



Offices Closed April 2nd
and April 5th

**Wed. April 7th @1-4pm &
Mon. April 19th @1-4pm**



April 12-16, 2021

SPRING IS IN THE AIR!



April 13, 2021



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!



FOOD DISTRIBUTION

**Reminder of food distribution at HIFN
O&M Building for our On-Reserve
Community Members.**

Dates will be:

Wednesday April 7 @ 1:00pm – 4:00pm

Monday April 19 @ 1:00pm- 4:00pm

All practices of social distancing are in effect, please wear your masks to pick up food!

We look forward to seeing you on these days.

Members can call Maureen Kagagins (705) 670- 7648, to be put on the list ahead of time in order to have food ready for pick-up.

Miigwetch to all that volunteer!



Henvey Inlet First Nation

Pickerel, ON P0G 1J0

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

Health Centre
354A Pickerel River Road
T 705-857-1221
F 705-857-0730
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: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: March 17, 2021

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

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 two (2) 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

Ongoing

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

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Pickerel, ON P0G 1J0

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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

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Pickerel, ON P0G 1J0

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First Nation**

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M. Wayne McQuabbie
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Patrick Brennan
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Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

MEMORANDUM

To: Members of Henvey Inlet First Nation

Fr: Housing Assistant

Dt: April 2021

Re: HIFN Housing update.

Spring is finally here! Here are a couple of suggestions to keep your home in good shape.

April showers mean you should test your sump pumps and ensure they are in good working order.

Ensure your downspouts are in place and pointing away from your home.

This is also a good time to clean and inspect your kitchen exhaust and dryer vents.

Please take a few minutes to ensure your smoke detectors are functioning properly and your fire extinguishers are charged. Should you have any concerns about your smoke detectors, carbon monoxide detectors or your fire extinguisher please contact Randy Naveau at the band office. Randy will be happy to inspect or replace any equipment as required.

Furnace filters are available at the administration office, please contact Heidi in the housing department to have some delivered to your home.

Miigwetch,

Heidi Kimberley
Housing Assistant

Are you interested in homeownership / renovating
your existing home or purchasing a home?
Do you need financial counseling?



HOME OWNERSHIP AND YOU

2021 OUTREACH

Confidential one-on-one financial counselling is
available via Zoom or by phone - 7 Days a week



To use Zoom you will need a computer with a
microphone and camera (camera is optional).
The service is available to band members.



For more information
call or text Scott Flamand at
(705) 618-1093 or email
flamandmservices@gmail.com



Non-Insured Health Benefits Update

March 2021

Pharmacy benefit information

New pharmacy benefit listings

- Emerade (epinephrine bitartrate) is now covered as an open benefit (prior approval not required). Emerade is an adrenaline auto-injector used for the emergency treatment of severe allergic reactions
- Humira (adalimumab) 20 mg/0.2 mL injection is now covered as a limited use benefit with prior approval, for treatment of:
 - pediatric Crohn's disease
 - polyarticular juvenile idiopathic arthritis in children 2 to 17 years
- Check the NIHB [drug benefit list](#) for listings and coverage criteria

Medical supplies and equipment (MS&E) information

Coverage for walker accessories

- Forearm attachments and slow-down brakes for walkers are now listed as limited use benefits. Prior approval is required
- For more information consult the NIHB [mobility equipment and supplies benefits lists](#)

Dental benefit information

Expanded coverage for crowns

- As of April 1, 2021, the NIHB program will expand coverage for crowns on second molars
- Crowns on second molars will be eligible for coverage whether the first molar is present or not, if all other coverage criteria are met
- Find the complete crown policy in the NIHB [dental benefits guide](#)

Vision care benefit information

Understanding vision care benefit frequency

- The NIHB program's vision care benefit provides coverage for eligible eye exams and corrective eyewear
- Under the NIHB vision care policy, the frequency guidelines are:
 - children 0 to 17 years are eligible once a year
 - clients 18 years and older are eligible once every two years
- Frequency of coverage is calculated by calendar year only, not months and days
 - For example, for a two-year frequency, if you receive coverage for new eyewear at any time in 2019, you will be eligible again starting on January 1, 2021
- Frequency for eye examinations and eyewear is determined by the last date of service
- For eye examinations, the date of service is the date you had the exam
- For services requiring more than one appointment, the date of service is the date when the service was completed
- For eyewear, such as eyeglasses or contact lenses, the date of service is the date you picked up the eyewear or the date the provider shipped it to you
 - For example, for a one-year frequency, if you ordered glasses in December 2020 and picked them up in December 2020, you used your coverage for 2020. However, if you picked up the glasses in January 2021, you used your coverage for 2021.
- Clients with specific medical needs may qualify for more coverage, such as reimbursement amount or frequency, on an exception basis. Refer to the NIHB [guide to vision care benefits](#)
- If you need more information on your frequency for vision care benefits, call your [NIHB regional office](#) for assistance

Vision care provider billing

- Many vision care providers are enrolled with NIHB and reimbursed directly by the program for eligible benefits provided to NIHB clients
- NIHB will reimburse providers up to maximum coverage rates established by the program
- Before you receive any vision care services, NIHB recommends that you 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 your provider does not bill NIHB directly, you can contact your [NIHB regional office](#) for assistance to find an alternate provider



18 + COVID-19

VACCINATION CLINIC

(OR FOR THOSE WHO MISSED THE FIRST CLINIC)

Tuesday April 13th, 2021

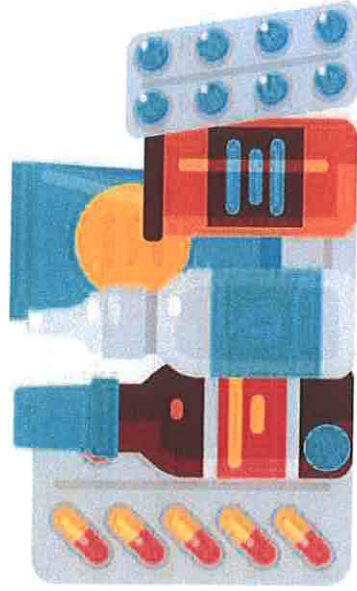
@ O & M Building

**ONLY THOSE WHO ARE 18 YRS OF AGE OR OLDER WILL BE
ELIGIBLE TO RECEIVE THE VACCINE!!**

*If you have any questions, feel free to contact Brenda Contin,
CHN, 705-857-1221*

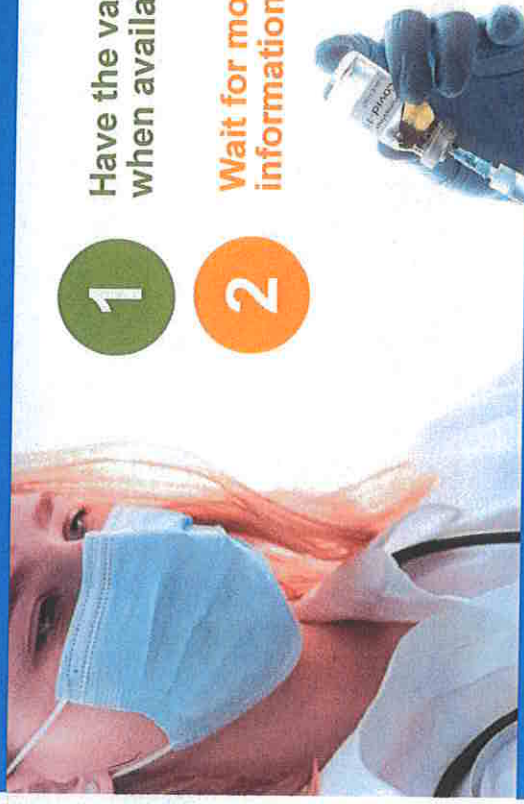
What should I do with my regular medications if I decide to get the vaccine?

Some medications may reduce the protection you receive from the vaccine. While we do not yet have information on this specific to the COVID-19 vaccine, we do have information from other vaccines.



Rituximab, in particular, is known to reduce immune responses from vaccines. Other medications such as methotrexate or JAK inhibitors (tofacitinib (Xeljanz), baricitinib (Olumiant), upadacitinib (Rinvoq)) or prednisone at higher doses (>20 mg/day) may reduce protection after receiving certain vaccines, although most people are still protected. Your healthcare provider can help you decide what to do with your medications if you decide to get the vaccine. For many patients, continuing medications is the best option to avoid disease flares.

Your options



1

Have the vaccine when available.

2

Wait for more information.

You may choose to have the vaccine now (if it's available to you in your area) or wait until more information is available.

Studies are being planned to understand how people with autoimmune conditions will respond to COVID-19 vaccines, although we do not know exactly when more information will be available.

NOTE: If you choose to receive the vaccine you must still follow public health measures and not assume you are protected completely from COVID-19, just like people without autoimmune conditions.

What about side effects or risks?

Like all vaccines, there are some possible temporary side effects or risks of COVID-19 vaccine:



- sore arm where the injection was given
- temporarily swollen lymph nodes
- tiredness
- fever, chills
- headache
- general muscle or joint pain

These side effects usually wear off within a day or so, but some people can have reactions that last several days and could cause them to miss school, work, or family activities. The side effects from a second dose can be more noticeable because your immune system is now trained to recognize the part of the COVID-19 virus that is being delivered by the vaccine. Side effects vary from person to person.

What you need to know if you have an autoimmune rheumatic disease.

Is the vaccine still safe and effective?

We don't yet know about the side effects or how well COVID-19 vaccines work in people with autoimmune rheumatic diseases. People with these conditions were mostly excluded from COVID-19 vaccine trials.

We do know that other vaccines (e.g., flu vaccines), provide adequate protection for most people with autoimmune conditions, with side effects similar to the general population. Other vaccines do not usually trigger flares of autoimmune conditions. We'll continue to learn more about this as more people receive the COVID-19 vaccine.

These vaccines do not contain live COVID-19 virus, so there is no chance of getting COVID-19 from them.

There is a risk of allergic reactions in those people with allergies to a part of the COVID-19 vaccine, which can be severe. For this reason, you must remain under observation where you get the vaccine for at least 15 minutes after the vaccination (this is also true for other types of vaccinations). More information on allergies to COVID-19 vaccines can be found on the [CDC website](#).³



How do the COVID-19 vaccines work?

All vaccines work by training your immune system to respond to an infection. They do this in different ways. Some, including COVID-19 vaccines in development, use a small, dead piece of the virus called a protein.

Others, including the Pfizer and Moderna COVID-19 vaccines, give your cells instructions on how to make this protein. Your immune system learns to recognize this protein. If you become infected with the virus, your body gets rid of the infection so you do not become sick.

These vaccines do not contain live COVID-19 virus, so there is no chance of getting COVID-19 from them.

More detailed and up-to-date information on the available COVID-19 vaccines in Canada can be found on the Government of Canada [website](#).²

What are the benefits of the COVID-19 vaccine?

1

Preventing COVID-19 infection. These vaccines prevent 70% to 95% of COVID-19 infections in people who get the vaccines. This is even better than the annual flu vaccine, which prevents the flu around 40% to 60% of the time.

2

Reducing severity of COVID-19. COVID-19 is less severe in people who get the vaccine.

3

Protecting others.

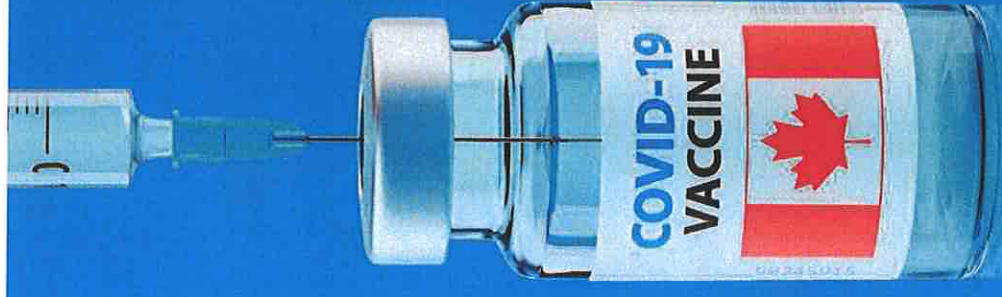
Getting vaccinated yourself may also protect people around you. As more people get vaccinated, we will see less COVID-19 spread.

I have an autoimmune rheumatic disease*, should I get a vaccine for COVID-19?

Clinical trial results show that COVID-19 vaccines are safe and effective. However, people with autoimmune rheumatic diseases were not part of those clinical trials, so we don't know how well these vaccines work in people with autoimmune rheumatic diseases. We do know with other vaccines, like the flu shot, people whose immune system activity is lowered by medications may have somewhat less protection from vaccination, although most people are usually still protected. Side effects are also usually not different from everyone else.

Should I get vaccinated now, or wait?

The Canadian Rheumatology Association has designed this pamphlet to help you decide with your healthcare provider which option is best for you.



*This decision aid is for you if you are an adult (age >18 years) and have an autoimmune rheumatic disease, which includes (but is not limited to) the following conditions: Adults living with juvenile idiopathic arthritis, Ankylosing spondylitis/spondyloarthritis, Behcet's disease, Myositis, Polymyalgia rheumatica, Psoriatic arthritis, Reactive arthritis, Relapsing polychondritis, Rheumatoid arthritis, Scleroderma, Sjogren's syndrome, Still's disease, Systemic lupus erythematosus, Vasculitis.



If you are pregnant or breast-feeding, additional considerations apply. Speak to your healthcare provider or visit [this site](#)¹ for more information.

Education News

The Anishinabek Education System is currently hosting free live information sessions to allow First Nation students and parents the opportunity to learn more about why we need to share student data and information with Ontario. Please see the poster in this newsletter and/or access the link to register via facebook. The next sessions will take place this Thursday April 1, 2:00 pm - 3pm and at 6:00 pm - 7:00 pm.

Some of the purposes for which data and information are shared between the AES and Ontario include supporting student success and well-being, informing program planning and service delivery, and developing reports and statistics etc.

This process involves collecting consent forms for each Anishinabek student in our First Nation, both on-reserve and off-reserve. You will receive the consent package via mail in the next few days. Forms for off-reserve students will be available on the HIFN website.

Once you have completed the consent form packages, please return them to Genevieve's mailbox at the band office. If you have questions or would like help completing them contact me at 705-857-2331 Ext. 229.

For additional support and information regarding the collection of consent forms, please contact the Kinoomaadziwin Education Body 705-845-3634.

HIGHLIGHTS

- ✚ AES LEARNING SERIES - see poster
- ✚ Chiefs of Ontario INDIGNEOUS YOUTH LOGO CONTEST! See announcement and rules and regulations. Entry deadline: April 16th at noon. Students can submit up to 2 entries.
- ✚ ONECA Contest - for Indigenous students/youth. Deadline April 30th 2021.
- ✚ New Driver: Doreen McKenzie will be driving our high school students to Parry Sound until June 2021. We will be looking to contract a new driver to begin in September 2021.

A blue banner with orange decorative elements. On the left, a white speech bubble contains the text 'AES Learning Series' in blue and 'Gaagiigidowag' in orange. Below the speech bubble is the Anishinabek Education System logo, which features a stylized figure and the text 'ANISHINABEK EDUCATION SYSTEM'. To the right of the speech bubble, the text 'Welcoming all parents and community members of the AES' is written in white. Below this, the heading 'LIVE INFORMATION SESSIONS' is in orange. A list of topics follows: 'Data Consent Forms', 'What parents need to know', and 'Live Q&A session'. The date 'THURSDAY, APRIL 1' is in orange. Below the date, the session times are listed: 'Session 1 2:00-3:00pm' and 'Session 2 6:00-7:00pm'. At the bottom right, contact information is provided: 'For more information contact: nancy.o'donnell@a-e-s.ca'.

To register for a session, please complete the form here: [Registration: AES Learning Series - Data Consent Forms](#)

During this session, we will be talking about:

- Why are Data Consent Forms being collected?
- How do I fill out the forms?
- How will the AES use the data?
- How you can connect with our Data Management Officer for more information
-

For more information, please contact nancy.o'donnell@a-e-s.ca.

SPRING BREAK: April 12 - 16, 2021

HAVE A SAFE AND HAPPY EASTER!



March 29, 2021

INDIGNEOUS YOUTH LOGO CONTEST!

Chiefs of Ontario – First Nation Child and Family Conference

The Chiefs of Ontario is hosting a C-92 conference discussing the Act Respecting First Nation, Inuit and Metis Children, Youth and Families. The goal of this act is to keep Indigenous children and youth connected to their families, communities, and culture. It recognizes the individual uniqueness of each First Nation. The focus of the conference is centred around ensuring and maintaining healthy connections with family and community in times of need.

We are looking to First Nation youth to design the conference logo for this upcoming conference.

DEADLINE: April 16th, 2021 at noon

REQUIREMENTS: Create a visual (picture, drawing, painting or creative word art) that represents WHAT healthy child, youth and family connection to family, community and/or culture means to you.

- Do not include the Chiefs of Ontario logo or name
- Open to Indigenous Youth 10 – 18 years of age in Ontario
- Winner will be announced on Wednesday April 21st, 2021

PRIZE: A tablet for the winner with a pizza party for your class. Open to youth 10 – 18-year old's

SUBMISSION: Please include your name, Teacher's name and contact info and your school name with each submission.

Any questions and to submit via email by April 16th, 2021 to:

Tuesday Johnson-MacDonald
Conference Coordinator
President@tapresources.ca
519 445 1794

If submitting by Mail

Attention Youth Logo Contest
P.O. Box 669
Ohsweken, On N0A 1M0

**CHIEFS OF
ONTARIO**

**Youth Logo
Contest**



**OFFICIAL RULES AND REGULATIONS
(the “ Rules ”)**

1. The Chiefs of Ontario’s Youth Logo contest (the “Contest”) starts at 3:00pm Eastern Standard Time (EST) on March 24th, 2021 and closes on Monday April 12th, 2021 at 12:00pmEST (the “Contest Period”). No purchase necessary. Void where prohibited.
2. The Contest sponsor is the Chiefs of Ontario Social Services Department
3. To enter and to be eligible to win, entrant must be a Indigenous youth aged 10-18 years of age, a resident in Ontario and a band member to a Ontario First Nation.
4. TO ENTER the Contest, create a font or logo that represents healthy family relations, culture, joy. Submit your creation with your name, teacher name, contact information and school to:
 - a) Email: President@tapresources.ca
 - b) Mail: Attention: Youth Logo Contest
P.O. Box 669 Ohsweken, On N0A 1M0

Contest ends on April 16, 2021 and is open to Ontario First Nation youth band members ages 10-18 years old. The winner will be decided on Wednesday **April 21, 2021 Noon EST** and will be notified by phone or email. All entries must be fully completed to be eligible. Limit of two (2) entries per individual. If it is discovered that you attempted to enter more than five entries – two (2) will be randomly selected for consideration, all others will be disqualified.

5. PRIZE: tablet to the winner plus a pizza party for the class including pizza, drinks and dessert.
6. Prize must be accepted as awarded. The Chiefs of Ontario reserves the right to substitute a Prize in whole or in part in the event that all or any component of the Prize is unavailable.

7. WINNER SELECTION:

On Friday, April 16, 2021 at approximately 3:00pm EST, winner will be selected by the Chiefs of Ontario C-92 Conference Planning Committee.

8. In order to be declared the winner, potential winner must first correctly answer, a time-limited administered by the Chiefs of Ontario. Before being awarded the Prize, the potential winner, or legal guardian, will be required to sign and return within the time stipulated, a full release and indemnity form, stating that, among other things, he/she has read, understood and complied with these Rules, grants all consents required, agrees to be available and to participate in Chiefs of Ontario and/or promotion(s) related to the Contest and/or similar matters, authorizes the Chiefs of Ontario to broadcast, publish, disseminate and otherwise use his/her name, Chiefs of Ontario/town/village and province/territory of residence, photograph(s), and likeness in connection with any promotion and/or for general news, entertainment and/or information purposes at no additional compensation to the potential winner, beyond the awarding of or participation in the Prize, accepts the Prize as offered and releases the Chiefs of Ontario from any and all liability of any kind arising out of the potential winner's participation in this Contest and receipt and use of the Prize. The potential winner (and/or legal guardian) will also be required to transfer title and copyright for the Logo to the Chiefs of Ontario. In the event that the potential winner does not comply with all the provisions as contemplated in these Rules, the Chiefs of Ontario will have the right to disqualify the potential winner and draw an alternate potential winner, and the Chiefs of Ontario will be fully and completely released and discharged from any liability or responsibility in this regard. The provisions and procedures referred to above relating to selection and notification of a potential winner will be applied with the necessary amendments, until a qualified winner has been duly selected, but in any event, no later than Friday, April 16, 2021.

9. By entering this Contest, the entrants and participants automatically agree to accept and abide by these Rules and warrants that he or she created the entry and the entry does not infringe on any rights of a third party or violate any copyright. Failure to comply with these Rules may result in disqualification from this contest. All decisions of the Chiefs of Ontario with respect to any aspect of this Contest, including without limitation the eligibility of entries, are final and binding on all entrants in all matters as they relate to this Contest.

10. All entries become property of the Chiefs of Ontario who assumes no responsibility for garbled, lost, late, delayed, destroyed or misdirected entries or any computer errors or malfunctions. The Chiefs of Ontario does not assume any responsibility for incorrect or inaccurate capture of entry information, technical malfunctions, human or technical error, seeding or printing errors, lost, delayed or garbled data or transmissions, omissions, interruptions, deletions, defects or failures of any telephone or computer lines or networks, computer equipment, software or any combination thereof. Entry materials or data that have been tampered with or altered are void. If for any reason, in the opinion of the Chiefs of Ontario, in its sole discretion, the Contest is not capable of running as originally planned, or if the administration, security, fairness, integrity or the proper conduct of the Contest is corrupted or adversely affected, including by reason of infection

by computer virus, bugs, tampering, unauthorized intervention, fraud, technical failures or any other causes beyond its control, the Chiefs of Ontario reserves its right to cancel, terminate, modify, amend, extend or suspend the Contest, and select a winner from previously received eligible entries. The Chiefs of Ontario reserves its right to modify the Rules without materially affecting the terms and conditions hereof. The Chiefs of Ontario reserves its right, in its sole discretion, to disqualify any individual it finds to be tampering with the entry process or the operation of the Contest or to be acting in violation of the Rules or otherwise in a disruptive manner.

11. By entering this Contest, each entrant consents to the collection, use and distribution of his or her personal information (information that identifies an entrant as an individual such as name, email, home telephone number, age and home address) by the Chiefs of Ontario for the purposes of implementing, administering and fulfilling this Contest. The Chiefs of Ontario will not sell or transmit this information to third parties except for the purposes of administering this Contest. Any inquiry concerning the personal information held by the Chiefs of Ontario should be addressed to Chiefs of Ontario. In the event of any discrepancy or inconsistency between the terms and conditions of the Rules and disclosures or other statements contained in any Contest-related materials including, but not limited to, the Contest entry form or point of sale, print or online advertising and promotions, the terms and conditions of the Rules shall prevail, govern and control.

12. All intellectual property including, but not limited to, trademarks, trade names, logos, designs, promotional materials, web pages, source codes, drawings, illustrations, slogans and representations associated with the Contest are owned by the Chiefs of Ontario. All rights are reserved. Unauthorized copying or use of any copyrighted material or intellectual property without the express written consent of its owner is strictly prohibited.



ATTENTION INDIGENOUS YOUTH we want to hear from you

WHAT

Share your thoughts with us on recreational cannabis use. You can submit a short story, a TikTok / YouTube video or digital or traditional artwork.

WHY

The Ontario Native Education Counselling Association (ONECA) is developing culturally-appropriate resources and training related to recreational cannabis use and vaping. We need your input and perspectives.

HOW

Send your submissions to Linda Sullivan, Project Coordinator at sully.on.the.lake@gmail.com
Include your name, email address and phone number.

DEADLINE FOR SUBMISSIONS

APRIL 30, 2021

1st Prize - Lap top !

All participants will receive a gift card !

Producers of the top content could be asked to participate in an on-line forum to develop key messaging that will influence healthy choices and harm reduction.



SCHOOL LUNCH IDEAS

FRUIT

Applesauce
Blueberries
Raspberries
Grapes
Watermelon
Strawberries
Kiwi
Orange
Whole Banana
Whole Apple

VEGGIES

Carrots
Celery sticks
Cucumber
Shelled peas
Bell Pepper
Sugar snap peas
Broccoli
Cauliflower
Sweet potato

PROTEIN (& HEALTHY FATS)

Yogurt
Cheese
Hummus
Guacamole
Nut or seed butter
Hard Boiled Egg
Cooked beans
Edamame
Deli Meat

CRUNCHY

Dry cereal (low sugar)
Whole grain crackers
Almonds or other nuts
Crispy chickpeas
Rice cakes
Sunflower seeds
Plantain chips
Baked tortilla chips
Pretzels
Pita chips

HEARTY FILLERS

Spinach muffins (or bake as donuts!)
Paleo banana snack cake
Homemade granola bars
Date Energy Balls
Waffle or Pancake
Hummus & Veggie sandwich
Veggie burger (or meatballs)
Baked Egg Muffins or Frittata
Egg & Cheese sandwich
Granola & Yogurt
Oatmeal
Almond butter sandwich
Tortilla roll-ups
Quesadilla
Leftover pizza
Spaghetti or Pasta Salad
Quinoa Salad

SAMPLE COMBINATIONS

Sample #1

Spinach muffins
Carrots
Yogurt
Strawberries
Chickpeas
Dry Cereal

Sample #3

Granola Bar
Broccoli
Red Bell Pepper Slices
Peeled Kiwi
Plantain Chips
Guacamole

Sample #2

Quinoa Salad
Cucumber slices
Applesauce
Sunflower Seeds
Blueberries
Cheese cubes

Sample #4

PB & Honey Sandwich
Ants on a Log (celery)
Sweet Potato Crackers
Hummus
Sliced grapes
Raspberries

Tips: Try serving fruit, veggies, beans, cheese or meat on a stick for a fun & healthy skewer!
Bake a healthy muffin recipe into a donut shape to make it more fun & appealing.

DETOXINISTA

EASY·HEALTHY·DELICIOUS

A MONTH'S WORTH OF LUNCH BOX & SNACK *ideas*

Pick 1 from each category. Mix & match!

FRUIT/VEGETABLES

Apples	Carrots
Oranges	Celery
Grapes	Cucumbers
Strawberries	Snap peas
Bananas	Cherry tomatoes
Blueberries	Sliced peppers

SNACKS

String cheese	Chips
Yogurt	Cheese slices
Pretzels	Trail mix
Crackers	Raisins
Graham crackers	Waffle sticks
Granola bar	Popcorn

MAIN

Bagel & cream cheese	Turkey sandwich
Spaghetti in a thermos	Meal slices
Pita sandwich	Chicken salad
Peanut butter & jelly	Cottage cheese
Turkey bites	Tacos
Homemade pizza rolls	Boiled eggs

MISC

Marinara sauce	Water bottle
Ranch dressing	Milk box
Hazelnut spread	Chocolate milk
Peanut butter dip	Strawberry milk
	Juice box
	Flavored water

*TEMPORARY HOURS
ONTARIO WORKS*

**UNTIL FURTHER NOTICE
PLEASE CALL BAND OFFICE
BEFORE COMING IN...**

TUESDAY 8:30 – 2:30

THURSDAY 8:30 – 2:30



MIIGWETCH

You're Invited!

Alternative Caregiver Home
Community Information Session
Henvey Inlet First Nation



Niijaansinaanik
Child and Family Services

April 28, 2021

6 - 7 P.M.

**Online meeting
via Zoom**

Register by April 16:

Lillian Couchie,

Trainer & Recruiter

lillian.couchie@nijcfs.com

(705) 491-7021

Link to attend will be shared

Door prizes for attendees.

Register today!

Niijaansinanik Child and Family Services serves the following First Nations: Wasauksing, Henvey Inlet, Dokis, Shawanaga, Magnetawan, and Wahnapiatae, and all Indigenous children and families in the jurisdiction.



IT'S A CLEAN SWEEP!

Pointe Au Baril's Premier Cleaning Company has been cleaning PAB Cottages & Homes since 2002

NOW HIRING FOR THE 2021 SEASON

We are a very busy residential cleaning business looking to hire more Cleaners to join our friendly & motivated team for both full time & part time positions.

No experience? Not a problem as training is available.

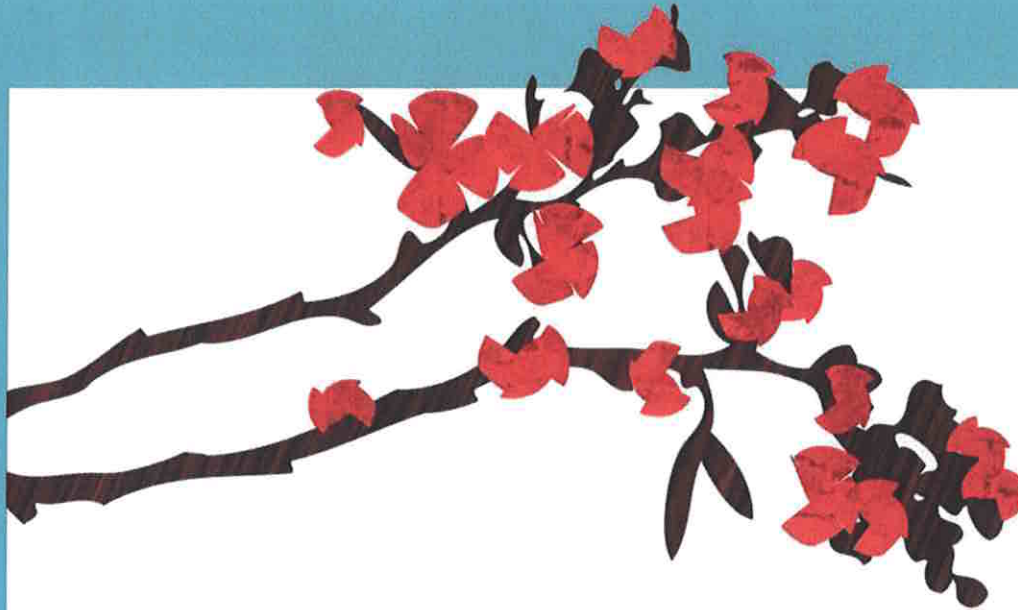
If Cleaning beautiful cottages & homes located on gorgeous Georgian Bay is your idea of a fun work day then please call us for more information.

Excellent Pay for Excellent Cleaners!

It's A Clean Sweep! Division of McRhode Inc. Services

Miriam McAllister

705.366.2179



THE 69/400 MENTAL WELLNESS & CRISIS RESPONSE TEAM PRESENTS...

**“WELCOME SPRING 2021”
BARN QUILT SIGN WORKSHOP**

Have you ever noticed the beautiful barn quilt paintings on the side of barns? Well, now is your chance to make a smaller, personalized version of your very own!

OPEN TO ALL COMMUNITY MEMBERS OF DOKIS, HENVEY INLET, MAGNETAWAN,
NIPISSING, WAHNAPIITAE & WASAUKSING FIRST NATION.

TAKING REGISTRATIONS FOR **10** PARTICIPANTS FROM EACH FIRST NATION. WHEN
REGISTERING, PLEASE INDICATE YOUR FIRST NATION AND MAILING ADDRESS.

**MONDAY, APRIL 19TH, 2021
10:00 A.M. TO 12:00 P.M.**

SESSION TO BE PROVIDED VIA ZOOM, LINK WILL BE PROVIDED TO THOSE WHO HAVE
REGISTERED. SUPPLIES WILL BE PROVIDED TO ALL PARTICIPANTS.

DEADLINE FOR REGISTRATION IS WEDNESDAY, APRIL 7TH, 2021 @ 12:00 P.M. (NOON)

**IF YOU HAVE PREVIOUSLY REGISTERED, THERE IS NO NEED TO REGISTER AGAIN, AS YOU ARE
ON THE LIST, DUE TO THE EVENT HAVING TO BE POSTPONED.**

TO REGISTER, PLEASE CONTACT SALLY DOKIS AT MWTN@WASAUKSING.CA

AMBE GWAAJIING ZHAADAA

COME PLAY OUTSIDE IS A SERIES OF LEARNINGS IN A LAND-BASED SETTING, ALLOWING INDIGENOUS CHILDREN & YOUTH THE OPPORTUNITY TO LEARN THROUGH EXPERIENCE, WHILE DEVELOPING THEIR SENSE OF BELONGING & INCREASING THEIR SELF-WORTH. "AMBE GWAAJIING ZHAADAA", IN ESSENCE IS TO MOVE FROM FEAR TO FREEDOM, & WILL MAKE A POSITIVE DIFFERENCE IN SUPPORTING OUR FIRST NATION CHILDREN & YOUTH TO EVOLVE THROUGH A RANGE OF CULTURAL, SPIRITUAL, INTER-GENERATIONAL, RECREATIONAL, LAND-BASED, WELLNESS, & LANGUAGE REVITALIZATION PROJECTS

LIST OF ZOOM SESSIONS

WE Matter

March 25, 2021
6:00 - 8:00 p.m.

The Values for Success

April 14, 2021
4:00 - 5:30 p.m.

Mshkiki Awaadiziwin

Medicine Knowledge
March 31, 2021
6:00 - 8:00 p.m.

N'doonjibaa: Where My Spirit Sleeps

April 16, 2021
4:00 - 5:30 p.m.

Make Your Own Medicine Bag

April 11, 2021
4:00 - 5:30 p.m.

Our Relationship with Creation

April 21, 2021
6:00 - 8:00 p.m.

Dog Sled Mushing

April 12, 2021
4:00 - 5:30 p.m.

Good Mental Wellness & the Land

Video Submissions
Due on April 20, 2021 @ 12 noon

For ages 8 - 16 years, members from Dokis, Henvey Inlet, Magnetawan, Nipissing, Wahnapiitae & Wasauksing First Nations

Prizes to be won at each Zoom session!

Attend all eight (8) Ambe Gwaajiiing Zhaadaa sessions and your name will be entered into the Grand Prize draw for a chance at two (2) \$ 1,000.00 gift certificates for outdoor gear, at the end of April!

To register for any of the sessions, please contact **Sally Dokis** at mwtn@wasauksing.ca

Event Sponsored by Ntam Nishnabeg Jiibiig Mental Wellness Team

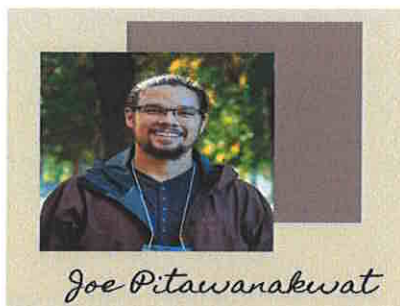
Ambe Gwaajing Zhaadaa – Come Play Outside is a series of learnings in a land-based setting, allowing Indigenous children & youth the opportunity to learn through experience, while developing their sense of belonging & increasing their self-worth. “Ambe Gwaajing Zhaadaa”, in essence is to move from fear to freedom, & will make a positive difference in supporting our First Nation children & youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness, & language revitalization projects.

MSHKIKI AWAADIZIWIN MEDICINE KNOWLEDGE With Joseph Pitawanakwat

Medicine knowledge is necessary to live. In this session, we will:

- ✚ Connect participants to Creation through story and understanding the land
- ✚ Learn about medicines that support mental health & well-being
- ✚ Look at other cultural components that are needed to be incorporated into a mental health plan (fasting, nutrition, exercise, heat-shock, cold-shock, etc.)

Joseph Pitawanakwat is the owner of the Creator’s Garden, who strives to connect you back to creation, by showing you that this world has been created for your healing with plants!



**Zoom Session
Wednesday,
March 31st, 2021
6:00 – 8:00 p.m.**

**For children & youth
ages 8 – 16 years**

Two \$100.00 draws towards outdoor equipment. Attend four Ambe Gwaajing Zhaadaa sessions and your name will be entered into a \$1,000 draw at the end of April

Please register with
Toni Jones at
mwtadmin@wasauksing.ca

EVENT SPONSORED BY:
Ntam Nishnabeg Jiibiig
Mental Wellness Team



Ntam Nishnabeg Jiibiig Mental Wellness Team Presents...

MAKE YOUR OWN MEDICINE BAG



In this workshop, each participant gets the opportunity to assemble their own medicine bag by sewing the two halves together using artificial sinew and then lacing it to finish it off!

Two \$100.00 draws towards outdoor equipment. Attend four Ambe Gwaajiing Zhaadaa sessions and your name will be entered into a \$1000.00 draw at the end of April

Will be accepting registrations for 10 participants from each First Nation

Dokis, Henvey Inlet, Magnetawan, Nipissing, Wahnapiatae & Wasauksing First Nations

AMBE GWAAJIING ZHAADAA – COME PLAY OUTSIDE IS A SERIES OF LEARNINGS IN A LAND-BASED SETTING, ALLOWING INDIGENOUS CHILDREN & YOUTH THE OPPORTUNITY TO LEARN THROUGH EXPERIENCE, WHILE DEVELOPING THEIR SENSE OF BELONGING & INCREASING THEIR SELF-WORTH. “AMBE GWAAJIING ZHAADAA”, IN ESSENCE IS TO MOVE FROM FEAR TO FREEDOM, & WILL MAKE A POSITIVE DIFFERENCE IN SUPPORTING OUR FIRST NATION CHILDREN & YOUTH TO EVOLVE THROUGH A RANGE OF CULTURAL, SPIRITUAL, INTER-GENERATIONAL, RECREATIONAL, LAND-BASED, WELLNESS, & LANGUAGE REVITALIZATION PROJECTS.

Zoom Session
Sunday, April 11th, 2021
4:00 - 5:30 p.m.

Ages 8 - 16 years

To register, please contact Sally Dokis at mwtn@wasauksing.ca

Deadline for registration is
Wednesday, March 31st, 2021



Ambe Gwaajiiing Zhaadaa- Come Play Outside

Is a **Series** of learnings in a land-based setting allows Indigenous children and youth the opportunity to learn through experience while developing their sense of belonging and increasing their self-worth. "Ambe Gwaajiiing Zhaadaa", in essence is to move from fear to freedom and will make a positive difference in supporting our First Nation youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness and language revitalization projects.

Dog Sled Mushing

With Phoebe Sutherland

This Inspiring Zoom Session will captivate you... Phoebe will be zooming live from Moose Factory Ontario, the Mushkegowuk Area. Phoebe is a You Tube sensation with her dog sled teams. Her story with dogs started by chance, dogs following her when she was out on the lands. Mushing is in her DNA as dogs have been used by people of the Mushkegowuk for thousands of years.

-  Inspiring participants through storytelling.
-  Sharing an insiders look at the workings of the REZ DOG TEAM and Phoebe's involvement with rescuing Dogs.
-  Connecting our past with our present with historical story telling about the importance of dogs in First Nations Communities

Phoebe Sutherland is the owner of Mighty Moose Musers, who has devoted her life to preserving the cultural practices of Dog Sledding. Her compassion and understanding is expressed in her Lands Programs and video documentaries are motivating.



**Zoom session
Monday April
12th 2021**

**10 am – 12 Noon
For children & youth
ages 8 – 16 years**

Two \$100 draws towards outdoor equipment. Attend four upcoming sessions and your name will be entered into a \$1,000 draw at the end of April.

Please register with Sally Dokis at mwtn@wasauksing.ca

EVENT SPONSORED BY:

Ntam Nishnabeg Jiibiig
Mental Wellness Team



Ambe Gwaajing Zhaadaa- Come Play Outside

is a **Series** of learnings in a land-based setting allows Indigenous children and youth the opportunity to learn through experience while developing their sense of belonging and increasing their self-worth. "Ambe Gwaajing Zhaadaa", in essence is to move from fear to freedom and will make a positive difference in supporting our First Nation youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness and language revitalization projects.

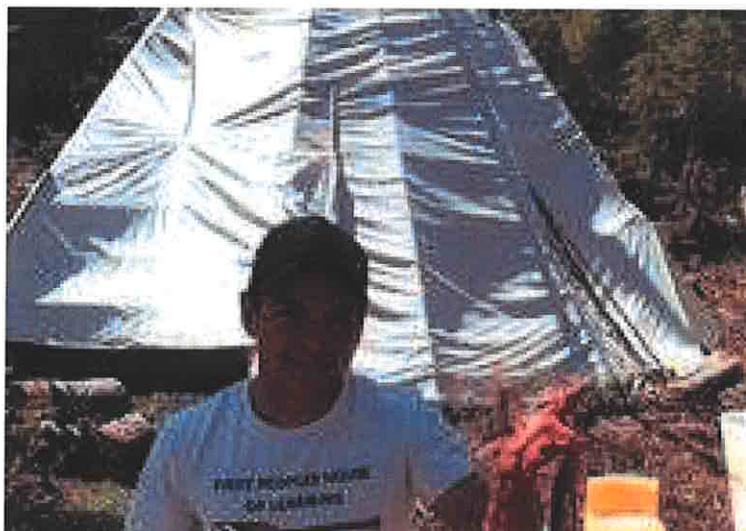
The Values for Success

With Kris Morrison

This Informative Zoom Session will strengthen foundations... Kris will be sharing his knowledge in an interesting and informative way. Kris is the Founder of the Indigenous Men's Alliance and has a strong background in teachings. He has an attention to detail and the ability to make very complex topics come to life. This captivating session will cover the Values for Success and will sure to entertain and strengthen your core values.

- 🔗 **The use of timeless traditional teaching in creative ways**
- 🔗 **Sharing knowledge with a positive approach.**
 - 🔗 **Connecting our past with our present.**

Kris Morrison has devoted his life to the teaching of others. His teaching and sharing methods connects you with self, with family, with communities and all nations as a collective.



Zoom session
Wed April 14th
2021

4:00 – 5:30 p.m.

For children & youth
ages 8 – 16 years

Two \$100 draws towards outdoor equipment.
Attend four upcoming sessions and your name will be entered into a \$1,000 draw at the end of April.

Please register with
Sally Dokis at
mwtn@wasauksing.ca

EVENT SPONSORED BY:

Ntam Nishnabeg Jiibiig
Mental Wellness Team



Ambe Gwaajiiing Zhaadaa- Come Play Outside

Is a **Series** of learnings in a land-based setting allows Indigenous children and youth the opportunity to learn through experience while developing their sense of belonging and increasing their self-worth. "Ambe Gwaajiiing Zhaadaa", in essence is to move from fear to freedom and will make a positive difference in supporting our First Nation youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness and language revitalization projects.

N'doonjibaa: Where My Spirit Sleeps

With Will Morin: With a walk through traditional teachings of connections to the past, to our mothers, our birth and many other objects and activities we can experience on the land. Through teachings of root words in Anishinaabemowin/Ojibway link will be a show of timeless relationship with cultural identity and responsibility to the land, family, (human, animal, plant) and the ancestors.

- 🌿 Traditional teaching in virtual learning circles.
- 🌿 Understanding and cultural identity.
- 🌿 Connections with our past in positive and uplifting ways

Will Morin is a captivating Elder that uses a cultural and historical approach to his teachings. Defining Ojibway language used to open doors to thinking. Connecting people with culture brings a solid idea of belonging.



**Zoom session
Friday April 16th
2021**

4:00 – 5:30 p.m.

**For children & youth
ages 8 – 16 years**

Two \$100 draws towards outdoor equipment. Attend four upcoming sessions and your name will be entered into a \$1,000 draw at the end of April.

Please register with
Sally Dokis at
mwtn@wasauksing.ca

EVENT SPONSORED BY:

Ntam Nishnabeg Jiibiig
Mental Wellness Team





NTAM NISHNABEG JIBIIG MENTAL WELLNESS
TEAM PRESENTS...

OUR RELATIONSHIPS WITH CREATION

With Perry McLeod-Shabogesic

Ambe Gwaajiing Zhaadaa...

Come Play Outside is a series of learnings in a land-based setting, allowing Indigenous children & youth the opportunity to learn through experience, while developing their sense of belonging & increasing their self-worth. "Ambe Gwaajiing Zhaadaa", in essence is to move from fear to freedom, & will make a positive difference in supporting our First Nation children & youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness, & language revitalization projects.

Topics of Discussion

Our Relationship with Creation
Traditional Roles & Responsibilities
Medicine & Harvesting



Zoom Session

Wednesday, April 21st, 2021

6:00 - 8:00 P.M.

For children & youth
ages 8 - 16 years

Two \$ 100.00 draws
towards outdoor
equipment. Attend four (4)
Ambe Gwaajiing Zhaadaa
sessions, your name will be
entered into a \$ 1,000 draw
at the end of April

Open to Dokis, Henvey Inlet,
Magnetawan, Nipissing,
Wahnapiatae & Wasauksing
First Nations

TO REGISTER, PLEASE CONTACT SALLY DOKIS AT MWTN@WASAUKSING.CA

GOOD MENTAL WELLNESS & THE LAND

**WHAT DOES THAT MEAN
TO YOU?**

YOUR TASKS...

TAKE A VIDEO

We want you to create a short 5 - 10 minute video of yourself, demonstrating how you maintain healthy mental wellness out on the land

SOME IDEAS...

- snoeshoeing
- fishing
- traditional teachings
- trapping
- ceremonies
- nature walks
- hunting
- collecting medicines
- camping
- etc., etc., etc.

**DEADLINE FOR ENTRIES IS TUESDAY, APRIL
20TH, 2021 @ 12 NOON**

**Sponsored by Ntam Nishnabeg Jiigbiig Mental
Wellness Team**



**AMBE GWAAJIING ZHAADAA
COME PLAY OUTSIDE**

Is a series of learnings in land-based setting, allowing Indigenous children & youth the opportunity to learn through experience. It will make a positive difference in supporting our First Nation children & youth to evolve through a range of cultural, spiritual, inter-generational, recreational, land-based, wellness, & language revitalization projects.

**PRIZES TO BE WON FOR ALL
ENTRIES!**

**ATTEND FOUR OF OUR AMBE
GWAAJIING ZHAADAA SESSIONS &
YOUR NAME WILL BE ENTERED
INTO THE GRAND PRIZE DRAW FOR
A \$1000 GIFT CERTIFICATE FOR
OUTDOOR EQUIPMENT**

DETAILS

**Submit your video to Sally Dokis at
mwtn@wasauksing.ca**

Your video must accompany a signed consent form

Open to all children & youth from ages 8 - 16 years

**Must be from Dokis, Henvey Inlet, Magnetawan,
Nipissing, Wahnapiatae or Wasauksing First Nations**



Nursing Station

P.O. Box 250
PARRY SOUND, ONTARIO
P2A 2X4

PHONE

705-746-8022

FAX

705-746-2039

Deborah Pegahmagabow

Director of Health

Lorna Pawis

Assistant to Health Director

Programs Services Available

Monday-Friday 8:30-4:30
(other times as posted)

Federally funded:

Prevention and Promotion
Programs
(CHR/NNADAP)

Home and Community Care
Programs & Services

Medical Transportation
Program

Provincially funded:

Primary Care Services

HCC Program

Community Aboriginal
Recreation Activator
(CARA Program)

Mental Wellness/Prevention
Regional Services

MEDIA

CONSENT, WAIVER, INDEMNITY AND RELEASE FORM

Photographs, Videos, DVDs, Digital and other Recordings

I hereby grant permission to Wasauksing First Nation Health Program and its representatives to photograph, make video and/or voice recordings of my image and otherwise capture my image during the course of the 2020/2021 fiscal year. This included identified programming event(s) or occurrence that pertains to the COVID-19 Immunization and Communicable Disease Emergency.

I further grant Wasauksing First Nation and its representatives the right to reproduce, use, exhibit, display, broadcast and distribute and create derivative works of these images and recordings for any media as it pertains to the production of education curriculum, tools and promotional material within and on behalf of the community.

It is recognized that the Wasauksing First Nation Health Program possesses limited rights to all images and recordings, but will on behalf of my signature entrust the Wasauksing First Nation, and their employees to preserve and protect this knowledge.

Waiver, Indemnity and Release

I hereby waive any right to inspect or approve the use of the images or recordings or of any written copy all rights to royalties or other compensation arising from or related to the use of the images, recordings or materials will be utilized for purposes of historical significance and for the development of educational materials.

First and Last Name Printed

Signature

Telephone Contact: _____

Email Contact: _____

Witness Printed Name and Signature

Date



Daycare Newsletter April 2021



Reminders:

- When you child is low on diapers or wipes, staff will put a reminder in your child's diaper bag or cubby.
- Please send you child/children with an extra pair of clothing, making sure clothing is labelled with their names or initials.
- With the changes in the weather, please send your child with proper outdoor clothing.
- Please have your childrens registration updated if there is any changes, this includes: Birth certificate, immunization records, health card numbers, updated telephone numbers, etc..



Important Dates:

April 5, 2021 Easter Monday, Daycare is Closed.

"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning". - Mr. Rogers



NUTRITION NEWSLETTER

March 2021

Celebrating Indigenous Food Traditions

Highlights:

- A Traditional Food Guide, WNHAC.
- Fort Severn Cree Nation's Path to Food Self-Determination, John Wabano.
- Seared Cinnamon Wild Salmon, Chef Billy Alexander.

Thank you to Kate, John, Kelly and Chef Billy for their generous contributions of time and expertise.

Enjoy the read!

In the Spirit of Good Health.
FNIHB Ontario Region's Nutritionists.

TRADITIONAL FOOD GUIDE

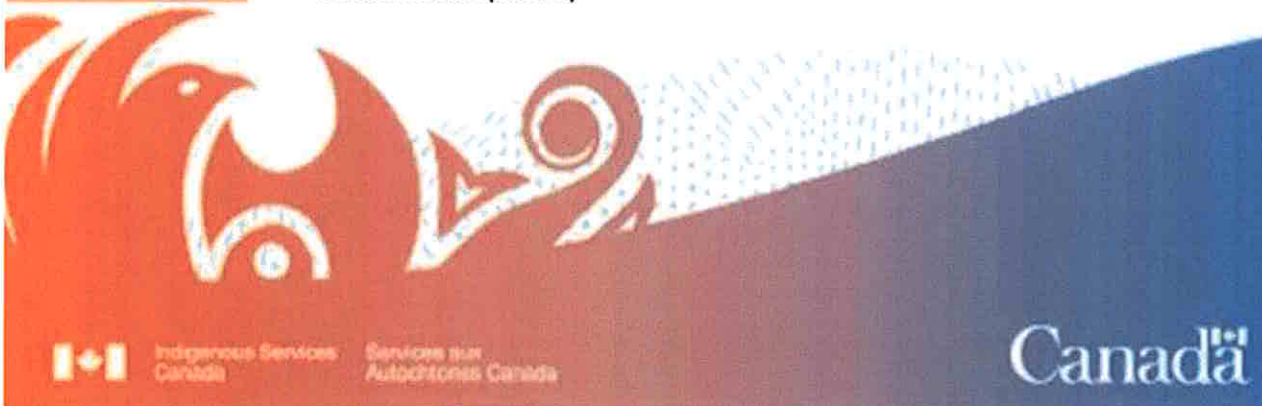
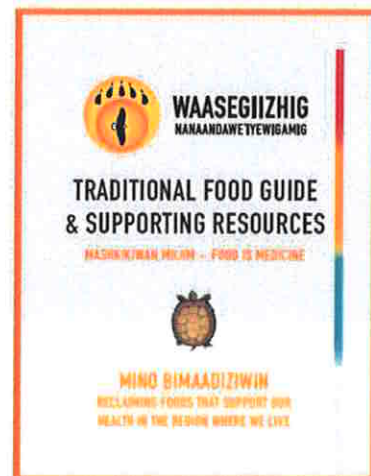
Waasegiizhig Nanaandawe'iyewigamig (WNHAC)

*By Kate Ronnebeck,
Registered Dietitian, Health Promotion*

Waasegiizhig Nanaandawe'iyewigamig (WNHAC) is honoured and proud to share our TRADITIONAL FOOD GUIDE, see attached, developed in collaboration with traditional knowledge keepers, elders, community members, and the WNHAC team to reclaim wisdom about foods that support health and mino-bimaadiziwin.

WNHAC understands the impact of food on our body, mind, heart, and spirit. As a result, this resource highlights the connection between food and health. We know that food is medicine; the best medicine to stay well. Traditional Foods are connected to the land, languages, and the environment. (cont'd)

COMMUNITY



Colonization has broken connections to traditional foods and medicines. For this reason, we see an increase in chronic disease and food insecurity in communities. Reclaiming traditional diets is a way to be more food secure and to prevent and treat diet related illnesses. Traditional foods and food practices are healing.

This TRADITIONAL FOOD GUIDE is built on Anishnaabe language and wisdom. Honouring and sharing Anishinaabe knowledge is the best way to heal and care for each other. It is the hope that this resource continues to grow. This resource is a starting point for conversation, teachings, and knowledge sharing.

What does this resource contain?

- A Traditional Food Guide, plus suggestions on how to use this guide.
- Traditional Food and Medicine “Factsheets”, pictured. These pages offer health messages and nutrition information about traditional foods. These health messages feed our physical, mental, emotional, and spiritual well-being.
- Community strategies for accessing traditional foods.



For a hard copy of this resource or for more information, please contact the WNHAC Health Promotion staff at: 1-(888)-699-6422.

FORT SEVERN CREE NATION FOOD SELF-DETERMINATION

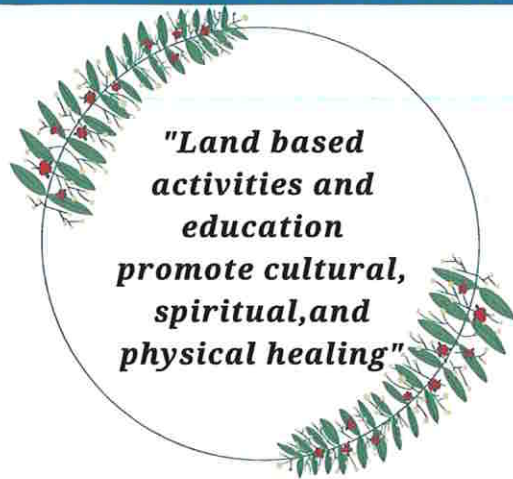
By John Wabano, Lands and Resources Coordinator, Fort Severn First Nation

INTRODUCTION AND BRIEF HISTORY

The 700 member community of Fort Severn Cree Nation lies within the region known as the Hudson Bay lowlands and is described as having a subarctic tundra appearance because of the predominant open cover of black spruce and tamaracks in the swamps and peat lands. It is the most northern community in Ontario, located on the west side of the Severn River closer to the shores of Hudson Bay.

The community is accessible by scheduled flights year round provided by Wasaya Air, by short seasoned winter roads, and marine transportation utilising barge services but only when convenient and weather permitting on the rough sea. Fort Severn Cree Nation traditional territory encompasses a part of Hudson lowlands from Shagamu River to the east and beyond the Manitoba border along the coast to the northwest.





BACKGROUND

The Fort Severn River was first discovered by an explorer by the name of Thomas James in 1631 who named the river New Severn after a river in England. Washaho Cree Nation, Fort Severn's traditional name, is still used by local residents. Since its' discovery close to 400 years ago, the way of life in Fort Severn has not changed very much. The Fort Severn Cree Nation has supplied most of its subsistence needs from trapping, hunting, and fishing. Because of the remote location, the link between local people and the natural environment remains strong.

An increase in traditional harvesting is viewed as an important element of Fort Severn's economy through a sustained program that ensures young people remain connected to the land and harvesting pursuits, and that traditional knowledge and skills that exists within the community are retained and transferred.

FOOD SECURITY AND FOOD SELF-DETERMINATION

There have been several projects undertaken over the years to further this community's path towards food security and food self-determination including land use planning, treaty land entitlement, a small scale commercial fishing, and tourism development. There are a lot of possibilities and economic development opportunities that could be developed for revenue generating projects from the land and renewable

resources including, wind, solar, and polar bear viewing.

Currently, Fort Severn has a tourism market. There is also international interest for polar bear viewing from European countries. Fort Severn could be developed as a tourist attraction and a tourism destination point.

To date, solar panel installations have been completed and are now operational. Funding for infrastructure to build a greenhouse has been submitted. If realized, growing food locally could drastically reduce the airlifting of fruits and vegetables, and would be more affordable than the current prices, which are extremely high.

Funding for land based education is being pursued, as well as harvesters support program funding. Land based activities and education promote cultural, spiritual, and physical healing.



FOOD FOR MEDICINAL USE BERRIES

There are a variety of edible wild berries within the surrounding area which are usually gathered when they are ripe from August to September. Wild cranberries can be harvested in late fall and stored and used until January. These cranberries are said to clean your system, prevent kidney and liver failure, and urinary tract infections.

There are an abundance of wild cranberries that grow in the James and Hudson Bay lowlands and people should be encouraged to harvest them for medicinal use and local consumptions support program funding.

SMALL GAME

Wildlife resources used for traditional food harvested from the land can also be used as medicine and will make Indigenous peoples healthier than eating processed foods. Small game like snowshoe hare, grouse, and ptarmigan are medicinal foods. This is as close to nature and as you can get; there are no processed foods here.

A spruce grouse eats spruce needles and berries, sharp tailed grouse eats birch buds and berries, ptarmigan eats tip of willows (buds) and berries, rabbit eats tip of willows, vegetation during summer, permanent leaves (bush tea), spruce needles, and tamarack branch.

A beaver can be worth more than the value of its' fur. You can lose weight if you eat beaver, and beaver glands and castors are used for medicinal purposes. Eating small game promotes healing and prevention of internal infections. There are various other plants, barks of trees, shrubs like willows that are used for medicinal purposes and healing.

CARIBOU AND MOOSE

Crushed caribou or moose bones can be boiled to make bone broth. This bone broth makes bones strong and enabled our ancestors to run from Fort Severn to Winisk and back in one day, a total distance of 400 km. This bone broth also gave incredible stamina to mail carriers during the Hudson Bay Company fur trading days that made them move fast and be able to return the next day from this long and intense journey.

The nutrition facts on homogenized milk reads vitamin D 45%, calcium 30%, etc. If we were to compare milk with bone broth, bone broth would most likely contain nutrients comparable to milk and much more! Whatever nutrients the broth contains will need to be analysed with western technology to find out more about its' nutritional properties.

Wild game like caribou and moose contain a lot of iron, are a source of high quality protein and have a healthier fat profile than farmed meat. When eating these or any other wild meat, you can do without eating for four days. With processed food, you get hungry after four hours and these foods will make you crave for more.



PRESENT DAY

" We need to start teaching our young people not to forget how to hunt, trap, and to gather medicines and berries from the land that were used to make ourselves heal".

Elder,
Attawapiskat
First Nation



Hormones used to increase animals growth rates and chemicals used on farm animals and processed food makes today's children and adolescents become obese. This is clearly noticeable when going to any northern, remote community. Since the mid seventies, we started consuming more store bought food including fresh meat and a variety of processed and fast food. It was in the early eighties when we started experiencing chronic illnesses, including cancer and diabetes resulting in amputations among our people.

We realize now, that eating processed food is very unhealthy for us. Studies have shown that our dietary quality is improved on days when traditional food is consumed. By reviving our traditional way of life, we will stop the advancement of these diseases that have been taking the lives of our young adults and elders well before they reach their full, potential life spans.

This is part of Fort Severn's Community Based Land Use Planning. A lot of work has been completed, involving the youth and elders participation over the last ten years. Land use planning is about documentation of concerns that affects the daily lives of Fort Severn residents. This includes land based activities, land utilization, and land occupancy involving our youth in traditional pursuits that our ancestors enjoyed for centuries past.

Families that pursue local traditions are much healthier and physically fitter. Being on the land frequently can prevent diabetes, overweight, stress, mental disorders, and other related illnesses. Land-based education for cultural, spiritual, and physical healing is urgently needed especially now during this difficult time. The land is our home and we can't be more isolated for being on the land than staying home in the community.

Excerpt from,
A Traditional Food Guide,
WNHAC, p 10



RECIPES



SEARED CINNAMON WILD SALMON WITH BLUEBERRY SWEETGRASS SAUCE, PAIRED WITH THREE SISTERS AND LEMON BEETROOT NOODLE STACK AND SAGE WHOLE ROASTED GARLIC

By Chef Billy Alexander, Culinary Advisor and Executive Chef, Caldwell First Nation

SEARED CINNAMON WILD SALMON

You will need

- 1 wild salmon fillet cut into 6oz portions
- 1 tsp cinnamon
- 2 Tbsp extra virgin olive oil

What to do

- Preheat oven to 350F.
- Dry off surface of salmon with paper towels and sprinkle cinnamon on top.
- Heat an oven proof skillet on high with olive oil. Once hot, place salmon into skillet to sear, turning every minute or so to make sure all sides are cooked. Then place pan in the oven for 4 - 6 minutes, depending on thickness of fillet.
- Remove salmon from oven and pan. Place on foil sheet; cover and allow to rest for 10 minutes before serving.
- Plate and top with blueberry sweetgrass sauce down the center.

BLUEBERRY SWEETGRASS SAUCE

You will need

- 3 ½ cups (about 18oz) blueberries
- ½ braid sweet grass, lightly torched
- 1/3 cup water
- 1 Tbsp fresh lime juice

What to do

- Lightly torch sweet grass and add to saucepan.
- Combine all the ingredients into a saucepan. Bring to a simmer over medium heat and continue cooking for about 10 minutes, or until the blueberries begin to pop and the compote has thickened.
- Let cool, and store in the refrigerator until ready to use but keep sweet grass in sauce while storing as flavor will continue to release. Best made a day before needing.

THREE SISTERS AND LEMON BEETROOT NOODLE STACK

You will need

- ¼ cup extra virgin olive oil
- ½ butternut squash, spiralized or thinly cut
- ¼ cup lemon juice
- 1 beet, spiralized or thinly cut
- 1 handful green beans cut into small slivers, or pinto, navy or any pole variety bean
- 1 cup fresh sweet corn
- Fresh, flat leafed Italian parsley, chopped for garnish
- Salt and pepper to taste

What to do

- Place a medium skillet over medium/high heat. Add oil and heat until hot but not smoking.
- Add the squash and cook until it begins to soften, about 2 minutes or so.
- Add the lemon juice, beet, beans and corn and cook for about 30 seconds or just until the squash begins to brown. Remove from the heat; season with salt and pepper.
- Add to plate and top with any remaining oil and lemon juice from pan and the chopped parsley and serve.

SAGE WHOLE ROASTED GARLIC

You will need

- 1 whole garlic head
- ¼ cup olive oil
- Sprinkle salt and pepper
- 1 Tbsp diced sage leaves
- Aluminum foil

What to do

- Preheat oven to 350°F.
- Cut top 1/4 inch off heads of garlic to expose cloves. Place garlic in small baking dish. Add oil and sprinkle with salt and pepper; toss to coat. Turn garlic cut side up.
- Add diced sage on top and cover tightly with aluminum foil.
- Bake until garlic skins are golden brown and cloves are tender, about 55 minutes. Serve hot on plate, or cool and save for later.

Fish - Fast Facts

- Fresh, frozen, or canned, choose “light” tuna, are all good choices. Aim for 2 servings a week.
- Choose heart healthy fish like salmon, mackerel, anchovies, sardines, Arctic char, herring, rainbow trout more often. Some other good choices are cod, haddock, halibut, sole, snapper, perch, bass, tilapia.
- Levels of mercury in fresh water fish vary. An Ontario study found that large predatory fish like walleye, pike, lake trout had higher concentrations of mercury. Women of child bearing age, children, and teenagers are advised to eat less of these fish and more fish lower on the food chain like whitefish. For fish consumption guidelines visit: www.ontario.ca/fishguide
- For a quick recap on fish, watch Regional Nutritionist Sarah Miller’s 4 minute [video](#).

SEAFOOD CHOWDER

Adapted from Cookspiration.com



You will need

- 1 Tbsp butter or margarine
- 1 medium onion, chopped
- 3 cups water
- 2 potatoes, diced
- 1 medium carrot, diced
- 7 oz frozen salmon, (about 2 fillets)
- 7 oz frozen white fish, (about 2 fillets)
- 1 tsp dried parsley
- Salt and pepper to taste
- 10 oz shrimp, cooked or uncooked

What to do

- Place butter and onion in a large heavy pot. At low-medium heat, sauté onion in butter until soft.
- Add water, potatoes, carrots, whole pieces of salmon and white fish, dried parsley, and black pepper. Simmer uncovered at medium heat; stir occasionally. The fish will gently break into pieces as cooking. Cook until potatoes are tender and fish is cooked, no translucence, about 10–15 minutes.
- Add the shrimp and continue simmering for another 5–10 minutes.

Variations: Use fresh seafood or fish, instead of frozen, just reduce the cooking time by about 10 minutes. Substitute 1 cup of water with 1 cup of low-fat evaporated milk for a richer soup.

SHARING AND CARING

John's observation, "we realize now, that eating processed food is very unhealthy for us", is backed by research. Eating fewer ultra-processed foods is one of the best things we can do to achieve a healthier diet. The more ultra-processed foods we eat, the poorer the nutritional quality of our diet. This is because these foods are significantly changed from what nature intended. Nutrients maybe removed, while salt, sugar, fat, additives, preservatives and/or artificial colours added.

The best way to limit or avoid these foods is to cook at home more often, and whenever possible, enjoy eating communally, with family and friends. The social aspect of sharing food, culture, and traditions is meaningful and to be embraced.

Given the pandemic, creativity is a requirement! Be it video cooking demonstrations (AIAI), Quarantine Cook Offs (Aundeck Omni Kaning), Baking Kits for Kidz (Sagamok Anishnawbek), monthly calendar challenges (Hiawatha), Slow Cooker Program (Biinjitwaabik Zaaging Anishinaabek) kudos to the dedicated health promotion staff in communities who continue to make significant contributions.



The NOVA classification system, developed by international food scientists and researchers, categorizes foods according to how much they are processed.

Natural (unprocessed) foods and minimally processed foods:

- Are real, whole, natural foods
- Keep almost all of their essential nutrients
- Should be the basis of your diet
- Examples are vegetables, grains, legumes, fruits, nuts, meats, seafood, herbs, spices, eggs, milk, etc.

Processed foods:

- Are when oil, sugar or salt are added to foods and are packaged
- Have two or three ingredients
- Can be convenient and useful in preparing nutritious meals
- Examples are simple bread, cheese, canned fish, canned or bottled vegetables, fruit, and legumes, etc.

Ultra-processed foods:

- Have many added ingredients and are highly manipulated
- Don't have enough beneficial nutrients the body needs
- Are foods we should limit or avoid
- Examples are carbonated drinks, chocolates, candy, sweetened breakfast cereals, energy bars, spreads, instant sauces, soups and noodles, fish sticks, chicken nuggets, etc.

NUTRITION

"We realize now, that eating processed food is very unhealthy for us."

John Wabano, p5



"Always prefer fresh or minimally processed foods and freshly made dishes and meals to ultra-processed foods".

Ontario Public Health Association,
2017

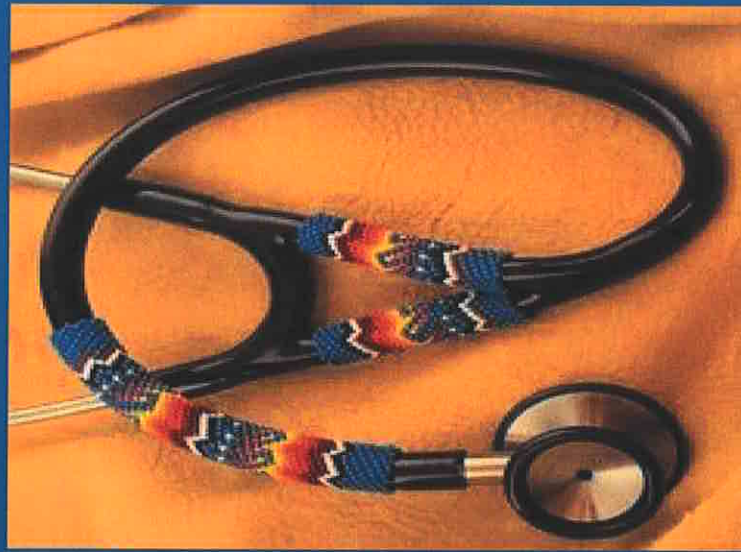
Home Care Nurse



DEBBIE BRENNAN

April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 OFFICE HOME VISITS	2 OFFICES CLOSED	3
4	5 HOLIDAY	6 OFFICE Medical consultations	7 Not in Staff rotation	8 OFFICE HOME VISITS	9 OFFICES CLOSED	10
11	12 Not in Staff rotation	13 OFFICE Medical consultations	14 Not in Staff rotation	15 OFFICE HOME VISITS	16 OFFICES CLOSED	17
18	19 Not in Staff rotation	20 OFFICE Medical consultations	21 Not in Staff rotation	22 OFFICE HOME VISITS	23 OFFICES CLOSED	24
25	26 Not in Staff rotation	27 OFFICE Medical consultations	28 Not in Staff rotation	29 OFFICE HOME VISITS	30 OFFICES CLOSED	



DEBBIE BRENNAN
HCN

PUBLIC HEALTH ALERT

HOLIDAY GATHERINGS

Spring is here and with it comes warmer weather and holiday gatherings. While it's important to get outside to get exercise and some fresh air, we need to continue to keep ourselves and our community safe from COVID-19.

SOCIAL GATHERINGS

- ▶ **Social gatherings and celebrations should only include those living in an immediate household**



HOLIDAY TRAVEL

- ▶ **Avoid all non-essential travel until further notice**



CONTINUE TO FOLLOW PUBLIC HEALTH RECOMMENDATIONS

- ▶ **Do not visit other people's homes**
- ▶ Wash hands often
- ▶ Wear a mask
- ▶ Cover your cough or sneeze
- ▶ Practice physical distancing of 2-metres when outside of your home
- ▶ **If you have any symptoms, get tested immediately and stay away from others**
- ▶ Self-isolate until you have your test results
- ▶ **Even after you've been vaccinated, you still need to follow public health recommendations**



MENTAL HEALTH

- ▶ Feelings of stress are common during this time
- ▶ If you require mental health support, call:
 - 911 or the local emergency help line
 - The Canada Suicide Prevention Service (1-833-456-4566) and @KidsHelpPhone
 - The Hope for Wellness Help Line (1-855-242-3310) and <https://hopeforwellness.ca>
 - For those in remote and isolated communities you may also contact your local nursing station



TIP As long as you continue practicing physical distancing, going outside for exercise and fresh air is a great way to help with mental health and well-being!



Vitamin D

DURING THE COVID-19 PANDEMIC

- Your body needs vitamin D. Vitamin D is important for bone health, for supporting a healthy immune system, and for overall health.
- You may have heard that vitamin D supplements may protect you from COVID-19. At this time there is not enough evidence that vitamin D supplements can prevent or treat COVID-19.
- It is important to get enough vitamin D for overall health. If you think you are not getting enough vitamin D in your diet, talk to your health care provider about taking a supplement. A daily vitamin D supplement of 400 IU is recommended for people over the age of 50, and for infants receiving breastmilk.
- Eating a variety of healthy foods, exercising, getting adequate sleep, and doing your best to manage stress will also help keep you healthy.



You can get vitamin D from food, sunshine and supplements

FOOD SOURCES OF VITAMIN D

- fish (salmon, Arctic char, trout, whitefish, walleye/pickrel, sardines and tuna)
- milk and other fortified dairy products (e.g., some yogurts)
- fortified plant-based beverages (e.g., soy or almond)
- egg yolk
- margarine

Traditional food, or country food, is high in nutrients and an important source of vitamin D.

VITAMIN D SUPPLEMENTS

Health Canada recommends a vitamin D supplement of 400 IU for two age groups:

- infants up to one year of age receiving breastmilk
- adults over 50 years of age

Other people may also benefit from taking a vitamin D supplement. If you think you are not getting enough vitamin D, talk to a dietitian or your health care provider about taking a vitamin D supplement.

Did you know? Non-Insured Health Benefits covers vitamin D supplements when recommended or prescribed by a health care professional.

SUNSHINE

Your body makes vitamin D when your skin is exposed to the sun. Many people get at least some vitamin D this way. However, clouds, smog, time of day, season and color of skin can affect how much vitamin D your body makes. In Canada, getting enough vitamin D during the fall and winter may be difficult.

For more information about staying healthy and protecting against COVID-19 visit:

<https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/covid-19.html>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#p>

Vitamin D during the COVID-19 pandemic

Information for health professionals working with First Nations and Inuit communities

Key messages:

- *Vitamin D is important for bone health, for supporting a healthy immune system, and for overall health.*
- *Currently there is not enough evidence that vitamin D supplements prevent or improve the course of COVID-19¹. Health Canada is committed to ensuring that vitamin D guidance is based on the best available evidence, and continues to monitor emerging evidence in the context of COVID-19.*
- *Maintaining optimum vitamin D status is essential for overall health. It is important to get enough vitamin D every day.*
- *Some individuals may need a vitamin D supplement to help them meet the recommended vitamin D intake. In addition, a daily vitamin D supplement of 400 IU is recommended for people over the age of 50, and for infants receiving breastmilk.*
- *A healthy diet and lifestyle can contribute to overall health and wellbeing, which may be protective during these times.*

Vitamin D intake of Canadians

While the research evolves, it is a good opportunity for individuals to ensure that they are getting enough vitamin D for overall health. According to the recent First Nations Food, Nutrition and the Environment Study (FNFNES), a large-scale study including approximately 6,500 First Nations participants across Canada, the diet of First Nations adults did not meet vitamin D recommendations: over 95% had inadequate dietary intake of vitamin D. Of the dietary vitamin D consumed, one third came from fish, while approximately 41% came from milk, margarine and eggs.² Main sources of vitamin D for Inuit children participating in the Inuit Health Survey were milk, eggs, margarine and Arctic char.³

A high prevalence of inadequate dietary vitamin D intakes was also seen at a national level for the general population.⁴ According to the 2015 Canadian Community Health Survey (Nutrition), 90% or higher prevalence of inadequate intakes was seen in most age and gender groups.⁵ Despite this, widespread deficiency does not appear to be present according to the Canadian Health Measures Study (CHMS), which found that 73% of Canadians had adequate levels of measured vitamin D in blood.⁶

Recommended vitamin D dietary intakes (DRIs)⁵

Recommended vitamin D intakes for Canadians are based on the Dietary Reference Intakes (DRIs) and have been set using the assumption that sun exposure is minimal in Canada, regardless of latitude. DRIs are reference values for nutrient intakes, and include both recommended intakes and tolerable upper intake levels.

Age Group	Recommended Dietary Allowance (RDA)/day*	Tolerable Upper Intake Level (UL)/day **
Infants 0-6 months	400 IU (10 mcg)***	1000 IU (25 mcg)
Infants 7-12 months	400 IU (10 mcg)***	1500 IU (38 mcg)
Children 1-3 years	600 IU (15 mcg)	2500 IU (63 mcg)
Children 4-8 years	600 IU (15 mcg)	3000 IU (75 mcg)
Individuals 9-70 years	600 IU (15 mcg)	4000 IU (100 mcg)
Adults > 70 years	800 IU (20 mcg)	4000 IU (100 mcg)
Pregnancy & Lactation	600 IU (15 mcg)	4000 IU (100 mcg)

IU = International Units

mcg = micrograms

* The RDA is the goal for usual intake by an individual.

** The UL is the highest average daily nutrient intake level likely to pose no risk of adverse health effects to almost all people in a given life-stage and gender group. The UL is not a recommended level of intake.

*** This value is based on Adequate Intake (AI) rather than an RDA. An AI is only established when an RDA cannot be determined because the data are not clear-cut enough.

Vitamin D sources – food, supplements and sunlight

Food sources

Vitamin D is available in foods such as fish (salmon, Arctic char, trout, whitefish, walleye/pickereel, sardines and tuna), milk and other fortified dairy products (e.g., some yogurts), fortified plant-based beverages, egg yolk and margarine. Traditional or country food is an important source of vitamin D.^{2, 7,8} Studies involving First Nations on-reserve, and Inuit populations found that on days when traditional or country food was eaten, the intake of many nutrients was significantly improved. The table below lists selected food sources of vitamin D.⁹

Food	Serving Size	Vitamin D content
Canned salmon sockeye (red) with bones	75 grams *	557 IU
Canned salmon (pink) with bones	75 grams	435 IU
Arctic char, boiled	75 grams	301 IU
Rainbow trout, baked or broiled	75 grams	192 IU
Pacific sardines, canned in tomato sauce with bones	75 grams	145 IU
Walleye/pickereel, baked or broiled	75 grams	138 IU
Whitefish, lake (baked)	75 grams	135 IU
Cow's milk	250 ml (1 cup)	103 IU
Fortified soy beverage, unsweetened	250 ml (1 cup)	87 IU
Fortified almond beverage, unsweetened	250 ml (1 cup)	85 IU
Atlantic sardines, canned with bones	75 grams	70 IU
Seal meat, boiled	75 grams	54 IU
Yogurt made with vitamin D fortified milk	125 ml (1/2 cup)	40-53 IU **
Canned tuna	75 grams	36 IU
Egg yolk	1 yolk	32 IU
Margarine	5 grams (1 tsp)	30 IU

* 75 grams of meat/fish is approximately the size of a deck of cards;

** Vitamin D content varies by % MF

Vitamin D supplements

If individuals are at risk for not getting enough vitamin D, a supplement may be needed. In addition to low dietary intake, risk factors for low vitamin D status include being an older adult, having limited sun exposure, having darker skin and being obese.¹⁰ To help meet the RDA for vitamin D, a daily vitamin D supplement of 400 IU is recommended for people 50 years of age or older, and for infants receiving breastmilk. Many multivitamins, including prenatal vitamins, contain vitamin D. A daily multivitamin supplement is recommended for pregnant women.

The FNFES study found that 24% of participants reported taking a supplement, with multivitamins and vitamin D supplements being the most common. The Canadian Health Measures Survey reported that those taking a supplement containing vitamin D were more likely to have adequate blood vitamin D levels (89%) compared to non-supplement users (66%).⁶ Special attention should be paid to the tolerable upper intake level (UL) when recommending supplements. (See table on page 2 for UL.) There is evidence of adverse health effects for long-term intakes of vitamin D above the daily UL.⁴

Vitamin D and Non-Insured Health Benefits (NIHB) coverage

NIHB covers vitamin D supplements for clients of all ages when recommended or prescribed by a health care professional, including a pharmacist.

Sunlight

Vitamin D is produced in the body when ultraviolet rays from sunlight strike the skin and trigger vitamin D synthesis. Many people meet at least some of their vitamin D needs through exposure to sunlight. However, there are a number of factors that can affect the amount of ultraviolet radiation received and have an impact on vitamin D synthesis, such as, season, time of day, cloud cover, smog, skin pigmentation, and sunscreen use.⁴ In Canada, it is difficult to get enough vitamin D from the sun during the fall and winter.¹¹ Individuals must rely on food sources, and supplements, if needed, to meet the RDA for vitamin D during these seasons.

Promoting health and limiting risk of COVID-19

Getting enough vitamin D, coupled with consuming a variety of healthy foods such as vegetables and fruit, whole grains, and protein foods, including wild game and other traditional or country food helps to support a healthy immune system. Other lifestyle factors such as exercise, getting adequate sleep, and managing stress contribute to overall health and wellbeing, which can be protective during these times.

Although healthy eating is important for overall health, currently there are no specific foods or supplements that can prevent or reduce risks from COVID-19. Following current public health guidelines to reduce COVID-19 transmission provides the best protection. See: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#p>

For more information on healthy eating during the COVID-19 pandemic, visit the Government of Canada's website:

<https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/covid-19.html>

Food security and healthy eating

Food security means having access to enough safe, nutritious and culturally appropriate food. Healthy eating, including getting enough vitamin D through the diet, is difficult when an individual or household is food insecure. Food insecurity, which ranges from worrying about being able to purchase sufficient nutritious food to having a compromised ability to purchase sufficient nutritious food, is a significant and long-standing concern for many First Nations and Inuit households, as shown through various surveys, including the FNFNES study and the Inuit Health Survey.¹²

For many Indigenous Peoples, food security has become a bigger concern during the COVID-19 pandemic. For example, the pandemic underlined just how susceptible communities can be to supply chain disruptions and price shocks. There are many examples of activities supporting food security and of how people are supporting each other at this time. These community-driven activities, such as learning and sharing land-based skills and increasing access to traditional and locally grown foods, can support food security beyond COVID-19.

For more information on food security supports, vitamin D and other nutrition-related topics, contact your regional FNIHB Nutritionist, or your local dietitian.

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The Healthy Mind Platter

Healthy mind emerges from a process called *integration*. These 7 daily activities make up the full set of “mental nutrients” that your brain and relationships need to function at their best. (www.drdansiegel.com)



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NNADAP

Louise Ashawasegai



Harm reduction

Do come and exchange your full containers for an empty one at trailer 4.

Needle exchange every day.....

Please do use sharps container throughout the community to keep our children safe.

WITH SHORT DAYS AND COLD WEATHER, THE WINTER SEASON CAN BE DIFFICULT FOR MANY. WITH THE ADDED UNCERTAINTY OF A PANDEMIC, IT CAN ALSO BE TRIGGERING, AND LONELY, AND LEAD TO RELAPSE FOR THOSE WHO ARE IN THE PROCESS OF RECOVERY.

Some tips on how to ease the stress, and also cope with triggers that may arise this winter. It is important to recognize the signs of stress:

- Feeling more irritable or moody
- Difficulty concentrating
- Becoming more negative
- Headaches, muscle tension, or stomach problems
- Feeling overwhelmed
- Difficulty sleeping

Take care of yourself!

- Have a good sleep routine, so you get a full rest and feel refreshed in the morning.
- Engage in activities you find interest in (exercise, reading, art and crafts)
- Eat a healthy diet and limit alcohol and caffeine consumption.
- Volunteer or Donate! Helping others can bring out good feelings for you and those you help.
- Enjoy some quiet time! Take a time out of those busy days and relax! Take a bath, do yoga or meditation, read, or watch a favorite movie.

Crisis services are available for anyone who may be dealing with a crisis or is just in need of extra support. If you or someone you know is struggling with opiate use, it is recommended to carry a Naloxone kit (training will be provided).

Crisis Numbers

Kids Help Phone (children & youth 20 and under) - **1-800-668-6868**

Crisis Text Line - text: **Go2741741**

Sudbury Crisis (Distress) Centre - **705-675-4760**

NISA Warm Line - **1-866-856-9276**

Assaulted Woman's Helpline - **1-866-863-0511**

Bro Talk (for male teens) - **brotalk.ca** or **1-866-395-5933**

Mississauga Woman's Shelter- **1-800-461-2232** or **705-356-7800**

National Suicide Prevention Lifeline- **1-800-273- 8255**

Crisis Intervention for Sault/Algoma Outlying Areas - **1-800-721-0077**

Inuit & First Nation Hope for Wellness Line - **1-855-242-3310**

Women's Services (705-674-4193 X2225)

Women's Residential Treatment Program (5-week closed program)

- Accepting referrals and admitting clients into the residential program using strict safety protocols
- Intake and GAINs Assessments continue to be completed by telephone

Women's Aftercare Program (4-8-month program)

- Accepting referrals for residential and outpatient programs, and admitting clients into the residential program
- Virtual Group Programming, a support group and life skills group are twice weekly, to all community clients weekly
- Counselling Services offered in-person for residents and by telephone or virtually for community clients

Connections (705-674-4193 X2235)

- Case Management for Treatment waitlist clients by telephone or virtually

Men's Services (705-674-4193 X3224)

Men's Recovery Home (up to 6-month program)

- Accepting referrals and admitting clients into residence under strict safety protocols
- GAINs assessments are being completed by phone or virtual using Zoom
- Telephone and virtual one on one support for Alumni

Men's Aftercare Program

- Virtual Community Meeting every Wednesday from 630pm-830pm
- Telephone and virtual one on one support for Alumni

Men's Transition Home (up to 6-month program)

- Accepting referrals and admitting clients into residence under strict safety protocols

Men's Intensive Day Treatment Program (5-week closed program)

- Accepting new referrals and admitting clients into programming
- GAINs assessments are being completed by phone or virtual using Zoom
- Counselling and Case Management available by telephone or virtually

Connections (674-4193 X4024)

- Case Management for Treatment waitlist clients by telephone or virtually

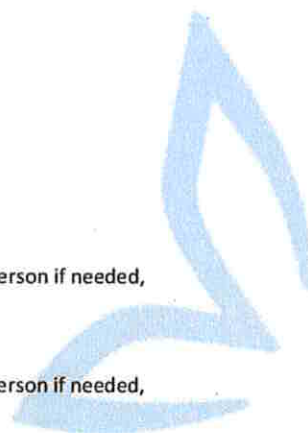
Outreach Programs

Pregnancy/Parenting Outreach Program (PPOP)

- Accepting new referrals
- Counselling and Case Management available by telephone or virtually, in person if needed, following strict safety protocols

Addiction Supportive Housing (ASH)

- Counselling and Case Management available by telephone or virtually, in person if needed, following strict safety protocols



SEE AN OVERDOSE? CALL 9-1-1.

Even if you've taken drugs or have someone on you, the **Good Samaritan Drug Overdose Act** can protect you.



USING DRUGS ALONE CAN INCREASE RISK OF FATAL OVERDOSE.

The Overdose Prevention Line can help.

1-888-853-8542



24 hours a day, 7 days a week

Someone will stay on the phone with you while you use and will **call 9-1-1 only if you overdose.**



RECOGNIZE THE SIGNS AND SYMPTOMS OF AN **OPIOID OVERDOSE**



Cannot be woken up



Slow, shallow or no breathing



Blue lips or nails



Choking or gurgling sounds



Small constricted pupils



Limp body, cold skin

Recognize the signs and symptoms, and **help save a life**. See an overdose? **Call 9-1-1. Use naloxone.**

