



Monday September 6th



Tuesday September 7, 2021



Ontario Works



September 10th @ 10am



Job Postings inside!



GOODBYE SUMMER

KIDS
fishing
DERBY
September 11, 2021



See inside for flyer/details

HELLO FALL



Ojibway Language Class
Sept. 8th



MENS GROUP
Sept. 7 & Sept. 21





**Henvey Inlet
First Nation**

Pickereil, ON P0G 1J0

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

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

Day Care
354B Pickereil 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: Band Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: August 26, 2021
Re: Reconstruction of Pickereil River Rd.

Chief and Council have entered into a contract with Shwe Miikaan to reconstruct Pickereil River Rd and Sub Rd. The construction zone will begin at the boundary line just past Judy Contin's, and end at the Pickereil River Trailer Park. Pickereil River Rd was originally built as a corduroy road (built on logs) and this base material now is coming through causing extensive road maintenance in addition to the pot holes.

This road construction work will begin within a couple of weeks, and is expected to end late fall.

Members will observe, excavation of the old road with new material laid, ditching done, new culverts installed where needed, and the road will be paved. It is anticipated that the paving will actually be done in the spring along with any of the work that cannot be done this year.

This road work was negotiated by Chief and Council and the Ministry of Transportation in consideration of them four laning Hwy 69 within our reserve lands and traditional territory.

The total cost of the road construction work is approximately \$6,296,055.60.

Anyone interested in employment in this project are to apply directly to Shwe Miikaan.

Thank you.

/MP
Director of Finance/Administration



24 August 2021

SPECIAL NEWSLETTER

Henvey Inlet First Nation

Henvey Inlet Reserve No. 13
Pickering, Ontario P0G 1J0

Administration

295 Pickering River Road
T 705-857-2331
F 705-857-3021
Toll-free 1-800-614-5533

Health Centre

354A Pickering River Road
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F 705-857-0730
Toll-free 1-800-252-3330

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M. Wayne McQuabbie

Councillors

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Doreen McKenzie
Maureen Kagajins

Proposed Land Law on Cannabis Use, Sale and Production within our lands

When cannabis was legalized in the fall of 2018, Band Council responded to community concerns by issuing a moratorium on the sale and production of cannabis within our reserves until the members had an opportunity to become better informed and to express their views through a community vote.

We have since had a number of community meetings for information purposes, and it appears that at least some members are in favor of allowing properly regulated use, sale and production on our lands. Band Council has accordingly prepared a draft cannabis land law dealing with these matters for your consideration. Although Council has authority under the Land Code to enact this land law without a community vote, we also have the authority to put anything that is contentious to a community vote if we think it is advisable, and that is what we are doing on this draft land law.

The proposed *Henvey Inlet First Nation Cannabis Land Law 2021*, which is available from the Band Administration Office or on our First Nation website, does three main things:

- It defines areas where cannabis cannot be used, such as inside and around band buildings and in band vehicles. This will reduce the exposure of children to cannabis use and ensure members who do not wish to participate in cannabis use and culture are not forced to do so, and is essential for workplace safety.
- It provides for licences to be issued for cannabis grow-ops and for cannabis stores, but only on land leased from the First Nation, not CP or CE land. This is so that everybody in the community can share in the benefit of any production facility or store through band rental income.
- It requires any producer or seller of cannabis to have all necessary provincial and federal licences and authorizations, in addition to a Henvey licence and lease, before they can operate. This will ensure that only reputable and law-abiding businesses can operate in our community, and ensure the quality of product that is sold or grown within our reserves.

Meeting of Members to discuss the draft land law will be held at the Fire Hall, Pickering River Road, French River Reserve No. 13, on two dates: Sunday, 17 October 2021 from 11:00 a.m. to 2:00 pm, and Tuesday, 19 October 2021 from 3:00 pm to 5:00 pm. Voting will be by mail in ballot and in person on Sunday, 24 October 2021 from 10:00 am to 5:00 pm, or by mail-in ballot received by Scott Jacobs, the Voting Officer, on or before noon on Friday, 22 October 2021. Ballots will be sent to all members by mail shortly.

If you have any questions or require any further information in the meantime, please contact me or Councillor Doreen McKenzie at the Band Administration Office, or send in the Feedback Form included in the Notice package you will receive shortly and the Lands Advisory Committee will follow up with you.

Meegwetch!

Chief M. Wayne McQuabbie



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August 2021

Henvey Inlet COVID-19

Vaccination Update

Henvey Inlet CHN Program— August 2021 —

Since March of 2021, the CHN has been administering Moderna to anyone who was interested in being vaccinated for COVID-19. At this time, the CHN is in the process of beginning the inputting of these individuals into the provincial tracking system, known as the COVAX system. It will be a somewhat lengthy process to complete as it requires emails and possibly health card numbers. At some point, if required, the CHN may be attempting to call those individuals who did not provide HC #'s or emails, and who may choose to be inputted into the provincial system and subsequently, proof of vaccination. Once inputted, clients who wish to access their vaccine information or provide proof of vaccination for travel or other purposes may do so by accessing the link

<https://covid19.ontariohealth.ca/>

VACCINE Availability

If anyone is interested in still getting this vaccination, please call the H.C. and leave your name with Darcy and the CHN will investigate the possibility of having a clinic or calling a local clinic/pharmacy who is accepting appointments. Transportation can be provided to these clinics if required.



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MEMORANDUM

To: All Henvey Inlet First Nation Members
From: Samantha Bradley, Human Resources Coordinator
Date: August 26, 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 – Multiple Casual Positions
- 3) Water Treatment Trainee – 1 Position
- 4) Secondary School Bus Driver – 1 Position
- 5) Home Support Worker – 1 Temporary 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 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

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:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

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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:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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EMPLOYMENT OPPORTUNITY

WATER TREATMENT OPERATOR TRAINEE

RE-POST

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:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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EMPLOYMENT OPPORTUNITY
SECONDARY SCHOOL BUS DRIVER

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a **Secondary School Bus Driver** to join our Administration for a short-term contract from September 2021 to June 2022. The Secondary School Bus Driver reports to the Education Counsellor and is responsible for transporting students of various ages to and from their homes and respective schools in a timely and safe manner and in accordance with MTO driving regulations, Ontario traffic laws and safe driving practices. This position requires excellent organization, communication and customer service skills.

MAIN RESPONSIBILITIES

The Secondary School Bus Driver will be responsible to:

- Ensure bus is well-maintained and operational by conducting daily safety checks on both interior and exterior of school bus prior to operating vehicle
- Report any bus malfunctions or needed repairs
- Safely deliver students to and from their homes and schools, following the assigned time schedule.
- Assist students with boarding and exiting the bus and while crossing the street as needed
- Adhere to and enforce bus safety rules and standards
- Comply with traffic regulations to operate vehicles in a safe and courteous manner
- Resolve any conflicts in a positive, respectful and proactive manner
- Complete an Ontario School Bus Inspection Log Book and Drivers Time Log Book on a daily basis
- Fuel the bus at HIFN Gas Bar as required, notifying the Gas Bar Attendant which bus they are fueling to ensure the correct account is charged
- Transport busses to maintenance and service appointments as required
- Cleaning of the interior of the bus daily and restocking bus supplies when necessary
- Regularly report on the operations of daily runs to the Education Counsellor
- Be available by phone at all times during the school day
- Be informed on protocols for the bus's ability to transport students when weather or safety conditions are a concern
- Other duties as assigned from time to time by the Supervisor, Chief and Council or the Director of Finance/Administration.

QUALIFICATIONS

- Grade 12 diploma or equivalent preferred
- Valid Ontario Class G Driver's License required; Class B Driver's License preferred
- Clear Driver's Abstract
- Clear CPIC – Vulnerable Sector Police Check
- Current First Aid and CPR Level C

- Previous school bus driver experience preferred
- Knowledge of the Ontario Highway Traffic Act and school bus regulations
- Knowledge of First Nations customs, traditions and language an asset
- Excellent driving skills and habits
- Ability to remain attentive when faced with distractions
- Excellent customer service and written and verbal communication skills
- Exceptional organization and time-management skills
- High level of personal integrity and accountability

HOURS OF WORK

Full-Time – 40 hrs/week

REMUNERATION

Based on experience.

START DATE

September 7, 2021

APPLICATION DEADLINE

Posted until filled.

Those interested in applying should submit their resume, cover letter, driver's abstract and CPIC in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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

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MEMORANDUM

To: Member of Henvey Inlet First Nation
Fr: Housing Assistant
Dt: September 2021
Re: HIFN Housing update.

DMC Mechanical has been contacted to start furnace maintenance before the cold weather starts.

Home inspections are still happening. Please contact the office to book your home inspection.

The second home maintenance workshop is happening in October. Keep an eye on your mail box, this will be your last chance to qualify for December's rent incentive.

Thank you,

Heidi Kimberley
Housing Assistant

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



**HOME
OWNERSHIP
AND YOU**

2021 OUTREACH

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



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



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



EDUCATION NEWS

BACK TO SCHOOL GIFT CARDS

As you may know, student Visa Cards were distributed at the Back-to-School meeting on August 25th. Unfortunately, we were not able to purchase enough cards, in the correct denominations, therefore we have ordered additional cards for those who didn't attend the meeting. Hopefully we will receive the order next week.

Please see Genevieve to pick up your cards. If you wish to have someone pick them up for you, let me know via email or send a note with them authorizing them to sign on your behalf. Parents must return the updated Family Information forms and the bus policy form signed by students and parents in order to receive the student gift cards.

HIFN also received a very generous donation of back packs and school supplies from the Planting A Seed: Helping Indigenous Kids Grow charity. This donation was organized and delivered to us by the Six Nations of the Grand River First Nation. The charity has asked that pictures of recipients be posted to their facebook page. Our CWW, Debbie Lemieux has offered to take a group photo of the kids at Britt school holding a huge Chii Miigwech sign; this photo will be sent to Six Nations and the charity. If you do not want your child's photo posted on the site, please be sure to let Debbie know by texting her at 705-662-3616. If you did not attend the Back-to-School meeting, please ask for your back pack when you come in to the office.

DRIVER NEEDED

We are still looking to fill the Secondary School driver position. If you know of anyone who may be interested, please have them submit their application as soon as possible. A new posting is being distributed in the surrounding area to increase our pool of applicants.

WAGAMAKE LEARNING CENTRE

As you may know, the opportunity to access adult education has been open to members for several years but it is now winding down. If you wish to complete your last few credits, you will need to contact our instructor, Carol Froelich at 7056-774-2596. If you are consistent and committed to your studies you may be able to finish your OSSD in the short time left.

Chii miigwech,

Genevieve Solomon Dubois
HIFN Education Counsellor
705-857-2331 Ext 229



2021 - 2022 Near North District School Board Year Calendar

Near North
District School Board

This calendar provides a quick reference for examination days, statutory holidays, school holidays and professional development days as approved by the Near North District School Board and the Ontario Ministry of Education. A directory of schools and senior administration is also included.

LEGEND * First School Day * Last School Day ■ Professional Development Day ■ Secondary Exam Day ■ Statutory / School Holiday

Month	1st WEEK							2nd WEEK							3rd WEEK							4th WEEK							5th WEEK						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
AUGUST	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
SEPTEMBER			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
OCTOBER				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29			
NOVEMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
DECEMBER			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
JANUARY	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
FEBRUARY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
MARCH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
APRIL				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29			
MAY	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
JUNE			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			

Our mission is to educate learners to their fullest potential in preparation for life-long learning.

Visit our website at: www.nearnorthschools.ca



CONTACTS

SECONDARY SCHOOLS

Almaguin Highlands Susan Fawcett 705-472-5563
 Chippewa Julie Beaudoin 705-475-2341
 F.J. McElligott Todd Gribbon 705-472-5720
 Laurentian Learning Centre Larry Lanctot 705-472-5419
 Northern Laurent Paquette 705-472-5322
 Parry Sound Dawn Buckland 705-773-7979
 West Ferris Andy Gagné 705-475-2333

ELEMENTARY SCHOOLS

Alliance Christine Tranter 705-475-2326
 Argyle Tammy Melnyk 705-475-2316
 Britt Brigid Wright 705-773-7999
 Chippewa Intermediate Julie Beaudoin 705-475-2341
 E.T. Carmichael Jamey Byers 705-472-5502
 E. W. Norman Heather Taylor 705-472-5534
 Evergreen Heights Pam Marshall-Gray 705-636-5955
 F.J. McElligott Intermediate Todd Gribbon 705-472-5720
 Ferris Glen Lori Bergin 705-475-2323
 Humphrey Jennifer Nicholas 705-732-4801
 Land of Lakes Liz Simser 705-475-2324
 M. T. Davidson Amy Wood 705-472-5970
 MacTier Leisa Wheaton 705-773-7980
 Magnetawan Central Wade Burrows 705-387-3939
 Mapleridge Alison Clarke 705-472-5751
 Mattawa District Todd Gribbon 705-472-5241
 McDougall Laurie Payne 705-773-7971
 Nobel Brigid Wright 705-773-7988
 Parry Sound Intermediate Dawn Buckland 705-773-7979
 Parry Sound Public Shannon Mahon 705-773-7985
 Phelps Central Karen Waller 705-472-5567
 Silver Birches Alison Herst-Jackson 705-475-2322
 South River Leslie Hansen 705-475-2325
 South Shore Tammy Melnyk 705-475-2317
 Sundridge Centennial Jill Cooper 705-472-5101
 Sunset Park Kim Pauli 705-475-2330
 Vincent Massey Jennifer Delorme 705-475-2340
 West Ferris Intermediate Andy Gagné 705-475-2333
 Whitestone Lake Wade Burrows 705-389-2590
 White Woods Lynn Baldwin 705-472-5224
 Woodland Amanda Meighan 705-475-2321

ADDRESSES & PHONE NUMBERS

NORTH BAY HEAD OFFICE

963 Airport Road, P.O. Box 3110, North Bay, ON P1C 1A5
 705-472-8170 or 1-800-278-4922, Fax: 705-472-9927

NIPISSING - PARRY SOUND TRANSPORTATION CONSORTIUM

685 Bloem Street, Suite 201, P1B 4Z5
 705-472-8840, Fax: 705-472-3170
 (Parry Sound 705-773-7970)

TRUSTEES 2018-2022

Jay Aspin jay.aspin@nearnorthschools.ca
 John Cochrane john.cochrane@nearnorthschools.ca
 Donna Breault donna.breault@nearnorthschools.ca
 Alan Bottomley alan.bottomley@nearnorthschools.ca
 Rob Learn rob.learn@nearnorthschools.ca
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 Bill Steer bill.steer@nearnorthschools.ca
 Nichole King nichole.king@nearnorthschools.ca

SENIOR ADMINISTRATION

Craig Myles Director of Education
 Seija Van Haesendonck Superintendent of Business
 Tim Graves Superintendent of Education
 Gay Smylie Superintendent of Education
 Melanie Gray Superintendent of Education

COVID-19 school and child care screening

Version 5: May 31, 2021

Students and children must screen for COVID-19 every day before going to school or child care. Parents/guardians can fill this out on behalf of a child.

Date (mm-dd-yyyy) _____

Screening Questions

1. **In the last 14 days, has the student/child travelled outside of Canada?** Yes No
If exempt from federal quarantine requirements, select "No."
2. **Has a doctor, health care provider, or public health unit told you that the student/child should currently be isolating (staying at home)?** Yes No
This can be because of an outbreak or contact tracing.
3. **In the last 14 days, has the student/child been identified as a "close contact" of someone who currently has COVID-19?** Yes No
4. **In the last 14 days, has the student/child received a COVID Alert exposure notification on their cell phone?** Yes No
If they already went for a test and got a negative result, select "No."
5. **Is the student/child currently experiencing any of these symptoms?**
Choose any/all that are new, worsening, and not related to other known causes or conditions they already have.

Fever and/or chills Yes No
Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher

Cough or barking cough (croup) Yes No
Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions they already have)

Shortness of breath Yes No
Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions they already have)

Decrease or loss of taste or smell Yes No
Not related to seasonal allergies, neurological disorders, or other known causes or conditions they already have

Sore throat or difficulty swallowing Yes No
Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions they already have)

Runny or stuffy/congested nose Yes No
Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions they already have

<p>Headache</p> <p>Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions they already have)</p> <p>If the student/child received a COVID-19 vaccination in the last 48 hours and is experiencing a mild headache that only began after vaccination, select "No."</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No
<p>Nausea, vomiting and/or diarrhea</p> <p>Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions they already have</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No
<p>Extreme tiredness or muscle aches</p> <p>Unusual, fatigue, lack of energy, poor feeding in infants (not related to depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions they already have)</p> <p>If the student/child received a COVID-19 vaccination in the last 48 hours and is experiencing mild fatigue and/or mild muscle aches/joint pain that only began after vaccination, select "No."</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No
<p>6. Is someone that the student/child lives with currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms?</p> <p>If the individual experiencing symptoms received a COVID-19 vaccination in the last 48 hours and is experiencing mild headache, fatigue, muscle aches, and/or joint pain that only began after vaccination, select "No."</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No

Results of screening questions

- !** **If you answered "YES" to question 1 or 3 do not go to school or child care.**
- The student/child must self-isolate (stay home) for 14 days and not leave except to get tested or for a medical emergency.
 - If you answered **"YES" to question 1**, follow the advice of public health. The student/child can return to school/child care after they are cleared by your local public health unit.
 - If you answered **"YES" to question 3**, talk with a doctor/health care provider to get advice or an assessment, including if they need a COVID-19 test. The student/child can return to school/child care only after 14 days, even if they get a negative test result.
 - If you live in certain areas of the province, like Toronto or Peel, siblings and other people in your household must stay at home for 14 days. This is because of local risk factors.
 - If you live in other areas of Ontario, siblings and other people in your household can go to school, child care or work, but must not leave the home for other non-essential reasons. Ask your school/child care for more information.
 - If they develop symptoms or test positive, contact your local public health unit or doctor/health care provider for more advice.
 - Contact your school/child care provider to let them know about this result.
- !** **If you answered "YES" to question 2 do not go to school or child care.**
- The student/child must self-isolate (stay home) and not leave except for a medical emergency.
 - Follow the advice of public health. The student/child can return to school/child care after they are cleared by your local public health unit.
 - If they develop symptoms, contact your local public health unit or doctor/health care provider for more advice.
 - If you live in certain areas of the province, like Toronto or Peel, siblings and other people in your household must stay at home. This is because of local risk factors.

- If you live in other areas of Ontario, siblings and other people in your household can go to school, child care or work, but must not leave the home for other non-essential reasons. Ask your school/child care for more information.
- Contact your school/child care provider to let them know about this result.



If you answered "YES" to question 4 do not go to school or child care.

- The student/child must self-isolate (stay home) and not leave except for a medical emergency.
- Visit an assessment centre to get them a COVID-19 test.
 - If they test negative (they do not have the virus), they can return to school/child care.
 - If they test positive (they have the virus), they can return only after they are cleared by your local public health unit.
- If they develop symptoms, contact your local public health unit or doctor/health care provider for more advice.
- Siblings or other people in your household can go to school, child care or work, but must not leave the home for other, non-essential reasons until the individual who got the COVID alert tests negative, or is cleared by your local public health unit.
- Contact your school/child care provider to let them know about this result



If you answered "YES" to any of the symptoms included under question 5 or question 6 do not go to school or child care.

- The student/child must isolate (stay home) and not leave except to get tested or for a medical emergency.
- If you answered "YES" to question 5, talk with a doctor/health care provider to get advice or an assessment, including if the student/child need a COVID-19 test.
- If you answered "YES" to question 6, the student/child can return to school or child care after the individual gets a negative COVID-19 test result, or is cleared by your local public health unit, or is diagnosed with another illness.
- Siblings or other people in your household must stay at home until the student/child showing symptoms or individual tests negative, or is cleared by your public health unit, or is diagnosed with another illness.
- Contact your school/child care provider to let them know about this result.



If you answered "NO" to all questions, your child may go to school/child care because they seem to be healthy and have not been exposed to COVID-19. Follow your school/child care provider's established process for letting staff know about this result (if applicable).

If the student/child received a COVID-19 vaccination in the last 48 hours and has mild headache, fatigue, muscle aches and/or joint pain that only began after immunization, and no other symptoms, they are to wear a properly fitted mask for their entire time at school/child care. Their mask may only be removed to consume food or drink and they must remain at least two metres away from others when their mask has been removed. If the symptoms worsen, continue past 48 hours, or if they develop other symptoms, they should leave school/child care immediately to self-isolate and seek COVID-19 testing. If the symptoms worsen, continue past 48 hours, or if they develop other symptoms, they should leave school/child care immediately to self-isolate and seek COVID-19 testing.

Public Health Ontario – Contact Tracing

Answering these questions is optional. This information will only be used by Public Health officials for contact tracing. All information will be deleted in 28 days.

Date: _____

Name: _____

Phone or Email: _____

9-1-1 now in Henvey Inlet First Nations.

Introducing 9-1-1 for emergency calls to fire, police and ambulance services.

If you are not in this area, please consult your local telephone directory or check with your municipal office for emergency numbers in your area.

What is 9-1-1?

9-1-1 is a single emergency telephone number that makes it faster and easier for anyone to reach **police, fire, or ambulance emergency services.**

The three-digit number, **9-1-1**, is short and easy to remember. Your call will be answered at the Public Safety Answering Point (PSAP) for your municipality. The **9-1-1** operator will then forward your call to the appropriate agency — police, fire or ambulance.

How much does it cost?

You now have access to enhanced **9-1-1** service for a fee of 13¢ per line, per month. This charge will be listed on your phone bill and covers the cost of providing and maintaining the telephone network portion of your municipality's **9-1-1** system.

With enhanced **9-1-1** service, the address you are calling from will automatically be displayed to the **9-1-1** operator. The necessary emergency services can then be dispatched. Please note: this does not apply to cellular phones or four-party service.

Take the time to teach all members of your household the importance of 9-1-1 and celebrate a safer Ontario, together.

Important

If you need police, fire or ambulance services in a **non-emergency situation**, please refer to your phone book for the ten-digit numbers.

Police/OPP: 705 857 2121

Fire: 705 857 2121

Ambulance: 705 857 2121

How to use 9-1-1

- If at home, dial 9-1-1.
- If at a business or other location, you may need to dial an outside line before dialing 9-1-1.
- If at a pay phone, dial 9-1-1. No payment required.
- If using a cellular phone, dial 9-1-1 and give the exact location of the emergency, including city or town.
- T.T.Y./Teletypewriter users only: after dialing, press the space bar intermittently until a response is received.
- When your call is answered, the 9-1-1 operator will ask: police, fire or ambulance? Indicate the emergency service you need.



Ontario is now in Step Three of the [Roadmap to Reopen](#). Follow the [restrictions and public health measures](#).



Extreme heat

Extreme heat can be dangerous for everyone, but people who work outdoors, the elderly, some people with disabilities, and children, particularly infants, are more vulnerable.



Hazard Information

Extreme heat can make you sick with:

- heat stroke
- heat rash
- heat cramps

Some municipalities provide cooling stations during extreme heat. If an "Extreme Heat Alert" is in effect, check with your municipality (city or town) to locate what's available near you.

Safety Tips

If you feel dizzy, weak or overheated:

- go to a cool place;
- sit or lie down;
- drink water;
- wash your face with cool water

If you don't feel better soon, seek medical help immediately.

If you are indoors:

- stay indoors to limit sun exposure
- take frequent cool showers or baths
- stay on lower floors if there's no air conditioning
- drink water and eat light, regular meals — avoid using salt

If you are outdoors:

- spend the hottest part of the day in air conditioned public buildings (e.g., mall, library, cooling station)
- drink water every 15 to 20 minutes even if you aren't thirsty
- dress in light-coloured, loose-fitting clothing covering as much of your skin as possible
- wear a wide-brimmed hat to protect your face
- wear full UVA and UVB protection sunglasses
- apply sunscreen with SPF 15 or higher 20 minutes before going outside
- apply lip balm with an SPF 15 or higher

Prepare Now

Take the following steps so you and your family are prepared in the event of an emergency:

- cover windows that receive morning or afternoon sun with drapes, shades or awnings
- include extra water, sunscreen and sunglasses (with full UVA and UVB protection) in your emergency survival kit

Updated: July 24, 2020

Published: August 26, 2015

Related

[Children and extreme heat \(http://www.hc-sc.gc.ca/ewh-semt/pubs/climat/heat-children_chaleur-enfants/index-eng.php\)](http://www.hc-sc.gc.ca/ewh-semt/pubs/climat/heat-children_chaleur-enfants/index-eng.php)

[Create a family emergency plan](http://www.emergencymanagementontario.ca/english/beprepared/beprepared.html)

(http://www.emergencymanagementontario.ca/english/beprepared/beprepared.html)

[Sign up for red ale](http://www.emergencymanagementontario.ca/english/stayconnected/severeweatheralert/severeweatheralert.html)

(http://www.emergencymanagementontario.ca/english/stayconnected/severeweatheralert/severeweatheralert.html)

(http://www.emergencymanagementontario.ca/english/stayconnected/severeweatheralert/severeweatheralert.html)

[Environment Canada watches and warnings \(http://weather.gc.ca/warnings/index_e.html\)](http://weather.gc.ca/warnings/index_e.html)

[The Weather Network \(http://www.theweathernetwork.com/\)](http://www.theweathernetwork.com/)

[Ontario road information \(http://www.mto.gov.on.ca/english/traveller/trip/map.shtml?ll=47.148746,-81.605468&z=6\)](http://www.mto.gov.on.ca/english/traveller/trip/map.shtml?ll=47.148746,-81.605468&z=6)

Ontario is now in Step Three of the [Roadmap to Reopen](#). Follow the [restrictions and public health measures](#).



Pandemic

Pandemic occurs when an infectious disease spreads throughout the global population.

It is different than an epidemic, which is usually contained within a region or country.



The Ministry of Health and Long-term Care works with local public health units and healthcare providers to prepare for a flu pandemic:

- monitor flu in Ontario and in the rest of the world
- stockpile antiviral drugs and equipment
- deploy drugs and protective equipment to where they are needed quickly
- develop emergency plans for delivering healthcare services
- administer vaccines as they become available

Hazard information

Pandemic occurs when an infectious disease spreads throughout the global population.

Pandemics may arise from a new strain of influenza. Since the virus is new, the human population is likely to have little to no immunity against it.

Safety tips

- Wash your hands often with soap and water for about 15 seconds, including:
 - before and after eating
 - after you have been in a public place
 - after using the washroom
 - after coughing and sneezing
 - after touching surfaces that other people also touch.
 - Stay healthy by eating well, drinking lots of water, getting regular exercise and plenty of rest.
 - Get your annual flu shot.
 - Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
 - If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
 - Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
-

Prepare now

Add these items to your emergency survival kit:

- alcohol-based hand sanitizer that's between 60 and 90% alcohol
- medicines for headaches, coughs and fevers
- thermometer
- anti-diarrheal medication
- drinks with electrolytes

Updated: July 31, 2020

Published: August 26, 2015

Related

[Create a family emergency plan](http://www.emergencymanagementontario.ca/english/beprepared/beprepared.html)

(<http://www.emergencymanagementontario.ca/english/beprepared/beprepared.html>)

[Sign up for emergency alerts](https://www.emergencymanagementontario.ca/english/stayconnected/emergencyalert/emergencyalert.html)

(<https://www.emergencymanagementontario.ca/english/stayconnected/emergencyalert/emergencyalert.html>)

[What you should know about a flu pandemic](http://www.health.gov.on.ca/en/public/programs/emu/pan_flu/) (http://www.health.gov.on.ca/en/public/programs/emu/pan_flu/)

[Public Health Agency of Canada: pandemic preparedness](http://www.phac-aspc.gc.ca/influenza/pandemic-eng.php) (<http://www.phac-aspc.gc.ca/influenza/pandemic-eng.php>)

[World Health Organization: pandemic and epidemic diseases](http://www.who.int/csr/disease/en/) (<http://www.who.int/csr/disease/en/>)

[Learn about the flu and flu shots](http://www.health.gov.on.ca/en/public/programs/publichealth/flu/?__utma=1.1532076009.1364414373.1365095835.1365106166.8&__utmb=1.8.10.1365106166&__utmc=1&__utmz=1.1364414373.1.1.utmcsr=(direct)|utmccn=(direct)|utmcmd=(none)&__utmv=1.1=tag_visitor_type=internal=1&__utmk=70875152) ([http://www.health.gov.on.ca/en/public/programs/publichealth/flu/?__utma=1.1532076009.1364414373.1365095835.1365106166.8&__utmb=1.8.10.1365106166&__utmc=1&__utmz=1.1364414373.1.1.utmcsr=\(direct\)|utmccn=\(direct\)|utmcmd=\(none\)&__utmv=1.1=tag_visitor_type=internal=1&__utmk=70875152](http://www.health.gov.on.ca/en/public/programs/publichealth/flu/?__utma=1.1532076009.1364414373.1365095835.1365106166.8&__utmb=1.8.10.1365106166&__utmc=1&__utmz=1.1364414373.1.1.utmcsr=(direct)|utmccn=(direct)|utmcmd=(none)&__utmv=1.1=tag_visitor_type=internal=1&__utmk=70875152))

[Guide to hand washing \(PDF\)](http://www.health.gov.on.ca/en/public/publications/pubhealth/docs/handwash_tech.pdf)

(http://www.health.gov.on.ca/en/public/publications/pubhealth/docs/handwash_tech.pdf)



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**

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

The schedule is as follows:

Monday	8 am – 12:00 pm
Wednesday	8 am – 12:00 pm
Saturday	2 pm – 6:00 pm



NOTICE REGARDING GARBAGE BINS/PICK UP

July 29, 2021

- ❖ Please be sure all garbage bags are fully tied closed before putting in the garbage bin. If they are not tied they will not be picked up and left in bin
- ❖ Please NO GLASS OR BROKEN GLASS to be put in garbage bags with regular garbage due to this being a hazard to the workers. Please put in clear bags so we can see that it is glass
- ❖ Cardboard is to be broken down flat and bundled and tied together or broken and flattened down and put in clear garbage bags, Will not be picked up unless bundled and tied or in clear bags

Your Co-operation is appreciated





HENVEY INLET GAS BAR

SUMMER BUSINESS HOURS
MONDAY to FRIDAY 7AM-7PM
SATURDAY 9AM-7PM
SUNDAY 9AM-6PM

GASBAR@HENVEYINLET.COM

TANK TRADER

NEW 20LB TANK \$62

TANK EXCHANGE \$23

*Expiration dates must be good



DOZEN WORMS \$5.50

POP SHOPPE

DRINKS

SNACKS

FRESH SANDWICHES

SUBS

BOAT OIL

GASOLINE

DIESEL

WE ARE OPEN DAILY TO SERVE OUR COMMUNITY AND THE PUBLIC.

ONTARIO WORKS

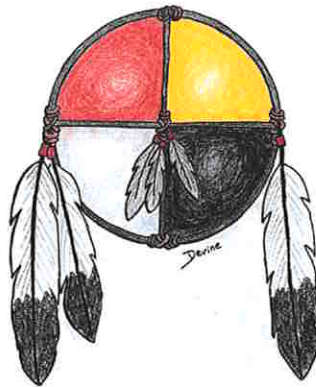
MONDAY **8:30 – 1:30**

TUESDAY **8:30 – 1:30**

WEDNESDAY **10:00 – 4:30**

THURSDAY **8:30 – 1:30**

FRIDAY **8:30 – 12:00**



EFFECTIVE AUGUST 2, 2021

ONTARIO WORKS

LUNCH N LEARN BINGO



DATE: FRIDAY, SEPTEMBER 10TH, 2021

TIME: 10:00 A.M AT WAGAMAKE LEARNING CENTRE

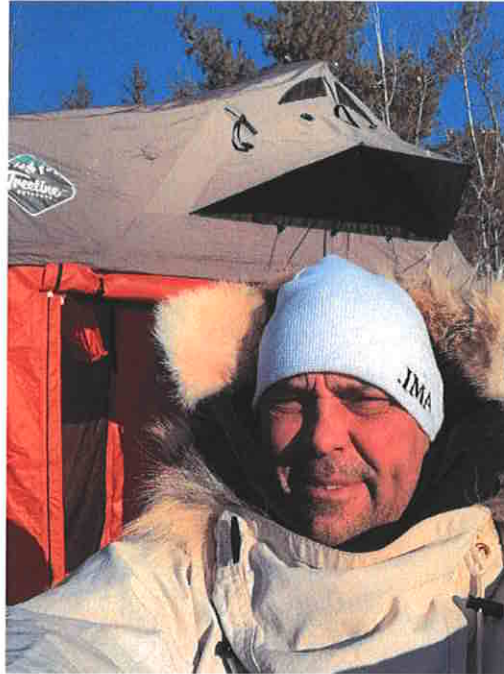
CAN ONLY ACCOMMODATE (5) PARTICIPANTS SO THE FIRST (5) TO CALL IN OR DROP BY TO SIGN YOUR NAME ON THE BINGO SIGN-UP SHEET WILL BE OUR FIRST BINGO PLAYERS



BREAKFAST WILL BE PROVIDED AT 9:00 A.M

MIIGWETCH

ARLEN TULLOCH – HIGHWAY69/400 MENTAL WELLNESS TEAM



For the members and staff that don't know me I would like to introduce myself. My name is Arlen Tulloch. I work for the 69/400 Mental Wellness Team Ntam Niishnabeg Jiiigbiig. The team comprised of four people, collectively providing care for six First Nations Communities. I serve the communities of Wasauksing, Magnetawan and Henvey Inlet.

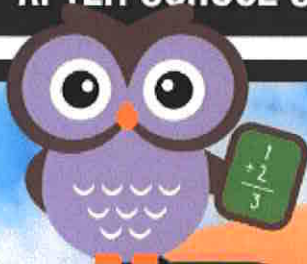
Myself, along with my wellness team, promote mental wellness, crisis response as well as mental wellness navigation for the peoples we serve.

We work along side our elders, knowledge keepers, helpers, local governments, local support systems and Community Members to provide unique structured support to strengthen communities mental wellness.

You may see me at community events, helping with the youth, elders, men's circles etc. If you see me please feel free to come and introduce yourself.

I can be reached at mwts@wasauksing.ca

AFTER SCHOOL SNACKS PROVIDED & LOTS OF OUTDOOR PLAY



SCHOOL BUS

AFTER **SCHOOL**

program

YOUTH AGES 6-11 @ the Tribal building in Henvey

STARTS SEPT 8TH



HENVEY INLET



NEW SCHEDULE

Monday & Tuesday 3:30-5:30PM for youth ages 6-8
Wednesday & Thursday 3:30-5:30PM for youth ages 9-11

**REGISTRATION (ON NEXT PAGE) CAN BE DROPPED OFF AT TRIBAL
OR TEXT ANGELE DUBOIS @ 705-918-1590 IF I AM NOT AT TRIBAL**

HENVEY INLET YOUTH PROGRAM REGISTRATION

PARTICIPANT INFORMATION

Name: _____

Birth Date: _____ Age: _____ Gender: _____

Address: _____

Health Card Number: _____

Special medical concerns/dietary restrictions: _____

Parent/Guardian (or emergency contact) Full Name: _____

Email: _____

Phone (work and/or home): _____

I consent to my child's participation in youth program activities in my community.

I understand that my community's After School and Youth Leadership programs have a zero tolerance policy for violence, drugs or alcohol. Anyone found engaging in such activities will be excused from program activities, at the discretion of the Community Mentor.

I _____, agree to follow these policies and acknowledge the implications of breaking the rules.

Participant Signature

Parent/Guardian Signature

PARTICIPANT RISK WAIVER

I understand that, as in all sports/activities, there is a risk of physical injury and damage to property. I hereby give my consent for my child/youth _____ (print child/youth's name):

- To receive emergency medical care which may become necessary in the course of such activities.
- I further agree not to hold Henvey Inlet, the Community Mentor or anyone acting on the programs behalf, responsible for any injury occurring to the named participant during youth program activities.
- Upon registration of my child in the program, I permit my child to participate in a full range activities, and I authorize the Community Mentor and/or program staff in the event of an accident or illness affecting the above named participant; to authorize on my behalf all procedures, including admission to hospital and necessary treatment therein, as he/she may deem essential for the care and well-being of the participant. Such action shall be taken only when immediate contact with the undersigned cannot be made.

Signature of Parent/Guardian

Date

PHOTO AND RESARCH CONSENT

Some funding partners requests permission to use, copy, or display participant's name, photograph, or video recorded image to promote youth events & advertisements on websites, news releases, brochures, pamphlets or other:

- Yes, I grant permission for Henvey Inlet to use my child's photo, or video recorded image for funding proposals, posters or newsletter features.
- Yes, I grant permission to partner organizations to use my child's photo, or video recorded image.
- No, please do not use my child's photo, or video of my child.

Signature of parent /guardian

Date



Youth Group

Planning Meeting for Youth 12+

September 8th

7-9pm @ Tribal with Angele Dubois

**What should programming for older youth
look like in our community?**

Snacks and prizes



**Meeting is just for youth but anyone with
ideas can email angele.dubois2@gmail.com**



**HENVEY INLET
FIRST NATION**

KIDS FISHING DERBY

**OPEN TO
COMMUNITY
MEMBERS
UNDER 17**

**MUST BE
ACCOMPANIED
BY
AN ADULT**



**SATURDAY
SEPT 11**

**BAIT &
PACKED LUNCH
WILL BE
PROVIDED AT
REGISTRATION**

**PRIZES
FOR BIGGEST FISH
IN EACH AGE CATEGORY**

**REGISTRATION AT THE
FIRE HALL 8AM-10AM**

**LAST FISH WEIGH IN
3PM @ the landing**

**PLEASE NOTE: A MINIMUM OF 4 PARTICIPANTS MUST SIGN UP FOR THIS EVENT TO RUN
PLEASE CALL THE BAND OFFICE ASAP IF YOUR CHILD PLANS TO PARTICIPATE**

September News Letter 2021



OUR FOCUS THIS MONTH

This month we will be learning about Cause-and-Effect (ELECT 4.3) and Spatial Exploration (ELECT 4.4)

we will explore these concepts through a variety of activities and experiments such as; water play, building structures using various materials, and more



Reminders:

The childcare center is for working parents, if you are not working you will be unable to use the childcare services

LATE FEES

10\$ for the first minute late and 1\$ every minute thereafter per child.

Late fees are to be paid the day of to the educator on duty, if not parents will be billed at the end of each week.

When late fees are paid you will receive a receipt.



2021 Tribal Binoojiing Summer Teachings

Angele and I had a wonderful time this summer with the children in the summer program. Most days we had about 10 – 12 children. Daycare was most accommodating and supportive with our program and we truly appreciated this. A big thank you and Chi Miigwetch Erin, Darlene, Jessica and Aurora we couldn't have done it without you.

We also want to thank everyone in Henvey Inlet First Nation community for sharing your time and expertise with the children. Many programs and service providers came out to share teachings, what they do and helped to make the program a success. Unfortunately, we ran out of time to have everyone come out however Angele is hoping to have those we missed come out in the fall or winter in Angele's after school program.

We would also like to thank Arlen, Sally Dokis and Caroline Recollet the Mental Wellness and Crisis team for providing a rattle making workshop, medicine pouches and providing an opportunity for the children to camp out in a teepee at the Pow Wow grounds. The "Take Me Outdoors Program" was a success.

Also want to thank Chief and Council for their support to make this program happen. We were also supported by Tracy, Alex and his crew, Genevieve and Stan for their helping to cook and provide equipment for the program.

If we forgot anyone sorry it was very busy this summer!!

Be watching for a memory booklet that Angele and I are going to put together so the children have something to remember the fun they had this summer.

Debbie and Angele



AVOCADO TOMATO SALAD



Made with cucumbers, tomatoes, and avocados mixed in with a unique and flavorful dressing. Perfect for the summer!

Course Salad, Side Dish
Cuisine American

Prep Time 14 minutes
Cook Time 1 minute
Total Time 15 minutes
Servings 4 Servings
Calories 244kcal
Author [Rena](#)

Ingredients

- 1 Large Cucumber halved lengthways and sliced
- 4 Vine-ripened tomatoes cut into wedges
- ½ Red onion sliced thinly
- 1-2 large Avocados diced

DRESSING

- ¼ Cup Red wine vinegar
- 1 Tsp Lemon juice freshly squeezed if possible
- 1 Tsp Garlic minced
- ¼ Tsp Granulated sugar
- 1 Tsp Dijon mustard
- 1 ½ Tsp Dried oregano
- ¼ Cup Extra-virgin olive oil

Instructions

1. Whisk together dressing ingredients in a small mixing bowl. Set aside
2. Mix together cucumber, tomatoes, red onion and avocado in a large bowl. Toss with dressing and serve.

Notes

Please keep in mind that the nutritional information is calculated using a nutrition facts calculator. It is a rough estimate and can vary greatly based on products used.

Nutrition

Calories: 244kcal | Carbohydrates: 13g | Protein: 2g | Fat: 21g | Saturated Fat: 2g | Sodium: 27mg | Potassium: 659mg | Fiber: 5g | Sugar: 5g | Vitamin A: 1150IU | Vitamin C: 25.7mg | Calcium: 37mg | Iron: 1mg

Cobb Salad

Loaded to the max with bite size tender rotisserie chicken pieces, super flavorful crispy bacon, vibrantly tasty red onion, rich eggs, creamy avocado, bold blue cheese, and lightly sweet tomatoes.

Servings: 5

Ready in: 45 minutes

Prep

45 minutes

Cook

15 minutes



Ingredients

Vinaigrette Dressing (or use Ranch)

- 2/3 cup olive oil
- 2 Tbsp red wine vinegar
- 2 Tbsp lemon juice
- 2 tsp dijon mustard
- 1 tsp honey
- 1 tsp garlic
- 1/2 tsp each salt and freshly ground black pepper

Salad

- 8 slices bacon
- 4 large eggs
- 1 large head romaine lettuce, chopped into bite size pieces
- 2 1/2 cups cooked rotisserie chicken, chopped
- 1 1/2 cups grape tomatoes, halved
- 1/2 small red onion, thinly sliced (1/3 cup)
- 1 large avocado, diced
- 3 oz blue cheese crumbled, or 1 cup shredded cheddar cheese (we prefer cheddar)

Instructions

- For the bacon:** Preheat oven to 400 degrees. Line a rimmed 18 by 13-inch baking sheet with aluminum foil.
- Lay bacon strips in a single layer on the baking sheet. Bake in preheated oven until crisp, about 12 - 20 minutes (bake time varies based on thickness of bacon).
- Drain on paper towels, then chop.
- For the eggs:** Add 1-inch of water to a 4 quart pot or saucepan. Bring to a boil over medium-high heat.
- Add eggs, cover with lid and let cook 14 minutes. Transfer to a bowl of ice water right away. Let rest 15 minutes, then peel eggs and chop.
- Prepare salad:** Layer lettuce into a large salad bowl or among five serving plates. Top with bacon, eggs, tomatoes, onions, avocado and blue cheese.
- Whisk dressing again then pour over salad and serve.

Notes

- Use a chilled dressing for a refreshing salad.
- Rinse chopped lettuce leaves well then run through a salad spinner to dry well so dressing sticks to lettuce. I like this one here.
- Wait to add dressing until ready to serve so lettuce doesn't wilt.
- Don't chop avocado until ready to serve as it will start to brown.
- For less harsh red onion rinse after chopping under water and drain.

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Broccoli Salad

★★★★★

A simple broccoli salad made with bacon, cranberries, and other simple add-ins!

Be sure to check out the recipe VIDEO at the bottom of the post!

Course Salad, Side Dish

Cuisine American

Prep Time 10 minutes

Chilling Time 1 hour

Total Time 10 minutes

Servings 8 cups

Calories 291kcal

Author [Sam Merritt](#)

Ingredients

- 5-6 cups broccoli florets¹ 1 lb, this was about 2 ½ heads of broccoli for me (450g)
- 1 cup sharp cheddar cheese thicker, not finely shredded (115g)
- ⅔ cup dried cranberries (85g)
- ½ cup crumbled bacon² (60g)
- ½ cup salted sunflower seeds (60g)
- ⅓ cup red onion diced into small pieces (50g)

Dressing

- ¾ cup mayo I use olive oil mayo (175g)
- ¼ cup sour cream³ (70g)
- 1 ½ Tablespoon white wine vinegar⁴
- 3 Tablespoons sugar (40g)
- ¼ teaspoon salt
- ¼ teaspoon pepper

Instructions

1. Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl.
2. In a separate, small bowl, whisk together mayo, sour cream, vinegar, sugar, salt, and pepper until smooth and well-combined.
3. Pour dressing over broccoli combination and toss or stir well.
4. Broccoli salad may be served immediately, but for best flavor refrigerate for at least one hour before serving. Make sure to toss broccoli salad thoroughly again before serving.

Keep refrigerated if not consuming right away.

Notes

¹I never blanch my broccoli when making broccoli salad. If you wish to, blanch it in boiling water for 60 seconds. Drain and rinse with cold water immediately until broccoli has cooled, and then dry well before using.

²If cooking and crumbling your own bacon, you'll need about 8 strips. If you prefer to use pre-cooked/crumbled bacon, make sure you buy the kind made with **real** bacon (it should say it on the label) and not "bacon flavored bits" with imitation flavor.

³Some or all of the sour cream may be substituted with plain Greek yogurt.

⁴White wine vinegar is my preference, but red wine vinegar, apple cider vinegar or champagne vinegar will also work great here.

How to Store Broccoli Salad

Broccoli Salad may be stored in the refrigerator in an airtight container for up to 3-4 days. If you are making several days in advance, I recommend storing the salad and the dressing separately, then tossing everything together at least an hour before serving.

Nutrition

Serving: 1cup | Calories: 291kcal | Carbohydrates: 17g | Protein: 8g | Fat: 19g | Saturated Fat: 5g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Cholesterol: 33mg | Sodium: 617mg | Potassium: 92mg | Fiber: 1g | Sugar: 12g | Vitamin A: 50IU | Vitamin C: 4.1mg | Calcium: 30mg | Iron: 0.7mg

Broccoli Salad <https://sugarspunrun.com/broccoli-salad/> Find more great recipes at SugarSpunRun.com!

BLT Pasta Salad

PREP TIME	20 minutes
COOK TIME	10 minutes
TOTAL TIME	30 minutes
SERVINGS	8 servings
AUTHOR	Holly Nilsson



★★★★★
4.93 from 64 votes

A delicious pasta salad that eats like a meal! Juicy tomatoes, crisp bacon and fresh lettuce in a cool ranch dressing!

Ingredients

- 10 slices bacon cooked and diced, grease reserved
- 12 ounces pasta cooked and cooled
- ½ cup [mayonnaise](#)
- ¾ cup [ranch dressing](#) homemade ranch is best
- 1 ½ cup tomatoes diced
- ½ avocado diced
- 1 cup cheddar cheese shredded
- ⅓ cup red onion diced
- 1 cup romaine lettuce
- fresh parsley for garnish optional

Instructions

1. Whisk together mayonnaise, ranch dressing and 1 tablespoon bacon grease (optional).
2. In a large bowl assemble the pasta, tomatoes, avocado, cheese, red onion, lettuce and bacon.
3. Pour the dressing over and toss to combine.
4. Garnish with parsley and serve.

Nutrition Information

Calories: 502, Carbohydrates: 38g, Protein: 13g, Fat: 32g, Saturated Fat: 9g, Cholesterol: 42mg, Sodium: 628mg, Potassium: 346mg, Fiber: 3g, Sugar: 3g, Vitamin A: 755IU, Vitamin C: 6.9mg, Calcium: 138mg, Iron: 1.5mg

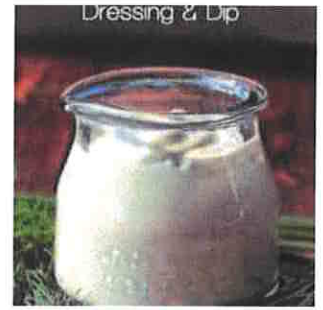
(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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BLT Pasta Salad <https://www.spendwithpennies.com/blt-pasta-salad/>

Buttermilk Ranch Dressing & Dip

PREP TIME 5 minutes
TOTAL TIME 5 minutes
SERVINGS 16
AUTHOR Holly Nilsson



★★★★★
5 from 14 votes

Buttermilk Ranch Dressing & Dip... This is a delicious and fresh-tasting dressing. Made with a simple base of mayo, sour cream and buttermilk and a variety of seasonings and fresh herbs.

Ingredients

- 1 cup buttermilk
- 2/3 cup [mayonnaise](#) (I use low fat)
- 2/3 cup sour cream (I use low fat)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon fresh chives chopped
- 1 tablespoon fresh dill chopped
- 1 tablespoon fresh parsley chopped
- 1/2 teaspoon salt & pepper (each)

Instructions

1. Mix all ingredients and let sit at least 30 minutes before serving.
2. Reduce buttermilk to 3/4 cup to make ranch dip. Keeps 1 week in the fridge.

Nutrition Information

Calories: 92, Carbohydrates: 1g, Protein: 1g, Fat: 9g, Saturated Fat: 2g, Cholesterol: 11mg, Sodium: 83mg, Potassium: 36mg, Fiber: 1g, Sugar: 1g, Vitamin A: 120IU, Vitamin C: 0.5mg, Calcium: 29mg, Iron: 0.1mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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Buttermilk Ranch Dressing & Dip <https://www.spendwithpennies.com/light-buttermilk-ranch-dressing-dip/>

Home Care Nurse



DEBBIE BRENNAN

September 2021



DEBBIE BRENNAN
HCN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFFICE HOME VISITS	2 OFFICE HOME VISITS	3 OFFICE	4
5	6 Holiday Labor Day Office closed	7 Holidays	8 Holidays	9 Holidays	10 Holidays	11
12	13 Holidays	14 Holidays	15 Holidays	16 Holidays	17 Holidays	18
19	20 Holidays	21 OFFICE Medical Consultations	22 OFFICE HOME VISITS	23 OFFICE HOME VISITS	24 OFFICE	25
26	27 OFFICE HOME VISITS	28 OFFICE Medical Consultations	29 OFFICE HOME VISITS	30 OFFICE HOME VISITS	OFFICE	

National Suicide Prevention Week

September 6 - 12, 2020

#KeepGoing

afsp.org/KeepGoing



American
Foundation
for Suicide
Prevention

World Suicide Prevention Day

September 10, 2021



CASP CANADIAN ASSOCIATION
FOR SUICIDE PREVENTION

ACPS ASSOCIATION CANADIENNE POUR
LA PRÉVENTION DU SUICIDE



Creating Hope Through Action

World Suicide Prevention Day *- a time to connect and reflect*

Every year on September 10th, people in over 50 countries recognize #WSPD

World Suicide Prevention Day is a chance for everyone to join us in promoting understanding about suicide: those impacted by a suicide attempt or loss, family and friends, charitable organizations, professionals, politicians, volunteers and community members.

Every year, 160 million people worldwide contemplate suicide and, tragically, 800,000 of them die by suicide. This means that more than 159 million people survive suicide-related crises every year. There is no reason that anyone has to die by suicide and, if we all do our part, we can prevent those deaths that do happen and the devastating impact that they have.

www.suicideprevention.ca

Visit our website regularly for banners in different languages and other materials coming soon!

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WSPD Theme 2021

Creating Hope Through Action

Through this year's theme, we aim to work together to create a movement of preventative action, to recognize the impact of suicide and ultimately, strive to prevent it.

At times, the work of suicide prevention can feel overwhelming, but even small actions can make a huge difference.

#WSPD2021 #CreatingHopeThroughAction



NEED HELP?

Resources are available to you and your community.

Search the CASP Support Services Directory by clicking "NEED HELP" on our website:
www.suicideprevention.ca

When someone is struggling...



Check in with them regularly to see how they are doing?;



Listen supportively to what they have to say;



Remember that you don't have to have all the answers;



Know and introduce them to resources in their area, if they need additional support;



Be prepared to assist them in finding information, but don't take over as that may reinforce their sense of helplessness.

World Suicide Prevention Day - Creating Hope Through Action

How to Help?

The power of coming together and reaching out to each other is immeasurable... It can save lives.

We can learn a lot from people impacted by suicide. Many people who survive suicidal thinking or behaviours describe the intense pain, filled with hopelessness and despair. They also talk about wanting the pain to end, not necessarily to die. That pain is often caused by complex and unique circumstances that could include a treatable mental illness, stressful life event, and/or difficulties with coping skills. Interventions exist that can help with each of those challenges and people need to be aware that things can change.

People often fear intervening. Taking a moment to reach out to someone – a close family member, a friend, or even a stranger – can change the course of their life. Because talking about suicide is difficult, listening with a non-judgmental ear can help lessen feelings of isolation and remind the person that others care about them.

The hopelessness and despair that lead to thoughts of suicide can be incredibly isolating. While people may think about suicide for a long time, the urge to act on those thoughts fluctuates in terms of duration and intensity. Compassion and empathy can help turn things around. A genuine conversation can make all the difference.

We should not assume that everyone who is in distress is having suicidal-related thoughts or exhibiting associated behaviours (they're not!). If you are worried about someone, it's best to start by asking general questions about their wellbeing. Bringing up the conversation can be difficult, try starting with something like: "I know you've been going through a lot lately. I want you to know I'm concerned about you."

If the response is worrisome, you can ask: "are you feeling safe?", and "do you think about suicide"?. It is a myth that asking or talking about suicide will put the idea in someone's head.





KEY MESSAGES **(for public speaking/writing and media)**

Humans are social learners; that is, we learn how to behave from observing our peers. There is strong research evidence that disseminating stories of suicide death, especially in highly identifiable people like celebrities, can cause harm, including more suicides.

In contrast, sharing stories of resilience (i.e. people surviving suicide-related crises) can save lives. For that reason, it is important to emphasize stories of resilience and survival when disseminating information about suicide. If we have to talk about deaths, these situations should be contextualized as tragic outliers with a message of hope that future suicides can be prevented.



DO tell those considering suicide how they can get help.



DO refrain from discussing means and methods as this can make it worse. If the person identifies/thinking about suicide, ask about the availability of means or methods but don't suggest any.



DO talk about suicide in terms of: died by their own hand - died by suicide - attempted suicide - DON'T use obsolete vocabulary including committed, failed, completed, successful.



DO share stories of resilience (not rose glasses stories but real inspiring ones).



DO include information about life promotion when you talk about Suicide Prevention.



DO talk about all the resources available.



DO remind people that healing takes time and care.

PUBLIC MESSAGING

Acknowledge the global, Canadian and local burden of suicide-related thoughts and behaviours, in the context of the fact that the overwhelming majority of people survive.

Discuss local, regional and national strategies for suicide prevention, highlighting cultural initiatives and emphasizing how specific prevention initiatives are shaped to address local cultural conditions. Visit the "MEDIA" section of our website for more information.



SUGGESTED ACTIVITIES

We encourage communities to engage in outreach on WSPD to raise awareness for suicide prevention and life promotion, and to honour the lives that have been impacted by suicide. Initiatives which actively educate and involve people are likely to be most effective in helping people learn about suicide prevention and life promotion. Here are some ideas to help you start your own initiative...

EVENT BEST PRACTICES

- Recognize Indigenous territory
- Designate a crisis counsellor
- Prepare a calm space for privacy
- Have resources information handy
- Healthy snacks keep attention up!

If you are a citizen or a group of citizens

- Organize a cultural or spiritual event, fair or exhibition.
- Reach out to local businesses and organizations that may be interested in participating and showing support.
- Organize a walk to political or public places to highlight suicide prevention.
- Organize a memorial service, candlelight ceremony, or walk to remember those who have been impacted by suicide and raise awareness, distribute leaflets and other information.
- Light a flame of hope in your time zone at 8 pm.
- Post one of our messages on your favorite Social Media platform and add a temporary frame to your profile on Facebook.
- Call a friend, colleague, family member for a chat or invite them for a coffee.
- Commit to at least five acts of kindness on WSPD (and every other day of the year).

If you are an organization...

- Provide a suicide awareness or intervention workshop or facilitate an educational seminar, public lecture or panel.
- Write an article for national, regional, and community newspapers, blogs and magazines.
- Secure an interview or speaking spot on radio and television to help educate.
- Hold a press conference or facilitate an announcement and/or discussion in a class, office, or team to let people know about WSPD.
- Ask national politicians with responsibility for health to make relevant announcements, release policies, or make supportive statements or press releases on WSPD.
- Launch new initiatives, policies, and strategies on WSPD.
- Hold a book launch, or launch for new booklets, guidelines, etc.



Virtual Events, Physical Distanced Activities and Other Ideas

Perhaps more than ever, it is important for people impacted by suicide to be able to connect with others, even though the current public health crisis around COVID-19 has prompted a shift in planning for most WSPD activities, especially public events that bring people together. As we aim to support physical distancing and protect community members, we also want to ensure that people still feel connected to one another. With this in mind, we have compiled a list of activities that support physical distancing and promote connection.

Virtual Events

- Host an event, such as a webinar or speaker series, on a platform like Zoom or Facebook Live.
- Contact your local radio station to devote an hour or two to play Life Promoting songs on WSPD.
- Create an on-line session on Zoom; Microsoft meetings, FaceTime, You Tube, etc. for an hour of time for people to draw, sing, recite the meaning of Creating Hope Through Action.
- Hold a virtual concert bringing musicians together on YouTube in a “Promoting Life” concert for WSPD.
- Contact your local public library asking them to suggest Life Promotion resources and promote stories of resilience and courage for the week of WSPD on their website.
- If your community has a local television station, ask them to air Life Promotion stories/movies of resilience between x-y hours on September 10 to mark WSPD
- Create a virtual “life” dinner party, sharing wholesome and nourishing foods.
- Create and play an on-line tournament of “The Game of Life”.



Physical Distanced Activities

- Coordinate a public art display in an outdoor space, such as a park, where it is possible to maintain physical distancing. Include art created by people impacted by suicide. Alternatively, consider sharing art, music, and other creative expression through social media.
- Organize a parade of cars with each car decorated with a message related to WSPD, such as the contact information for local mental health resources or hotline numbers and messages of hope and resilience.
- Encourage people in the community to place awareness messages or messages of resilience in their windows. Encourage community members to walk or drive around the community to find as many messages as possible.
- Create a “connectedness” scavenger hunt by walking/driving around your community looking for signs of life and connection. Person with the most ‘signs’ “wins” a token prize (t- shirt; bulbs to plant that will come to life in spring).



Social Media

- Coordinate a social media campaign in your community to encourage people to connect on WSPD. Encourage people to share a picture or video of how they are Creating Hope Through Action (perhaps from a distance) for Suicide Prevention.



Life Promotion



Wisdom of the Universe: Christi Belcourt

Life Promotion provides a collective opportunity to balance and mobilize current suicide prevention paradigms towards comprehensive, holistic, strength- based pathways. Life Promotion has arisen from and is grounded in natural law and reflects the wisdom and circle of Indigenous traditional knowledge systems.

To provide foundational understanding and relationship to life promotion, CASP prioritizes the communication and guidance from the Thunderbird Partnership Foundation Mental Wellness Continuum Framework. We also give thanks to the ongoing guidance from Elders, youth, families, and communities in our shared wise practice stories and our original teacher, Mother Earth in our collective practice and vision.

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."

– Chief Seattle

Foundational Resources & Further Reading



Visit Thunderbird Partnership Foundation Mental Wellness Continuum Framework



We Belong: Life Promotion to Address Indigenous Suicide Discussion Paper



Visit Wise Practices in Life Promotion <https://wisepractices.ca> - Wise Practices, Key Resources, Community Action Guide, Systems Level Change



Foundation: Choosing Life Special Report on Suicide Amongst Aboriginal People Royal Commission on Aboriginal Peoples 1995





First Nations Mental Wellness Continuum Framework - Thunderbird Partnership Foundation

Mental wellness is a balance of the mental, physical, spiritual, and emotional. This balance and interconnectedness is enriched as individuals have: purpose in their daily lives whether it is through education, employment, care-giving activities, or cultural ways of being and doing; hope for their future and those of their families that is grounded in a sense of identity, unique Indigenous values, and having a belief in spirit; a sense of belonging and connectedness within their families, to community, and to culture; and finally a sense of meaning and an understanding of how their lives and those of their families and communities are part of creation and a rich history.

Elder Jim Dumont, in his opening to the National Gathering in June 2013, described how the four directions—the physical, the mental, the emotional, and the spiritual—are all necessary to mental wellness at the individual, family, and community level. He described how the key task for supporting mental wellness is to facilitate connections at each of these levels and across the four directions.

The Mental Wellness Continuum reflects these teachings and aims to support all individuals across the lifespan, including those with multiple and complex needs. The centre of the model refers to the interconnection between mental, physical, spiritual, and emotional behaviour—purpose, hope, meaning, and belonging. A balance between all of these elements leads to optimal mental wellness.

.....

"These concepts and outcomes (hope, meaning, belonging and purpose) are drawn from research funded by the Canadian Institutes of Health Research (CIHR) for the "Culture as Intervention" project. From coast to coast, First Nations people have said that: a connection to spirit (identity, values, and belief) promotes hope; a connection to family, community, land, and ancestry promotes a strong sense of belonging; knowing who one is and where one comes from allows one to think and feel and understand life from an Indigenous perspective and promotes a sense of meaning; and an understanding of the unique First Nations way of being and doing in the world promotes purpose."

We are grateful to the commitment and guidance of Senator Murray Sinclair, Dr. Ed Connors, Elder John Rice, alongside many others, who have dedicated their lives in their own way to share our life path teachings and centralize four questions to reawaken and support people through life, at any life path stage.



Where do I come from? Who am I? Why am I here? Where am I going?

.....

These four questions align with Life Promotion:
Meaning – Where do I come from?
Purpose – Why and I Here?
Hope – Where am I going?
Belonging – Who am I (in relation to others?)

It is important to emphasize that an acknowledgement of Mother Earth and our original teachings, in our relationship to the fundamental essence of life promotion. As such land-based connection and healing is central to how we promote and understand Life Promotion.



Stay in Touch:



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Ottawa, ON K1N 1G5**



613-702-4446



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fundraising@suicideprevention.ca
volunteer@suicideprevention.ca**



www.suicideprevention.ca



<https://www.facebook.com/CanadianAssociationforSuicidePrevention>



<https://www.instagram.com/casp.acps/>



https://twitter.com/CASP_CA

CASP is a registered charitable organization since April 1985: 118828904RR0001

**"Light a Flame of Hope"
Candle Vigil
September 10 - 8:00 p.m.**



CASP CANADIAN ASSOCIATION
FOR SUICIDE PREVENTION

ACPS ASSOCIATION CANADIENNE POUR
LA PRÉVENTION DU SUICIDE



September is #FASDMonth

Join us to learn more about what #FASDis



Social Media Kit

Sample social media posts

September is FASD Awareness Month. Learn more about fetal alcohol spectrum disorder (FASD) at www.canfasd.ca #FASDMonth #FASDis

#FASDis Fetal Alcohol Spectrum Disorder. 4% of Canadians have FASD. That is more people than Autism, Cerebral Palsy, and Down Syndrome combined. #FASDMonth

#FASDis a lifelong disorder but with appropriate supports individuals with #FASD can succeed. Learn more about FASD at www.canfasd.ca. #FASDMonth

Tell us what #FASDis to you. Share your stories to help raise awareness of #FASD this September. Learn more at www.fasdmonth.ca #FASDMonth

#FASDis Fetal Alcohol Spectrum Disorder. People with FASD have both strengths and challenges and will need supports to succeed in their daily lives. #FASDMonth

How can you help raise awareness of FASD in Canada?

1. Learn about what #FASDis
2. Share what you learn
3. Donate what you can to support FASD organizations

#FASDis preventable if women and girls have the right supports and when communities take action to promote health. Learn more at <https://canfasd.ca/topics/prevention/#About>. #FASD Month

Hashtags

#FASDMonth #FASDday #FASDis

Follow CanFASD on social media



September is #FASDMonth

Join us to learn more about what #FASDis



FASD Month Information

About FASD Month

- FASD Awareness Day is held annually on September 9th
- FASD Day was first held in 1999, making 2021 the 22nd year
- FASD Day is held on the 9th day of the 9th month to highlight the importance of going alcohol-free during the full 9 months of pregnancy
- CanFASD and many other FASD organizations believe that one day is not enough to improve FASD awareness. We recognize September as FASD Awareness Month or #FASDMonth.

2021 FASD Awareness Month

- Our goal for FASD Awareness Month 2021 is to teach Canadians what #FASDis. We're challenging the current misinformation and stigma surrounding FASD and raising awareness of what it truly means to have FASD.
- 4% of Canadians have FASD. This is more than the number of people with Autism Spectrum Disorder, Cerebral Palsy, and Down Syndrome combined. But FASD is still largely misunderstood by the majority of Canadians.
- FASD is a really complex disability and we learn more about it every day. The language we've used to talk about FASD in the past has created stereotypes and stigma that individuals with FASD have to overcome, in addition to their everyday challenges. We're challenging this stigma by sharing what FASD really is using the hashtag #FASDis

Key Messages:

- FASD stands for Fetal Alcohol Spectrum Disorder
- FASD is the most common preventable disability in North America, impacting people who were exposed to alcohol in the womb
 - 1.5 million Canadians (4%) have FASD
 - FASD impacts more people in Canada than Autism Spectrum Disorder, Cerebral Palsy, and Down syndrome combined
- FASD is preventable if women and girls have the right supports and if communities take action
- People with FASD can and do succeed with the right supports and services

More Resources:

- [Frequently Asked Questions \(FAQs\) about FASD](#)
- [FASD language and media guide](#)
- [A standard definition of FASD](#)
- [ThinkFASD](#)
- [Strengths among people with FASD](#)
- [The prevalence of FASD](#)
- [Why FASD diagnosis is important](#)

How to Talk About FASD

tips for community members



September 9th is the International FASD Awareness Day. First celebrated in 1999, FASD day is devoted to raising awareness of fetal alcohol spectrum disorder (FASD) to improve prevention of FASD and diagnosis and support for individuals with FASD.

FASD is a complex disorder and one that is challenging to talk about. We want to ensure the language we use is supportive and doesn't further perpetuate stigma and misinformation surrounding FASD, alcohol, and pregnancy.

Throughout the month of September, events are held across Canada and around the world in recognition of FASD Day. If you are asked to attend such an event or activity, this guide is to assist you in delivering an effective speech to your constituents. Contact us at info@canfasd.ca if you require any additional information.

Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol. FASD is a lifelong disability. Individuals with FASD will experience some degree of challenges in their daily living, and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential. Each individual with FASD is unique and has areas of both strengths and challenges.

When talking about people with FASD

AVOID

Suffering with FASD
Damaged by alcohol
Victims
Injured
Afflicted by
Mentally disabled

USE

Person/individual with FASD
Affected/Impacted by prenatal alcohol use
Cognitive/neurodevelopmental disability
Disability

When talking about women who use alcohol

AVOID

Admitted to alcohol use
Alcoholics/addicts
Women who choose to drink
Don't care about their children
Bad parents
Poor choices
Irresponsible
Child abusers

USE

Confirmed alcohol use during pregnancy
Women who use alcohol or drugs
Parents or caregivers

FASD Facts

- FASD impacts approximately 4% of Canadians.
- FASD impacts more people in Canada than Autism Spectrum Disorder, Cerebral Palsy, and Down syndrome combined.
- Individuals with FASD are known for having a number of different strengths, including being friendly, likeable, affectionate, determined, hard-working, forgiving, non-judgemental and caring.
- 90% of individuals with FASD also experience mental health issues.
- The social and economic cost of FASD in Canada is estimated to be \$1.8 billion annually.
- Individuals with FASD achieve positive outcomes if their needs and challenges are addressed early on in life and they have access to supports that carry into adulthood.



Avoid: FASD is 100% preventable

This is an oversimplification of a very complex issue

Use: FASD is preventable with the right services and supports

Avoid: Just one drink can cause FASD

There is no clinical evidence this is true. This statement can scare women using substances and prevent them from seeking supports.

Use: It is safest not to drink during pregnancy or when you're planning to be pregnant

Avoid: Focusing on the difficulties faced by individuals with FASD and the costs to society

A continual focus on the challenges creates a belief that these are the main attributes of individuals with FASD.

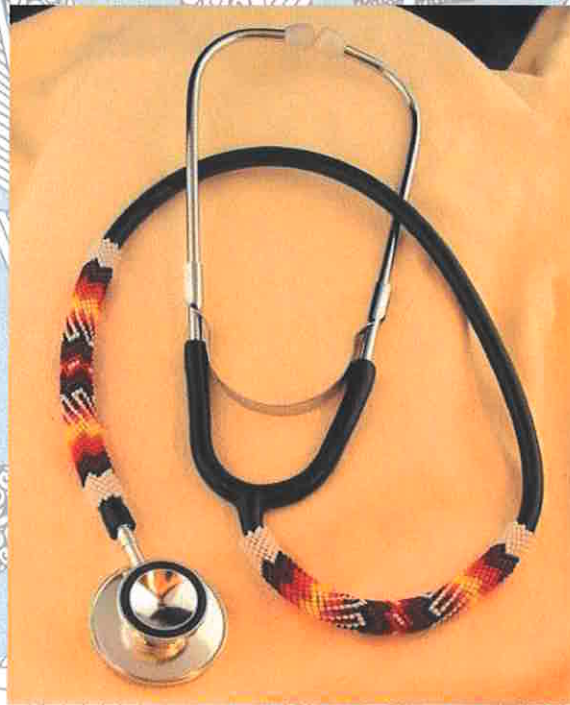
Use: A more balanced approach or on how supports and adaptations can improve outcomes for individuals with FASD

Avoid: FASD is caused by maternal alcohol use

We want to reduce the stigma for women who have drunk during this time and encourage them to seek supports for their child.

Use: FASD is caused by prenatal alcohol exposure or when a developing baby is exposed to alcohol

Community Health Nurse



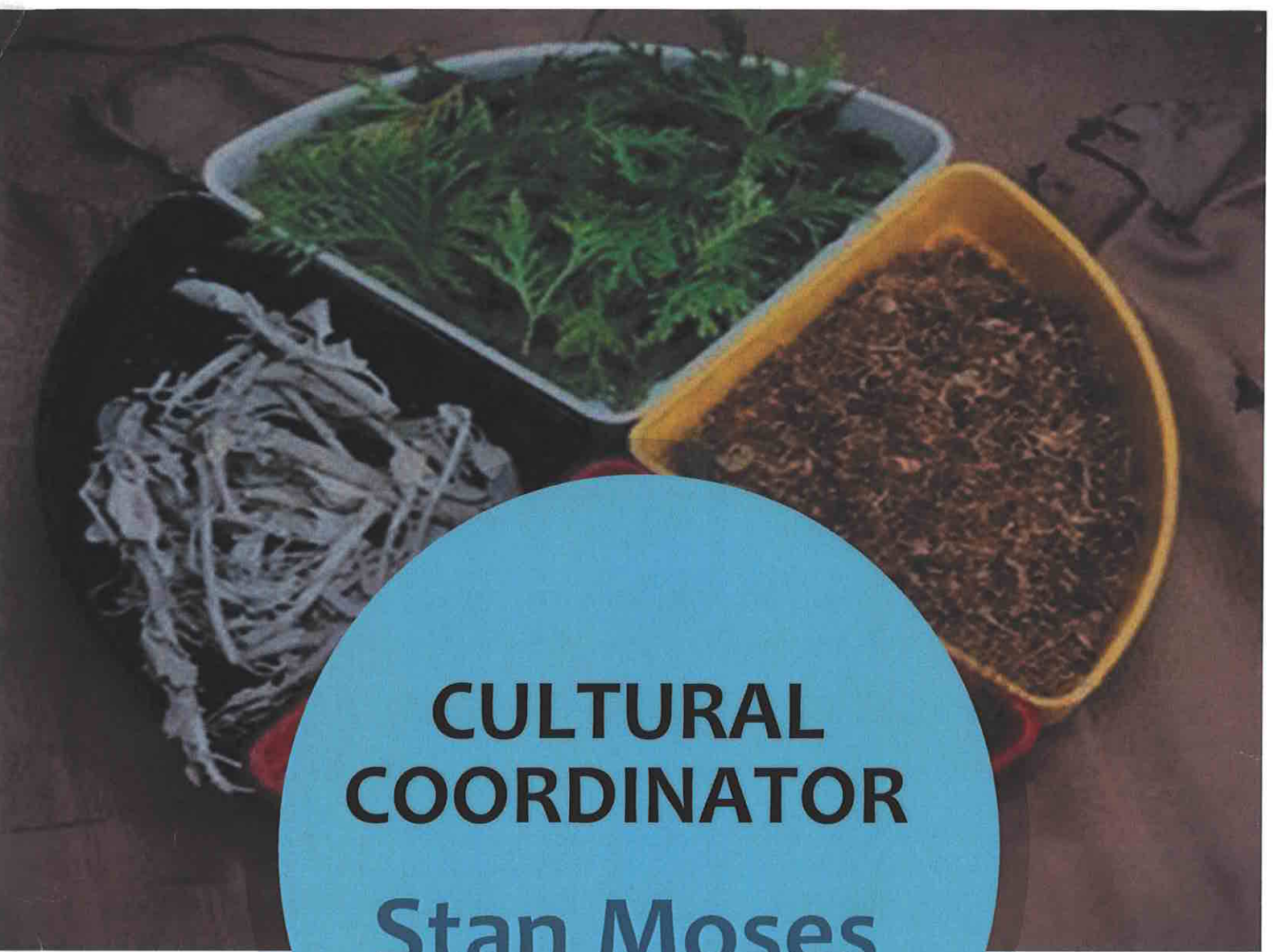
BRENDA CONTIN

September 2021



BRENDA CONTIN, CHN

Su	Mon	Tue	Wed	Thu	Fri	S
			1 OFFICE	2 OFFICE	3 OFFICE	
6	7 STAT HOLIDAY	OFFICE	8 OFFICE	9 PERSONAL DAY	10 OFFICE	
	13 OFFICE	14 OFFICE	15 OFFICE	16 OFFICE	17 OFFICE	
	20 OFFICE	21 OFFICE	22 OFFICE	23 OFFICE	24 OFFICE	
	27 OFFICE: Fridge In- specion	28 OFFICE	29 OFFICE	30 SKHC Board Mtg		

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

**CULTURAL
COORDINATOR**
Stan Moses

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

PoG 1J0

(705)857-1221 EXT: 229



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Men's Circle Outting
10 Participants MAX

WHEN: Tuesday September 7, 2021

WHERE: Trailer #4

TIME: 5pm – 8pm

This is an incentive trip for those that have attended a session or two in August.

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

A SUPPER WILL BE SERVED

OJIBWAY LANGUAGE CLASS



Wednesday September 8, 2021 @ 12 noon

HIFN Learning Centre

This session we will get input from participants on their preferred day and time of the week for future Ojibway Language Classes.

Ojibway language class will be instructed by Maureen Kagagins

Please call the Health Centre to add your name to the sign-up list if you wish to participate.

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



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Kind Man Program

10 Participants MAX

WHEN: Tuesday September 21, 2021

WHERE: Program Trailer

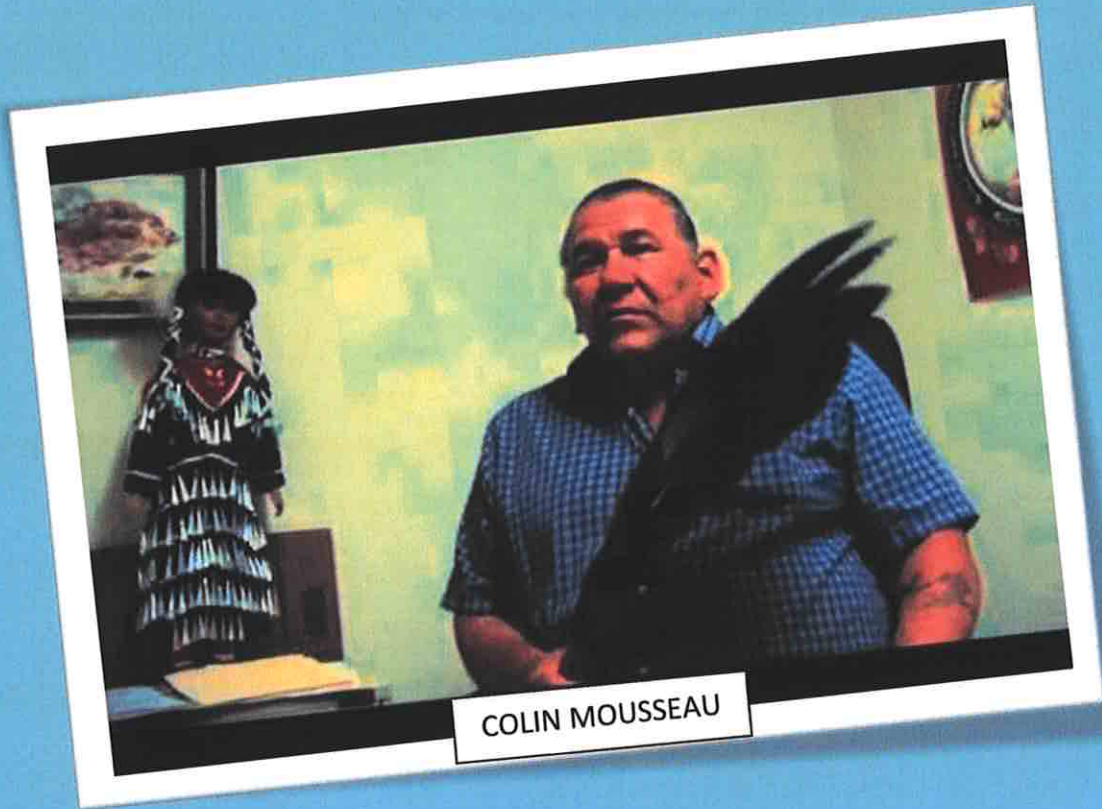
TIME: 5pm – 8pm

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

A SUPPER WILL BE SERVED



COLIN MOUSSEAU

COLIN MOUSSEAU TRADITIONAL HEALER

DATES:

Mon. Sept 27 – Appts. All Day

Tues. Sept. 28 – Appts. All Day

Wed. Sept. 29 – Lodge Prep in morning & prep for sweat in P.M. with Sweat Ceremony @ 6PM

WHERE: Monday Appts - Program Trailer
Tuesday Appts - Trailer 4

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



September

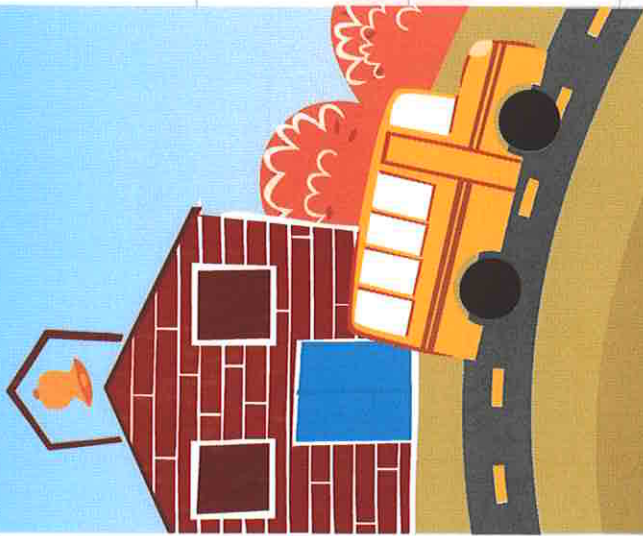
2021

**Kerri Campbell-
NCFW**

&

Kara Newton-

CHE/HBHC



September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01	02	03	04
05	06	07 Out Of Office	08 Out Of Office	09	10	11
12	13	14 Family Court	15 Out Of Office	16 Self Care Workshop	17	18
19	20	21 Family Court	22	23 Meat Pie & Pumpkin Log	24	25
26	27	28 Family Court CAS Board Meeting	29	30 Parenting Program	01	02 Fall Family Photos
03	04	05	06	07	08	09



COMMUNITY
HEALTH
educator

354A Pickernel River Road
Pickernel ON P0G 1J0

September 2021

Phone: 705-857-1221
Toll Free: 1-866-252-3330
Fax: 705-857-0730
E-mail: kara.harkness@henveymedicalcentre.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6 OFFICE CLOSED LABOUR DAY	7 	8	9	10	11
12	13	14	15	16 SELF-CARE WKSHP 10AM	17	18
19	20	21	22	23 MEAT PIE AND PUMPKIN LOG WKSHP 9AM	24	25
26	27	28	29	30 PARENTING WKSHP BACK TO SCHOOL NUTRITION 10AM	1	2 FAMILY FALL PHOTOS

zoom



Hey Mommas,
Let's Celebrate!

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

**September 16, 2021
10am on Zoom**

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

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





Meat Pie Workshop



PLEASE JOIN US ON ZOOM

THURSDAY September 23, 2021 AT 9AM

COME COOK VIRTUALLY WITH JANICE CAMPBELL!!!

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

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



PARENTING WORKSHOP

zoom



PLEASE JOIN KERRI AND KARA
THURSDAY SEPTEMBER 30, 2021
10:00 AM

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

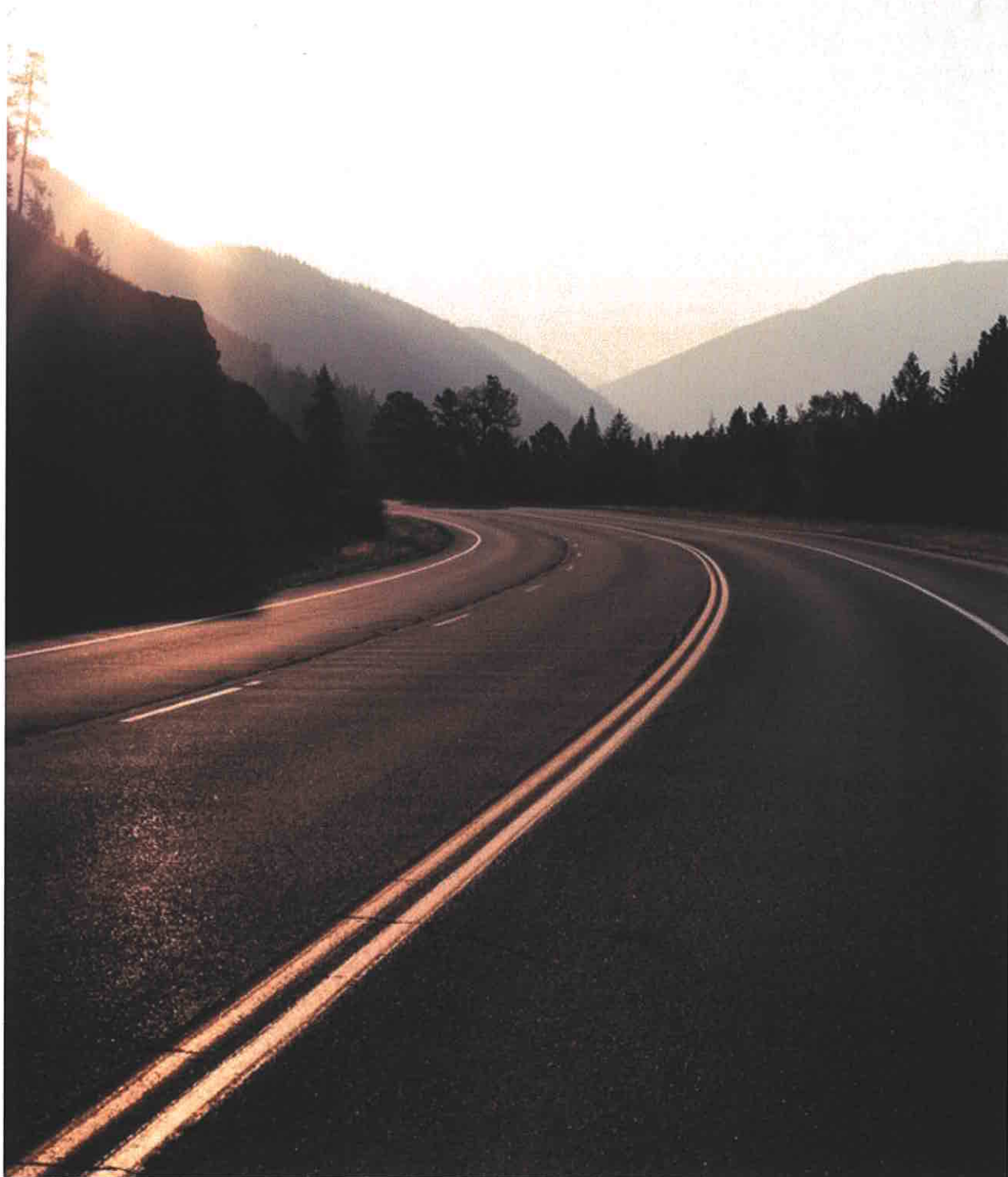
SHOULD YOU REQUIRE A TABLET TO BE LOANED TO YOU, PLEASE INFORM DARCY AT THE TIME OF SIGN UP!

Miigwetch!!

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

HIFN, Information Hwy:

by: Rosemarie Simmons



HIFN, Information Hwy:

by: Rosemarie Simmons

Hello, I thought that I would let you know that Henvey Inlet First Nation, Information Hwy., will not be coming out within the community newsletter anymore. But we will be in the format of a Booklet. This booklet will be out in the community 4 times per year, the first issue will be in your mail box near the end of September. Next will be the Christmas issue, March will be the Spring issue, and June summer issue.

Information that you will find in each issue covering community news, health, what has been happening in the world of covid-19 and hopefully something that will catch your interest. Also on the HIFN facebook pages, Information Hwy: will have the same booklet and a space where you can leave comments and hopefully I will be able to get back to all participants within those two month.

See you soon,

Rosemarie Simmons...