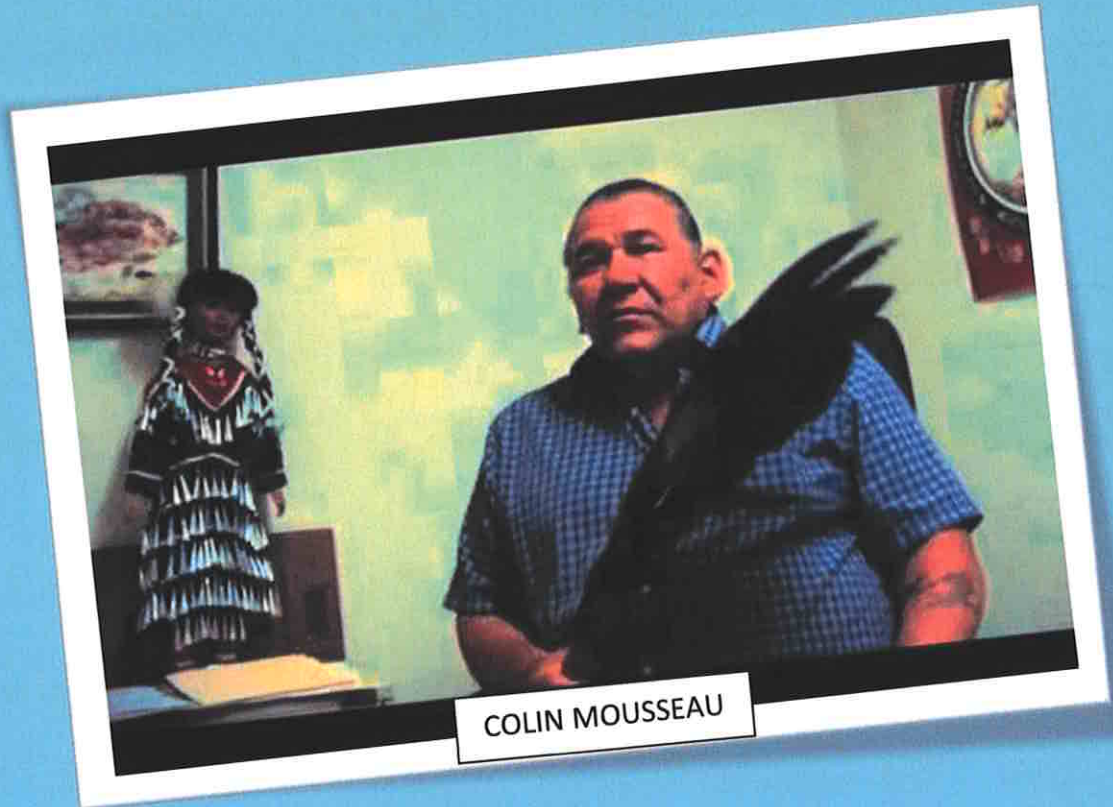
**Sign-up Sheets are
posted at the
Administration and
Health Centre!**

DATE TO BE DETERMINED!

10 SPOTS AVAILABLE ONLY!!



FOR INFO CONTACT: STAN MOSES- 705-857-1221



COLIN MOUSSEAU

COLIN MOUSSEAU TRADITIONAL HEALER

DATES:

Tues. Oct 20 – Sweat Lodge Build All Day

Wed. Oct 21 – Appts. All Day

Thurs. Oct 22 – Appts. In A.M. & Sweat
Prep in P.M. & Sweat Ceremony @ 6PM

WHERE: Appts. In Trailer #4

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



Kerri

Child & Family

&

Kara

**Community Health
Educator**

hello

October





We've Gone Virtual!

In an attempt to keep everyone safe, Kara and Kerri have gone to a virtual platform to offer programs and workshops!!!

We have been utilizing the **ZOOM Platform** and have had success in offering the same quality workshops as before, only now we are able to keep participants at a safe distance and in the comforts of their own homes.

For those that are interested in participating in our workshops, it is asked that you have the Zoom app downloaded on to your smart device (phone, tablet or laptop), ensure that you have created an account, and provide your associated email to Darcy, whenever you sign up for a workshop!

If you do not have any kind of Smart Device, the Health Centre does have tablets available for loan. These tablets will be dropped off just before the workshop starts and are to be picked up right after the workshop.

We look forward to seeing everyone and hope that you all appreciate the efforts being put forth to continue to keep everyone safe and healthy!

If you have any questions, please feel free to contact either one of us, we are always happy to help!



Kerri & Kara



2020



COMMUNITY
HEALTH
educator

354A Pickering River Road
Pickering ON P0G 1J0



Phone: 705-857-1221
Toll Free: 1-866-252-3330
Fax: 705-857-0730
E-mail:

kara.harkness@henveymedicalcentre.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 STAFF MEETING HBHC WELLNESS HOMEVISITS	6	7 ASSEMBLING AND DELIVERING KITS	8 BUNVENTURE ALL DAY	9	10
11	12 OFFICE CLOSED 	13	14 ASSEMBLING AND DELIVERING KITS	15 VIRTUAL FALL CRAFT WKSHP PICK UP DIY HALLOWEEN COSTUME KIT	16	17 FAMILY XMAS PHOTOS
18	19 STAFF MEETING HBHC WELLNESS HOMEVISITS	20 Self Care Wkshp	21 ASSEMBLING AND DELIVERING KITS	22 VIRTUAL HALLOWEEN CONTEST SUBMISSION DEADLINE MEAT PIE&PUMPKIN LOG MAKING WKSHP ALL DAY	23	24 FAMILY XMAS PHOTOS
25	26	27	28 ASSEMBLING AND DELIVERING KITS	29 PARENTING WKSHP	30	31 

October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
27	28	29	30	1	2	3	
4	5	6	7	8 BUN VENTURE WORKSHOP	9	10	
11	12 Office Closed Happy Thanksgiving	13	14	15 FALL CRAFT DIY HALLOWEEN COSTUMES	16	17 FAMILY CHRISTMAS PHOTOS	
18	19	20 SELF CARE WORKSHOP	21	22 MEAT PIE WORKSHOP HALLOWEEN CONTEST	23	24 FAMILY CHRISTMAS PHOTOS	
25	26	27	28	29 PARENTING PROGRAM	30	31 HAPPY HALLOWEEN	
1	2	CHILD & FAMILY WORKER PROGRAMS					
354 A Pickering River Rd. Pickering ON P0G 1J0 705-857-1221 kerric.campbell@henveymedicalcentre.com							

HARRY HALLOWEEN

IN LIEU OF THIS YEARS
HALLOWEEN DANCE,
THE HEALTH CENTRE WILL BE
HOLDING THEIR VERY 1ST
HALLOWEEN COSTUME/DECORATING CONTEST!!!

PLEASE SUBMIT ONE PHOTO BY EMAIL TO DARCY,
IT COULD BE OF YOURSELF,
YOUR CHILDREN OR YOUR FAMILY,
OF YOUR BEST HALLOWEEN SCENE!!!!

SUBMISSION DEADLINE IS
OCTOBER 22, 2020 AT 12:00PM
GOOD LUCK!!!



Janice Campbell will be back
on ZOOM to teach HIFN
Community Members, how
to make Real Homemade
Buns from scratch!!!

DATE: OCTOBER 8, 2020

TIME: 9:00 AM

Workshop starts at 9:00 am, not one mi-
nute later, if you are not on the Zoom call at
9:00am, you will not be able to participate!!!

Please inform Darcy if you
will be needing to borrow a Tablet!

CONTACT DARCY TO SIGN UP
705-857-1221

LIMIT OF 5 PARTICIPANTS!!!
PLEASE PROVIDE A
VALID EMAIL AND MAKE
SURE YOU HAVE
ZOOM DOWNLOADED
AND SET UP!!!



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

BUN-VENTURE

zoom



Please join Kerri and Kara for
an exciting Craft Workshop.

Fall Craft

Please
inform
Darcy if you
will be
needing to
borrow a
Tablet!

October 20
at 10 am
on ZOOM

**Space is limited!!! Only 6
spaces available!!!**

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

**Please provide a valid email
address and make sure you
have ZOOM downloaded
and set up!!!**



DIY HALLOWEEN COSTUMES

Pick up your materials on
OCTOBER 15, 2020 at 1pm
from Trailer #2

**PROVIDE YOUR TOP 3
HALLOWEEN COSTUME IDEAS
FOR YOUR CHILDREN ONLY!!!**

**MAKE SURE TO LIST THE ITEMS YOU MAY REQUIRE UPON
SIGNING UP!!!**

*Limited to 6 participants, call Darcy
By Thursday October 8, 2020*

RSVP DARCY at 705-857-1221

Family

October 17 & 24, 2020

at the Day Care

LIMITED TO

6

FAMILIES
PER DAY!!



SMILE

Sessions will commence at 9:30 a.m. and each family will be given a private 20-minute session!!!

Due to COVID-19 restrictions, limited spacing, we can only accommodate up to 6 people per family shoot. Each person must wear a mask and will be thoroughly screened before entering the Daycare space.

Please be sure to choose a time that suits your family as

**YOU CAN CHOOSE BETWEEN
A TRADITIONAL CHRISTMAS
BACKGROUND OR A GRINCH
THEMED BACKGROUND**

NO LATE ENTRIES

will be permitted!!!



Face Masks
Must Be Worn

zoom



Hey Mommas,
Let's Celebrate!

**Self-care Workshop for
the Momma's!!!**

**October 20, 2020
10am on Zoom**

**Contact Darcy at
705-857-1221
To sign up!!!
Space is limited!!!**

Please inform Darcy if you
will be needing to borrow a Tablet!





Meat Pie Workshop



PLEASE JOIN US ON ZOOM

THURSDAY October 22, 2020 AT 9AM

COME COOK VIRTUALLY WITH JANICE CAMPBELL!!!

**SPACE IS LIMITED TO 5 PARTICIPANTS, SIGN UP BY
CALLING DARCY 705-857-1221, PROVIDE A VALID EMAIL
ADDRESS AND MAKE SURE YOU HAVE Zoom downloaded
and set up!**

zoom



Please inform Darcy if you
will be needing to borrow a Tablet!



PARENTING WORKSHOP

zoom



PLEASE JOIN KERRI AND KARA
THURSDAY October 29, 2020
10:00 AM

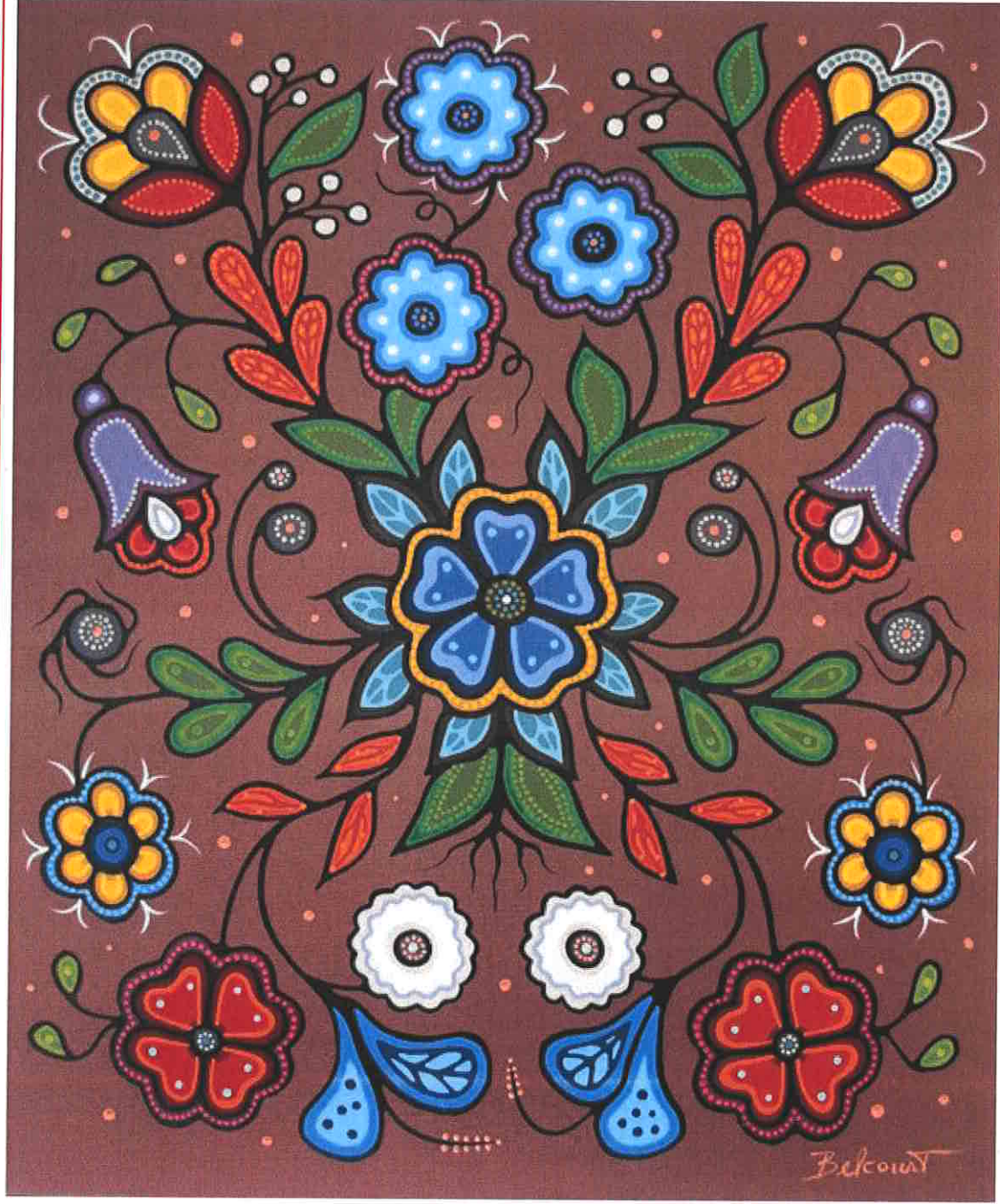
UPON SIGNING UP, PLEASE ENSURE THAT YOU HAVE PROVIDED DARCY WITH YOUR ASSOCIATED ZOOM EMAIL, TO ENSURE THAT THE ZOOM INVITE IS RECEIVED BEFORE THE WORKSHOP BEGINS.

SHOULD YOU REQUIRE A TABLET TO BE LOANED TO YOU, PLEASE INFORM DARCY AT THE TIME OF SIGN UP!

Miigwetch!!

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

COMMUNITY WELLNESS PROGRAM NEWS



This program is designed to deliver primarily client and participant-based services to Aboriginal individuals, families and children. The priority focus of programming is related to reducing family violence.



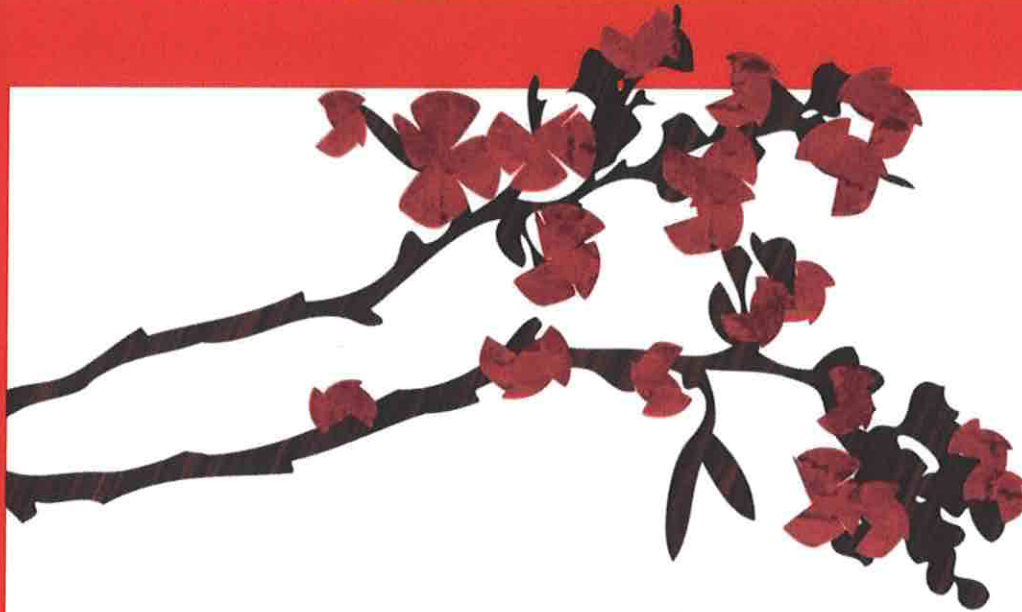
COMMUNITY WELLNESS PROGRAM

OPINIONS DON'T DEFINE YOUR REALITY.

OCTOBER 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28 STAFF MEETING	29 PROGRAM SHOPPING	30 LUNCH W/LUANA	1 FULL MOON CEREMONY 	2 OUT OF OFFICE	3
4 PROGRAM SHOPPING	5 LUNCH W/LUANA	6 REUSABLE CLOTH FACE MASK CONSTRUCTION	7 REUSABLE CLOTH FACE MASK CONSTRUCTION	8 REUSABLE CLOTH FACE MASK CONSTRUCTION	9 REUSABLE CLOTH FACE MASK CONSTRUCTION	10
11	12 THANKSGIVING DAY	13 STAFF MEETING	14 IN OFFICE	15 IN OFFICE	16 OUT OF OFFICE	17
18 PROGRAM SHOPPING	19 LUNCH W/LUANA	20 IN OFFICE	21 IN OFFICE	22 IN OFFICE	23 OUT OF OFFICE	24
25 PROGRAM SHOPPING	26 STAFF MEETING LUNCH W/LUANA	27 IN OFFICE	28 IN OFFICE	29 IN OFFICE	30 FULL MOON CEREMONY 	31



LUNCH W/LUANA

PICKUP & GO

WHEN: SEPTEMBER 30, 2020

TIME: 12 NOON – 1 PM

WHERE: HEALTH CENTRE/PROGRAM TRAILER

MENU

HOMEMADE SOUP

SANDWICH

FRESH BERRY SALAD

WATER

FREE TO COMMUNITY MEMBERS AND STAFF.

YOU DO NOT NEED TO CALL IN TO ORDER/RESERVE. FIRST COME, FIRST SERVED UNTIL LUNCH ITEMS RUN OUT. MUST BE PRESENT TO RECEIVE.

MASKS & SOCIAL DISTANCING IN EFFECT. FREE REUSABLE CLOTH FACE

MASKS WILL BE AVAILABLE. ADULT SIZES ONLY.

LUANA MCQUABBIE/HIFN COMMUNITY WELLNESS WORKER

REUSABLE CLOTH FACE MASKS

**WHEN
AVAILABLE
STARTING SEPTEMBER 30**

**WHERE
HEALTH CENTRE -TRAILER #3**

- ◆ **FREE TO ALL COMMUNITY MEMBERS**
- ◆ **ADULT SIZES AVAILABLE**
- ◆ **KIDS SIZES AVAILABLE OCTOBER 9**

**CWW
LUANA MCQUABBIE
HEALTH CENTRE
TRAILER #3
705 857-1221 EXT 227**

OCTOBER
1 & 30
2020

FULL MOON CEREMONY
With Judy Contin

263 PICKEREL RIVER

7:30 PM



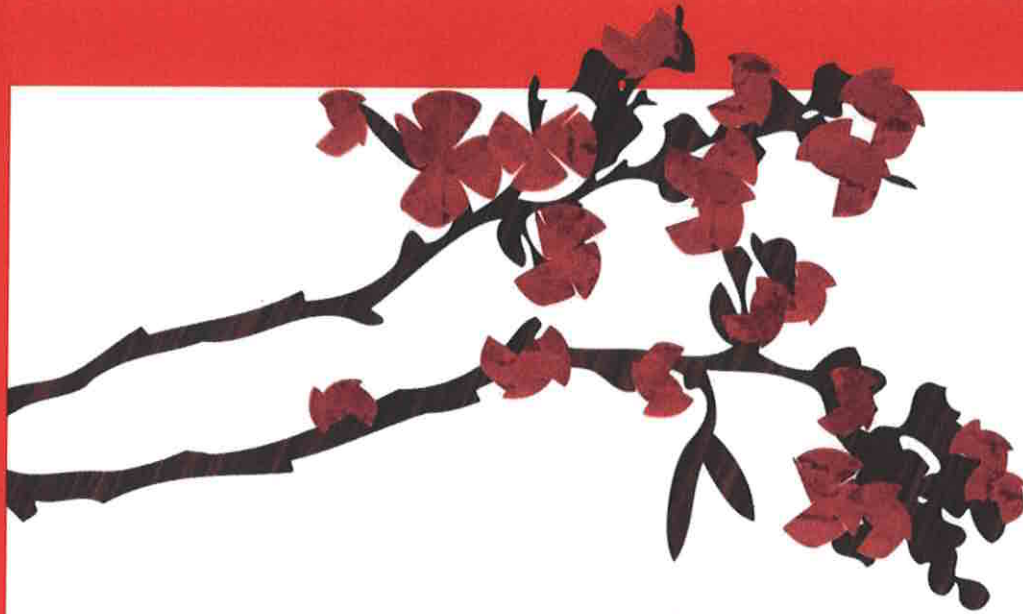
All Women & Young Women are welcome, no matter what phase of their moon time they find themselves.

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

Please remember to:

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

If you need a ride please call CWW Luana McQuabbie
Henvey Inlet First Nation Health Centre/Trailer #3
705 857-1221 EXT 227



LUNCH W/LUANA

PICKUP & GO

WHEN: OCTOBER 5, 19 & 26, 2020

TIME: 12 NOON – 1 PM

WHERE: HEALTH CENTRE/PROGRAM TRAILER

FREE TO COMMUNITY MEMBERS AND STAFF.

**YOU DO NOT NEED TO CALL IN TO ORDER/RESERVE.
FIRST COME, FIRST SERVED UNTIL LUNCH ITEMS RUN OUT.
MUST BE PRESENT TO RECEIVE.**

**MASKS & SOCIAL DISTANCING IN EFFECT.
FREE REUSABLE CLOTH FACE MASKS WILL BE AVAILABLE.**

LUANA MCQUABBIE/HIFN COMMUNITY WELLNESS WORKER



Seven Grandfathers Teachings 2019 WINNERS

DEBBIE BRENNAN

2019 TRUTH AWARD

SEVEN GRANDFATHERS TEACHINGS

MAUREEN KAGAGINS

2019 HONESTY AWARD

SEVEN GRANDFATHERS TEACHINGS

LUANA MCQUABBIE

2019 HUMILITY AWARD

SEVEN GRANDFATHERS TEACHINGS

DANIEL DUBE

2019 BRAVERY/COURAGE AWARD

SEVEN GRANDFATHERS TEACHINGS

CHARLOTTE CONTIN

2019 WISDOM AWARD

SEVEN GRANDFATHERS TEACHINGS

LUANA MCQUABBIE

2019 RESPECT AWARD

SEVEN GRANDFATHERS TEACHINGS

TOM & KAREN BURSMA

2019 LOVE AWARD

SEVEN GRANDFATHERS TEACHINGS



Seven Grandfathers Teachings 2020 Awards

Call for Nominations

Nominations are now being accepted for individuals who have made a positive contribution to our community.

Nominators are encouraged to nominate an individual who have demonstrated qualities of one or more of the Seven Grandfathers Teachings. Nominations can be submitted into one of the two ballot boxes located at the Health Centre or Band Administration Office.

[Submission deadline is Friday, Dec 4th at 12 Noon.](#)

Each recipient will receive an Award and \$100.00 in cash.

THE SEVEN GRANDFATHERS TEACHINGS 2020 AWARD NOMINATION BALLOT

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

The Seven Grandfathers (Please circle only one)

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

Name of Nominee: _____

An Example in a Short Story: _____

Nominated by: _____
Please print your name and your phone number

Please submit this Nomination Ballot into one of the Ballot Boxes located at the Band Office or Health Centre/Trailer #3 by Friday, December 4th at 12noon.