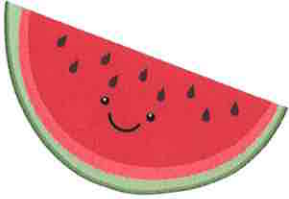




# July



Every Child Matters/Orange  
T-Shirt Day Event: July 1st

Binoojing Summer Teachings  
w. Angele & Debbie SEE FLYER!

**LOGO  
DESIGN  
CONTEST**

for Pickerel  
Contracting LTD.  
Closes July 14th



Family Picture Day  
July 10th & July 17th



Zoom Summer Bingo  
July 29th





## Henvey Inlet First Nation

Pickereel, ON POG 1J0

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

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

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

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

# MEMORANDUM

To: HIFN Membership  
Fr: Millie Pawis, Director of Finance/Administration  
Dt: April 19, 2021  
Re: **Councillor Portfolios**

Chief Wayne announced at a Special Council meeting of April 15, 2021 the respective portfolios each Council member effective March 25, 2021 to March 24, 2023.

1. **Maureen Kagagins**  
Culture and Recreation  
Daycare
2. **Brenda Contin**  
Culture and Recreation – assist with fundraising in 2022 if  
COVID 19 is over  
Education Issues  
Robinson, Huron Treaty Negotiations
3. **Doreen McKenzie**  
Lands  
Pickereel River Trailer Park
4. **Carl Ashawasagai**  
Equipment and Maintenance  
Roads  
Ontario Works
5. **Lionel Fox**  
Housing, Renovations any new construction aspects, Water  
Infrastructure  
WBAFN Rep  
CPAC Rep w OPP
6. **Patrick Brennan**  
Assist with Lands  
Health  
Fire Response – EMS,
7. **Chief Wayne**  
MTO  
Claims  
Child and Family issues

The Windfarm project will be a combined effort by all Council.

*MP*  
/MP



**Henvey Inlet  
First Nation**

Pickerel, ON P0G 1J0

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Lionel Fox  
Carl Ashawasagai  
Brenda Contin  
Maureen Kagagins

# MEMORANDUM

To: All Henvey Inlet First Nation Members  
From: Samantha Bradley, Human Resources Coordinator  
Date: June 28, 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 – 1 Position (*preference given to registered ECE's first, then trainees*)
- 2) Gas Bar Attendant – 1 Full-Time Position & Multiple Casual Positions
- 3) Maintenance Assistant – 1 Position
- 4) Water Treatment Trainee – 1 Position
- 5) Trust Coordinator/Membership Clerk – 1 Position

See attached job postings for more information.

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

Miigwetch,

Samantha Bradley, PCP  
Human Resources Coordinator





**EMPLOYMENT OPPORTUNITY**  
**EARLY CHILDHOOD EDUCATION WORKER**

**1 Position**

**\*RE-POST\***

---

**POSITION SUMMARY**

Henvey Inlet First Nation is seeking a qualified full-time **Early Childhood Education Worker** 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](mailto:samantha.bradley@henveyinlet.com)

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

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



**EMPLOYMENT OPPORTUNITY**  
**EARLY CHILDHOOD EDUCATION TRAINEE**

**1 Position**

**\*RE-POST\***

---

**POSITION SUMMARY**

Henvey Inlet First Nation is seeking a full-time **Early Childhood Education Trainee** 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**

Posted until filled

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

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## EMPLOYMENT OPPORTUNITY

### GAS BAR ATTENDANT

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#### **POSITION SUMMARY**

Henvey Inlet First Nation is seeking a full-time **Gas Bar Attendant** 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**

Full-Time - 40 hrs/week

**REMUNERATION**

\$16/hour

**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**

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Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

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

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## EMPLOYMENT OPPORTUNITY

### GAS BAR ATTENDANT

#### Multiple Vacancies

---

#### **POSITION SUMMARY**

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

#### **MAIN RESPONSIBILITIES**

The Gas Bar Attendant will be responsible to:

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

#### **QUALIFICATIONS**

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



**HOURS OF WORK**

Varies – up to 40 hours per week as needed

**REMUNERATION**

\$16/hour

**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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Fax: (705) 857-3021

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

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## EMPLOYMENT OPPORTUNITY

# MAINTENANCE ASSISTANT – MATERNITY LEAVE CONTRACT

**\*RE-POST\***

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### **POSITION SUMMARY**

Henvey Inlet First Nation is currently seeking a full-time **Maintenance Assistant** to join our Administration for an 18-month maternity leave contract. The Maintenance Assistant reports to the Maintenance Supervisor and is responsible for the maintenance of all current and future band-owned buildings and grounds including HIFN Administration Office, Commercial Rental Offices, Health Centre, Daycare, Playground Areas, 4-Plex, Ball Field, Pow Wow Grounds, Helipad, 8-Plex, Learning Centre, Lands Office, and Fire Hall. This position requires high degree of self-motivation and a strong work ethic.

### **MAIN RESPONSIBILITIES**

The Maintenance Assistant will be responsible to:

- Assist with the set-up of workshops and other events taking place in the Firehall and throughout the Community
- Ensure ample supply of toiletries, including soap, toilet paper and paper towels, are available in building restroom dispensaries at all times
- Assist with minor plumbing issues including repairing leaking faucets, broken pipes, etc.
- Assist with minor electrical issues including changing light bulbs and smoke detector batteries, etc.
- Assist with minor building repairs including damage to drywall, replacement/installation of doors, windows, damaged siding and floor coverings, and interior and exterior painting and window washing
- Transport required band-owned equipment to and from respective job sites
- Maintain building grounds by watering grass and gardens as needed, cutting grass and brush, raking leaves and removing fallen trees impeding band property
- Assisting with planting, watering, and weeding of flower beds, and harvesting of Community gardens
- Clean building eavesdrops and gutters as needed
- Assist with removal of beehives, hornet and wasp's nests from exterior of buildings
- Clear snow from parking lots, driveways, steps, ramps, pathways, garbage bins, and building roofs
- Salt and/or sand parking lots, driveways, steps, ramps and walkways prior to and immediately following snow or ice storms
- Winterize building doors and windows as needed
- Pick up and remove garbage, cigarette butts and other debris in and around band-owned property
- Flood the community ice rink at the beginning of and throughout the season as needed
- Perform other duties as assigned from time-to-time by Maintenance Supervisor, Chief and Council or the Director of Finance/Administration

### **QUALIFICATIONS**

- Valid Ontario Class G Driver's License **a must**
- Clear driver's abstract
- Grade 12 diploma or equivalent preferred



- Basic home maintenance and carpentry skills
- Previous carpentry, brush cutting or landscaping experience an asset
- Chainsaw Safety Certification preferred
- Ability to stand, bend, reach and twist for long periods of time
- Ability to lift up to 20lbs continuously
- Current First Aid and CPR Level C
- Exceptional organization and time-management skills
- Professional attitude and a strong work ethic
- Must be able to work with little supervision; must be self-directed

**HOURS OF WORK**

Full-Time – 35.5 hrs/week

**REMUNERATION**

\$18/hour

**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:

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Fax: (705) 857-3021

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

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

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



## EMPLOYMENT OPPORTUNITY

# WATER TREATMENT OPERATOR TRAINEE

**\*RE-POST\***

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### **POSITION SUMMARY**

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

### **MAIN RESPONSIBILITIES**

The Water Treatment Operator Trainee will be responsible to:

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

### **QUALIFICATIONS**

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

**HOURS OF WORK**

Full-Time – 35.5 hrs/week

**REMUNERATION**

Per funding agreement

**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:

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## JOB POSTING

# TRUST COORDINATOR/MEMBERSHIP CLERK

**\*RE-POST\***

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### **POSITION SUMMARY**

The part-time Trust Coordinator/Membership Clerk will serve two primary purposes.

The first primary purpose is to support Henvey Inlet First Nation Administration as it relates to support the Henvey Inlet First Nation Windfarm Legacy Trust ("the Trust") Board of Trustees. For these responsibilities they will report directly to the Board of Trustees through the Corporate Trustee and will be responsible for coordinating and liaising with the Board of Trustees and Membership to assist in fulfilling the terms and conditions of the Trust Deed. This includes administrative tasks related to the quarterly distribution of Member Payments, coordinating the Trust's communication materials, and administering the Trust's website.

The second purpose is to support the membership clerk with member registration and other member inquiries and for these responsibilities they will report directly to the Director of Finance/Administration.

This position will be located at Henvey Inlet First Nation's administration offices.

### **MAIN RESPONSIBILITIES**

The Trust Coordinator/Membership Clerk will be responsible to:

#### Trust Support Responsibilities

- Will report to the Board of Trustees through the Corporate Trustee when providing support responsibilities under the Trust.
- Manage the Quarterly Member Payments process to include the following tasks:
  - Receive the Certified Membership List of Henvey Inlet First Nation on a quarterly basis;
  - Notify and communicate to Members regarding deadlines for updating bank account information related to the Quarterly Member Payments;
  - Manage the collection, updating and recording of Member's bank account information into HIFN's accounting system to produce the Quarterly Membership Payment List in Excel;
  - Update the payment amounts for Eligible Minors coming of age, Adults and Seniors in HIFN's accounting system to be included in the Quarterly Membership Payment List in Excel;
  - Finalize and deliver the Quarterly Membership Payment List in Excel to the Corporate Trustee for review and presentation to the Board of Trustees for approval;
  - Prepare the Member Payment file for Electronic Funds Transfer ("EFT") format and provide this in EFT format to the Corporate Trustee;
  - Monitor, track and reconcile the quarterly Member Payments once issued; and
  - Respond to Membership inquiries
- Administer the Trust website including manage the Trust email inbox, upload relevant Trust materials, and update website content as needed.
- Work with the Indian Registry Membership Clerk, in HIFN Administration, for maintenance of various records related to the Trust.
- Liaise with Henvey Inlet First Nation Membership on current events and activities of the Trust which includes the distribution of the Trust's annual report and annual audited financial statements.
- Organize and coordinate community Membership meetings and Chief & Council meetings for purposes of the Trust, including scheduling dates and times, booking venues and posting notices.
- Assist in scheduling and coordinating Board of Trustee meetings, training opportunities, and other Trust related events.
- Attend Board of Trustee meetings in-person or video/conference calls and take notes at all meetings
- Represent the Trust to the best of their ability and act in the best interests and priorities of the Trust.
- Submit weekly timesheets to the Corporate Trustee detailing hours and description of duties completed;

- Adhere to a code of ethics and code of conduct, and confidentiality when handling private information of the Trust – this includes reading, understanding and complying, at all times, with HIFN's Employee Policies as updated from time to time; and
- Other duties as assigned from time to time by the Board of Trustees or Chief and Council

#### Membership Clerk Responsibilities

- To maintain the updated electronic data spreadsheet of all Henvey Inlet Band Members, updating overall membership total on and off reserve
- Maintain filing system of all Band Members keeping relevant documentation in secure filing cabinet
- To process all applications for Band Membership and have relevant information available for Chief and Council and Band Members upon making a decision
- To post up-dated Membership Lists as amended from time to time in the Band Office
- To assist with making status cards as requested by Band Members
- From time to time produce verification letter for Band Members requiring statement of blood line
- Maintain Membership Code of the Henvey Inlet First Nation
- Reports to Chief and Council at regular Band Council Meetings
- Preparation of BCR for Band Transfer (when required)
- Provide Electoral Officer with updated Eligible Voters list as required
- Report significant life events to Indian Registrar
- Other duties as assigned from time to time by Chief and Council or the Director of Finance/Administration

#### **QUALIFICATIONS**

- Grade 12 diploma or equivalent required
- 1-3 years professional administrative experience preferred
- Valid Ontario Class G Driver's License
- Current Vulnerable Sector Police Check
- Working knowledge of Henvey Inlet First Nation community, historical background and culture
- Strong computer and typing skills, including comfortability with web technology/software
- High level of proficiency with Microsoft Word, Excel and PowerPoint
- Demonstrated financial literacy and numeracy skills
- Experience working at a financial institution (credit union, bank, etc) with knowledge of various bank processes
- High level of attention to detail and a high degree of accuracy
- Exceptional organization and time-management skills
- Ability to multi-task and manage competing priorities
- High level of personal integrity, a professional attitude and a strong work ethic
- Excellent oral, written and interpersonal communication skills
- Ability to work collaboratively in a team environment
- Must be willing to complete relevant training on Trusts, which may include:
  - Trustee training
  - Membership training
  - Financial institution administrative processes (this may be through the Corporate Trustee)
  - Handling private, confidential information
- Willingness to work flexible hours when required

#### **HOURS OF WORK**

Part-Time – 25 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](mailto:samantha.bradley@henveyinlet.com)

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

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**Henvey Inlet  
First Nation**

Pickering, ON P0G 1J0

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295 Pickering River Road  
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Chief  
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Council  
Patrick Brennan  
Tony Solomon  
Lionel Fox  
Carl Ashawasagai  
Brenda Contin  
Maureen Kagagins

# MEMORANDUM

Fr: Housing Assistant  
Dt: July 2021

Re: **Home Inspections**

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**Home inspections for all CMHC and band owned rentals will take place this month. Call to book your appointment as soon as possible.**

**Monthly Home owner tips: Natural Ways to Keep Pests Out Of Your Home**

**White Vinegar** If you've cleaned up any food sources that may be attracting ants but they still keep coming, white vinegar is the perfect solution. When ants come through your home they leave a trail of pheromones that alerts other ants. Even once you get rid of the source, other ants will still be following that trail. The trick is to destroy the chemical trail. Once the scent trail is gone, ants will begin looking for other sources of food, keeping your home ant-free.

**Herbs** Not only are herbs totally natural, they're also extremely easy to grow. Planting herbs such as mint, lemongrass or citronella plants near entrances to your home will stop pests from ever getting inside. The strong herb scents will repel them and they'll have to find another place to invade. Mint grows quickly and loves to spread, so you'll want to give this herb its own space to grow in, like a garden box or container.

**Cinnamon** Cinnamon can be used outside of your house around entrances to keep bugs from entering. Pests (especially ants) won't cross the cinnamon line. You can also use cinnamon inside on counters and other surfaces to cover up scent trails left by ants. Just sprinkle some in any problem areas and you'll have a natural pest control.

**Keep It Clean** This isn't really a trick, but keeping a clean house is one of the best natural ways to keep pests out of your home. Get rid of dark hidey holes that can attract spiders and be sure to regularly wipe down surfaces where food has been to keep ants away. Using a natural cleaning product can pull double duty: it'll keep your house clean and repel insects at the same time. Firewood stacks also make a great hiding place for pests, so keeping your wood stored properly away from entrances to your home will go a long way towards reducing the pest population. Keep grass trimmed near entrances to reduce the number of areas pests can hide in. Bugs are a part of nature, but that doesn't mean they have to be part of your home. With a few natural pest control tricks you can keep your home pest-free in a way that's safe for your family and easy on your pocketbook.

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](mailto:flamandmservices@gmail.com)







# **PIPE CARRIERS INVITATION**

**Pipe Carriers are Invited to bring their pipes to the Ceremony to honor the finding of 215 children buried at Kamloops Residential School and other children found. It is recommended Pipe Carriers please have your pipes filled before attending.**

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**Thursday July 1, 2021**

**Pipe Ceremony to begin after the 2.15km walk. Walk is to begin at highway at 10:00am, followed by other activities upon arrival to pow wow grounds**

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**Please RSVP to Health Centre 705-857-1221**







# Every Child Matters/Orange T-Shirt Day

Lighting of Sacred Fire - Dale Roy • Orange T-Shirt Giveaway •  
2.15 km walk in honor of the children found at Residential Schools •  
Pipe Ceremony • Honor Song/Memorial Song • Message from  
Chief Wayne • Speaker - Mark Beachey • Food Offering • Ending  
w. Feast

**JULY  
1st**

**Begins at  
10:00am at the  
Highway. Will  
wait 30 mins  
before we begin  
the walk**

**Walk starts at  
highway  
10:30am & ends  
at pow wow  
grounds  
followed by  
Ceremony,  
Song, Speeches,  
& Feast**

**\*Participants are asked to Social Distance during the walk  
and/or wear a mask\***

Transportation will follow behind the march for members  
who cannot physically participate in the walk or cannot walk  
the whole way. Pipe Carriers are invited to bring pipes to  
the walk and to have them filled.

Please Call the Health Centre if you require Transportation  
to this event.



# EDUCATION NEWS

## 2021 HIFN GRADUATES

Hats off to our New Grade 12 Graduates. Congratulations go out to Lara Zenhenko, Madison McQuabbie and Matthew Newton!!! Way to go students! We look forward to learning about your plans for the future; hopefully this will include working for Henvey Inlet and/or moving on to Post-Secondary education. As we know, this past year was a struggle for all students but you managed to come through with flying colours!

***CONGRATULATIONS LARA, MADISON AND MATTHEW!***

## WAGAMAKE LEARNING CENTRE

***ONLY 9 WEEKS LEFT***

As you know, Wagamake Learning Centre has provided adults the opportunity to complete their Ontario Secondary School Diploma for several years now. Unfortunately, this opportunity will soon be coming to an end. Students who wish to complete their diploma only have until the end of August 2021. If you wish to complete your studies, please contact Carol Froelich @ 705-774-2596 or email her at [Carol.Froehlich@nearnorthschools.ca](mailto:Carol.Froehlich@nearnorthschools.ca) or [carol.froehlich@hotmail.com](mailto:carol.froehlich@hotmail.com)

## BRITT STUDENTS

Please remember to return your laptops, Ipads and charging cords to Genevieve by Wednesday morning when they will be returned to Britt School.

Miigwech 😊

***Wishing all of our students a safe and happy summer!***





## Tribal Binoojing Summer Teachings with Debbie L and Angele D.

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- **Mondays, Tuesdays, Thursdays** •  
Summer Program 10am – 12pm  
1pm - 3pm
- 

- **Wednesdays** •  
Learn How to Cook – Starting at 12noon
- 

- **Downstairs Tribal** •  
Everyday will begin at 10am with a guest/community member speaker about teachings or their roles in the community. Afternoon will consist of teachings, crafts, sports, medicine picking and outdoor activities
- 

Calendar to be delivered by July 2. Children can choose which days they want to attend and be dropped off at Tribal or can be picked up from Day Care, Parents/Adults welcome to attend. Participation Forms available for pick-up at Admin and must be completed by morning of July 5<sup>th</sup>. Covid-19 Protocols to be followed. If any questions, or you need a calendar, please call Angele D. 705-918-1590 or Debbie L. 705-662-3616



# **Food Bank Notice**

**CLOSED UNTIL MID SEPTEMBER 2021**

**NOTE\*** WE WILL BE IN THE O&M BUILDING

Families, Couples and Single Adults eligible to receive assistance from the Food Bank must only be in receipt of the following **fixed low incomes**:

- ◆ Welfare (Ontario Works)
- ◆ O.D.S.P. (Ontario Disability Support Program)
- ◆ O.A.S. (Old Age Security)
- ◆ C.P.P. (Canada Pension Plan)
- ◆ E.I. Benefits (Employment Insurance)
- ◆ Post Secondary Allowance (Student Allowance)

**SEE YOU IN THE FALL 😊**

# ONTARIO WORKS

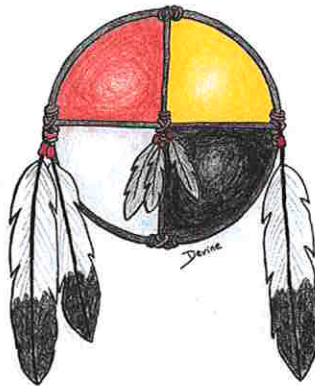
**MONDAY**                      8:30 – 2:30

**TUESDAY**                    8:30 – 2:30

**WEDNESDAY**              9:00 - 4:30

**THURSDAY**                8:30 – 2:30

**FRIDAY**                      8:30 – 12:00



# Non-Insured Health Benefits Program Updates

## June 2021

### Pharmacy benefit information

#### New pharmacy benefit listings and changes

- Trintellix (vortioxetine hydrobromide) is now an open benefit. Prior approval is not required. Trintellix is used in the treatment of major depressive disorder in adults
- Lonsurf (trifluridine/tipiracil) is now a limited use benefit for treatment of certain cancers. Prior approval is required and coverage criteria can be found in the NIHB [drug benefit list](#)
- The following medications, previously listed as limited use benefits, are now open benefits. Prior approval is no longer required for these medications:
  - Acamprosate (Campral), used for treatment of alcohol use disorder
  - Traditional immunosuppressants – Cyclosporine, Tacrolimus (not including topical), Sirolimus and Mycophenolate
  - Polysaccharide iron complex products – Feramax, Triferexx, Niferex, Polyride-FE, JAMP-Ferrous Polysaccharide

#### Reminder: Pre-exposure prophylaxis (PrEP) to prevent HIV infection

- PrEP can prevent HIV infection for individuals who are at high risk of contracting HIV
- Tenofovir disoproxil fumarate-emtricitabine (Truvada and generics) can be used for PrEP and is covered as an open benefit. Prior approval is not required.

### Dental benefit information

#### Enrolment of independent dental hygienists in Quebec

- NIHB welcomes independent dental hygienists in Quebec region to enrol with NIHB for direct billing. Quebec legislation now permits dental hygienists to practice independently and bill for dental hygiene services
- Dental hygienists can enrol with NIHB in all regions except Prince Edward Island and the Territories, where professional regulations do not currently allow dental hygienists to practice independently

## General program information

### Submitting client reimbursement requests to Express Scripts Canada

- Express Scripts Canada processes NIHB client reimbursement claims for pharmacy, dental, medical supplies and equipment, vision care and mental health counselling benefits
- Find instructions and the list of documents required for each benefit type on the [Express Scripts Canada NIHB website](#)
- Client reimbursement requests can be submitted to Express Scripts Canada by mail, fax or online through your NIHB client web account
- If you are submitting a client reimbursement request through your web account:
  - You must attach at least 1 document such as a receipt, prescription, or explanation of benefits from other plans. Clear photos are acceptable
  - Ensure that you have all required documents ready to upload before you submit
  - Once ESC has received and entered the claim for reimbursement, you can view the status in your web account under 'claims history'
  - Claims received and in progress will show as *registered*. When the claim has been adjudicated, the claim status will show as **approved, paid, or rejected**
  - You can submit a client reimbursement request for a child under the age of 16 through your web account if you are the parent or guardian, however you will not be able to view the claim status through your account. If the child does not have their own web account, you can contact Express Scripts Canada to check on the status of the claim
- If you are submitting a client reimbursement request by mail or fax:
  - The NIHB Client Reimbursement form must be completed and all required documents included. You can find the form and instructions [here](#)
  - Make sure to include your correct address and telephone number, and don't forget to sign and date the form
  - Once the claim has been processed, you will receive a claim statement by mail. You can also view claim status and statements online through your client web account, if you have one
- Whether you submit your client reimbursement request by mail, fax or through your web account, you can sign up for direct deposit by filling out the NIHB communication preference and direct deposit form, located [here](#)
- Payment to someone other than the client, such as to a parent or legal guardian for their child's claim, can only be made by cheque
- If information is missing from your client reimbursement request, you will be contacted by Express Scripts Canada. You may be asked to re-submit the claim
- If you have any questions about client reimbursement for NIHB pharmacy, dental, medical supplies and equipment, vision care or mental health counselling benefits, please [contact Express Scripts Canada](#)
- Claims for medical transportation benefits are processed by the NIHB Program through Indigenous Services Canada's regional offices. More information on NIHB client reimbursement is available [here](#)



# IMPORTANT REMINDER

On Community Submissions

**April 28, 2021**

This is a reminder to Band Members to PLEASE pick up Community Submissions PRIOR to their appointments. We have been receiving some forms not fully filled out and with no stamp/signature and only an appointment card attached.

Unfortunately, Community Submissions may not be accepted/processed if the only proof of attendance is an appointment card attached to the form and/or if the form is not signed/stamped by Medical Official/Receptionist, and signed by the Client themselves and their driver.

It is important to have all fields filled out on the form accordingly. If the form is not fully filled out by the recipient and appropriate Health Care Provider (doctor, nurse, dentist, receptionist, etc.), and also signed by client and driver, it will lead to a delay in processing.

Your co-operation is appreciated!



**Henvey Inlet Health Centre**

354A Pickerel River Road

Pickerel, ON P0G 1J0

705-857-1221

[www.hifn.ca](http://www.hifn.ca)



HENVEY INLET FIRST NATION  
LANDS OFFICE

## DOOR PRIZE DONATED BY GEI CONSULTANTS, SAVANTA DIVISION!!

Unfortunately, due to Covid-19 we were unable to do the Community Cleanup but we did still have the Large Item Pickup. We were donated a beautiful BBQ as the door prize by GEI Consultants, Savanta Division and it was decided to raffle the BBQ off between those who put out any Large Items.



CONGRATULATIONS TO DAVE MISSABIE, WINNER OF THE BBQ



# Memo

## Henvey Inlet First Nation Lands Office

To: All Community Members  
From: Amanda Barbe, Assistant Lands Manager  
CC: Doreen McKenzie, Lands Portfolio Councillor  
Sherry Contin, Lands Manager  
Date: 4/26/2021  
Re: **Garbage Pick-Up Summer Hours**

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Please be advised that the Garbage Pick-Up dates will be switching to Summer Hours beginning **May 24<sup>th</sup>, 2021.**

The schedule is as follows:

<b>Monday</b>	<b>8 am – 12:00 pm</b>
<b>Wednesday</b>	<b>8 am – 12:00 pm</b>
<b>Saturday</b>	<b>2 pm – 6:00 pm</b>





## **HENVEY INLET FIRE RESCUE**

**Henvey Inlet Fire Rescue would like to announce that on July 15th at 9am Henvey Inlet First Nation will have enhanced 911 service.**

**An official news release from Chief and Council will follow.**

**Fridge magnets will be mailed out to every household to put your civic address on it.**

**Any questions about this please phone Band Office and leave message.**

**Fire Chief,**

**John Ramsay**

**Henvey Inlet Fire Rescue**





# Spring & Summer Fire Safety Tips brought to you by HIFN Fire Department

## *Spring Cleaning* In the House

Test your smoke and carbon monoxide detectors, change batteries immediately if needed. For more information check out our section on smoke alarm maintenance & carbon monoxide detector maintenance.

Check your fire extinguishers. For more information, check our section on fire extinguisher information.

Check for overloaded or damaged extension cords, replace where needed.

Ensure you have an emergency preparedness kit in case of incidents such as power outages and flooding.

Practice your families fire escape plan so everyone knows what to do in case of an emergency

Windows should be checked to ensure they open and close properly, in case they are needed as an exit

Properly store household chemicals and never mix cleaning agents

Recycle: Get rid of old newspapers, magazines and junk mail. These items tend to pile up and can greatly contribute to the severity and spread of fire.

Check and clean filters above stove.

Pull refrigerator out and vacuum or dust the coils.

Always keep stairs and landings clear for safe evacuation in event of an emergency.

## Around the house



Make sure your address numbers are up and visible from the street.

Maintain a clear 'fire zone' of 10' around structures.

Check outdoor electrical outlets and other electrical appliances for animal nests and to ensure proper wiring.

Keep 100' of garden hose with an attached nozzle connected and ready for use.

Remove leaves and trash from carports and garages: Combustible materials are dangerous if they are exposed to heated automobile components, especially under the vehicle.

Clean up and properly store paints, pool and yard chemicals.

Check fuels containers for leaks and make sure they are properly stored.

Let power equipment sit for approximately 30 minutes before placing it inside to be sure there is no possibility of fire.

Some municipalities do not allow open air burning. Always check with your local fire department for questions, instructions and permits.

## BBQ Tips

All barbeque grills must only be used outdoors — using grills indoors or in enclosed spaces is not only a fire hazard, but it exposes occupants to toxic gasses and potential asphyxiation.



Always position the grill well away from combustible objects — buildings, fences, deck railings and landscaping can easily and quickly ignite.

Get your grill cleaned and serviced. Check all propane tanks and lines for leaks and damage.

Never leave a lit grill unattended.

Always use long handled grilling utensils and heat resistant oven mitts to avoid exposure burns from heat and flames.

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Periodically remove grease build-up in catch trays to prevent it from igniting.

Keep a garden hose nearby, connected and ready for use in case of a fire.

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The Fire Service in Ontario wants to ensure you have an enjoyable and safe summer. Below are some general fire safety tips that will help your family enjoy all that summer can offer.



For more detailed safety tips, please click on one of the links below

- [Seasonal Property Fire Safety](#)
  - [Fireworks Safety](#)
  - [Campfire Safety Tips](#)
  - [Storm/Natural Disaster Safety Tips](#)
  - [RV/Motorhome Safety Tips](#)
- 

- Do not allow children to get near fireworks, stoves, or grills. Make sure that all flammable and combustible materials are out of their reach. Never allow them to play with matches, candles, or lighters.
- Bring a fire extinguisher or fire blanket to your outdoor trip. This way, you can easily extinguish fire before it grows out of hand. Fire accidents can happen anytime and it always pays to be prepared.
- Before you use a grill, check first the connection between the propane tank and fuel line to see if this is not blocked. See to it that you do not overfill the propane tank.
- Douse hot coals with plenty of water before disposing of them. Never put them inside plastic, paper or wooden trash bins or containers.
- During picnics or camping trips, avoid building campfires. If you do build one, make sure you keep it small and that you douse it with water to put it out completely. Never leave the camping area without putting out the campfire. Check with your local fire department, municipality or Ministry of Natural Resource to ensure there is not a fire ban in effect.
- Inspect fire equipment at home. Ensure your fire extinguisher is in top condition. If you see anything suspicious like a leak in the nozzle, have it repaired or checked by a professional immediately.
- Double check plugs and switches at home before you leave. If you are going on a trip or picnic at be sure that everything is unplugged and turned off before you leave the house.



- Formulate an escape route for the house or cottage. Practice fire drills regularly at least twice a year. Leave emergency numbers near the telephone.
- Use barbecue grills away from the house, from the tent, or from anything that can easily catch fire.
- When checking in at a hotel, B&B, motel or renting a seasonal property, do not forget to consider the fire safety of the place. Examine if there are fire exits, firefighting equipment, working smoke detectors and clear signage of the escape route.
- When using a lawnmower, never fuel it while it is still hot. Give it a few minutes to cool down.
- If outside and your clothes catch fire, use the **STOP, DROP** and **ROLL** method. Use a fire extinguisher to put out a small fire that is not yet spreading. Call the fire department immediately.



## Seasonal Property Fire Safety

(this includes but is not limited to cottages, cabins, motorhomes/rvs, boats & houseboats etc.)

- Test smoke alarms at least monthly or each time you return to your seasonal home. Pack a new smoke alarm and extra smoke alarm batteries in case they need replacement.
- Install and ensure carbon monoxide alarms in your seasonal home if it has a fuel-burning appliance.
- Develop and practice a home fire escape plan to ensure everyone knows what to do if the smoke alarm sounds.
- Know the telephone number for the local fire department and your seasonal home's emergency sign number, in case of emergency.
- Clean barbecues before using them. Keep an eye on lit barbecues and ensure all combustibles, as well as children and pets are kept well away from them. Fires can happen when barbecues are left unattended.
- Keep barbecue lighters and matches out of sight and reach of children.
- Remember to bring a flashlight with extra batteries.
- Check heating appliances and chimneys before using them.
- Check with your local fire department, municipality, or Ministry of Natural Resources to determine whether open air burning is permitted before having a campfire or burning brush. If open burning is allowed, fires should be built on bare soil or on exposed rock. Remove leaves and twigs from around the fire to keep it from spreading. Always keep a bucket of water, sand, or even a shovel close by and supervise the fire at all times.
- If you must smoke, do so outside. Keep a large can with water nearby so cigarette butts can be safely discarded. If you drink, do so responsibly. Tobacco use and excessive alcohol consumption are contributing factors in many fires and can lead to serious injuries.

- Burn candles in sturdy candleholders that will not tip and are covered with a glass shade. When you go out, blow out!

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## Fireworks Safety:



To minimize the risk of fire and burn injury, the fire service does not recommend family fireworks or informal neighbourhood displays.

The fire service recommends attending public fireworks displays hosted by your municipality or other responsible organization.

If you still choose to have a family fireworks or an informal neighbourhood display, check with your local fire department about regulations regarding fireworks. Here are some important safety tips to be followed:

- Appoint a responsible person to be in charge. Only adults who are aware of the hazards and essential safety precautions should handle and discharge fireworks.
- Carefully read and follow the label directions on fireworks packaging.
- Always keep a water hose or pail of water close by when discharging fireworks.
- Discharge fireworks well away from combustible materials like buildings, trees and dry grass.
- Keep onlookers a safe distance away, upwind from the area where fireworks are discharged.
- Light only one firework at a time and only when they are on the ground. Never try to light a firework in your hand or re-light dud fireworks. For dud fireworks, it is best to wait 30 minutes and soak them in a bucket of water. Dispose of them in a metal container.
- Discharge fireworks only if wind conditions do not create a safety hazard.



- Keep sparklers away from children. Sparklers burn extremely hot and can ignite clothing, cause blindness and result in severe burns. As the sparkler wire remains hot for some minutes after burnout, it should be immediately soaked in water to avoid injury.
  - If someone gets burned, run cool water over the wound for three to five minutes and seek medical attention, if necessary.
- 



## Campfire Safety Tips

All it takes is one spark for things to go wrong. A carelessly abandoned campfire or a campfire built without safe clearance can turn a small fire into a dangerous and fast-moving blaze. Be sure to build your campfire in a way that does not endanger anyone or the surrounding forest. Enjoy a safe campfire by following these campfire safety tips:

- Check with local authorities on open-air burning restrictions and follow local burning regulations. Keep up-to-date on fire bans in the area.
- Never build a campfire on a windy day. Sparks or embers from the fire could travel quite a distance setting an unintentional fire.
- Watch the wind direction to ensure sparks aren't getting on flammable materials. Put the fire out if wind changes begin to cause concern
- Build campfires where they will not spread; well away from tents, trailers, dry grass, leaves, overhanging tree branches or any other combustible.
- Build campfires in fire pits provided or on bare rock or sand, if no fire pit is provided.
- Maintain a 2 to 3.5 metre (6 – 10 foot) clearance around your campfire.
- Build a campfire surround with rocks to contain your campfire. Be aware that rocks obtained from the river may explode due to moisture in the rock becoming superheated by the campfire.
- Use crumpled paper and/or kindling to start a fire rather than using flammable liquids.
- Never use gasoline as an aid to starting a campfire. If a fire starter is required, use only proper lighting fluid and use the lighting fluid sparingly. **NEVER PUT IT ON AN OPEN FLAME** since the fire can ignite the stream of lighting fluid and the flame will travel up the stream igniting the container in your hand and causing serious injury. Once the lighting fluid has been applied to the firewood, allow a few minutes for the explosive vapours to disperse before lighting. Remove the lighting fluid container a safe distance away before lighting the campfire.
- Secure all lighters and matches and keep them out of children's reach.

- Keep campfires to a small, manageable size no more than 1 metre (3 feet) high by 1 metre (3 feet) in diameter and don't let it get out of hand.
- Don't burn garbage in your campfire. The smell is unpleasant for you and your neighbours, and may attract animals to your campsite.
- Keep all combustible materials, including flammable liquids, propane cylinders, lighting fluid, etc. away from the campfire.
- Stack extra wood upwind and away from the campfire so that sparks from the campfire cannot ignite your woodpile. Have sufficient wood on hand to eliminate the need to leave your campsite to restock.
- Never leave campfires unattended. Ensure that a responsible adult is monitoring the campfire at all times. Supervise children around campfires at all times and never allow horseplay near or involving the campfire, such as jumping over a campfire. Do not allow children to run around near a campfire.
- Closely supervise children while roasting treats over a campfire. A flaming marshmallow can easily ignite a child's clothing. A heated metal skewer can be a burn hazard, as well as a puncture hazard.
- Loose clothing can easily catch fire. Never reach into a campfire to rearrange pieces of wood.
- Teach children how to STOP, DROP and ROLL should their clothing catch on fire. Teach children to cool a burn with cool running water for 3 – 5 minutes.
- Keep plenty of water and a shovel around to douse the fire when you're done. Use caution when applying water to the campfire. Once the water has been applied, stir the dampened coals and douse it again with water. As an added precaution, shovel sand or dirt to cover the dampened coals to smother any remaining embers.
- As little as 1 second contact with a 70°C (158°F) campfire can cause 3<sup>rd</sup> degree, full thickness burns.
- The average campfire can get as hot as 500°C (932°F) in as little as 3 hrs.
- The majority of children are burned the morning after a fire from coming into contact with hot ashes or embers.
- A campfire left to burn itself out or put out with sand only, was still 100°C (212°F) eight hours later. The buried coals and embers retain their heat underground like an oven. There is also a risk that the fire may spontaneously re-ignite. A child may mistake the pile of sand or dirt as a sand castle and attempt to play in it. The temperature, less than 10 cm (4") below the surface of the sand or dirt can be as high as 300 °C (572°F).
- A campfire put out with water is reduced to 50°C (122°F) within 10 minutes of applying the water and reduced to 10°C (50°F) after 8 hrs. **The safest way to extinguish a campfire is with water.**

Thank you to [Windsor Fire and Rescue Services](#) for their campfire safety tips.

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## **Storm/Natural Disaster Safety Tips**

Natural disasters can have a devastating effect on you and your home. Use the following safety tips to help protect yourself, your family and your home from the potential threat of fire during or after a summer storm. You can greatly reduce your chances of becoming a fire casualty by being able to identify potential hazards and following the outlined safety tips.

### **Some Types of Fire-Related Hazards Present During and After a Summer Storm**

- Lightning associated with thunderstorms generates a variety of fire hazards. The power of lightning's electrical charge and intense heat can electrocute on contact, splitting trees and causing fires.
- Pools of water and even appliances can be electrically charged.
- Appliances that have been exposed to water can short and become a fire hazard.
- Generators are often used during power outages. Generators that are not properly used and maintained can be very hazardous.

### **Chemical Safety**

- Look for combustible liquids like gasoline, lighter fluid, and paint thinner that may have spilled. Thoroughly clean the spill and place containers in a well-ventilated area.
- Keep combustible liquids away from heat sources.

### **Electrical Safety**

- If your home has sustained flood or water damage, and you can safely get to the main breaker or fuse box, turn off the power.
- Assume all wires on the ground are electrically charged. This includes cable TV feeds.
- Be aware of and avoid downed utility lines. Report downed or damaged power lines to the utility company or emergency services.
- Remove standing water, wet carpets and furnishings. Air dry your home with good ventilation before restoring power.
- Have a licensed electrician check your home for damage.

### **Gas Safety**

- Smell and listen for leaky gas connections. If you believe there is a gas leak, immediately leave the house and leave the door(s) open.
- Never strike a match. Any size flame can spark an explosion.
- Before turning the gas back on, have the gas system checked by a professional.



## **Generator Safety**

- Follow the manufacturer's instructions and guidelines when using generators.
- Use a generator or other fuel-powered machines outside the home. CO fumes are odourless and can quickly overwhelm you indoors.
- Use the appropriate sized and type power cords to carry the electric load. Overloaded cords can overheat and cause fires.
- Never run cords under rugs or carpets where heat might build up or damage to a cord may go unnoticed.
- Never connect generators to another power source such as power lines. The reverse flow of electricity or 'backfeed' can electrocute an unsuspecting utility worker.

## **Heating Safety**

- Kerosene heaters may not be legal in your area and should only be used where approved by authorities.
- Do not use the kitchen oven range to heat your home. In addition to being a fire hazard, it can be a source of toxic fumes.
- Alternative heaters need their space. Keep anything combustible at least 3 feet away.
- Make sure your alternative heaters have 'tip switches.' These 'tip switches' are designed to automatically turn off the heater in the event they tip over.
- Only use the type of fuel recommended by the manufacturer and follow suggested guidelines.
- Never refill a space heater while it is operating or still hot.
- Refuel heaters only outdoors.
- Make sure wood stoves are properly installed, and at least 3 feet away from combustible materials. Ensure they have the proper floor support and adequate ventilation.
- Use a glass or metal screen in front of your fireplace to prevent sparks from igniting nearby carpets, furniture or other combustible items.

## **and Remember ...**

- Always use a flashlight - not a candle - for emergency lighting.
  - Some smoke alarms may be dependent on your home's electrical service and could be inoperative during a power outage. Check to see if your smoke alarm uses a back-up battery and install a new battery at least once a year.
  - Smoke alarms should be installed on every level of your home and inside and outside of sleeping areas.
  - All smoke alarms should be tested monthly. All batteries should be replaced with new ones at least once a year.
  - If there is a fire hydrant near your home, keep it clear of debris for easy access by the fire department.
-



## RV/Motorhome Fire Safety Tips

Whether camping, partying or just relaxing in your RV, fire safety is essential. It is critical that every member of your party know what to do in an emergency or fire. If you are one of the millions of recreational vehicle (RV) enthusiasts who love to take to the road and explore this great country of ours, ensure your family's safety while travelling in your RV by following these fire safety guidelines.

- **In an emergency, please make sure we can find you – SECONDS DO COUNT!** When travelling in an RV, it's crucial to know your location so emergency responders can find you in the event of an emergency. Be aware of your location and surroundings.
- Confirm the local emergency numbers for police, fire and ambulance – is 911 service available in the area?
- Most campgrounds are in more remote areas that may not provide cell phone coverage. Check your cell phone coverage.
- When you call 911 from a regular land phone line emergency services receive enhanced 911 data indicating the address and municipality of where the call is originating, should the caller be unable to provide this information. This enhanced 911 data is not available for cell phone calls, so ensuring everyone knows the exact location in the event of an emergency is critical in obtaining a timely response from emergency services.
- When vacationing in an isolated area, keep in mind that help from emergency services may be some distance away. It's vitally important that you eliminate your risk from fire and have a fire escape plan in place that everyone is familiar with and has practised. Have at least two escape routes – one in the front and one in the rear of the RV. Test all escape windows, hatches and door latches for smooth operation and keep all escape windows, hatches and doors clear of any obstructions. As soon as they are old enough, teach children how to open escape hatches and emergency exits and have them practise. [LINK TO ESCAPE PLAN REQUIREMENTS](#). Fire Escape Plan Guidelines
- The first rule of RV firefighting is to save lives first and property second. Get yourself and your family to safety before attempting to extinguish any fire. Only if you can do so without endangering yourself or others should you use firefighting aids on hand. Re-emphasize to everyone aboard that objects can be replaced, people can't! Never re-enter a burning RV to retrieve anything – **GET OUT & STAY OUT!**
- Install and maintain at least one smoke alarm in your RV near the sleeping area. Special 12v smoke alarms, designed specifically for RVs, are available from specialized retailers. Depending on the size of your RV and placement of sleeping areas, more than one smoke alarm may be required.
- Install and maintain at least one carbon monoxide alarm in your RV near the sleeping area. Special 12v carbon monoxide alarms, designed specifically for RVs, are available



from specialized retailers. Be aware that residential style carbon monoxide alarms that plug directly into the electrical outlet require 110v power and would only work and sound an alarm when your RV is plugged into an electrical source at a campground, but would not function when you are on the road or operating off of your 12v battery supply. Consider that some low cost detectors cause false alarms, so be sure to obtain a quality unit. Do not select a detector just on its cost. It may not be adequate to do the job that is necessary when the time comes.

- Install a propane leak alarm at floor level, no more than 6 inches above the floor or lowest level to alert you in the event of a propane leak. Propane gas, like gasoline fumes, tends to pool in low-lying spots and even a small spark can ignite it. If you have a leak, immediately evacuate the area and shut off the propane at the tank, if it is safe to do so.
- Ensure that all travellers in the RV know what the sound of each type of alarm indicates and what to do when they hear it.
- Test all smoke alarms, carbon monoxide alarms and propane leak alarms weekly when the RV is in use.
- Install a fully charged multi-purpose or ABC fire extinguisher in a visible, easily accessible location near an exit where escape is also an option. Make sure everyone knows where it is and how to use it. If you already have a fire extinguisher installed, check the pressure gauge to ensure it's fully charged, indicated by the needle in the green area. A partially discharged fire extinguisher is always considered an empty one – have it refilled or replaced immediately. Also keep in mind that the dry chemical inside the extinguisher tends to pack down in the bottom of the extinguisher over time, which may make it ineffective. Once a month pick up the fire extinguisher, check the gauge or pin for pressure, turn it upside down and hit the bottom sharply with your hand, then shake it well. This should dislodge any compacted dry chemical inside the extinguisher. Most fire extinguishers have a lifespan of 5 to 15 years.
- Most residential fire extinguishers discharge in 8-10 seconds with a range of only 2 – 3.5 metres (6'–10'). They should only be used to extinguish small, contained fires or to reduce a fire sufficiently to allow escape.
- Remember, **DON'T FIGHT A FIRE** unless you call the fire department first! A fire extinguisher is no substitute for the fire department.
- Ensure family members know how to use the extinguishers and understand which extinguishers are effective on what types of fires.
- Have your fuel-burning appliances checked at the beginning of each camping season to ensure they are properly vented, free of any obstructions such as cobwebs, birds nests, etc., and working well.
- Gas cylinders, pipes, fittings and connections should be checked regularly, particularly after driving on bumpy roads, which may loosen connections.
- Only a certified propane fitter may legally install or remove propane piping, tubing equipment and appliances in an RV. Be sure to look for approved products bearing the Canadian Gas Association (CGA), Canadian Standards Association (CSA) or Underwriters' Laboratory of Canada (ULC) logos on the rating plate of new appliances.
- Maintain the RV's mechanical systems, such as radiator hoses, fuel lines, brake systems, transmission, etc., in good working order to eliminate the risk of any leaks or malfunctions that may result in a fire.



- Ensure that the extension cord for connecting your RV to a campground's 110v electricity supply is in good condition and of suitable gauge wire to handle the electrical load placed upon it. Damaged extension cords must be replaced immediately.
- Check all electrical appliances for frayed cords and any other visible
- Electrical generators produce exhaust gasses, which contain carbon monoxide. It is important to have the exhaust pipes extend sufficiently past the side walls or rear of the RV so that prevailing air currents can disperse this lethal gas away from the vehicle and not have it drawn back into an open window on the RV.
- Ensure that you allow the generator to cool down before refuelling. Always shut off the generator and any other fuel-burning appliances
- Driving with propane on can add to the danger if you are involved in an accident or have a fire. Shut off the propane at the tank and turn off all propane-powered appliances while driving. Operate your refrigerator on 12v battery power or simply leave it turned off. Most refrigerators will keep food cold or frozen for several hours, even when turned off.
- When refuelling the propane tanks or the RV's fuel tank it is important to shut off all interior burners, pilot lights, appliances, automatic ignition switches, as well as the RV's motor and have all passengers exit the vehicle.
- Propane cylinders, relief valves and regulating equipment must be located either outside the vehicle, or in a compartment gas-tight to the interior to allow any possible leaks to flow to the outside air. Keep propane cylinders outside unless a properly designed storage compartment has been fitted on your RV.
- Propane cylinders should not be mounted on the roof of an RV. Propane cylinders mounted on the back of the RV pose a hazard in the event of a rear-end collision unless substantial protection to the tank is provided.
- Show all travellers how to shut off propane valves and how to unhook 110v electrical supply cord, should either be required in an emergency.
- Store all flammable liquids, including small disposable propane cylinders outside of the RV.
- Whenever using the stove in your RV, open an overhead vent or turn on the exhaust fan and open a window a small amount to allow fresh air in and carbon monoxide gases out
- The stove should never be used to heat the interior of the RV.
- Never leave cooking unattended.
- Store all clothes, linens and other combustibles well away from the kitchen area. In the compact kitchens in RVs combustibles such as paper towels and curtains are likely to be closer to the stove, so exercise even greater caution than you do at home when cooking in your RV.
- Keep all lighters and matches safely out of the reach of children.
- Leave plenty of clearance between your propane lamp or lantern and any combustible materials. Follow the manufacturer's recommendations for space clearance. Select a level surface on which to place the lamp or lantern. Ensure you have adequate ventilation whenever using a propane-powered appliance.
- A lantern is not a space heater. Use it only as a light source. Always detach the propane cylinder before transporting a lantern and secure the cylinder in a vertical, upright position.

- Recreational travellers to the United States should be aware that effective April 1, 2002 many states in the United States have adopted a requirement that all propane cylinders with a capacity from 4 to 40 pounds must have an Overfill Protection Device (OPD). All propane cylinders without an OPD are prohibited from being refilled by anyone. The OPD serves as a safety shut-off device and prevents overfilling of propane cylinders to avert propane release, fire and possible injury. Propane cylinders equipped with an OPD have the letters “OPD” stamped on the valve hand wheel and on the side of the valve. Most propane cylinders with a triangular valve wheel have an OPD. Propane cylinders with a round or star-shaped valve wheel usually do not have an OPD. Canadian provinces have not yet adopted the requirement for OPD devices on propane cylinders in order to refill the cylinder. (NFPA 58, Section 2.3.1.5, the LP-Gas Code)
- Establish safe campfire rules to be followed when camping.



## Pickerel Contracting LTD

295 Pickerel River Rd  
Pickerel, ON P0G 1J0  
(705)857-2331

[pcladmin@HenveyInlet.com](mailto:pcladmin@HenveyInlet.com)

# LOGO CONTEST!

Grand prize \$300.00!

Get creative and submit your entries to  
[pcladmin@henveyinlet.com](mailto:pcladmin@henveyinlet.com).

Contest closes July 14<sup>th</sup>, 2021

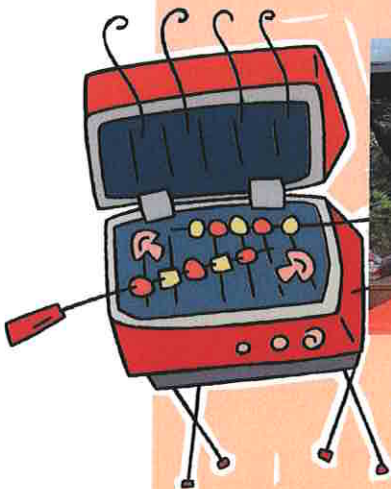


# Hot Rod's Hot Dogs & Sausages

*The biggest and juiciest hot dogs  
and sausages*

**Weekdays during Lunch time &  
Weekends**

**Located @ Rods Lot  
Pre-order by calling or texting  
before lunch at 647-767-6147 (Judy)  
Please order 15mins ahead of time  
for prep. On weekends call or txt  
289-377-9119 (Rod)**



**Miigwetch for your support!**



**AUGUST 16/21 TO NOVEMBER 26/21**  
**LINE CREW GROUND SUPPORT TRAINING**

**Location: Cambrian College - Sudbury Campus**

**15 WEEK CERTIFICATE PROGRAM**

Gezhtoojig Employment and Training in partnership with the Infrastructure Health and Safety Association and Cambrian College are seeking interested **INDIGENOUS** participants for this 15 week job readiness program & encourages Indigenous women to apply.

This hands on and in class program will prepare individuals for integration into employment opportunities in the Power Line and Construction sector. As new power grids and infrastructure projects are being developed across Canada, the need for skilled workers in these industries are increasing.

This program is designed to prepare the trainee for entry level and pre-apprenticeship opportunities with various power and construction companies seeking safety conscious ready to work employees.

**Check out the Video:**

<https://www.youtube.com/watch?v=Hi61N4t7Eg0>

★ **REQUIREMENTS** ★

**Valid Drivers License**  
**Grade 12 Diploma**  
**Must be 18 & over**

**TRAINING MODULES**

- ◆ WHMIS
- ◆ Construction Health & Safety
- ◆ Traffic Control Temp. Work Zones
- ◆ Defensive Driving-Commercial
- ◆ Hoisting & Rigging-Basic Safety
- ◆ Mobile Crane Operator 0-8 Ton Anchors
- ◆ Elec. Safety-Hydrovac Operators
- ◆ Equipotential Grounding & Bonding
- ◆ Pole Line Construction ...
  - ◆ 1) Climbing 2) Framing 3) Theory
  - ◆ 4) and Transformers
- ◆ Introduction to Electrical Theory
- ◆ Electrical Safety High Voltage
- ◆ Working at Heights-Fundamentals of Fall Prevention
- ◆ Propane in Construction
- ◆ Confined Space Hazard Awareness for construction
- ◆ Ladder Handling
- ◆ MSD Prevention Workshop-Trades
- ◆ Safe Pole Handling
- ◆ Hydraulic Aerial Equipment
- ◆ Rescue Practices
- ◆ Conductor Stringing Methods
- ◆ Chainsaw Operation and Maintenance

**DEADLINE DATE TO APPLY:**



**July 9/21**

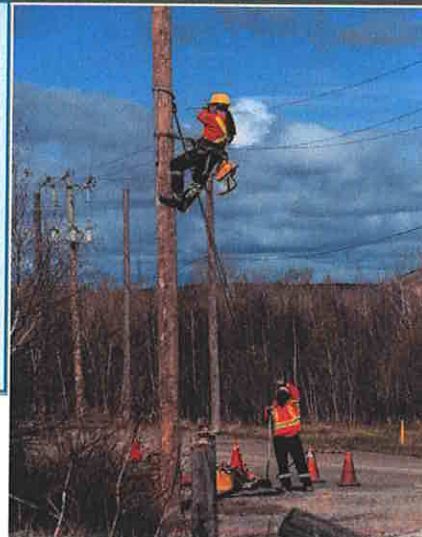
**SEND COVER LETTER & RESUME TO:**

Gezhtoojig Employment & Training  
Sandra Martin, Special Projects Coordinator  
[smartin@gezhtoojig.ca](mailto:smartin@gezhtoojig.ca) 705-524-6772

**FINANCIAL ASSISTANCE IS AVAILABLE.**

Visit our website [www.gezhtoojig.ca](http://www.gezhtoojig.ca)

And LIKE US on  





# EMPLOYMENT READINESS ONLINE WORKSHOPS



**GEZHTOOJIG**  
Employment & Training

Those Who Are Successful



RESUMES &  
COVER LETTER  
WORKSHOP

TUE. JULY 6 @ 10AM &  
THU. JULY 29 @ 10AM



PROGRAMS &  
SERVICES  
WORKSHOP

TUE. JULY 20 @ 10AM &  
THU. JULY 29 @ 1PM



INTERVIEW SKILLS  
WORKSHOP

THU. JULY 8 @ 10AM &  
TUE. JULY 27 @ 10AM



JOB SEARCH  
WORKSHOP

THU. JULY 22 @ 10AM &  
TUE. JULY 27 @ 1PM

Participate  
for a chance  
to WIN a \$50  
Walmart Gift  
Card

Currently offered this SUMMER 2021 online via Zoom. Register today:  
Email [getinfo@gezhtoojig.ca](mailto:getinfo@gezhtoojig.ca) or call 705-524-6772

**NOTE: DOWNLOAD THE ZOOM APPLICATION PRIOR TO  
WORKSHOP**

Canada

EMPLOYMENT  
ONTARIO  
Ontario's employment & training network



## **Various Administrative Positions**

***A Place to Grow!***

**Reference number: CSD21J-023149-000410**

**Selection process number: 2021-CSD-EA-ON-0086872**

Service Canada - Employment and Social Development Canada

Various locations (Ontario)

CR-04 - Administrative Support Assistant / Business Support Assistant / Program

Support Clerk / Program & Service Delivery Clerk

Permanent (indeterminate), temporary (term), assignment, secondment, deployment and acting.

Salary: between \$50,144 - \$54,857.

For further information on the organization, please visit [Service Canada](#)

We invite you to watch this short video (2.5 minutes) to learn more about the online application process: [Cracking the Code](#).

***When to apply:*** This poster will be **active on June 25, 2021**, please check in on that date at [www.jobs.gc.ca](http://www.jobs.gc.ca) and search for "2021-CSD-EA-ON-0086872" in the "Process number" search field to locate it

**Closing date: 2 July 2021 - 23:59, Pacific Time**

**Who can apply:** Persons whose residence or work location postal code begins with K, L, M, N, P

### **Important messages**

We are committed to providing an inclusive and barrier-free work environment, starting with the hiring process. If you need to be accommodated during any phase of the evaluation process, please use the Contact Information below to request specialized accommodation. All information received in relation to accommodation will be kept confidential.

#### Assessment accommodation

We thank all those who apply.

Selection may be based first on candidates who have identified as being a member of one of the employment equity groups or who indicated interest in a bilingual position.

Other candidates may be randomly selected for further assessment. Only those selected for further consideration will be contacted.

Candidates selected for further consideration will be contacted via the email address provided in their online application. Please ensure that your email account is set to receive mail from unknown senders.

Our Departmental values guide us in everything we do. Service Canada is seeking candidates who identify with these values. Candidates are expected to read the Statement of Values in the Values and Ethics Code for the Public Sector prior to submitting an application. (<https://www.tbs-sct.gc.ca/pol/doc-eng.aspx?id=25049>).

### **Work Environment**

Do you like helping others? Are you a strong communicator who enjoys problem solving? Join Service Canada and help support Canadians through life's big moments!

Service Canada offers a diverse work environment, with many exciting career advancement opportunities. Apply now to join our innovative and creative team.

Following any necessary (paid) training and qualifying periods, our employees enjoy paid vacation and sick days, health and dental benefits, and a pension!

A probationary period of one year will apply for all new hires into the Federal Public Service.

### **Duties**

Play a key role in the administration of federal benefit programs and services that impact the livelihood of many Canadians. Your duties may include assisting with administrative procedures such as work schedules, preparing and maintaining reports, preparing correspondence, responding to mail and telephone inquiries and more!

### **Intent of the process**

A pool of qualified candidates will be established to fill the following positions (full-time or part-time) across Ontario Region:

- Administrative Support Assistant
- Business Support Assistant
- Program Support Clerk
- Program & Service Delivery Clerk

Please be advised that qualified candidates who decline offers twice may be removed from the qualified pool.

**Positions to be filled:** Number to be determined

## **Information you must provide**

Your résumé.

Responses to screening questions within online application.

### **In order to be considered, your application must clearly explain how you meet the following (essential qualifications)**

Secondary school diploma or employer-approved alternatives (a satisfactory score on the PSC test approved as an alternative to a secondary school diploma (GIT-320); or an acceptable combination of education, training and/or experience.

*(An acceptable combination of education, training and/or experience is described as a minimum 2 years of Secondary School education and 1 year of employment experience.)*

Candidates with foreign credentials must provide proof of Canadian equivalency. If you have foreign credentials, please see the information on Degree Equivalency.

#### [Degree equivalency](#)

### **The following will be applied / assessed at a later date (essential for the job)**

#### Competencies and Skills

- Ability to communicate effectively and professionally in a team environment and with the public, verbally and in writing (Communication)
- Ability to demonstrate values and ethics consistent with the Values and Ethics Code for the Public Service (Demonstrating Integrity and Respect)
- Ability to think critically and make decisions based on available information (Thinking Skills)
- Ability to work cooperatively and respectfully, while contributing to team results (Working with Others)
- Identifying what needs to be done and doing it before being asked to or required by the situation (Showing Initiative and Being Action-Oriented)
- The capacity to use computer technology to ensure a high-level of efficiency in accomplishing work (Using Technology)

#### Various language requirements

English Essential

Bilingual Imperative CBC/CBC

Note: If you are Bilingual and wish to be considered for both Bilingual and English Essential positions, please indicate both in your application.

#### **BILINGUAL IMPERATIVE POSITION:**

To be considered for a Bilingual Imperative CBC/CBC position, you must already have



Second Language Evaluation results at the CBC/CBC level (proof will be required) OR you must be willing to undergo a Second Language Evaluation.

#### Information on language requirements

Should you be considered for a bilingual position, you will receive an invitation to an unsupervised test for reading comprehension and written expression to determine if you meet the language requirements of the position.

#### **Second Language Writing Skills Self-Assessment**

In order to help you decide if you should apply to a bilingual position, an optional self-assessment of your writing skills in your second official language is available for you to take before completing your application.

For more information, please consult:

[Unsupervised Internet Test of Second Language Writing Skills](#)

**The following may be applied / assessed at a later date (may be needed for the job)**

#### OPERATIONAL REQUIREMENTS

- Must be willing and able to work overtime as required.
- Must be willing and able to travel.

#### ORGANIZATIONAL NEEDS

At Employment and Social Development Canada, diversity is our strength. If you are a woman, an Indigenous person, a person with a disability or a visible minority and are interested in contributing different perspectives and insights, let us know by completing the Employment Equity (EE) section in your application. Appointments of members of these EE groups could be made to ensure our workforce is inclusive and representative of the Canadian public we serve.

#### **Conditions of employment**

Reliability Status security clearance - Credit Check

#### **Other information**

The Public Service of Canada is committed to building a skilled and diverse workforce that reflects the Canadians we serve. We promote employment equity and encourage you to indicate if you belong to one of the designated groups when you apply.

[Information on employment equity](#)

**Assessments may include:** Reference checks may be sought, an interview may be administered, a test may be administered and a situational exercise may be administered.

### **Preference**

Preference will be given to veterans and to Canadian citizens, in that order, with the exception of a job located in Nunavut, where Nunavut Inuit will be appointed first.

[Information on the preference to veterans](#)

### **Contact Information**

**EDSC.ON-CR04.ESDC@SERVICECANADA.GC.CA**

# CAREERS@

Employment and Social Development Canada/  
Service Canada



## ADMINISTRATIVE SUPPORT ASSISTANT / BUSINESS SUPPORT ASSISTANT / PROGRAM SUPPORT CLERK / PROGRAM & SERVICE DELIVERY CLERK

Play a key role in the administration of federal benefit programs and services that impact the livelihood of many Canadians.

### Why work at Employment and Social Development Canada/Service Canada?

Working at Employment and Social Development Canada / Service Canada gives you the opportunity to deliver high-quality programs and services to Canadians.

If you want to:

- Use your skills, passion and dedication to support Canadians through life's big moments
- Work with people who believe diversity is one of our greatest strengths
- Continue to develop your professional skills and take advantage of diverse learning and advancement opportunities

**You've found the place. JOIN US!**

### What kind of work will you do?

Administrative Support Assistants, Business Support Assistants, Program and Service Delivery Clerks and Program Support Clerks provide a variety of duties to support the delivery of important social and labour market programs. These include:

- Validating and analyzing data for accuracy, interpreting and applying legislation and established procedures and referring cases or applications to the appropriate level for decision.
- Carrying out fact-finding activities to research information required for determining entitlements, including communicating with clients or internal stakeholders.
- Administering payments to third party vendors.
- Preparing documentation, organizing meetings, and providing administrative support services in offices and to managers.

### Is this job the right fit for you?

We are looking for detail-oriented individuals who take pride in providing excellent client service, and thrive in a fast-paced, high-volume environment. If this sounds like you, this job opportunity may be right for you!

**How to apply: Visit the [GC Jobs website](#) and create an account today!**



Government  
of Canada

Gouvernement  
du Canada

Canada





# July 2021 Henvey Inlet Daycare Centre



## Important Reminders:

Please **DO NOT** send your child/children to daycare if they are experiencing any flu symptoms.

## Please Don't Forget:

- Hat
- Sunscreen
- Water Bottle
- Sunglasses
- Proper Footwear/Clothing



Daycare Doors are locked at 9am, please arrive before this time

Daycare closes at 4:30pm. Late fees will apply and be billed at the end of each month.



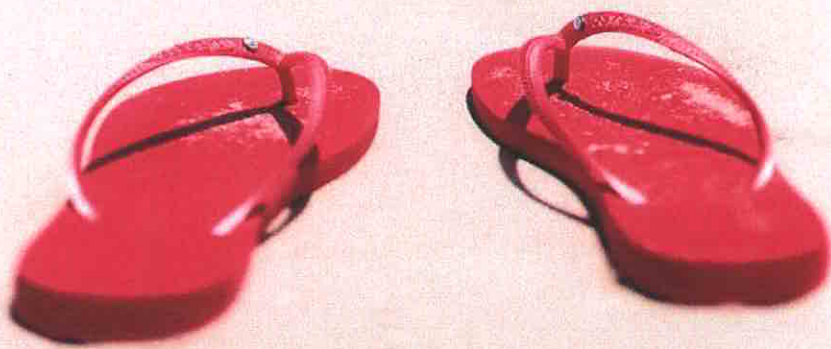
**A BIG HAPPY Birthday goes out to:**

**Justina Nolin**  
**Memphis Contin-McQuabbie**

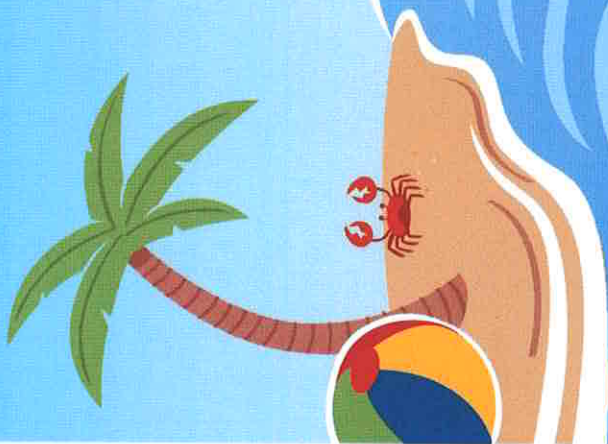


**Kerri Campbell, NCFW  
&  
Kara Newton, CHE**

**JULY**







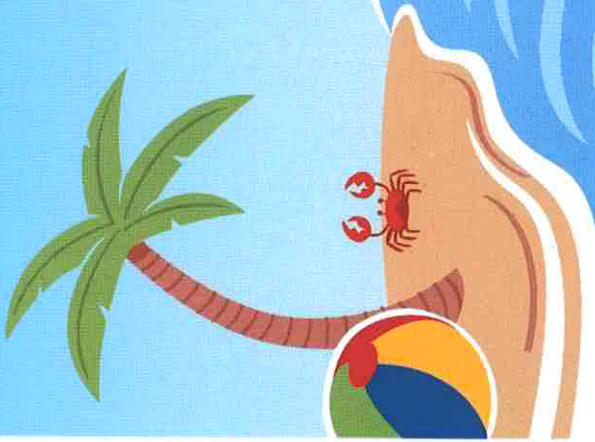
# CHILD & FAMILY WORKER PROGRAM

## July

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	01	02	03
04	05	06 Talking Circle	07	08	09	10 FAMILY PHOTOS
11	12 FAMILY COURT	13 Nijjaansiinaanik Liaison Meeting Talking Circle	14	15 KIDS VIRTUAL CRAFT	16	17 FAMILY PHOTOS
18	19 NOT IN OFFICE	20 NOT IN OFFICE	21 NOT IN OFFICE	22 NOT IN OFFICE	23 NOT IN OFFICE	24
25	26	27 Talking Circle	28	29 VIRTUAL PARENTING WORKSHOP VIRTUAL SUMMER FUN BINGO	30	31
01	02	03	04	05	06	07





Community  
Health  
Educator

July  
2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	01	02	03
04	05	06	07	08	09	10 Family Photo Day
11	12	13	14	15 Youth Virtual Craft Ages 8-12yrs	16	17
18	19	20	21	22	23	24
25	26	27	28	29 Virtual Parenting Wkshp AM Virtual Summer Bingo PM	30	31
01	02	03	04	05	06	07



# Family

Saturday July 10th, 2021  
at the Day Care



**SPACE IS  
LIMITED!!**

Sessions will commence at 10:00 a.m. and each family will be given a private 20-minute session!!!

Due to limited spacing, we can only accommodate up to 6 people per family shoot! You must provide the names of each family member so that we can be ready for your arrival!

Contact Darcy to schedule your photo time!!!

**Please be sure to choose a time that suits your family as  
NO LATE ENTRIES  
will be permitted!!!**



zoom



# VIRTUAL kids CRAFT WORKSHOP

with Kerri and Kara

Thursday

July 15, 2021

10:00 AM

Limited seating available,

please contact Darcy 705-857-1221

to sign your kiddos up!!!





# Family

Saturday July 17th, 2021  
at the Day Care



**SPACE IS  
LIMITED!!**

Sessions will commence at 10:00 a.m. and each family will be given a private 20-minute session!!

Due to limited spacing, we can only accommodate up to 6 people per family shoot. You must provide the names of each family member so that we can be ready for your arrival!

Contact Darcy to schedule your photo time!!!

**Please be sure to choose a time that suits your family as  
NO LATE ENTRIES  
will be permitted!!!**



zoom



# VIRTUAL PARENTING WORKSHOP

THURSDAY JULY 29, 2021

**10:00AM**





82

67

52

31

# Summer



# BiNGO

## THURSDAY JULY 29, 2021

1PM

zoom

# ON ZOOM



5

3

Limited Space

Register Now!

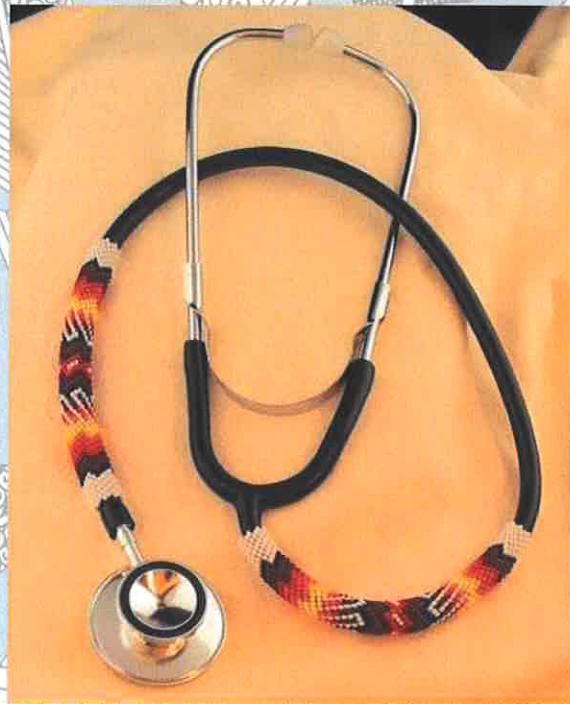
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# Community Health Nurse



**BRENDA CONTIN**



# July 2021



BRENDA CONTIN, CHN

Sun	Mon	Tue	Wed	Thu	Fri
	5 OFFICE	6 OFFICE	7 OFFICE	8 OFFICE	9 OFFICE
	12 OFFICE	13 OFFICE	14 OFFICE	15 OFFICE	16 OFFICE
	19 OFFICE	20 NOT IN OF- FICE	21 NOT IN OF- FICE	22 COVID 2ND DOSE/OFFICE	23 OFFICE
	26 OFFICE	27 NOT IN OF- FICE	28 OUT OF OF- FICE	29 OUT OF OF- FICE	30 OUT OF OF- FICE

# Home Care Nurse



**DEBBIE BRENNAN**



# July 2021



DEBBIE BRENNAN  
HCN

	Mon	Tue	Wed	Thu	Fri	Sat
				1 EVERY LIFE MATTERS PROTEST, (Office closed)	2 OFFICE	3
4	5 OFFICE Administration	6 OFFICE Medical Consultations T/C Health staff	7 OFFICE HOME VISITS	8 OFFICE HOME VISITS	9 OFFICE	10
11	12 OFFICE Administration	13 OFFICE Medical Consultations T/C Health staff	14 OFFICE HOME VISITS	15 OFFICE HOME VISITS	16 OFFICE	17
18	19 OFFICE Administration	20 OFFICE Medical Consultations T/C Health staff	21 OFFICE HOME VISITS	22 OFFICE HOME VISITS	23 OFFICE	24
25	26 OFFICE Administration	27 OFFICE Medical Consultations	28 OFFICE HOME VISIT	29 OFFICE HOME VISITS	30 OFFICE	31

# FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet.



## ANTI-INFLAMMATION FOODS



**Tomatoes**



**Fruits**

Strawberries, blueberries, oranges and cherries.



**Nuts**

Almonds, walnuts, and other nuts.

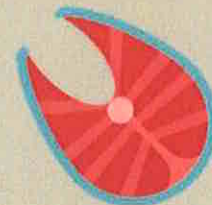


**Olive oil**



**Leafy greens**

Spinach, kale, collards, and more.



**Fatty fish**

Salmon, mackerel, tuna, and sardines.

## INFLAMMATION FOODS



**Fried foods**



**Sodas**



**Refined carbs**



**Lard**



**Processed meats**



# The Anti-inflammatory Food Pyramid



## Healthy Sweets

Dark chocolate (sparingly)

## Tea

(2-4 cups a day)



## Herb & Spices

Garlic, turmeric, rosemary  
(unlimited amount)

## Fermented Vegetables & Cultured Foods

Kefir, yogurt, sauerkraut  
(1 serving a day)



## Healthy Fats

Nuts, olive oil, avocados,  
flax seeds  
(5-7 serving a day)

## Whole Grains

Brown rice, wild rice, quinoa  
(2-3 servings a day)



## Beans & Legumes

Black beans, lentils  
(1-2 servings a day)

## Fatty Fish

Salmon, sardines, cod  
(4-6 servings a week)



## Other Proteins

Eggs, poultry, natural  
cheeses  
(2-4 servings a week)

## Vegetables

Spinach, kale, broccoli, pep-  
pers, beets, carrots, onions  
(5-7 servings a day)



## Fruits

Blueberries, blackberries,  
raspberries  
(2-3 servings a day)

# RECIPE MAKEOVER

By making small changes to your favourite recipes, you can enjoy the foods you love AND get the health benefits from foods with more fibre, protein, vitamins, minerals and healthy fats.



Recipe  
Makeover

**+** ADD

**→** SWAP

**-** CUT

Adding vegetables, fruits, whole grains, beans, lentils, nuts and seeds, and swapping in ingredients with less sugar, salt and saturated fat - can make your favourite recipes *deliciously healthy!*

**3**

Easy  
Steps

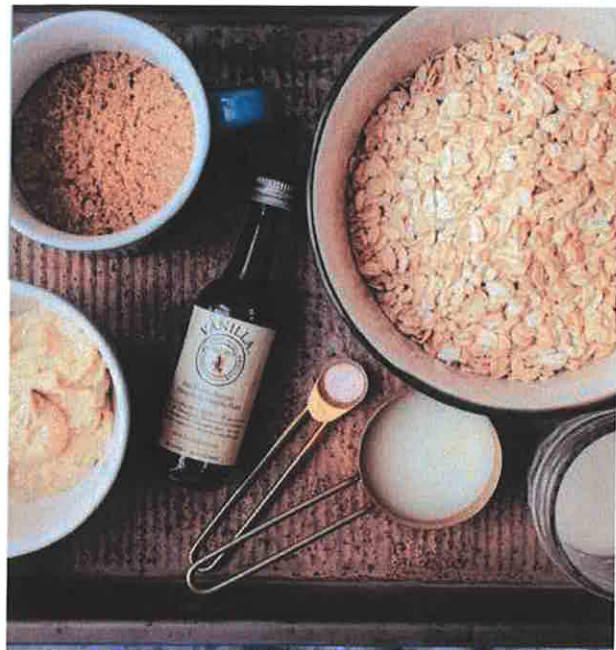
**+** *Add vegetables, fruits, whole grains, beans, lentils, nuts and seeds*

- Add foraged, frozen, canned, dehydrated or fresh market vegetables to soups, stews, casseroles, chilies, pasta dishes, sandwiches and pizza.
- Add fruits to breakfast cereals and dishes, desserts, smoothies and snacks.
- Add a small handful of nuts and seeds to casseroles, salads, desserts and snacks. A small amount is enough to give you important healthy fats and nutrients.
- Add whole grains, beans and lentils to soups, stews and casseroles. You may have to add additional cooking liquid to ensure there is enough.



3 EASY STEPS

## Add, Swap, Cut



→ **SWAP** in healthy fats, ingredients high in fibre and healthier cooking techniques.

- Replace a solid fat by a fat that is liquid at room temperature, or if using animal fat, use fat from wild game.
- When baking, swap half the butter, margarine or oil with unsweetened applesauce or mashed banana.
- Swap high fat dairy products for yogourt, sour cream and milk products with less than 2% M.F., or cheeses with less than 20% M.F. Use evaporated milk to replace heavy cream in most soups and casseroles.
- Replace up to ½ the grains with whole grains (wild rice, quinoa, whole wheat bread/flour/pasta). Swap up to ½ the white flour with whole wheat flour when baking.
- Substitute half the meat with beans or lentils in a soup, stew or casserole.
- Try grilling, roasting, braising, pan frying with only a little oil, boiling or steaming instead of deep frying or frying with a lot of fat.

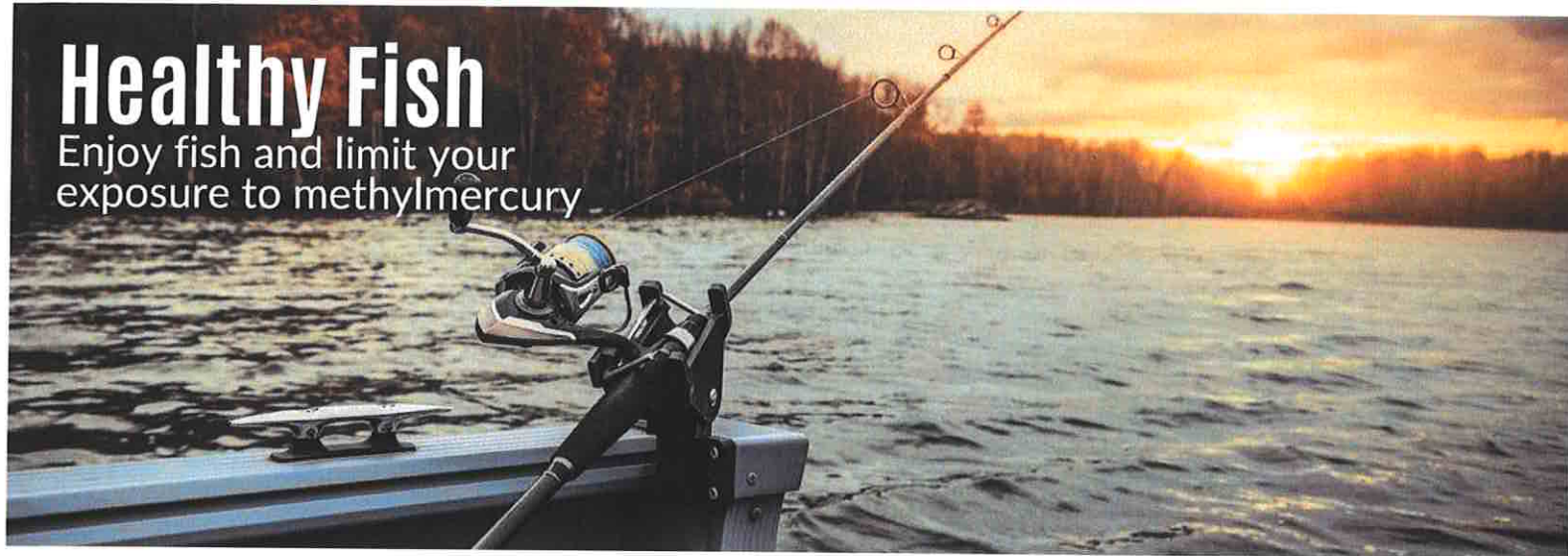
⊖ **CUT** sugar, salt and saturated fat.

- Cut the sugar by 1/3 when baking. Use spices such as cinnamon, cloves, allspice, nutmeg, vanilla or almond extract to boost flavour.
- Cut the salt by ½ for most main dishes, salads, soups and in baked goods that don't require yeast.
- Trim the fat from meat.
- Reduce the amount of cheese and cream in recipes.
- Limit extras: use pastry only on the top or bottom of your pie; use fewer chocolate chips; top your casserole with less cheese; use a fruit purée, coulis or a dusting of sugar instead of icing.
- Choose low sodium and low sugar canned ingredients instead of their alternatives, for example fruit canned in water or juice instead of syrup. Rinse canned ingredients to remove salt or sugar. Choose unsweetened fruit purée.



# Healthy Fish

Enjoy fish and limit your exposure to methylmercury



## Fish is a healthy food



Fish are an excellent source of protein, vitamins and minerals. Fatty fish are a significant source of vitamin D and healthy fats. Healthy fats help to reduce your risk of heart disease and play an important role in the development of a baby's eyes and brain.

Enjoying traditional foods such as fish, significantly increases the overall quality of your diet. Fish is affordable, accessible, readily available and can help support food security.

## Methylmercury contamination



Fish can accumulate a contaminant called methylmercury from their environment. This is especially true for larger predatory fish like Walleye and Northern Pike.

Methylmercury can be transferred to a growing baby through blood and breastmilk. Women of childbearing age and young children are more sensitive to the negative health effects of methylmercury.

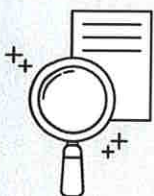
## Follow local fish consumption guidelines



You can reduce your exposure to methylmercury by limiting your intake of fish with higher levels of contamination.

You can find specific recommendations for the amount of local fish you can safely eat by using the following interactive tool (or searching): [Guide to Eating Ontario Fish](#)

## Additional information



You can find additional information on fish and methylmercury

- Speak to your local health care provider
- Use the following link (or search) [Mercury in Fish](#) to get information regarding deep sea fish and tuna



# NUTRITION LABELS

Information you need to make informed choices



Nutrition labels help you select the healthiest packaged foods.

Nutrition labels have been updated to make them easier to use.

## 3 Sources of Information

### 1 NUTRITION FACTS

Provides information on serving size, calories, 13 key nutrients and % daily values.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
<b>Calories 110</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 26 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
<b>Protein / Protéines 2 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0 %</b>
<b>Potassium 450 mg</b>	<b>10 %</b>
<b>Calcium 30 mg</b>	<b>2 %</b>
<b>Iron / Fer 0 mg</b>	<b>0 %</b>

#### SERVING SIZE

All the information in the Nutrition Facts table is based on the amount of food specified.

Serving sizes are similar for similar foods to make them easier to compare.

Compare the serving size with the amount you usually eat so that you can adjust the information on the Nutrition Facts table.



\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

## Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)  
pour 1 tasse (250 mL)

Calories 110	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

### % DAILY VALUE

Use the % Daily Value to compare foods.

It shows you if the food has a little or a lot of a specific nutrient.

This is a lot

5 % or less, is a little  
15 % or more, is a lot

## 2 INGREDIENT LIST

Ingredients are listed by weight, starting with the ingredient that weighs the most and ending with the ingredient that weighs the least.

The different types of sugar are grouped to show the kinds of sugars used and how much sugar was added compared to other ingredients.

Ingredients: Sugars (fancy molasses, brown sugar, sugar) • Flour • Vegetable oil shortening • Liquid whole egg • Salt • Sodium bicarbonate • Spices • Allura red  
Contains: Wheat • Egg

Common allergens and gluten sources are included in the ingredient list or in a "Contains" statement located immediately after the ingredient list.

## 3 NUTRITION CLAIMS

Nutrition claims include **Nutrient Content claims** and **Health claims**. **Not all eligible food items will have a nutrition claim on their label.**

Nutrient Content claims, describe the amount of a nutrient in a food.

- Claims like "**free**," "**low**" or "**reduced**" show that a food may have **less** of a certain component, like Calories, fat, saturated fat or sodium.
- Claims like "**good source**" and "**high**" show that a food has an **important amount** of fibre, vitamins or minerals.

Health claims, show the benefit of a food or nutrient on our health, for example, "**oat fiber helps lower cholesterol**".





# NNADAP

Louise Ashawasegai



## B'SAANIBAMAASIWIN

ABORIGINAL MENTAL HEALTH PROGRAM

60 James Street Suite 201, Parry Sound; (705) 746-2512

Agency, self and family referrals accepted

24 Hour Crisis Support

July

2021

## Summer Wellness

Summer is here and with it comes an amazing day, June 21<sup>st</sup>. This day brings the summer solstice/longest day of the year, National Indigenous Peoples Day and the first day of summer!

Along with the change in weather, summer can also mean a change in schedules and adjusting to this change can be challenging. There can also be a feeling of pressure that we often place on ourselves: the weather is nice so we should be out enjoying it; for a lot of us, our kids are home, so we should be spending time with them. There are any number of examples about why summer can be a stressful time for any of us, and it is okay to admit it.

### Drop the *shoulds*.

Let go of pressuring yourself with summer activities you think you should/shouldn't be doing. Instead, allow each day to be what it is.

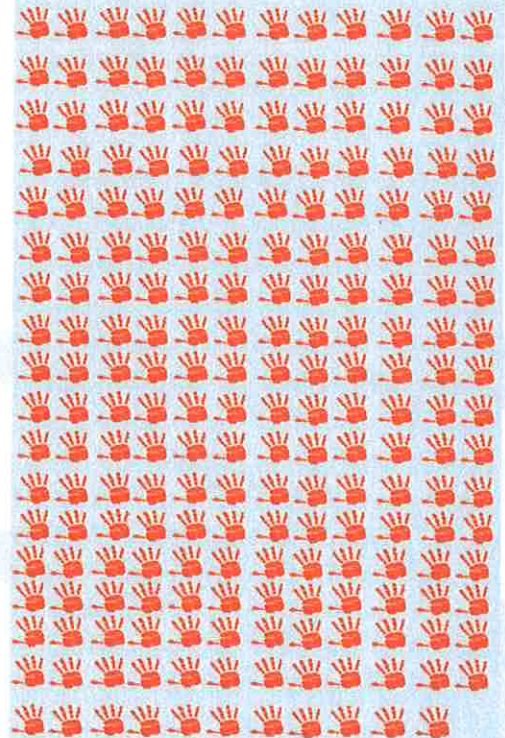
### Quality is better than quantity.

Make frequent trips outside (walks, hikes, swims). Many short outdoor breaks and exercise can be extremely helpful for mental health and wellness, instead of a lengthy hike or day in the sun, trying to make the most of the day.

### Bring an intention to making joy in each day.

Create small moments of relaxation and fun throughout the day, no matter what the weather turns out to be or what else the day brings.

Hope everyone has a safe and enjoyable summer!



#REMEMBER215

#EVERYCHILDMATTERS

Full Moon: July 23rd

Next Full Moon: August 22nd



**OJIBWE — MSKOMINI GIIZIS (Raspberry Moon)** : when great changes begin. By learning gentleness and kindness, we may pass through the thorns of its brush and harvest its fruit, as we gain knowledge that will help in raising our families.

**CREE— OPASKOWIPISIM (Feather Moulting Moon)** : Month when young fowl are moulting

**HAUDENOSAUNEE — Oyhóhtseh (Green Bean Festival)**: Around the beginning of August we honor the bean, an important part of our ancestors diet.



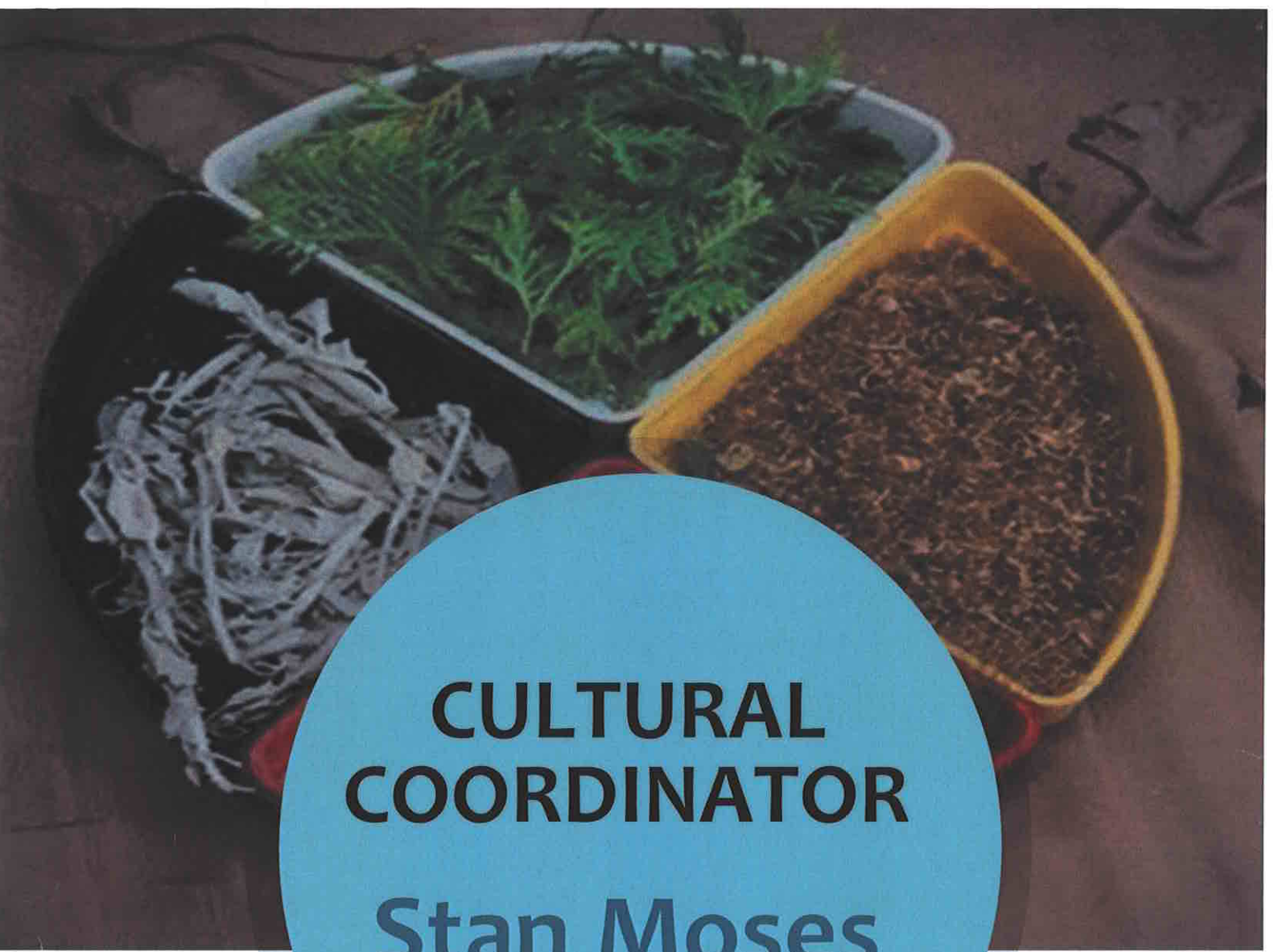


## Harm reduction

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

**Needle exchange ..... every day.....**

**Please do use sharps container through out the community to keep our children safe.**

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

**CULTURAL  
COORDINATOR**  
**Stan Moses**

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

**PoG 1J0**

**(705)857-1221 EXT: 229**





COLIN MOUSSEAU

# COLIN MOUSSEAU TRADITIONAL HEALER

## **DATES:**

Tues. July 20 – Appts. All Day

Wed. July 21 – Appts. All Day

Thurs. July 22 – Lodge Prep in morning &  
prep for sweat in P.M. with Sweat  
Ceremony @ 6PM

**WHERE:** Appts. In Program Trailer

**TIMES:** Appts. Between the times of  
9:00am – 5:00pm (6 per day)

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

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

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





# MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Planning/Sharing  
Session

**10 Participants MAX**

**WHEN:** Tuesday July 13, 2021

**WHERE:** Pow Wow Grounds

**TIME:** 5pm – 8pm

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

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

CULTURAL COORDINATOR STAN MOSES 705-857-1221





# MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Fire Ceremony

**10 Participants MAX**

**WHEN:** Tuesday July 27, 2021

**WHERE:** Pow Wow Grounds

**TIME:** 5pm – 8pm

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

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

CULTURAL COORDINATOR STAN MOSES 705-857-1221



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# PLANNING OF OJIBWAY LANGUAGE CLASS

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Planning to hold classes in August if all goes well with the lifting of Covid restrictions.

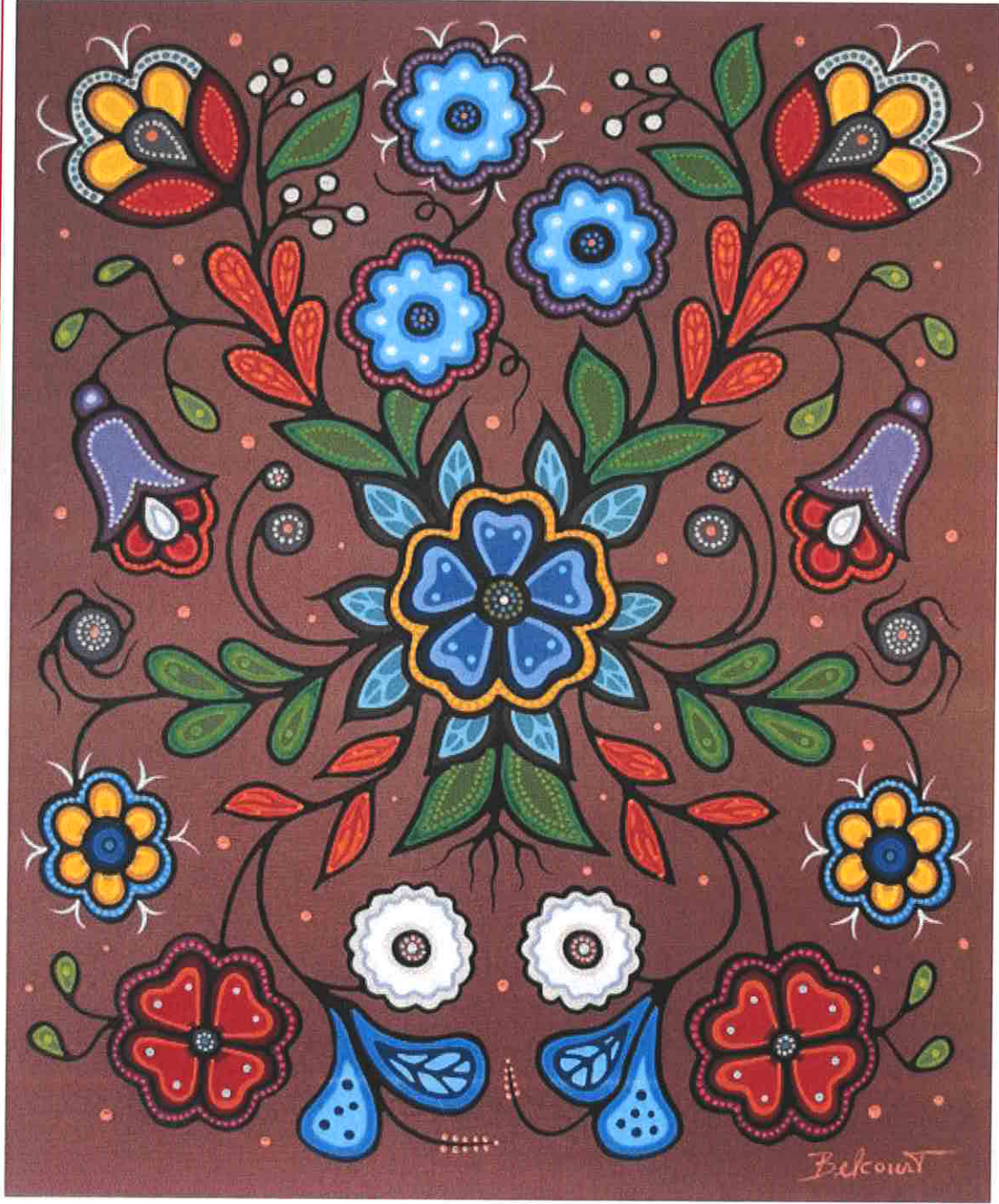
Please call Darcy or Stan @ Health Centre if your interested and to recommend the time of day/evening you would prefer the Classes to be held.

Maureen Kagagins will be Teaching

Stan Moses : Cultural Co-ordinator : 705-857-1221



# COMMUNITY WELLNESS PROGRAM NEWS



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



# COMMUNITY WELLNESS PROGRAM

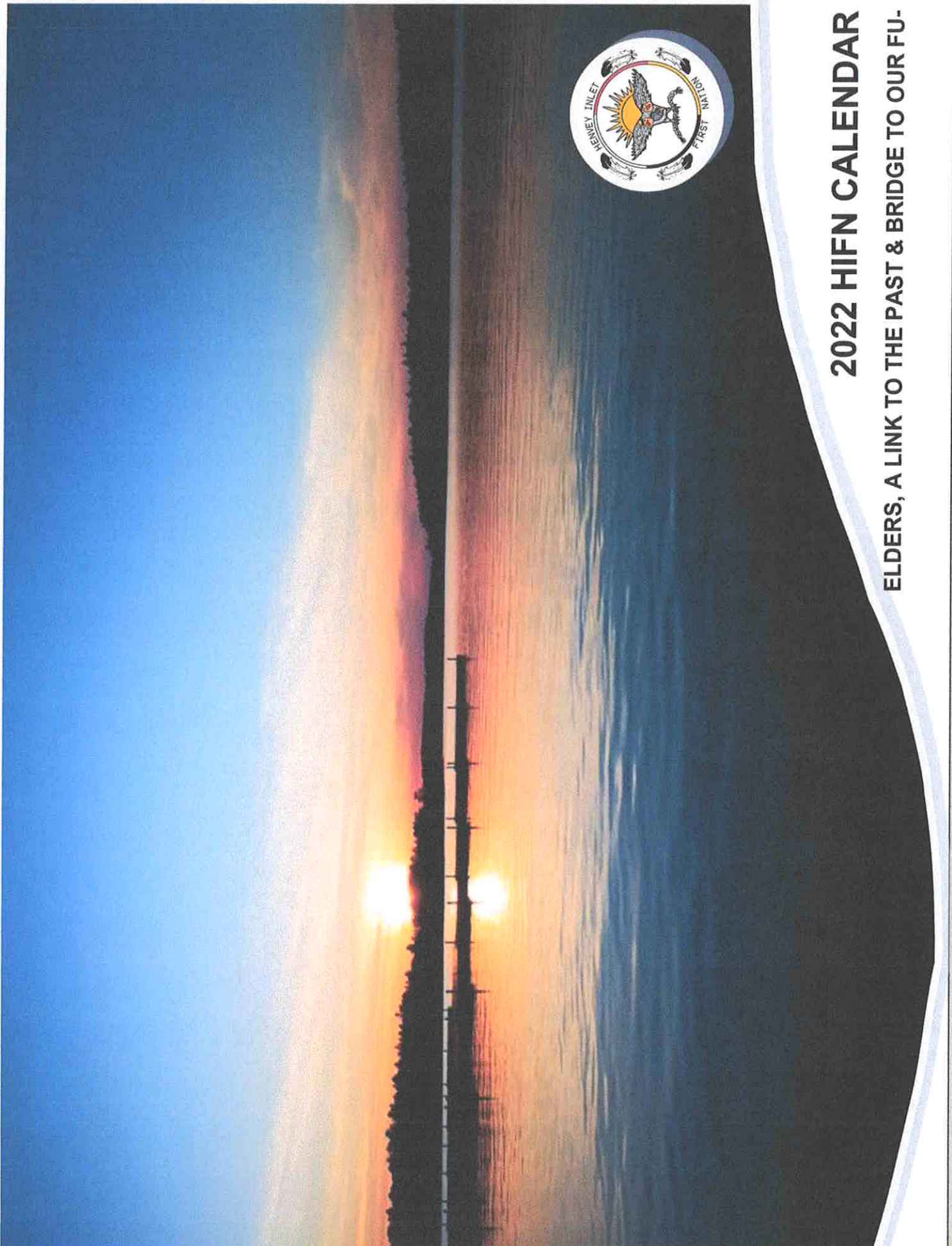


Family...may we never take each other for granted.

## JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Vacation Day	29 Vacation Day	30 Vacation Day	1 CANADA DAY	2 Vacation Day	3
4	5 Vacation Day	6 Health Centre Zoom Mtg w/AVAANZ	7 Home Visits	8 Research	9 In office	10
11	12 In office	13 Health Centre Zoom Mtg w/AVAANZ	14 Home Visits	15 Research	16 In office	17
18	19 In office	20 Health Centre Zoom Mtg w/AVAANZ	21 Home Visits	22 Research	23 In office	24
25	26	27	28	29	30	31
V A C A T I O N						





# 2022 HIFN CALENDAR

ELDERS, A LINK TO THE PAST & BRIDGE TO OUR FU-

**Victor Ashawasagai**  
**Charlotte Contin**  
**Grace Contin**  
**Judy Contin**  
**Faye Delamorandiere**  
**Eric Herbert**  
**Rodney Nettagog**  
**Russel Noganosh**  
**Alfreda McQuabbie**  
**Mike McQuabbie**  
**Martina Moreau**  
**Micheal Soloman**

The interviews were completed earlier this year, but require some genealogy research on my part. This delayed the delivery of the calendar for 2021. The new release date will now be in December 2021.

Here is the listing for the featured Elders for the 2022 Calendar.

Thank you all for taking time to be interviewed. I really enjoyed listening and documenting your life journey.

In respect and honor,

Luana McQuabbie, Community Wellness Worker



**2022 HIFN CALENDAR**

**ELDERS, A LINK TO THE PAST & BRIDGE TO OUR FUTURE**



# CREATING YOUR OWN PERSONAL FAMILY TREE

“GETTING STARTED WITH AncestryDNA”

JULY 2021(ON-GOING),  
HIFN HEALTH CENTRE/TRAILER #3

Gathering family history involves tracing a continuous line of descent from a given ancestor. In past times many First Nation people were taught to memorize their genealogy and this data was recited at marriages, funerals and at other feasts and ceremonies. Over time, the ability to trace one's ancestry by memory became a lost art.

Today anyone wishing to trace his or her ancestry must search through vital statistical records such as births, marriages and deaths, and through various government and private records as well as ancestry research through on-line sites and AncestryDNA testing kits to obtain information on their own family lineage. Testing kits will be available through the CWW program.



**TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT  
CWW LUANA MCQUABBIE 705 857-1221 EXT 227**

# PICKEREL CEMETERY

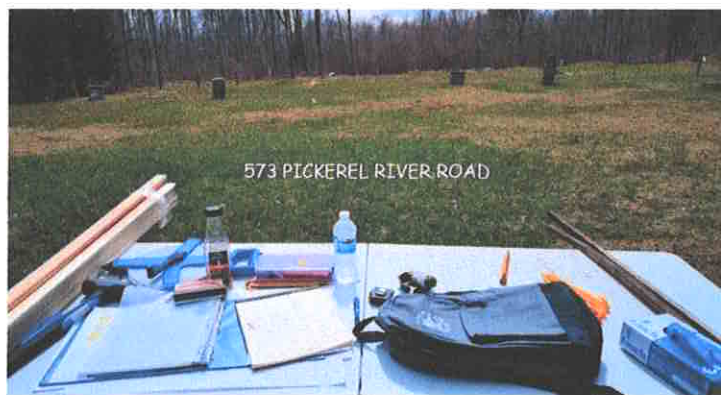
573 Pickerel River Road

During my one term served on band council in 2011-2013, I took an interest in our poorly maintained/lack of documentation cemeteries here in Pickerel, Bekanon and Cantin Island. My focus was on the Pickerel Cemetery, I started by cutting back brush and pulling weeds, collected garbage and cleaned up debris. Sorted through old crosses laying scattered about in heaps, collecting the ones I could read or that had some markings on them and piling neatly the ones that had none.

The information gathering part was hard to come by. I tried to update the existing 1989-1990 plot map held by the band office identifying some plots in the Pickerel Cemetery. A few people came out and tried their best to help with their recollection of family plot identity. Others criticized me for not listing their loved one or lack of keeping their loved one's plot identified/marked, clean and cut. In newsletters, I have asked for help in the way of accessing deceased person records eg. Obituary card, death certificates etc. I did receive some but not as much as I would of liked.

Last year Chief Wayne McQuabbie approached me and asked if I could pick up the cemetery research and updating the list further. A monument will be coming soon for the Pickerel Cemetery and the names of our deceased loved ones will be placed on this monument. In the next newsletter I will be submitting an up-to-date listing of what I have so far. I will also be submitting a form for you to fill out with any additional names and information I don't have on my listing.

Once again, I will be asking for your help and offering an monetary incentive as a thank you. See attached flyer. I understand the old Pickerel Cemetery is full and a new cemetery has been created behind it. However, there is a lot of names still missing from the old cemetery and need to be gathered and documented. Many thanks to all whom have helped in the past. Much appreciated.



**Please contact:**

Luana McQuabbie  
Community Wellness Worker  
HIFN Health Centre Trailer #3

Phone: (705) 857-1221 Ext 227  
Fax: (705) 857-0730  
E-mail:







*To be used for :*

*CEMETERY RESEARCH*

*\**

*FAMILY GENEALOGY  
RESEARCH*

*\**

*ELDERS CALENDAR*

## ***HERITAGE COLLECTION INFO NEEDED***

BIRTH NOTICES  
BAPTISMAL RECORDS  
MARRIAGE RECORDS  
DEATH NOTICES  
FUNERAL CARDS  
OBITUARY CARDS  
NEWSPAPER CLIPPINGS  
CEMETERY RECORDS

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

***Please come see CWW Luana McQuabbie in  
TRAILER #3 with your items or call the number and  
extention below to set-up a time where I can come  
see you at your home.***

***As a special thank you will receive \$5.00 in cash per  
item as long as I don't already have it in my  
collection.***



LUANA MCQUABBIE  
HIFN COMMUNITY WELLNESS WORKER  
Phone: 705 857-1221 EXT 227  
E-mail: [luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)



# Upcoming Individual Sessions

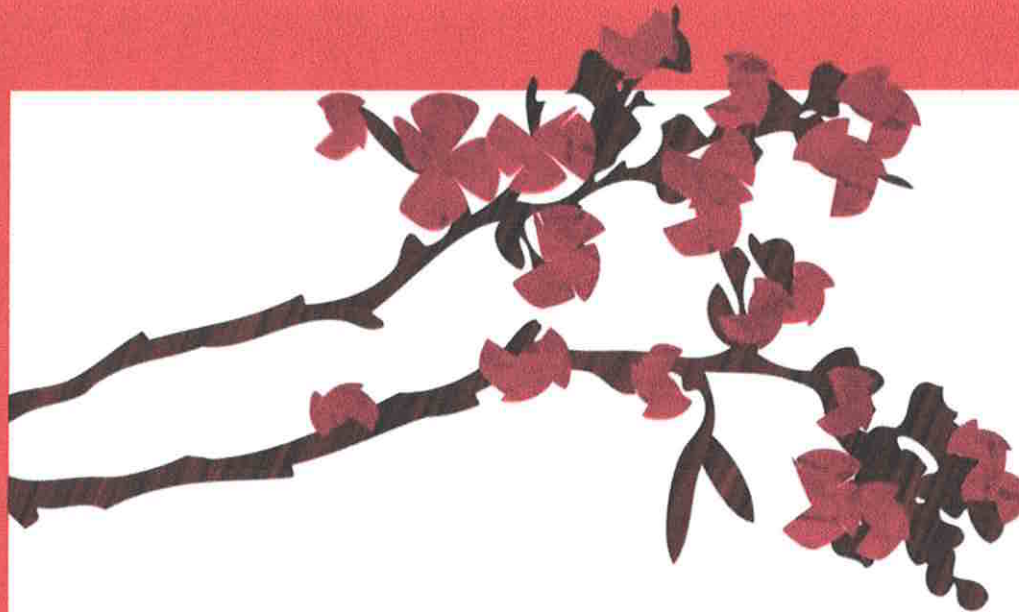


FOR MORE INFORMATION PLEASE CONTACT  
CWW LUANA MCQUABBIE 705 857-1221 EXT 227  
TRAILER #3 HEALTH CENTRE

# REGALLIA MAKING

Due to Covid-19 and social distancing, I will be working one on one with individuals who are interested in making a regalia.





# SPECIALTY SEWING

## INDIVIDUAL REQUESTS

---

**WHEN: ANYTIME**

**WHERE: HEALTH CENTRE/TRAILER #3**

*For some time now I have been asked to make special items for ceremonial use, special gatherings where an article of clothing is needed and especially items for a deceased loved one.*

*I do enjoy sewing and don't mind requests like this within reason. I will be extending this invitation to anyone who is needing something special please come see me in Trailer #3 at the Health Centre.*

*I will also be making moss bags, baby blankets, baby moccasins as part of a welcoming to new babies in the community. Please give me some advance notice and come select fabric choices and colors.*

*Orders for fabric mask are also available.*

LUANA MCQUABBIE/HIFN COMMUNITY WELLNESS WORKER