



December

Offices will be Closed
starting Dec. 15@ 12Noon
Open on the January 3rd, 2022



Band Council Mtg.
Dec. 6 @ 6pm



Gift Cards in Lieu
of Turkeys/Hams



Judging will be on
Friday December 10th



Prescription deliveries
will still continue every
Tuesday over the Holidays!

Ontario Works
BINGO
Friday Dec. 10th



Men's Circle



Ojibway Language Classes





Community Band Council Meeting

Monday December 6, 2021

6:00pm @ Firehall

Topics

- 2020/2021 Financial Statements presented by Auditors
 - Council Reports
 - Staff Reports



HIFN's Annual Christmas Lighting Contest



Judging will take place on
the evening of
December 10th ,2021.

Announcement of winner will be on December 13th, 2021.





*Henvey Inlet First Nation Offices
will be closed for Christmas Holidays
Starting Wednesday December 15, 2021
@ 12:00pm and re-open on Monday*

January 3, 2021

Happy Holidays from Chief, Council and

Staff of HIFN



GIFT CARDS IN LIEU OF TURKEY/HAMS

1 Gift Card per household.

Will be released to Household
Owner ONLY!

Gift Cards will be available for pick-
up at Administration Starting on
Monday December 6, 2021 to
Wednesday December 15, 2021

Prescriptions Deliveries over the holidays

Clients who utilize Noelville Pharmacy for delivery of their prescriptions will continue to receive their deliveries on Tuesdays every week.

If you know that you will not be home on Tuesdays, Please call Noelville Pharmacy to notify them of another household to drop off at or to arrange when you can go pick it up.

Noelville Pharmacy's number is:

705-898-2999

Clients will be responsible to pick up their medications if they missed the delivery



**Henvey Inlet
First Nation**

Pickering, ON P0G 1J0

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

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

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

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

MEMORANDUM

To: Band Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: October 27, 2021
Re: Annual Christmas Party 2021

We will not be having a community Christmas Party again this year, due to COVID 19. So, this year we will be simply reimbursing parents/guardians for their purchases for their children up to \$200/ea.

Parents are asked to do the following in order to participate:

1. Call HIFN and confirm with the Receptionist your interest in this process, and name your children that you plan to buy for.
2. We ask that you call by Thursday November 18, 2021; this will allow up to two week delivery for the cards to the office and then,
3. Gift cards will be made available the week of December 6-15th, 2021 upon exchange of your receipt confirming purchase.

Your understanding and cooperation is appreciated.

/MP
Director of Finance/Administration



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Memorandum

To: Henvey Inlet First Nation Band Members
From: Darcy Ashawasegai- P.S.C./Reception
Date: December 1, 2021
Re: Medical Transportation over Holidays

Henvey Inlet First Nation Health Centre will be closed for the holidays starting Wednesday December 15, 2021 @ 12 noon and will re-open on Monday January 3, 2022.

Debbie Newton will be available to do EMERGENCY trips only! She cannot drive for appointments or prescription pick-ups. She can be reached for emergencies only at 249-878-1453.

In the Event of an Urgent Medical Emergency, Clients are to call the Ambulance first.

Please feel free to come and pick-up some Community Submission Sheets from the Health Centre for use over the holidays for those that drive themselves/hire.

Your cooperation is appreciated!

/DA



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Pickeral, ON P0G 1J0

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Health Centre
354A Pickeral River Road
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MEMORANDUM

To: All Henvey Inlet First Nation Members
From: Samantha Bradley, Human Resources Coordinator
Date: November 22, 2021
Re: Employment Opportunities

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

- 1) Early Childhood Education Worker – 1 Position – *Must already be registered*
- 2) Gas Bar Attendant – Casual Part-time
- 3) Secondary School Bus Driver – 1 Position – *Must have valid Ontario Class B or E driver's license*
- 4) Water Treatment Trainee – 1 Position

See attached job postings for more information.

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

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.

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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 B or E Driver's License required
- 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

As soon as possible.

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

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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:

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Pickerel, ON P0G 1J0

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Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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MEMORANDUM

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

Rent incentives:

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

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

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

Furnace filters are available at the administration office, please contact the housing department.

Thank you,

Heidi Kimberley
Housing Assistant.

ARE THERE **HEROES** IN YOUR HOME?



SMOKE AND CARBON MONOXIDE ALARMS SAVE LIVES.

- Install smoke alarms on every storey of your home and outside all sleeping areas.
- Install carbon monoxide alarms outside all sleeping areas if your home has a fuel-burning appliance, fireplace or attached garage.
- Test smoke and carbon monoxide alarms every month.

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.



Holiday Fire Safety

Public Safety

[Smoke Alarms](#)

[Carbon Monoxide Information](#)

[Safety Notices, Recalls and Buyer Beware](#)

[Winter Fire Safety Tips](#)

[Home Escape Plan](#)

[Autumn Fire Safety](#)

[Cooking Safety](#)

[Halloween Safety](#)

[Holiday Fire Safety](#)




[Public Safety Videos](#)

[Spring & Summer Fire Safety Tips](#)




Holiday Fire Safety

Participate in the 12 Days of Holiday Fire Safety and Follow the Important Safety Tips below to ensure a Safe and Happy Holiday Season!

<p>Day 1</p> 	<p>Water fresh trees daily</p> <p>It's time to trim that Christmas tree, and if you're using a real tree, buy a fresh tree and keep the base of the trunk in water at all times. Keep your tree away from any ignition source such as the fireplace, heaters or candles. More Christmas tree and decoration tips below.</p>
<p>Day 2</p> 	<p>Check all sets of lights before decorating</p> <p>Before you put those lights on the tree or around the front window check the cords closely. Discard any sets that are frayed or damaged. More light safety tips below.</p>
<p>Day 3</p> 	<p>Make sure you have working smoke alarms</p> <p>With family and friends spending extra time at your home over the holidays, it's a great time to check your smoke alarms. Replace smoke alarms if they are over 10 years old. Remember that you need working smoke alarms on every storey of your home and outside all sleeping areas. Test your alarms to make sure they will alert you and your family if a fire occurs, giving you the precious seconds you need to safely escape. More Information on Smoke Alarms.</p>

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 INTRODUCING
THE ATOM™
 SMOKE & FIRE ALARM
*The world's
 smallest
 smoke alarm*












1" 7/8 diameter

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 OF FIRE SAFETY



<p>Day 4</p> 	<p>Make sure you have working carbon monoxide alarms</p> <p>Carbon monoxide is an invisible, odourless gas that can quickly kill you. Replace any carbon monoxide alarms over seven years old. Installing carbon monoxide alarms in your home will alert you to the presence of this deadly gas. More Information on CO Alarms.</p>
<p>Day 5</p> 	<p>Make sure everyone knows how to get out safely if a fire occurs</p> <p>Develop and practise a home fire escape plan with all members of the household and make sure someone helps young children, older adults or anyone else that may need assistance to evacuate. Once outside, stay outside and call 911 from a cell phone or neighbours house. More info on a Home Escape Plan.</p>
<p>Day 6</p> 	<p>Use extension cords wisely</p> <p>People often use extension cords for that extra set of lights or the dancing Santa in the corner. Extension cords should be used only as a temporary connection. Make sure cords never go under rugs as this can cause damage to the cord and cause a fire. More electrical safety tips below.</p>
<p>Day 7</p> 	<p>Give space heaters space</p> <p>If you are using space heaters to help take the chill off, remember to keep them at least one metre (3 feet) away from anything that can burn such as curtains, upholstery, or holiday decorations. More heating and fireplace safety tips below.</p>
<p>Day 8</p> 	<p>When you go out, blow out!</p> <p>Candles can set the perfect mood for a holiday celebration, but remember to always blow out candles before leaving the room or going to bed. Keep lit candles safely away from children and pets and anything that can burn, such as curtains, upholstery, or holiday decorations. Be candle safe! More candle safety below.</p>
<p>Day 9</p> 	<p>Keep matches and lighters out of the sight and reach of children</p> <p>People often keep matches and lighters handy to light holiday candles. But matches and lighters can be deadly in the hands of children. If you smoke, have only one lighter or book of matches and keep them with you at all times.</p>
<p>Day 10</p> 	<p>Watch what you heat!</p> <p>The holiday season is one of the busiest times of the year, which means it's easy to get distracted from what we are doing. Cooking fires most commonly occur when cooking is left unattended. Always stay in the kitchen when cooking; especially if using oil or high temperatures. If a pot catches fire, carefully slide a tight-fitting lid over the pot to smother the flames and then turn off the heat. Cooking safety tips.</p>
<p>Day 11</p> 	<p>Encourage smokers to smoke outside</p> <p>Careless smoking is the leading cause of fatal fires. If you do allow smoking indoors use large, deep ashtrays that can't be knocked over and make sure cigarette butts are properly extinguished. More holiday entertaining tips below.</p>
<p>Day 12</p> 	<p>There's more to responsible drinking than taking a cab home</p> <p>With all the festive cheer this time of year, keep a close eye on anyone attempting to cook or smoke while under the influence of alcohol. Alcohol is all too often a common factor in many fatal fires. More holiday entertaining tips below.</p>

For more information on the Ontario Fire Marshals' Initiative on the "12 Days of Holiday Fire Safety" visit their [website](#)

Christmas Tree Safety Tips

- When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.
- When purchasing a live tree, check for freshness. A fresh tree is green; needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of foot traffic and do not block doorways.
- Tree disposal after the holidays: When you're ready to get rid of your tree, please do not burn it in the fireplace or wood stove. The rapid burning and excessive heat can damage the firebox and chimney creating a serious fire hazard. Instead, find out from your municipality the day when trees will be picked at your curbside. Many municipalities recycle Christmas trees into mulch.

Lights & Electrical

- Indoors or outside, always use CSA approved lights. Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.
- Use no more than three standard-size sets of lights per single extension cord.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use only insulated staples, not nails or tacks, to hold strings in place. Or, run strings of lights through hooks (available at hardware stores).
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.
- For added electric-shock protection, plug outdoor electric lights and decorations into circuits protected by ground fault circuit interrupters (GFCIs). Portable outdoor GFCIs can be purchased where electrical supplies are sold. GFCIs can be installed permanently to household circuits by a qualified electrician.

Decorations

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or non-leaded metals. Leaded materials are hazardous if ingested by children.
- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.
- In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.

Holiday Entertaining

- Test your smoke alarms and tell guests about your home fire escape plan. Ensure they are aware of all exits in your home.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.
- Don't drink & drive or let your guests drink & drive. Make sure you plan ahead and have a designated driver, arrange for a cab or other alternative transportation.

Fireplaces

- Do not remove fireplace embers or ash, or if you do, place them in a metal container with a lid and cover them with water. Do not place them in a plastic or paper bag or other container that is not fire-resistant. Do not dispose of them indoors or close to your home or another structure.
- Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.
- Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.
- Never burn gift wrappings, boxes, cartons, or other types of packing in the fireplace. They burn too rapidly and generate far too much heat.

- Don't hang Christmas stockings from the mantel when the fireplace is in use.
- Always use a screen in front of the fireplace to protect against flying sparks.
- Never use gasoline or any other flammable liquids to start a fire.
- Use only seasoned and dried wood.
- Never leave the fire unattended or let it smoulder.
- Clean the ashes regularly. Place the ashes in a metal container and store outside away from flammable materials.
- Don't use Christmas trees for firewood.

Candles

- Extinguish candles when leaving the room or going to sleep. Keep lit candles away from items that can catch fire
- Place candles in sturdy, burn-resistant containers that won't tip over and are big enough to collect dripping wax.
- Don't place lit candles near windows, where blinds or curtains may close or blow over them.
- Don't use candles in high traffic areas where children or pets could knock them over.
- Never let candles burn out completely. Extinguish them when they get to within two inches of the holder or decorative material.
- Never leave children or pets alone in a room with lit candles.
- Do not allow older children to light candles in their bedrooms. A forgotten candle or an accident is all it takes to start a fire.
- During power outages, exercise caution when using candles as a light source. Many destructive fires start when potential fire hazards go unnoticed in the dark.
- Never use a candle for light when fuelling equipment such as a camp fuel heater or lantern.
- Keep candle wicks short at all times. Trim the wick to one-quarter inch (6.4 mm).
- Be wary of buying novelty candles. Avoid candles surrounded by flammable paint, paper, dried flowers, or breakable/meltable containers.
- Extinguish taper and pillar candles when they burn to within two inches of the holder, and container candles before the last half-inch of wax begins to melt.
- When buying or using novelty candles, try to determine if they pose a potential fire hazard (if they contain a combustible component for instance). If they do, or if you suspect that they might, inform your local fire department.
- Use extreme caution when carrying a lit candle, holding it well away from your clothes and any combustibles that may be along your path.

Heating

- Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Be sure all furnace controls and emergency shutoffs are in proper working condition.
- Leave furnace repairs to qualified specialists. Do not attempt repairs yourself unless you are qualified.
- Inspect the walls and ceiling near the furnace and along the chimney line. If the wall is hot or discoloured, additional pipe insulation or clearance may be required.
- Check the flue pipe and pipe seams. Are they well supported, free of holes, and cracks? Soot along or around seams may be an indicator of a leak.
- Is the chimney solid, with cracks or loose bricks? All unused flue openings should be sealed with solid masonry.
- Keep trash and other combustibles away from the heating system.

In the Kitchen

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.

- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.
- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

Grease and fat fires are a leading cause of home fires in Canada, so be extra careful when doing this kind of cooking. Here's what to do if grease in a pot or pan catches fire:

- Smother the flames by covering the pan with a lid. Do not remove the lid until the pan is completely cooled.
- Turn off the heat immediately.
- Use baking soda (flour can be explosive) on shallow grease fires.
- Never turn on the overhead fan, as this could spread the fire.
- Never throw water on a grease fire.

Select Language ▼

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Henvey Inlet First Nation Windfarm Legacy Trust Logo

Winning logo will
receive

\$500.00
\$200.00

Deadline for logo
contest
December 5th 2021

Help us create an extraordinary logo for
Henvey Inlet First Nation
Windfarm Legacy Trust.

This logo will be the face of the trust. Any
registered member of HIFN
can apply. We strongly
encourage our youth to apply, lets see your
creativity.

Please submit your logo to
trustcoordinator@henveyinlet.com
or you can mail to the address provided.

Please make sure to include your name and
contact information with your submissions.

HIFN Trust Logo Contest

295 Pickerel River Rd
Pickerel, ON P0G 1J0

(705)857-2331 ex. 226

trustcoordinator@henveyinlet.com



Niijaansinaanik

Child and Family Services

ROUND DANCE

SATURDAY, DECEMBER 4, 2021

**HENVEY INLET FIRST NATION
FIREHALL**

5:00P.M. - 10:00P.M.

Bino No Gee Yuk Nzaagwinden

5:00p.m. - Feast

6:00p.m. - Pipe Ceremony

6:30p.m. - Round Dance

9:30p.m. - Giveaway

10:00p.m. - Closing Ceremony

MC - Gordan Sands

Co-MC - Marie Gaudet

Elder - Tony Tyson

Pipeman - Jimmy Dick

Stickman/Singer - Gabe Gaudet

Invited Singers:

Darren Nakogee * Rodney Stanger * Dave Hookimaw * Jordan Mowat
Lester Mianskum * Vidal Nicotine Sands * Nathan Roy * Wayne Moberly

Provincial health and safety measures in place. Please wear masks, maintain social distancing and practise hand hygiene.

For more information contact Rod Nettagog, Cultural Helper - NCFS

rod.nettagog@niicfs.com

1-855-223-5558

Anishinabek



CATCH
the **ACE**

Progressive Weekly Raffle Lottery

Will YOU be our next WINNER?!
Get your tickets TODAY!

www.AnishinabekAce.ca

Weekly Draw
every Wednesday at 7:00pm



Raffle Licence: RAF1218679

All proceeds will go to the Anishinabek Nation 7th Generation Charity

Registered Charitable #895952471RR0001

ONTARIO WORKS

SNACKS N LEARN BINGO



DATE: FRIDAY, DECEMBER 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

SNACKS WILL BE PROVIDED

MIIGWETCH

ONTARIO WORKS NOTICE

DROP IN @ LEARNING CTR.

TUESDAY, DECEMBER 14TH

10 A.M. TILL 12 NOON

MORNING SNACKS PROVIDED AND

3 DRAWS FOR DOOR PRIZES!



Ontario Works and ODSP Clients:

Are you interested in attending a program at Canadore College?

Do you know what program you want or do you need help choosing?



IPREP

(Indigenous Poverty Reduction Education Program)

A college pathway support program in partnership with First Nation Ontario Works offices.

Specialized Support

- Direct application to Canadore
- Assistance with funding applications
- Education plans/goal setting
- Mature Student testing
- Access to Indigenous knowledge keepers/elders
- Supplies, laptop loans and residence subsidies
- Tutoring and customized support
- Employment Services before and after graduation

Eligibility

- Ontario Works or ODSP recipient or dependent
- Interest in pursuing a college education at Canadore starting the next fall or winter semester

For more information please contact:

Sunday Bear, IPREP Lead
First Peoples' Centre
705.474.7600 ext. 5548
sunday.bear@canadorecollege.ca



For more information, talk to your Ontario Works staff for an application and referral to the program.

Serving Parry Sound and Surrounding Areas

INSIDE: LOCAL REAL ESTATE, CLASSIFIEDS AND ADVERTISING

OPEN: Mon - Fri 8-5
GEORGIAN BAY
PROPANE INC.
55 Great North Road
Parry Sound
705-746-2175
www.georgianbaypropane.ca

PROPANE
TANKS
FILLED
HERE



Christmas Assistance Program 2021

DO YOU NEED HELP THIS CHRISTMAS?

At The Salvation Army we believe that everyone should feel the love and hope that Christmas brings.

Registration for The Salvation Army's Christmas Assistance Program will be open from:

Monday, November 22 - Friday, December 3

ALL APPLICANTS FOR THE ASSISTANCE PROGRAM ARE REQUIRED TO MAKE AN APPOINTMENT

**To BOOK AN
APPOINTMENT**

**CALL:
705-746-5391**



Christmas Assistance Program

We need your help to make this a Merry Christmas for all in Parry Sound. Volunteers are needed to help with:

- * Food & Toy Drives
- * Food & Toy Sorting
- * Toy Distribution
- * Kettle Bell-Ringers

A little of your time can bring big change for families in our community.

**VOLUNTEER OPPORTUNITIES
AVAILABLE FROM: NOV. 10-DEC. 24**

All volunteers are required to be fully vaccinated.
Training sessions scheduled for Monday, November 1st.
For more information please contact the office at 705-746-5391

Volunteer opportunities



Giving Hope Today

[SOUND] IDEAS AUDIOLOGY PROFESSIONAL HEARING HEALTHCARE



Audiologist Ian Gray

Doctor of Audiology
Your trusted hearing health provider, fairly and faithfully serving Parry Sound since 2005



We are open by appointment. Patients and accompanying family will be screened prior to the appointment. We would ask patients and family members to wear a mask.



December 2021 Daycare Newsletter



HAVE A SAFE AND WONDERFUL HOLIDAY
Merry Christmas and Happy New Year

Christmas Holidays

December 15, 2021 Daycare Closes at 12:00pm.
Daycare will re-open January 3, 2022 at
8:30am.

Important Reminder:

With the holiday season approaching, it is anticipated that Staff, Children and Families may be making travelling plans for december break. However if you are travelling, it is very important that you let the Daycare Supervisor know before returning back to Daycare.



New Furniture and Toys for the Daycare



A decorative border surrounds the page, featuring various styles of snowflakes in dark blue, light blue, and white. In the bottom-left corner, there is a cartoon snowman wearing a black top hat, holding a broom, and having stick arms. The background is a light blue gradient with small white dots scattered throughout.

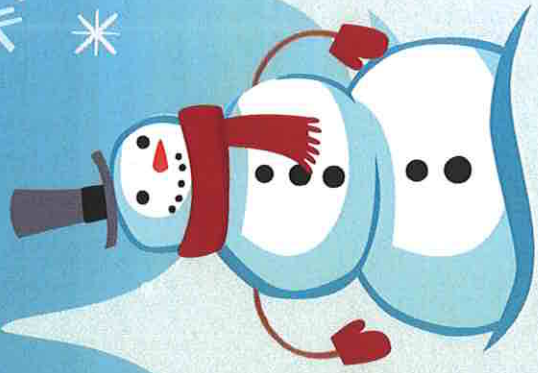
December

**Kara Newton- Community
Health Educator**

&

Kerri Campbell-

Native Child & Family Worker



Community
Health
Educator

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 ORGANIC DOG BONE MAKING WKSHP 10am	30	01	02 BAKE N SHARE ALL DAY	03	04
05	06	07 BUNVENTURE ALL DAY KIDS XMAS BINGO 4:30PM	08	09 PARENTING WKSHP 1PM	10	11
12	13	14 ADULT XMAS BINGO 1PM	15	16	17	18 Happy Birthday Kerri!!!
19	20	21	22	23	24	25
26	27	28	29	30	31	01
02	03	04	05	06	07	08



Christmas Craft Workshop Finished Centrepieces



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

DATE: DECEMBER 7, 2021

TIME: 9:00 AM

zoom



CONTACT DARCY TO SIGN UP
705-857-1221
LIMIT OF 5 PARTICIPANTS!!!



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

BUNN-VENTURE

CHRISTMAS

BINGO



BINGO FOR KIDS

Tuesday December 7, 2021

4:30pm

ON ZOOM

SPACE IS LIMITED

CALL DARCY TO SIGN UP

The banner features a central illustration of Santa Claus in a red suit with white trim, standing against a dark blue background with white stars. Below him is a large, colorful graphic with the words 'BINGO FOR KIDS' in bold, yellow and blue letters, surrounded by various colored stars. The background is decorated with floating bingo balls in red, green, and blue, some with numbers like '10', '31', '2', '5', '12', '13', '14', '15', '16', '17', '18', '19', '20', '21', '22', '23', '24', '25', '26', '27', '28', '29', '30', '31', '32', '33', '34', '35', '36', '37', '38', '39', '40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50'. The text 'ON ZOOM' and 'SPACE IS LIMITED' is written in a stylized font, and 'CALL DARCY TO SIGN UP' is written in a smaller font at the bottom.

CHRISTMAS

ON A PARENTING PROGRAM

BUDGET

THURSDAY DECEMBER 9, 2021

at 1PM

SPACE LIMITED

TO THE FIRST 6

PARTICIPANTS TO SIGN UP!!!

CALL DARCY TO SIGN UP 705-857-1221!!!

zoom



CHRISTMAS

BINGO



Tuesday December 14, 2021
1:00pm

ON ZOOM
SPACE IS LIMITED
CALL DARCY TO SIGN UP

B	I	N	G	O
7	19	31	46	72
6	30	33	47	61
15	19	32	55	62
10	18	48	74	74
7	25	45	52	65
5	29	34	60	71

Home Care Nurse



DEBBIE BRENNAN

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29 OFFICE Administration	30 OFFICE Medical Consultations	1 OFFICE HOME VISITS	2 OFFICE HOME VISITS	3 OFFICE	4
5	6 OFFICE Administration	7 OFFICE Medical Consultations	8 OFFICE HOME VISITS	9 OFFICE HOME VISITS	10 OFFICE	11
12	13 OFFICE Administration	14 OFFICE Medical transporta- tion	15 Office closed at 12 noon	16 ←	17 _____	18
19	20 _____	21 Closed for	22 Holidays	23 _____	24 _____	25
26	27 _____	28 _____	29 _____	30 _____	31 _____ >	



DEBBIE BRENNAN
HCN



SAFETY TALK



Winter Walking

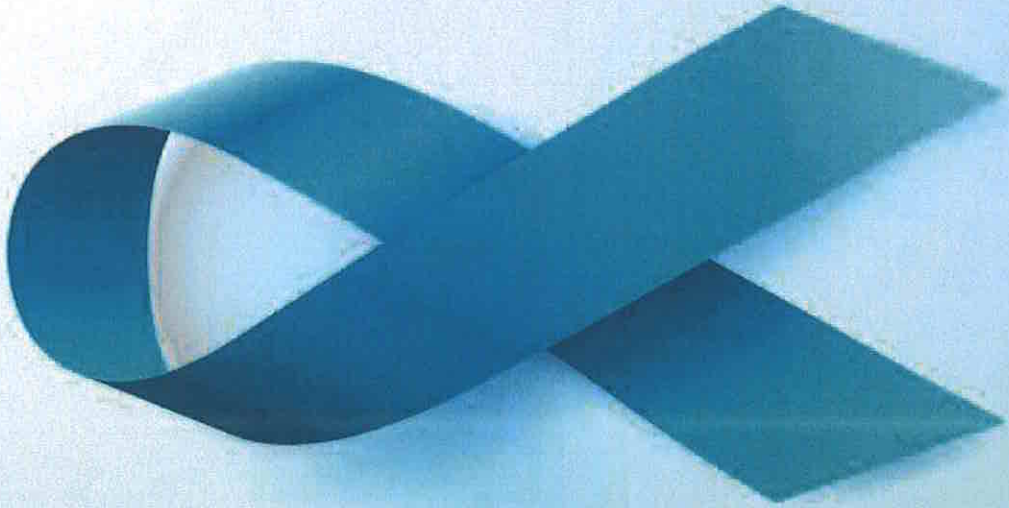
In Short: Walk Like a Penguin!

- Walk flat footed.
- Arms out for balance and to catch yourself if you slip.
- Weight over front foot.
- Feet pointed slightly out.
- Take short steps or shuffle for stability. It also helps to stop occasionally to break momentum.



The Numbers:

12 out of 14 slip and fall accidents at Colby in 2014 were due to ice or snow
5% the number of slip and fall accidents that result in broken bones
17,000 Americans die from slip and fall accidents each year



KNOW THE FACTS

Cervical cancer is almost
always preventable.

Here's what you can do

Get checked with a simple test to prevent cervical cancer.

Cervical cancer can affect anyone with a cervix who has ever been sexually active. A cervical screening test looks for the signs of cancer before it starts.

Talk to your family doctor or nurse practitioner about your personal risk and regular screening.

Stay informed about HPV and cervical cancer.

HPV is the cause of cervical cancer. Regular screening and follow-up of abnormal results up to at least age 70 is important for preventing cervical cancer.

Most cervical cancers are found in people who are not screened regularly.

 To learn more, visit cancercareontario.ca/ccaw

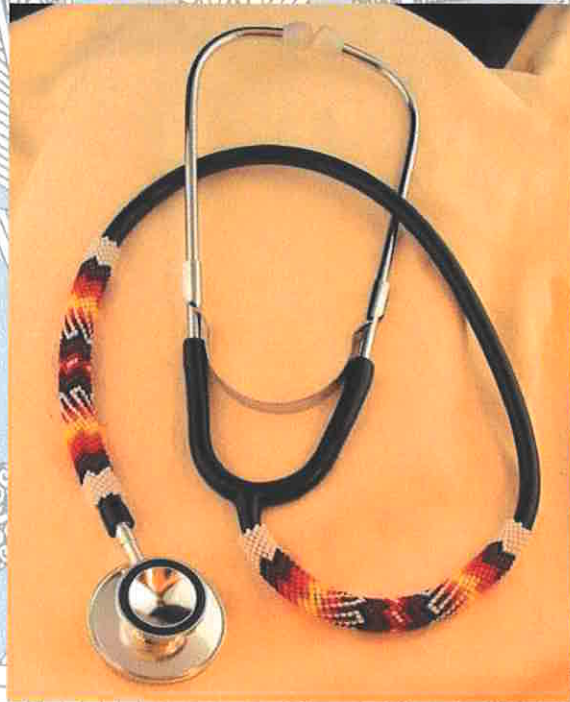
Need this information in an accessible format?
1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca

PCC4196



Ontario Health
Cancer Care Ontario

Community Health Nurse



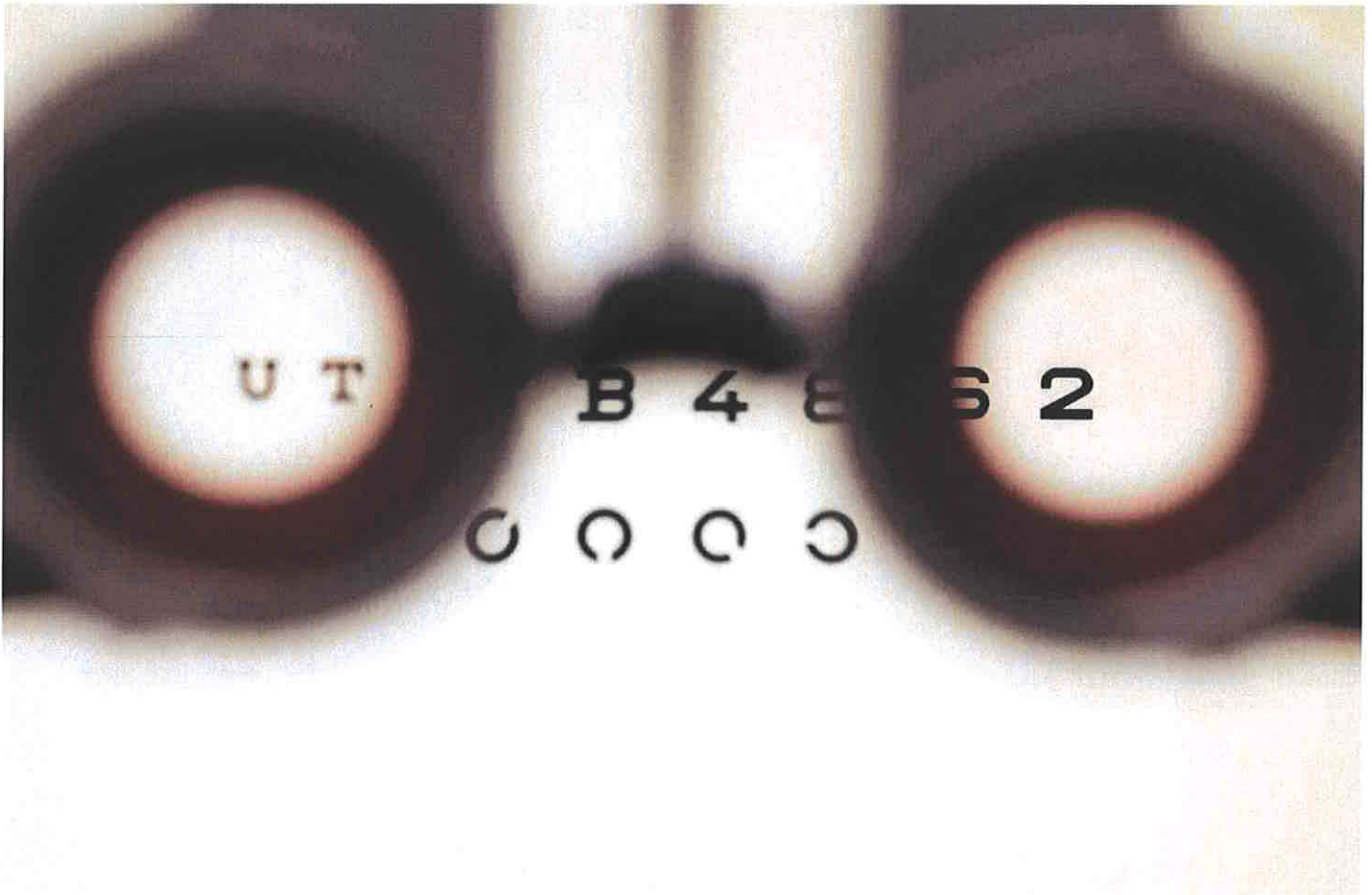
BRENDA CONTIN

Breakthrough in negotiations as Ontario optometrists pause job action and resume services for children, seniors

LAURA STONE > QUEEN'S PARK REPORTER

DAVE MCGINN >

PUBLISHED YESTERDAY



faith” as they agreed on Monday to enter into formal negotiations with the provincial government following a funding dispute that has dragged on for months.

The suspension of Ontario Health Insurance Plan services on Sept. 1 for those 19 and younger and 65 and over by the province’s optometrists has meant that hundreds of thousands of people have not been able to access eye care. Thousands of cataract referrals have also been cancelled.

The Ontario Association of Optometrists (OAO) will be “pausing” the withdrawal of those services starting Tuesday, the group said in a statement, as talks start up with the province. The two sides have made the breakthrough after months of public feuding, with optometrists arguing their services have been chronically underfunded and the province accusing eye doctors of failing to negotiate.

“The OAO is committed to negotiating a sustainable funding model that aligns with how optometric care is funded in other Canadian jurisdictions,” it said in its statement announcing the start of formal negotiations and OHIP services.

“The OAO expects robust talks to begin immediately, noting that the swift resolution of this issue is a top priority for both optometrists and their patients,” it said.

Patients scramble for care as Ontario optometrists’ job action drags on

Ontario willing to discuss optometrist costs, but won’t write blank cheque: Elliott

After two days of mediation in August, talks between the two sides broke down, with the OAO refusing to return to the table until the government commits to increase funding over the long term.

Ms. Elliott said she was pleased the group has agreed to join the government in direct face-to-face talks.

“As a result of this agreement to resume negotiations, the OAO has advised the Ministry of Health that any OHIP-insured eye and vision care services that were previously affected by this impasse will resume effective Nov. 23, 2021. Both parties have also agreed to a media blackout on this topic during the course of these negotiations. The Ministry of Health is at the negotiations table ready to reach a

The government previously offered a one-time payment of \$39-million to the province's 2,500 optometrists. It also offered to increase OHIP fee reimbursements to optometrists by 8.48 per cent, retroactive to April 1, as well as immediately strike a joint working group to collaborate on investigating the cost of overhead.

But the OAO has said that is not nearly enough to make eye care sustainable for optometrists who are covering costs out of their own pockets.

The news of resumed eye care services was welcomed by seniors and parents, although some expressed concern about backlogs.

"It's about time," said Julie Doherty, a 69-year-old retiree who lives north of Stouffville, Ont.

Ms. Doherty, who has been waiting for her annual eye exam since the work stoppage began, said she has often lost patience with the lack of negotiations between the OAO and the province.

"It's been very frustrating," she said. She'll be calling her optometrist right away to see about an appointment.

Kathy Miller wonders about how appointments will be scheduled, worrying that some optometrists may not have kept accurate wait lists.

Ms. Miller, a 70-year-old retiree who lives in Peterborough, was diagnosed with glaucoma on Aug. 31. She has been waiting to have a follow-up appointment and receive whatever treatment is necessary ever since.

She has called her optometrist's office eight times since the job action began. She has called a dozen other optometrists in Peterborough and another dozen in Toronto, all in the hopes of finding a short waiting list.

Ms. Miller has begun to have double-vision, and is losing her peripheral vision as well.

"I'm at the point where it's a little bit scary" she says of her vision loss

Our Morning Update and Evening Update newsletters are written by Globe editors, giving you a concise summary of the day's most important headlines. Sign up today.

November 2021

FREQUENTLY ASKED QUESTIONS

COVID-19 mRNA Vaccines for Children

What vaccine will children aged 5 to 11 years get?

Health Canada has approved the Pfizer-BioNTech COVID-19 mRNA vaccine for children aged 5 to 11.¹

How does the Pfizer-BioNTech mRNA vaccine work?

Traditional vaccines put a weakened or inactivated virus into our bodies. However, **messenger ribonucleic acid (mRNA) vaccines** like the Pfizer BioNTech vaccine teach cells how to make a protein that triggers an immune response if someone is infected with COVID-19.^{2,4} When the vaccine is injected into our arm, the mRNA enters cells near the site of the injection and tells the cells to start making the same protein that is found in the COVID-19 virus.^{2,3} The immune system recognizes this protein and starts making antibodies that can fight the virus if the vaccinated person is later infected.^{3,4} **The vaccine does NOT expose you to the virus that causes COVID-19, it CANNOT cause a COVID-19 infection, and does not get into our genetic material or DNA.**³

How effective is the vaccine at protecting children from COVID-19?

In vaccine trials, children had a strong immune system response to the Pfizer-BioNTech vaccine.⁵ The vaccine was 90.7% effective at preventing COVID-19 in children 5-11 years¹, and offered protection from getting sick with the Delta variant.⁵

Is messenger RNA (mRNA) technology safe?

Yes. Scientists have been studying mRNA for decades.⁴ The reason the COVID-19 vaccines were made so quickly is because governments, scientists, public health authorities and manufacturers around the world worked together and made them a priority.^{4,6,7} Like all new vaccines, the mRNA COVID-19 vaccines had to go through a very specific and scientifically strict process of testing and review (including clinical trials) to make sure they are safe and effective.^{4,5,7} Strong vaccine safety systems have been developed to monitor for rare vaccine side effects.^{4,6} As of October 2021, more than 1.4 billion doses of Pfizer-BioNTech vaccine has been safely delivered around the world.⁵ The Pfizer-BioNTech vaccine has also been tested in clinical trials on young children and both Health Canada and the National Advisory Committee on Immunization (NACI) have reviewed the study data for use of this vaccine on young children.^{1,8} It has been approved for safety, efficacy and manufacturing standards, and Health Canada and NACI will continue to monitor it for safety.^{1,8}

What are the risks of COVID-19 infection in children?

Children who get infected with COVID-19 usually experience no or mild symptoms. However, COVID-19 can cause serious illness, hospitalization and death in **any** child, even if they don't have other health conditions.^{5,9} Children are also at risk for myocarditis/ pericarditis^{5,10} or developing multisystem inflammatory syndrome (MIS-C) following infection with the COVID-19 virus.^{1,9} MIS-C is a rare but serious event that can happen several weeks following infection.¹ We are still learning about long haul COVID-19, where people experience symptoms long after the infection has cleared; however, we know children may also be at risk.^{1,5,11} In early studies, one to four out of every 100 children with a COVID-19 infection had lasting symptoms.¹² Symptoms include tiredness, headache, sore throat and loss of smell. Children can get long haul COVID even after a mild illness.^{5,11,12}

What are the common side effects of mRNA COVID-19 vaccines in children?

As with other vaccines, it is normal and expected to experience side effects. Common side effects are a sore or red arm, tiredness, chills, and muscle/joint pain.^{5,13} Many children in the trials had mild side effects after getting the Pfizer-BioNTech vaccine. Side effects usually go away within one to three days.^{5,13}

What are the serious side effects of mRNA COVID-19 vaccines in children?

No new serious side effects were seen in the Pfizer-BioNTech vaccine trials for children. Serious side effects, like anaphylaxis (a severe allergy), after mRNA COVID-19 vaccines are rare.^{7,14} For every 1 million Pfizer doses given to people aged 12 and older, there are two to eight cases of anaphylaxis (0.0002 - 0.0008%).¹³ Children with allergies to foods, drugs, insect stings, or other vaccines can safely get mRNA COVID-19 vaccines.¹³

Inflammation of the heart (**myocarditis**) and of the sac around the heart (**pericarditis**) can happen rarely after being vaccinated against COVID-19.^{13,15} These conditions are more likely for young males after dose two.¹⁵ Most cases are mild and are treated with rest and anti-inflammatory medicines.¹⁴ These conditions happen **far more often after a COVID-19 infection**.¹⁰ This situation, as well as all potential side effects of vaccination are continuously monitored in Canada and many other countries.⁷ The benefit of COVID-19 vaccination still outweighs the very rare risk of myocarditis. Parents should seek medical attention if their child develops sudden chest pains, shortness of breath or palpitations.⁷

What are the long-term side effects of mRNA COVID-19 vaccines in children?

Long-term side effects are not expected from mRNA COVID-19 vaccines.¹⁶ Vaccine side effects tend to happen in the first six weeks. mRNA vaccines have been studied in humans since 2013 with no known long-term side effects.^{4,16} The mRNA in the COVID-19 vaccine is broken down by the body in two to three days.⁶ The spike protein may stay in the body for up to two to three weeks.⁶ There have been reports of short-term menstrual cycle changes,¹⁷ but vaccines **do not** impact fertility (problems trying to get pregnant), genes (DNA), or hormone levels.^{13,12}

Will children aged 5 to 11 get the same dose as teens and adults?

No. The Pfizer-BioNTech vaccine for children aged 5 to 11 uses a lower dose.⁵ The Pfizer-BioNTech vaccine used for teens and adults has 30 micrograms (mcg) of mRNA and the vaccine for children has 10mcg.^{1,13} Smaller vaccine doses are often used for children.¹⁹ They work well because children have stronger immune responses than adults.¹⁹

Should children who weigh more, or who are nearly 12, get bigger doses?

No. Vaccine doses for COVID vaccine are not based on weight.¹⁹

What does a child receive if they turn 12 years old after receiving their first dose?

Children who are 11 years old should get the vaccine as soon as they are eligible, since it takes two weeks after the second dose to maximize protection. The lower dose provides a strong immune response with fewer side effects. If a child turns 12 after receiving their first dose, they can receive the adolescent/adult dose (30mcg) for their second dose.¹

When should children get their second dose?

The National Advisory Committee on Immunization (NACI) is recommending that **children receive two doses of Pfizer BioNTech vaccine, at least eight weeks apart**.¹ Emerging evidence in adults suggests that longer intervals between the first and second doses produce a stronger immune response, higher vaccine effectiveness that lasts longer, and may be associated with a lower risk of myocarditis and/or pericarditis in adolescents and young adults.¹ **NACI recommends that children receive the Pfizer vaccine at least 14 days before or after another vaccine**.¹

My child already had COVID-19. Do they need to get the vaccine?

Children who have had a prior COVID-19 infection may have some protection; but we do not know how long that will last or if it will protect against new variants. **Even if a child has already been infected with COVID-19, they should still get two doses of vaccine** once symptoms are gone, they are not in self-isolation and no longer considered infectious.^{1,3}

Is COVID-19 vaccination safe for people with a medical condition or allergies?

Individuals taking medications that weaken their immune system or those with allergies to any of the vaccine ingredients should consult with their health care provider.³ However, people who have medical conditions are often at higher risk of becoming more ill if they are infected with COVID-19 and are strongly encouraged to be vaccinated as soon as possible. COVID-19 vaccines do not contain eggs, gelatin (pork), gluten, latex, preservatives, antibiotics or aluminum.³ Children with allergies to foods, drugs, insect stings, or other vaccines can safely get mRNA COVID-19 vaccines.¹³

What are the benefits of COVID-19 vaccination for children?

- Vaccines will protect children from getting sick with this virus.
- In children, teens and adults, vaccines lower the risk of hospitalization, death, long haul COVID, and spreading COVID-19 to others.^{5,13,20,21}
- Some organizations or groups may require proof of vaccination from those who are eligible in order to participate.
- Vaccines help schools, extra-curricular activities and businesses stay open and make them safer places to be.⁸ School, participation in activities and socializing are very important to a child's mental health and well-being.

How can I support a child who is anxious about vaccines?

Be open and honest with your children about COVID-19 and COVID-19 vaccines. Listen to and answer their questions, and let them know how the vaccine will help them get back to being kids.

- Have them bring an item to distract from the needle (e.g. music, mobile device, stuffed animal).
- Advise them that they might feel a "poke" or "pinch."
- Take deep breaths together and try to stay calm.
- Offer praise – positive reinforcement works for kids of all ages.
- Numbing skin patches or creams from a pharmacy can help children who are worried about pain.
- The [CARD \(Comfort, Ask, Relax, and Distract\) system](#) may help your child as they receive their vaccine.
- Talk with your healthcare team, including staff at clinics, to make a vaccine plan for children with more complex needs (e.g. a longer appointment or a quiet space).

The nurses at our clinics are well trained in vaccinating children and youth, and are happy to accommodate your family's needs in any way possible. **If you have something you would like to ask about before attending a clinic, contact our COVID-19 Call Centre at 1-844-478-1400 or 1-705-995-3810 (local).**

Additional resources for parents/guardians:

- [A Caregiver's Guide to Safeguarding School-Aged Children's Health Through Vaccination](#)
- [All About Me](#)
- [CARD: Improving the Vaccination Experience](#)
- [COVID-19 Vaccine: information for Parents/Guardians \(Health Unit\)](#)
- [Needle Pain Management for Vaccinations & More](#)
- [Pain Management During Immunizations for Children](#)
- [Reduce the Pain of Vaccination in Kids and Teens](#)
- **SickKids Vaccine Support Line** (Free, safe, judgement-free space to have an open conversation about the COVID-19 vaccine for children and youth. Over the phone interpretation is available free in many languages. Appointments [made online](#) or by calling 437-881-3505.

Sources:

- ¹ Public Health Agency of Canada. (2021, November 19). *An Advisory Committee Statement (ACS) National Advisory Committee on Immunization (NACI): Recommendation on the use of the Pfizer-BioNTech COVID-19 vaccine (10 mcg) in children 5-11 years of age.* <https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines/pfizer-biontech-10-mcg-children-5-11-years-age/pfizer-biontech-10-mcg-children-5-11-years-age.pdf>
- ² Mayo Clinic. (2021, November 5). *Different types of COVID-19 vaccines: How they work.* <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/different-types-of-covid-19-vaccines/art-20506465>
- ³ Ontario Ministry of Health. (2021). *Child and Youth COVID-19 Vaccine Fact Sheet.* <https://files.ontario.ca/edu-child-and-youth-covid19-vaccine-fact-sheet-en-2021-05-27.pdf>
- ⁴ Nature. (2021, October 22). *The tangled history of mRNA vaccines.* <https://www.nature.com/articles/d41586-021-02483-w>
- ⁵ Food and Drug Administration (FDA). (2021, October 26). *Vaccines and Related Biological Products Advisory Committee October 26, 2021 Meeting Document.* <https://www.fda.gov/media/153409/download?clid=IwAR3H3WCpEtBeTYjb0LG2ywfOXrFBcojtJhAWkLpvf9trTY2XER6irhHhA>
- ⁶ Centers for Disease Control and Prevention (CDC). (2021, November 3). *mRNA Vaccines.* <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>
- ⁷ Canadian Paediatric Society. (2021, November). *COVID-19 vaccine for children and youth.* <https://caringforkids.cps.ca/handouts/immunization/covid-19-vaccine-for-children>
- ⁸ Government of Canada. (2021, October 4). *Reported side effects following COVID-19 vaccination in Canada.* <https://health-infobase.canada.ca/covid-19/vaccine-safety/summary.html>
- ⁹ FDA. (2021, October 26). *Vaccines and Related Biological Products Advisory Committee Meeting.* <https://www.fda.gov/media/153508/download>
- ¹⁰ Immunize BC. (2021, November 18). *Question: Are there long-term side effects caused by mRNA COVID-19 vaccines?* <https://immunizebc.ca/ask-us/questions/are-there-long-term-side-effects-caused-mrna-covid-19-vaccines>
- ¹¹ Ontario COVID-19 Science Advisory Table. (2021, September 14). *Understanding the Post COVID-10 Condition (Long COVID) and the Expected Burden for Ontario.* <https://covid19-sciencetable.ca/sciencebrief/understanding-the-post-covid-19-condition-long-covid-and-the-expected-burden-for-ontario/>
- ¹² Antonelli, M. (2021, September 1). *Risk factors and disease profile of post-vaccination SARS-CoV-2 infection in UK users of the COVID Symptom Study app: a prospective, community-based, nested, case-control study.* *The Lancet.* [https://www.thelancet.com/journals/laninf/article/PIIS1473-3099\(21\)00460-6/fulltext](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(21)00460-6/fulltext)
- ¹³ Government of Canada. (2021, October 22). *Recommendations on the use of COVID-19 vaccines.* <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines.html>
- ¹⁴ SickKids. (2021, August 6). *Myocarditis and pericarditis after mRNA COVID-19 vaccination in children: Interim guidance.* https://www.sickkids.ca/contentassets/50c1bd3c95e74dcf9fa7c9f6fd707bd7/interim-guidance_myocarditis-pericarditis-after-mrna-covid-19-vaccination-in-children.pdf
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- ¹⁶ Male, V. (2021). *Menstrual changes after COVID-19 vaccination.* *British Medical Journal*, 373, n2211. <https://www.bmj.com/content/374/bmj.n2211>
- ¹⁷ Canadian Fertility and Andrology Society. (2021, April 9). *Fertility Care during the COVID-19 Pandemic: Guiding Principles for COVID-19 Vaccination in the Fertility Patient.* https://cfas.ca/Library/SOGC_Statement/_CFAS_COVID-19_Vaccine_Build_Final_April2021_Final_EN.pdf
- ¹⁸ Tinker, S.C. (2021). *Important Considerations for COVID-19 Vaccination of Children with Developmental Disabilities.* *Pediatrics*, 148(4). <https://pediatrics.aappublications.org/content/148/4/e2021053190>
- ¹⁹ Immunize BC. (2021). *Question: Does an adult get the same amount of vaccine than a baby? How do you decide how much to give if not be weight? If a child is underweight would waiting make more sense?* <https://immunizebc.ca/ask-us/questions/does-adult-get-same-amount-vaccine-baby>
- ²⁰ CDC. (2021, September 15). *COVID-19 Vaccines and Vaccination.* <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>
- ²¹ Toronto Public Health. (2021, November 23). *COVID-19: Children & Vaccines.* <https://www.toronto.ca/home/covid-19/covid-19-vaccines/covid-19-about-the-vaccines/covid-19-children-vaccines/>

Adapted from: F.A.Q. *Covid-19 mRNA Vaccines for Children* (University of Waterloo & Focused Covid Communication)

November 24, 2021

COVID-19 vaccine is now available for children aged 5 to 11

Vaccines are safe, effective, and the best way to protect your child, your family, and community from COVID-19. Vaccines will help children and families to safely resume normal activities as soon as possible.

Health Canada has approved the Pfizer-BioNTech COVID-19 mRNA vaccine for children aged 5 to 11.

Where to Get the Vaccine

Vaccine can be accessed at one of the following:

- **Child and youth COVID-19 vaccination clinics** (please visit myhealthunit.ca/GetVaccinated for up-to-date information on scheduled clinics across the Health Unit district)
- **General COVID-19 vaccination clinics** (limited supply of paediatric vaccine expected to be available at clinics after November 27, 2021)
- **Participating pharmacies and primary care providers** (call in advance to verify availability of paediatric vaccine)
- **Indigenous-led vaccination clinics** (call in advance to verify availability of paediatric vaccine)

How to Book a COVID-19 Vaccine Appointment

- If you **do** have a Health Card (OHIP) - book online at Ontario.ca/BookVaccine or call 1-833- 943-3900. Hours of operation are 8 a.m. to 8p.m. daily. The online booking system will only allow one child to be booked in at a time.
- If you **do not** have a Health Card (OHIP) – call the Health Unit's COVID-19 Call Centre at 1-844-478-1400 or 1-705-995-3810. Our Call Centre is open from 8:45 a.m. to 4:30p.m. Monday to Friday.

The National Advisory Committee on Immunization (NACI) is recommending that **children receive two doses of Pfizer BioNTech vaccine, at least eight weeks apart**. NACI also recommends that children receive the Pfizer vaccine at least 14 days before or after another vaccine. This recommendation is to reduce the chance of a side effect being attributed to the wrong vaccine.

More Information

Most children with COVID-19 have mild symptoms or none at all. However, some children with COVID-19 can get very sick. Children can also spread COVID-19 to other people. Vaccinating children protects them from getting sick and reduces virus spread within their household and the community.

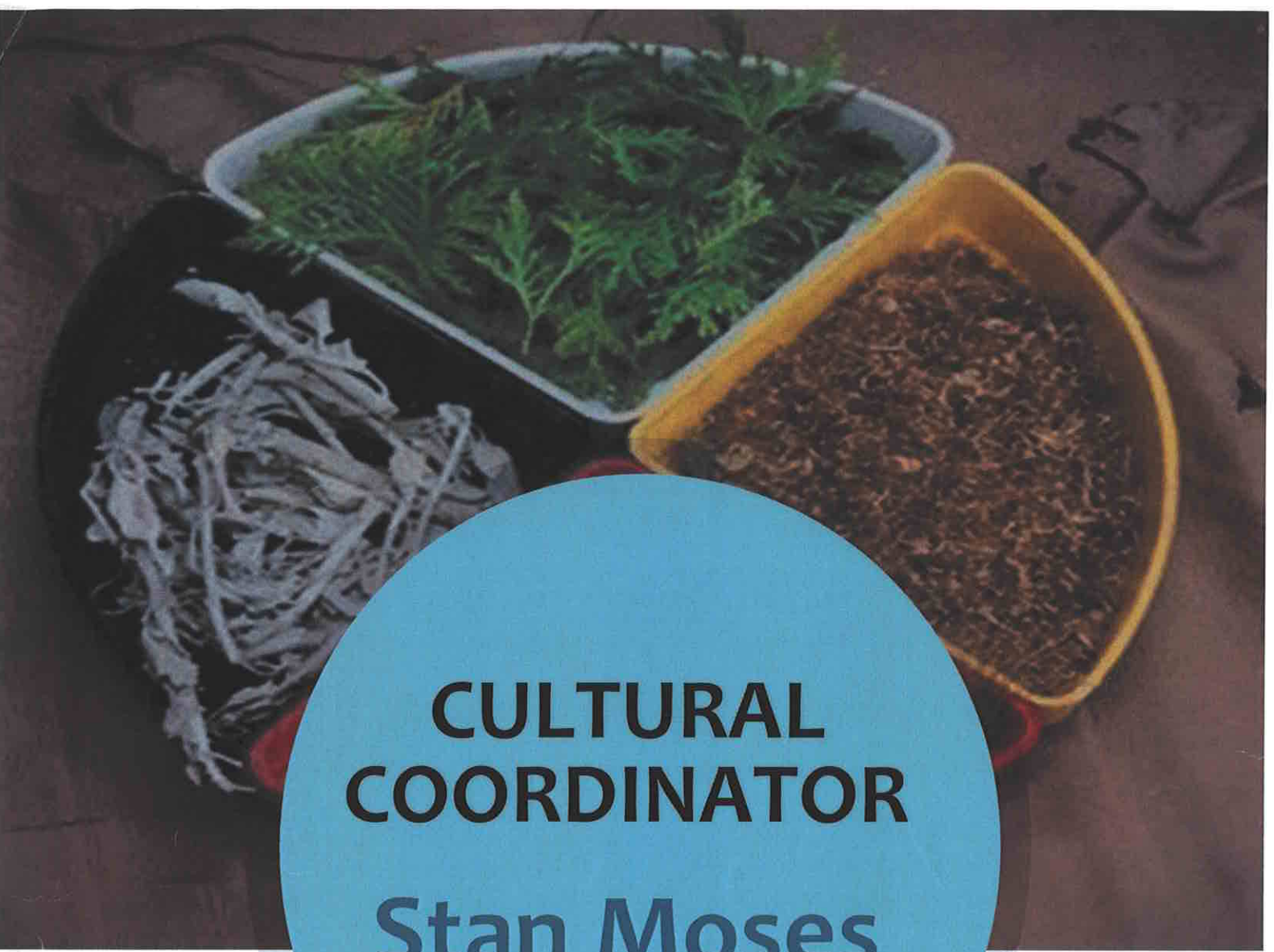
To help you and your child make an informed decision, the Health Unit has developed [a fact sheet](#) (attached) based on expert medical advice and scientific information. It covers several key areas including:

- Safety of the vaccine for children
- Why vaccination is important
- Effectiveness of the vaccine for children

As well, we have a [dedicated webpage](#) that outlines how to book and prepare for your child's vaccination appointment. You and your child are also encouraged to talk to your health care provider or contact [your local public health unit](#) if you have questions about the vaccine. The nurses at our clinics are well trained in vaccinating children and youth, and are happy to accommodate your family's needs in any way possible. If you have something you would like to ask about before attending a clinic, contact our COVID-19 Call Centre at 1-844-478-1400 or 1-705-995-3810 (local).

Lastly, the **SickKids Vaccine Support Line** offers a free, safe, and judgement-free space to have an open conversation about the COVID-19 vaccine for children and youth. Over the phone interpretation is available free in many languages. Appointments can be [booked online](#) or by calling 1-437-881-3505.

Supporting your child to be vaccinated against COVID-19 is an important step in the fight against this disease. It will be a key factor in helping our school community return to a sense of normalcy and will benefit overall physical and mental health for children, youth and their families.

A photograph showing three trays of dried herbs. The top tray is white and contains bright green, feathery herbs. The bottom-left tray is black and contains white, fibrous, root-like herbs. The bottom-right tray is yellow and contains dark brown, crumbly dried 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

2021

COMMUNITY HUNT RAIN OR SHINE!

**OPEN TO ALL
COMMUNITY
MEMBERS!!!**

Hunting will be done in and around the Community.

Breakfast provided @ 7:30am and Packed lunch for the day will be provided.

If you don't have a gun/rifle, you can still come to participate!

Please call the Health Centre/Darcy to Sign-Up!

Participants must be dressed for the weather, Boots, hat, mitts and proper hunting attire (Brightly/Florescent Colored)

For more information contact:

Stan Moses 705-857-1221

**SATURDAY
DECEMBER 11,
2021**

7:30AM – 4:30PM

**MEET @ PROGRAM
TRAILER**

OJIBWAY LANGUAGE CLASS



Thurs. Dec 2 @ 12noon – 1pm

Tues. Dec 7 @ 5:30pm – 7pm

Thurs. Dec 9 @ 12noon – 1pm

Tues. Dec 14 @5:30pm- 7pm

Thurs. Dec. 16 @ 12noon – 1pm

Tues. Dec. 21 @ 5:30pm- 7pm

Thurs. Dec. 23 @ 12noon – 1pm

Tues. Dec. 28 @ 5:30pm – 7pm

Thurs. Dec. 30 @ 12noon- 1pm

@ HIFN Learning Centre

Ojibway language class will be instructed by Maureen Kagagins

If you wish to participate, please call the Health Centre and add your name to sign-up list!! This helps us to prepare the correct amount of food for the program!!

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



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Kind Man Program

10 Participants MAX

WHEN: Tuesday December 14, 2021

WHERE: Trailer #3

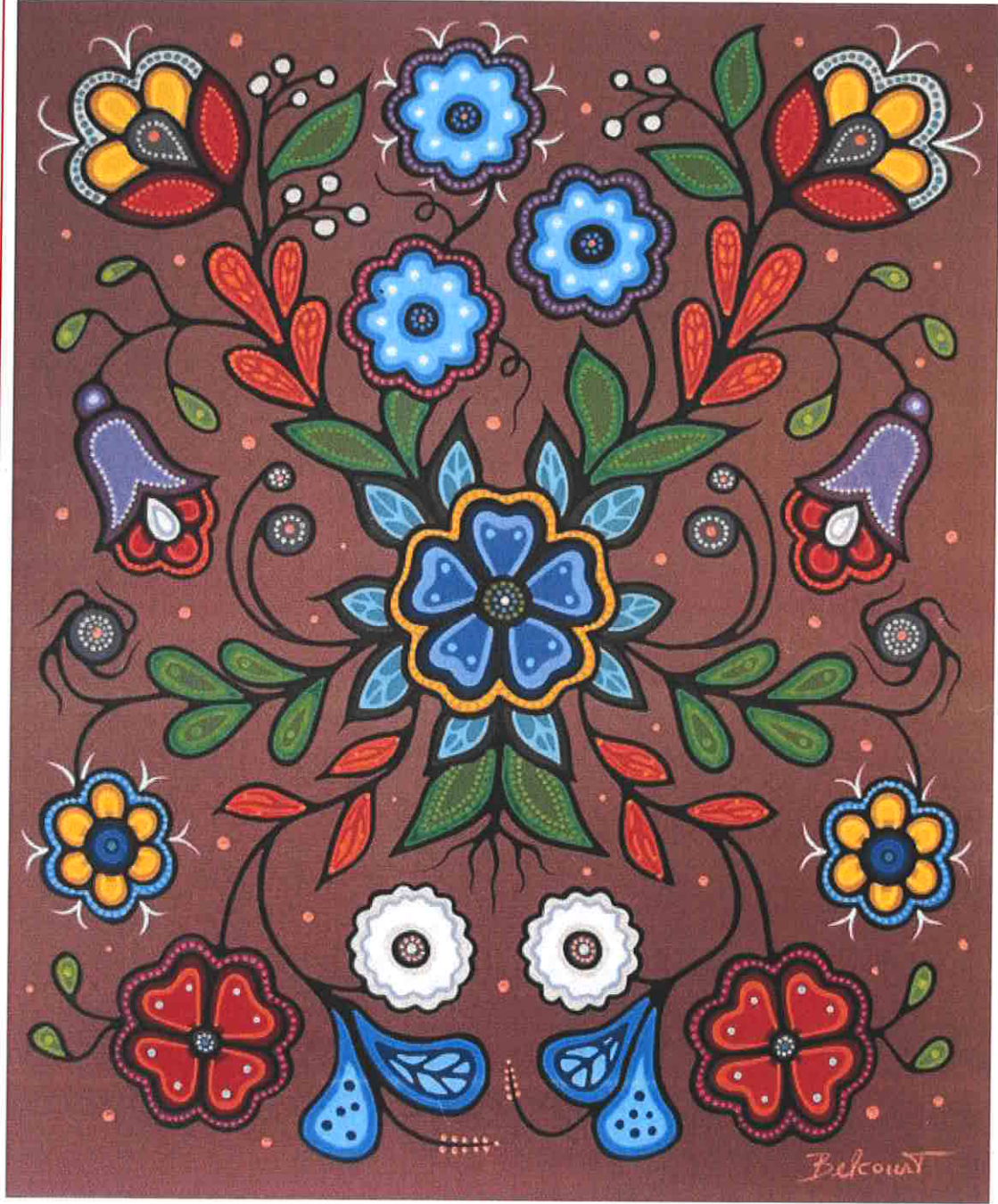
TIME: 5pm- 8pm

Please call to SIGN-UP!! This helps with knowing how much to budget for! 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

COMMUNITY WELLNESS PROGRAM NEWS



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



COMMUNITY WELLNESS PROGRAM



WISHING YOU PEACE AND JOY THIS HOLIDAY SEASON AND THROUGHOUT THE COMING YEAR.

DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 COMMUNITY CALENDAR PREPS	1 COMMUNITY CALENDAR PREPS	1 COMMUNITY CALENDAR PREPS	2 COMMUNITY CALENDAR PREPS	3 DEADLINE FOR SEVEN GRANDFATHERS TEACHINGS NOMINATIONS & Cookbook Recipes	4
5	6 COMMUNITY CALENDAR PREPS	7 COMMUNITY CALENDAR PREPS	8 COMMUNITY CALENDAR PREPS	9 COMMUNITY CALENDAR PREPS	10 COMMUNITY CALENDAR PREPS	11
12	13 PREPPING, PRINTING AND BINDING OF COOKBOOKS & CALENDARS. FILLING MAIL- BAGS WITH HOLIDAY CARDS FOR HOMES.	14	15 7 G.F.T. AWARDS COOKBOOK & CALENDAR DELIVERY	16 OUT OF OFFICE	17 OUT OF OFFICE	18
19	20	21	22	23	24	25 CHRISTMAS DAY
26	27	28	29	30	31	



Henvey Inlet First Nation Health Centre

Christmas Card Exchange

December 15th, 2021

We will be accepting Christmas Cards from individuals who wish to participate in a mail delivery service organized by the Community Wellness Program. Deadline for accepting your card bundle will be December 14th at 4:00pm. They will be placed in Holiday Season bags and delivered to homes on December 15th. In years past, this service was done in the Firehall during the Annual Christmas Party. Addresses are available upon request.

*For further information please contact
CWW Luana McQuabbie Trailer #3 or
Receptionist/Program Support Clerk Darcy in Trailer #1*

the

2022 HENVEY INLET COMMUNITY

cook
book

SUBMISSION DEADLINE

EXTENDED TO DECEMBER 3RD

Greetings,

I would like to try and put together a booklet filled with recipe favorites submitted by community members.

I will be offering a 10.00 gift card for each submission you can provide.

Recipe books will be delivered to households on December 15th.

Submit your entries to the Health Centre by 4pm on November 26, 2021.

For further information please contact:

Luana McQuabbie, Community Wellness Worker 705 857-1221 Ext 227 or
email luana.mcquabbie@henveymedicalcentre.com

Recipe: _____

From the Kitchen of _____

Servings:	
Prep Time:	
Total Time:	

Ingredients:

Directions:

Notes:

Release Date to community homes.
December 15th, 2021



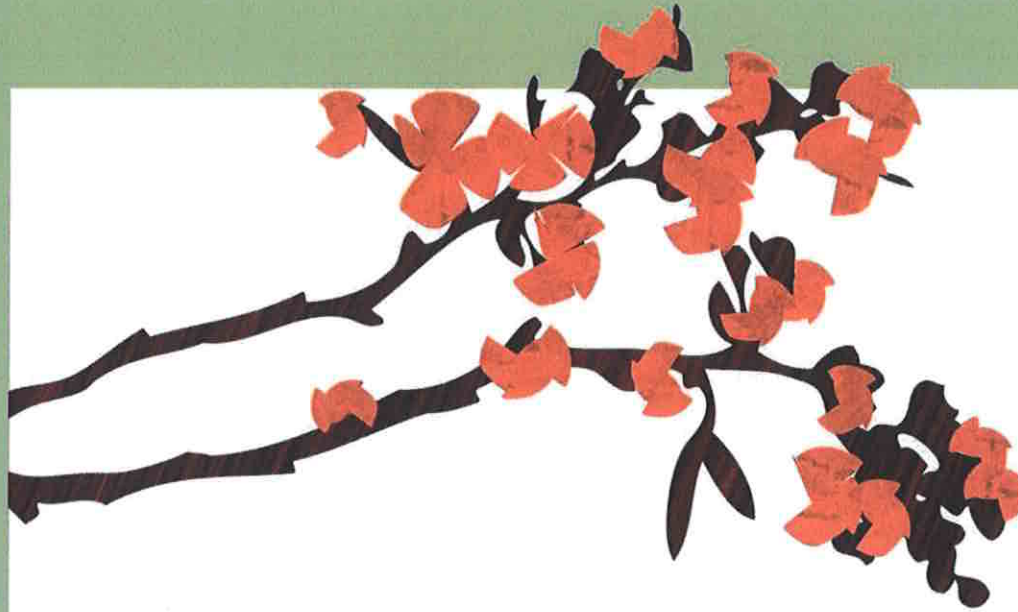
2022 COMMUNITY CALENDAR

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



Elder Participant List
2022 COMMUNITY Calendar

1. Victor Ashawasagai (JUNE)
2. Charlotte Contin (APRIL)
3. Grace Contin (MAY)
4. Faye Delamorandiere (SEPTEMBER)
5. Eric Herbert (MARCH)
6. Johnny Kagagins (FEBRUARY)
7. Rodney Nettagog (OCTOBER)
8. Russel Noganosh (NOVEMBER)
9. Alfreda McQuabbie (JANUARY)
10. Mike McQuabbie (JULY)
11. Martina Moreau (AUGUST)
12. Micheal Soloman (DECEMBER)



SPECIALTY SEWING

INDIVIDUAL REQUESTS/DECEMBER

WHEN: **ANYTIME**

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

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

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

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

Orders for fabric mask are also available.

LUANA MCQUABBIE/HIFN COMMUNITY WELLNESS WORKER

Upcoming Individual Sessions



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

REGALIA MAKING

REGALIA MAKING CLASSES FOR DECEMBER ARE CANCELLED AND WILL RESUME IN JANUARY.

DECEMBER 2021



Seven Grandfathers Teachings 2021 Awards Call for Nominations

Nominations are now being accepted for individuals who have made a positive contribution to our community. Nominators are encouraged to nominate an individual who have demonstrated qualities of one or more of the Seven Grandfathers Teachings. Nominations can be submitted into one of the two ballot boxes located at the Health Centre or Band Administration Office.

Submission deadline is Friday, Dec 3rd at 12 Noon.

On Dec 15th, each recipient will receive an Award and \$100.00 in cash.

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

THE SEVEN GRANDFATHERS TEACHINGS 2021 AWARD NOMINATION BALLOT

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

The Seven Grandfathers (Please circle only one)

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

Name of Nominee: _____

An Example in a Short Story: _____

Nominated by: _____

Please print your name and your phone number

Please submit this Nomination Ballot into one of the Ballot Boxes located at the Band Office or Health Centre/Trailer #1 by noon on Friday, December 3rd Awards will be given out on December 15th, 2021.