



November



Get the
FLU SHOT
not the flu!
Nov. 3rd + 10th
Call to book time

**FREE
HAIRCUTS**

Friday November 5
Call to book a time!



FALL BACK
Daylight Saving Time Ends
November 7, 2021



LEST WE FORGET

Offices Closed
Thurs. Nov 11th



Men's Circle



Look inside for Job
Postings!

Full Moon Ceremony
Nov 18th



FALL
PREVENTION MONTH
WE ALL HAVE A ROLE TO PLAY



Ojibway Language Classes



world diabetes day
14 November





Halloween Hot Spots



Wayne/Wanda

John Kagagins

Lyndy/Kevin

Rachel/Jacob

Danielle Shukster

Janice McQuabbie

Jennifer/Alex

Debbie Newton

Louise/Marl

Bruce/Charlene

Rod Nettagog (Lot w Trailer)

Kimberly/Dale

Shirley McQ

Char Cuppage

Trey/Bill

Luana McQ (@ Jackie/Stacy's)

Dee Bennett

Stan/Michelle

Ed Panamick Sr

Sarah Mcq (@ Jackie & Stacy's)

Kyla McQ (@ Jackie & Stacy's)

SORRY IF YOUR NAME IS NOT ON HERE!! WE MUST NOT HAVE HEARD FROM YOU!



Community Band Council Meeting

Monday November 8, 2021

6:00pm @ Firehall



**Henvey Inlet
First Nation**

Pickerel, ON P0G 1J0

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

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

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

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

Memorandum

To: Henvey Inlet Band Members
From: Henvey Inlet First Nation Health Centre
Date: October 27, 2021
Re: **Shortage of Medical Drivers**

The Health Centre will have a shortage of Medical Drivers beginning November 8, 2021.

Due to this shortage, we are requesting that Members who utilize the Medical Transportation Van to make sure that the appointments are booked according to our schedule which is; Mondays - Sudbury, Tuesdays - Parry Sound, Wednesdays - Britt, Thursdays - Sudbury, and Emergency only on Fridays.

The Medical Van Driver is only authorized to take clients to their appointment place and nowhere else.

If a client has a specialist appointment that is not booked according to our schedule, Please notify Health Centre 1 week prior to appointment, so that we can schedule a Driver.

Lastly, it is important to call and add your name to the book 3 days prior to your appointment, if your name is not in the medical transportation book, we cannot accommodate you.

We appreciate your co-operation to this matter.

ep/DA

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.



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Brenda Contin
Maureen Kagagins

MEMORANDUM

To: All Henvey Inlet First Nation Members
From: Samantha Bradley, Human Resources Coordinator
Date: October 26, 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
- 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.

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



EMPLOYMENT OPPORTUNITY

WATER TREATMENT OPERATOR TRAINEE

RE-POST

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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HENVEY INLET FIRST NATION LANDS OFFICE

Memorandum

To: Community Members
C.C.: Millie Pawis, Director of Finance/Administration
From: Amanda Barbe, Assistant Lands Manager
Date: October 27, 2021
RE: WASTE MANAGEMENT UPDATE

Our contract with Killarney to use the Key River dump will be ending October 31, 2021. As a result, Henvey Inlet First Nation had decided to install a Transfer Station and haul our waste South. We are currently in a new contract with Pragmatech, who has contracts with many different waste outlets and who will ensure that our waste is taken.

Our first transfer station use will be Wednesday November 3, 2021. We have been asked to separate all our recycling by the municipalities that will be accepting our garbage and recycling.

Our transfer station will have bins to accept each recycling type; such as, plastics, metals, hazardous waste. In the future, we will be initiating composting.

Dirty loads (loads with garbage in the recycling) will cost more but will not be sent back.

All questions regarding recycling should be sent to myself for clarification.

AB

GARBAGE AND RECYCLING PICKUP DAYS

Our First Transfer Station Pickup date is Wednesday November 3, 2021

Sunday	2:00pm – 6:00pm	Garbage
Wednesday	8:00am – 12:00pm	Recycling

You are responsible for cleaning out your own garbage bins.

NEW RECYCLING PROCEDURE

Now that we will be using our transfer station and are sending our trash and recycling to other outlets, we need to follow their protocols. We will now have a three-stream recycling bin to assist with this and we will be using each bin for different recyclable items.

1. Each bin **must** be lined with a **clear liner (transparent or blue clear is fine)**. **ONLY** garbage will be placed in black garbage bags. If only black bags are coming from a residence, pickup will be discontinued until a meeting with the Lands Office has been done.
2. The blue bin is for plastics, the yellow bin is for metals and the green bin is for paper. Cut all boxes and either tie them together or use one box as a bin for them. Glass needs to be placed in a separate bin, which has not been provided but the old recycling bin can be used for this with a clear liner. If there is any broken glass, please put all pieces within a small container i.e., margarine/butter container, coffee bin.
3. There are no bag limits for recycling but there is a two (2) garbage bag limit per each household, so **ONLY two garbage bags will be picked up per week**.
4. Recycling pickup days are Sundays and garbage pickup days are Wednesdays. No other items will be picked up on each set day.
5. If there is a difference between the accepted lists that were provided and the plastic resins list, follow the accepted lists as this was provided directly to us whereas the plastics resins list is a generic information page.

This procedure was procured by our Waste Contractor and approved by Council.



QUESTIONS THAT AROSE FROM THE RECYCLING WORKSHOP

If you have ANY questions about recycling, do not hesitate to call Amanda Barbe at the Lands Office at (705)857-5211.

- **Do labels need to be removed?** NO, labels can remain, but containers should be rinsed out
- **Can Tim Horton's Cups that are Wax Lined be Recycled?** YES, the cups alone can be placed in Paper Recycling WITHOUT the lids and Plastic Coffee Cup Lids can be placed into Container Recycling
- **Can cereal box liners be recycled?** NO, these liners should be disposed as Trash
- **Should aerosol cans be punctured?** NO, empty aerosol cans would be disposed of as Household Hazardous Waste Material (HHW)

Examples of Styrofoam peanuts which are not recyclable



CARDBOARD AND PAPER RECYCLING PROGRAM

ACCEPTED

- Newspapers
- Phone books and catalogues
- Magazines and junk mail
- Wrapping paper
- Office paper
- Envelopes (with or without windows)
- Paperback books
- Cereal boxes (flattened)
- Paper egg cartons
- Paper towel and toilet paper rolls
- Empty paper cups (no lids)
- Empty cigarette packages
- Styrofoam packages and trays (must be in a bag)
- Plastic shopping/milk/bread bags (must be clean and empty and stuffed in a bag that is tied)



NOT ACCEPTED

- Flowerpots (return to retailer)
- Bubble/stretch wrap
- Meat/cheese wrappers
- Cereal box liners
- Ceramics
- Window glass and drinking glasses
- Foam Packaging peanuts
- Chip bags, candy wrappers or pasta bags



CO-MINGLED RECYCLING PROGRAM

ACCEPTED CONTAINERS

- Milk and juice cartons
- Drinking boxes (empty)
- Food and beverage cans
- Clean foil and trays
- Empty and dry paint cans that are less than 4 litres
- Empty aerosol cans
- Frozen juice cans
- Plastic containers with caps on (Codes 1, 2, 4, 5, 6, 7)
- Plastic tubs and lids
- Yogurt containers
- Empty plastic (clamshell) food trays
- Glass bottles and jars



NOT ACCEPTED

- Flowerpots (return to retailer)
- Bubble/stretch wrap
- Meat/cheese wrappers
- Cereal box liners
- Ceramics
- Window glass and drinking glasses
- Foam Packaging peanuts
- Chip bags, candy wrappers or pasta bags



Plastic Resin Codes

 PET	 PE-HD	 PVC	 PE-LD	 PP	 PS	 0
Polyethylene terephthalate	Polyethylene (high density)	Polyvinyl chloride	Polyethylene (low density)	Polypropylene	Polystyrene	Bisphenol A and others

PET is commonly used in commercially sold water bottles, soft drink bottles, sports drink bottles, and condiment bottles.

HDPE is commonly used in milk and juice bottles, detergent bottles, shampoo bottles, grocery bags, and cereal box liners.

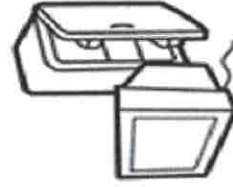
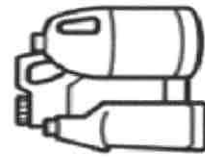
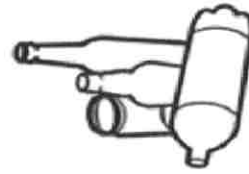
PVC can be flexible or rigid, and is used for plumbing pipes, clear food packaging, shrink wrap, plastic children's toys, tablecloths, vinyl flooring, children's play mats, and blister packs (such as for medicines).

LDPE is used for dry cleaning bags, bread bags, newspaper bags, produce bags, and garbage bags, as well as "paper" milk cartons and hot/cold beverage cups.

PP is used to make yogurt containers, deli food containers, furniture, luggage and winter clothing insulation.

PS, also popularly known as Styrofoam, is used for cups, plates, take-out containers, supermarket meat trays, and packing peanuts.

Any plastic item not made from the above six plastics is lumped together as a #7 plastic. Things like CD's baby bottles and headlight lens



Healthy cleaning alternatives from HIFN's Housing department

What feels better than a clean house?

Knowing that you are doing your part to protect Mother Earth.

A DIY Alternative with All of Bleach's Cleaning Power, and None of Its Dangers

Ingredients:

1 1/2 cups of 3% hydrogen peroxide

1/2 cup of lemon juice

1 Tbsp. of citric acid (this is an optional ingredient. It naturally whitens clothes and helps to soften water. If you've got hard water, try it.)

Slightly less than 1 gallon of distilled water

10-30 drops of lemon essential oil or another essential oil of your choice

Directions:

Pour all ingredients except water into a gallon jug. Swirl until citric acid is dissolved.

Add distilled water to fill the jug.

Use in place of bleach around the home and in the laundry room.

This homemade green cleaning product is perfect for softening clothes, tackling tough stains, and using almost any way you would regular bleach.

NOTE: Test a little on any fabric before using for stain removal – just like regular bleach, this is a powerful cleaning agent and germ killer. Don't use it on anything you wouldn't normally bleach.

A Sparkling Clean Oven with No Tough Scrubbing

Ingredients:

- 1 1/2 cup of baking soda
- 1/2 cup of sea salt
- 1/2 cup of washing soda
- Enough filtered or distilled water to make a thin paste
- 1/2 cup of white vinegar
- 10 drops of lemon essential oil
- 10 drops *Melaleuca alternifolia* essential oil

Directions:

1. Preheat your oven to the lowest temperature setting. Turn it off once it reaches temperature.
2. Mix the soda, sea salt, and washing soda in a small bowl.
3. Add your essential oils and vinegar to the baking soda mix (the mixture will fizz a little bit – remember grade school vinegar and baking soda volcanoes?)
4. Slowly add water until the mixture forms a thin paste. Make sure the mix is thin enough to spread on your oven walls, and doesn't clump.
5. Spread the oven cleaner paste inside your oven, and make sure not to miss any parts of your oven walls.
6. Let the mixture work overnight, and wipe off with warm water in the morning.

NOTE: Do NOT apply the cleaner to the electric heating elements in your electric oven.

All Purpose cleaner**Ingredients:**

- 2 cups of distilled water
- 1 tsp. of borax
- ½ tsp. of washing soda
- 1 tsp. of liquid Castile soap
- A few drops of your favorite essential oils

Directions:

1. Mix all ingredients in a plastic bottle. Cover, and shake well.
2. Spray where you need it, and wipe clean with a dry rag.

If you've got toys to clean, a kitchen in need of some elbow grease, a dirty bathroom, or floors that need pre-treated, this is the answer to your cleaning woes. Also try it on countertops and plastic kid's furniture.

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



FOOD BANK NOTICE

Ahnee!

- **Date:** NOVEMBER 19TH
- **TIME:** 1:00 P.M.

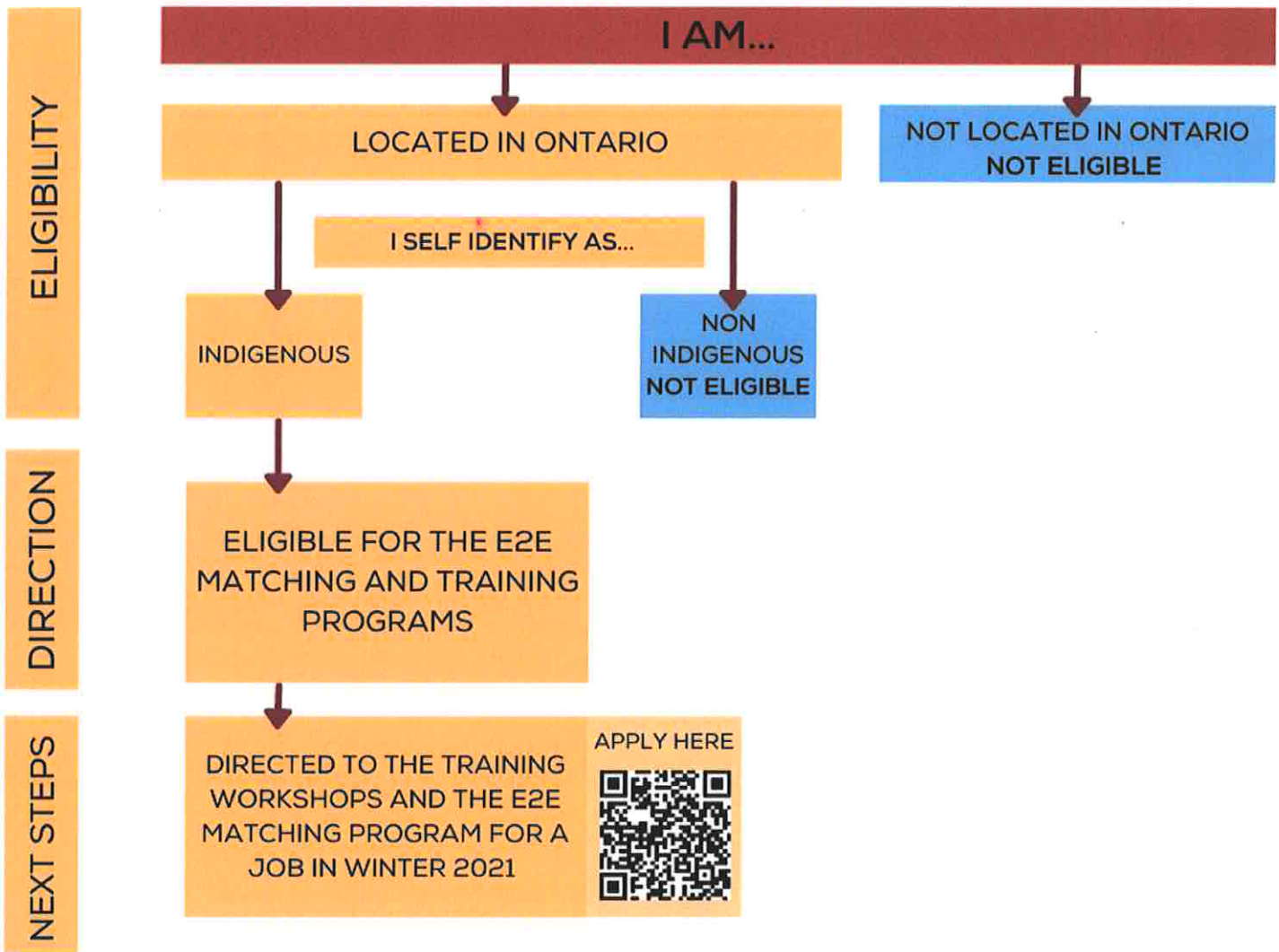
PLEASE NOTE* YOU MUST FILL OUT YOUR REQUEST FORM & PICK UP YOUR OWN BAGS OF FOOD.

EXCEPTION: Elders can have a family member pick up for them or a staff person.

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

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





E2E - EMPLOYER TO EMPLOYEE

https://tiao.smapply.io/prog/potential_employees



Sign Up Today

Three Fires Collaborative Quest

Employee Matching Event



WANT A CAREER IN TOURISM?

The Three Fires Collaborative Quest is an employee-to-employer matching event designed to bridge the gap between the other two fires by helping Indigenous tourism employees find employers, and conversely, tourism businesses (both Indigenous and non-Indigenous) find employees.

HOW IT WORKS



Sign up today by scanning the QR code or following this link:
tiao.smapply.io/prog/potential_employees/



Fall 2021, employees will receive frontline, supervisory and management training through interactive workshops and e-learning



TIAO (Tourism Industry Association of Ontario) will host an employer-to-employee career matching event.

Hosted virtually, our online platform will allow you to schedule video interviews with potential employers, and vice-versa, in order to provide you the opportunity to secure employment in 2022.

POTENTIAL CAREERS IN TOURISM

Airline Reservation & Agent, Concierge, Cruise staff, Event Coordinator, Flight Attendant, Hotel Guest Services, Housekeeping, Catering Operations, Hotel Sales, Corporate Event Manager, Cultural Interpreter, Tour Director, Nature Guide, Outdoor Adventure Leader, Reservation Manager, Restaurant Server, Banquet Server, Cook, Tour Operator, Travel Agent/Counsellor, Attractions Host, Fishing Guide, Night Auditor, Revenue Manager, and MUCH MORE!

Want to Learn More?

IBA@indigenoustourismontario.ca
indigenoustourismontario.ca/a-three-fires-collaborative-quest/

LOOKING FOR A CAREER IN TOURISM?

Sign up today for the Three Fires Collaborative Quest



THE THREE FIRES COLLABORATIVE QUEST

The Three Fires Collaborative Quest is a program designed to fill critical gaps within the industry and encourage recovery and growth of the province's tourism workforce by bringing awareness of opportunities to potential Indigenous employees.

One of the three fires is an employee-to-employer matching event. This event is designed to bridge the gap between the other two fires by helping Indigenous tourism employees find employers, and conversely, tourism businesses (both Indigenous and non-Indigenous) find employees.

CAREERS IN TOURISM

Airline Reservation & Agent, Concierge, Cruise staff, Event Coordinator, Flight Attendant, Hotel Guest Services, Housekeeping, Catering Operations, Hotel Sales, Corporate Event Manager, Cultural Interpreter, Tour Director, Nature Guide, Outdoor Adventure Leader, Reservation Manager, Restaurant Server, Banquet Server, Cook, Tour Operator, Travel Agent/Counsellor, Attractions Host, Fishing Guide, Night Auditor, Revenue Manager, and MUCH MORE!

HOW IT WORKS

Sign up today by following this link:
tiao.smapply.io/prog/potential_employees/



or by scanning the QR code.

Need assistance? Contact:

IBA@IndigenousTourismOntario.ca



Fall 2021, employees will receive frontline, supervisory and management training through interactive workshops and e-learning. This is custom training designed for the Indigenous Tourism market in Ontario.



TIAO (Tourism Industry Association of Ontario) will host an employer-to-employee career matching event. Hosted virtually, our online platform will allow you to schedule video interviews with potential employers, and vice-versa, in order to provide you the opportunity to secure employment in 2022.

SIGN UP TODAY!

TELL YOUR STORY



PROpane TANKS FILLED HERE

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



Beacon Star

UPDATE

Serving Parry Sound and Surrounding Areas

INSIDE: LOCAL REAL ESTATE, CLASSIFIEDS AND ADVERTISING



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



Volunteer opportunities

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



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.

PARRY SOUND FAMILY DENTISTRY

PARRY SOUND

Henvey Inlet First Nation's

Halloween Photo Contest Winners!



Winners were based on online votes via HIFN website

1st – Jeff The Killer/Aaron Youmans

2nd - Human Mask/Dannielle Shukster

3rd – Young Link/Dante Contin

Congratulations to the winners!





2021 - 2022 Near North District School Board School 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 705-472-5563
 Chippewa 705-475-2341
 F.J. McElligott 705-472-5720
 Laurentian Learning Centre 705-472-5419
 Northern 705-472-5322
 Parry Sound 705-773-7979
 West Ferris 705-475-2333

ELEMENTARY SCHOOLS

Alliance 705-475-2326
 Argyle 705-475-2316
 Britt 705-773-7999
 Chippewa Intermediate 705-475-2341
 E.T. Carmichael 705-472-5502
 E. W. Norman 705-472-5534
 Evergreen Heights 705-636-5955
 F.J. McElligott Intermediate 705-472-5720
 Ferris Glen 705-475-2323
 Humphrey 705-732-4801
 Land of Lakes 705-475-2324
 M. T. Davidson 705-472-5970
 MacTier 705-773-7980
 Magnetawan Central 705-387-3939
 Mapleridge 705-472-5751
 Mattawa District 705-472-5241
 McDougall 705-773-7971
 Nobel 705-773-7988
 Parry Sound Intermediate 705-773-7979
 Parry Sound Public 705-773-7985
 Phelps Central 705-472-5567
 Silver Birches 705-475-2322
 South River 705-475-2325
 South Shore 705-475-2317
 Sundridge Centennial 705-472-5101
 Sunset Park 705-475-2330
 Vincent Massey 705-475-2340
 West Ferris Intermediate 705-475-2333
 Whitestone Lake 705-389-2590
 White Woods 705-472-5224
 Woodland 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
 Louise Sargent louise.sargent@nearnorthschools.ca
 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

HIFN Health
Centre
Kara Newton- CHE
&
Kerri Campbell -
NCFW





Community Health Educator

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01	02	03	04 Get Ready for Winter BINGO 1pm	05	06
07	08	09	10 Pierogi Wkshp 9am	11 Offices Closed	12	13 Christmas Photos 10am
14	15	16	17 Ladies Day 1pm	18 Christmas Craft 1pm	19	20 Christmas Photos 10am
21	22	23	24	25 Parenting Wkshp 1pm	26	27
28	29	30	01	02	03	04
05	06	07	08	09	10	11

Get Ready for Winter...BINGO

Thursday November 4, 2021

1:00PM

on ZOOM



SPACE IS LIMITED TO THE FIRST 10 TO SIGN UP!!!

CALL DARCY TO ADD YOUR NAME!!!

***VIRTUAL PIEROGI MAKING
WITH***

JANICE CAMPBELL

THURSDAY NOVEMBER 10, 2021

**WORKSHOP STARTS AT 9 AM SHARP, NO
LATE ENTRIES WILL BE PERMITTED.**

***THIS IS A LABOUR-INTENSE WORKSHOP,
BRING YOUR MUSCLES!***

WE ARE LIMITED TO 5 PARTICIPANTS!!!

**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!**



SPACE IS LIMITED!!

November 13th & 20th, 2021
at the Day Care

Family



Sessions will commence at 10:00 a.m. and each family will be given a private 20-minute session!!!
Due to limited spacing, we can only accommodate up to 6 people per family shoot. You must provide the names of each family member so that we can be ready for your arrival!

Contact Darcy to schedule your photo time!!!

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

NO LATE ENTRIES will be permitted!!!

Ladies AGES 18-54 GAME Day

JOIN US FOR A FUN
AFTERNOON, PLAYING
VARIOUS GAME AND
ACTIVITIES...NOT
BINGO!!!

**SPACE IS LIMITED
SIGN UP TODAY!**



CALL DARCY 705-857-1221, PROVIDE A VALID EMAIL ADDRESS AND MAKE
SURE YOU HAVE Zoom downloaded and set up!



November 17, 2021

1PM

zoom

ON ZOOM!!!





zoom



CRAFTS FOR *Christmas*

Thursday, November 18, 2021

1:00 PM on ZOOM

Contact Darcy

705-857-1221

Space is limited to the first 6 to sign up!!!

zoom



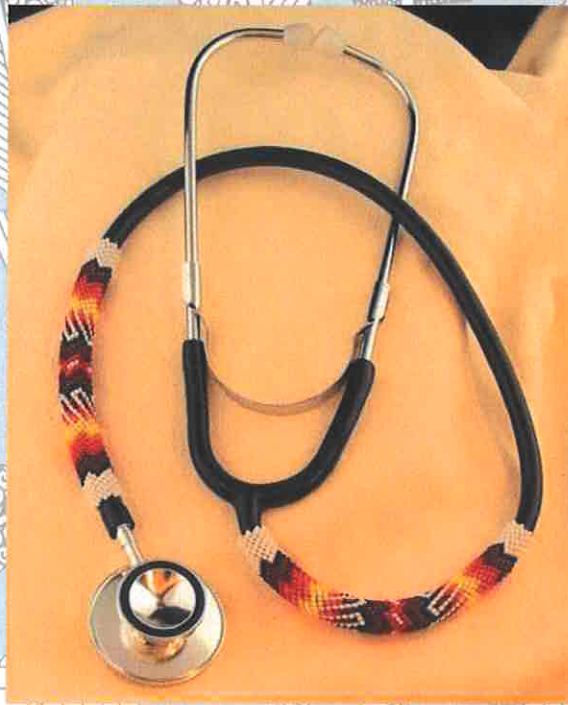
VIRTUAL
PARENTING
WORKSHOP

THURSDAY NOVEMBER 25, 2021

1:00PM

SPACE IS LIMITED!!

Community Health Nurse



BRENDA CONTIN

November 2021



BRENDA CONTIN, CHN

Su	Mon	Tue	Wed	Thu	Fri	S
	1 OUT OF OFFICE	2 OFFICE	3 FLU CLINIC	4 OFFICE	5 OFFICE	
	8 OFFICE BAND COUNCIL	9 OFFICE	10 FLU CLINIC	11 STAT HOLIDAY	12 OFFICE	
	15 OFFICE	16 OFFICE	17 OFFICE	18 OFFICE	19 OFFICE	
	22 OFFICE	23 OFFICE	24 OFFICE	25 OFFICE	26 OFFICE	
	29 OFFICE	30 OFFICE	1	2	3	



2021 Flu Clinic

Brenda Contin- C.H.N. & Debbie Brennan,
H.C.N. will be initiating their clinic on
Wednesday November 3, 2021

BY APPOINTMENT ONLY!

Please call Darcy at Health Centre to book your
appointment!

WHEN: NOVEMBER 3, 2021 8:30am - 4:30pm

WHERE: OFFICE #1 @ O&M BUILDING

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



Non-Insured Health Benefits Updates

October 2021

Positive Airway Pressure (PAP) equipment update

- NIHB provides coverage of CPAP, BPAP and ventilator devices and supplies listed on the [medical supplies and equipment respiratory benefits list](#)
- Certain Philips Respironics CPAP, BPAP and ventilator devices have been recalled by the manufacturer. More information is available on the [Government of Canada Recalls and safety alerts website](#)
- Clients are required by the manufacturer to follow the registration process on the [Philips Respironics website](#) where step-by-step instructions to register a device, including where to find the device serial number are found. Clients can also call the Philips support line at [1-877-907-7508](tel:1-877-907-7508) for help with this process
- Clients are also encouraged to contact their physician or health care team who can provide advice on whether to continue or discontinue PAP therapy
- In a [July 2021 Program Update](#), NIHB notified clients of the recall and advised them to contact their provider for assistance with the process for repair and replacement of their device through Philips Respironics
- For some clients who must continue PAP therapy and cannot safely wait for the repair of their device, NIHB has temporarily implemented a new process and criteria for the replacement or temporary rental of devices affected by the recall
- Please contact your respiratory benefit provider for more information on eligibility for the replacement or temporary rental of a device
- NIHB will advise clients should they become aware of additional actions taken by Philip Respironics related to the recall process



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

Home Care Nurse



DEBBIE BRENNAN

November 2021



DEBBIE BRENNAN
HCN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFFICE Administration	2 OFFICE Medical Consultations TLCF Health staff	3 Flu clinic 8:30-4:30 O&M building	4 Training 10-1 pm, In office	5 OFFICE	6
7	8 OFFICE Administration	9 OFFICE Medical Consultations TLCF Health staff	10 OFFICE HOME VISITS	11 Training 10-1 pm, In office	12 OFFICE	13
14	15 OFFICE Administration	16 OFFICE Medical Consultations	17 OFFICE HOME VISITS	18 Training 10-1 pm, In office	19 OFFICE	20
21	22 OFFICE Administration	23 OFFICE Medical Consultations	24 OFFICE HOME VISITS	25 Training 10-1 pm, In office	26 OFFICE	27
28	29 OFFICE Administration	30 OFFICE Medical Consultations				



ACCESS TO
SELF-MONITORING



International
Diabetes
Federation



World Diabetes Day
14 November



Blood glucose monitoring is a fundamental component of diabetes care. Many people with diabetes do not have access to the equipment and supplies they need.

IF NOT NOW, WHEN?

Join our campaign at:
www.worlddiabetesday.org
#IfNotNowWhen



ACCESS TO HEALTHY DIET AND
PHYSICAL ACTIVITY



International
Diabetes
Federation



world diabetes day
14 November



OVER
50%
of Type 2 diabetes
can be prevented

People living with or at risk of diabetes need access to healthy food and a place to exercise. Both are fundamental components of diabetes care and prevention.

IF NOT NOW, WHEN?

Join our campaign at:
www.worlddiabetesday.org
#IfNotNowWhen



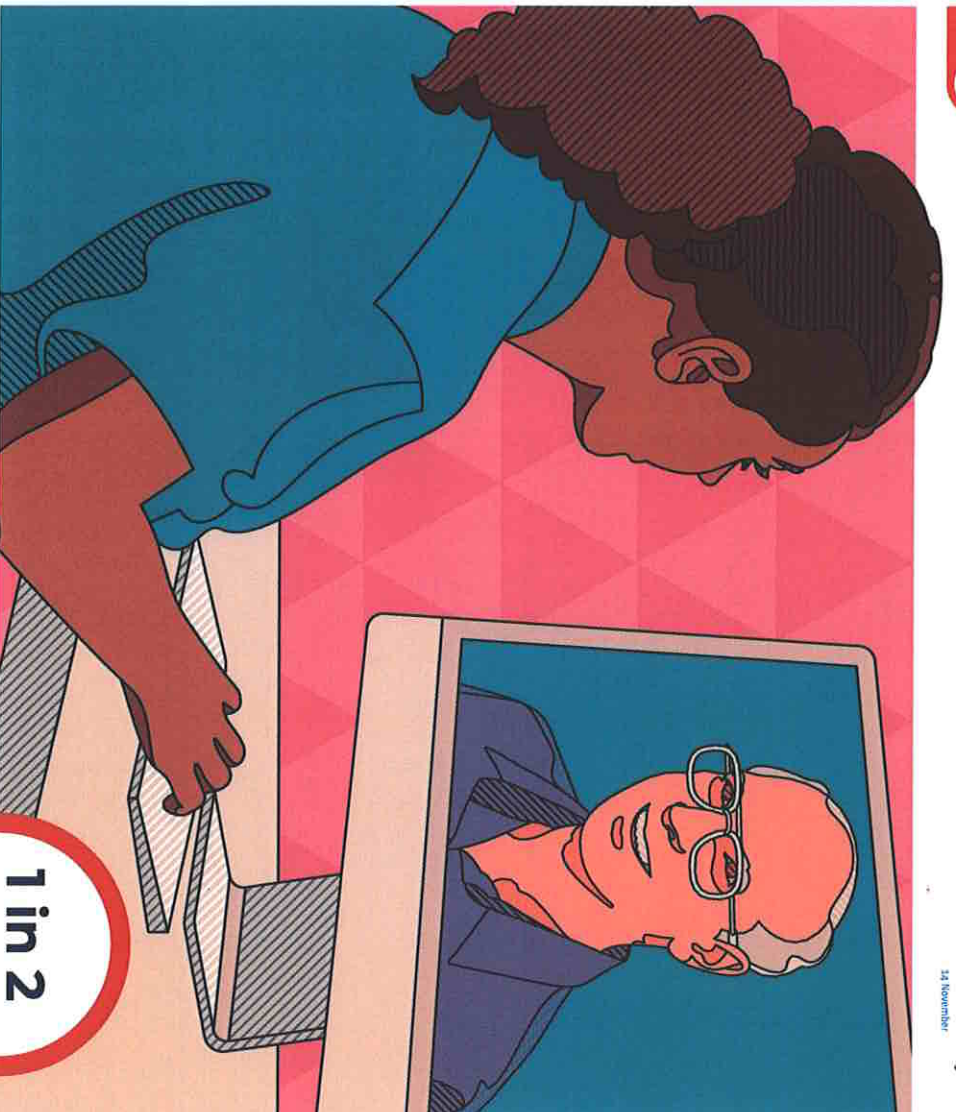
ACCESS TO EDUCATION
AND PSYCHOLOGICAL SUPPORT



International
Diabetes
Federation



world diabetes day
14 November



1 in 2
people with diabetes
do not have access to
education programmes

People living with diabetes need ongoing education
to manage their condition. Many do not have access
to diabetes education.

IF NOT NOW, WHEN?

Join our campaign at:
www.worlddiabetesday.org
#IfNotNowWhen



ACCESS TO
INSULIN



International
Diabetes
Federation



world diabetes day
14 November



3 in 4
people with diabetes live
in low- and middle-income
countries

100 years after its discovery, millions of people with
diabetes cannot access the insulin they need.

IF NOT NOW, WHEN?

Join our campaign at:

www.worlddiabetesday.org

#IfNotNowWhen





Preventing Falls on Stairs

ACCESSIBILITY

Accessible housing refers to homes that are designed or modified to enable independent living for all residents, including seniors or persons with disabilities. Accessibility can be achieved through architectural design and also by integrating accessibility features, such as lowered light switches, grab bars, walk-in bathtubs, lowered shelves and cupboards, modified furniture or by installing electronic devices in the home.

Stairs in the home can be dangerous and can be a barrier to accessibility unless they are designed or modified to reduce the risk of falls. If residents have limited mobility, it may be necessary to install ramps, home elevators or stairlifts to make the home safe and accessible.

A high percentage of Canadians who visit hospitals after a fall on or from stairs or steps in their homes are seniors (men and women 65 years or older). When seniors fall, the consequences can be severe and long-lasting.

Most falls on stairs can be prevented. Prevention starts by keeping in mind that there are risks in using stairs. Good planning and simple strategies can help prevent falls and injuries.

This document describes some of the ways to reduce the risk of falling on stairs.

WHERE CAN PEOPLE FALL?

People can fall anywhere in the house where there are stairs, including entry stairs, stairs leading to another floor, the back doorstep or steps leading to another room. Falls resulting in serious injuries can occur even with a single step.

WHY DO PEOPLE FALL?

Professionals who study why people fall on or from stairs have identified three main contributing factors:

Environmental factors including poor design, construction and maintenance of stairs, non-existent or dysfunctional handrails, poor lighting and other features such as poor tread surfaces.

Health factors including reduced vision, weakness, drowsiness, loss of balance or an inactive lifestyle.

Behavioural factors including lack of concentration, carrying something while using stairs, running, unsuitable footwear, unfamiliarity with the stairs (although most stair-related injuries occur on stairs that are familiar to the fall victim) and decisions whether or not (and how) to modify or maintain the stairway environment.

WHAT ARE THE CONSEQUENCES OF FALLING ON STEPS OR STAIRS?

Falls on stairs can be a major threat to health, independence and confidence. The physical consequences can be serious, including soft-tissue damage and broken bones, especially hips. Traumatic brain injuries can occur from falling on stairs. Other serious consequences, particularly for older people, include psychological effects, such as lowered confidence and loss of the feeling of safety, which further reduces health, mobility and activity. Many people never fully recover from the consequences of a fall.

SHOULD PEOPLE STOP USING STAIRS?

There can be health benefits from using stairs. Climbing stairs can significantly contribute to the 30 minutes of daily physical activity people need. Stair climbing also increases leg power and may be important in helping elderly people or people with disabilities reduce the risk of injury from falls.

While a doctor can best advise if there are special health problems that might limit or even prevent people from safely using stairs, everyone should be aware that stairs can be risky and know how to reduce the risks.

WHAT CAN BE DONE TO OVERCOME PROBLEMS WITH STAIRS?

There are several ways to reduce the health, environmental and behavioural risks associated with the use of stairs in or around the home.

People with health and/or mobility issues that impact their ability to use stairs safely should consult an occupational therapist. An occupational therapist can provide advice on the most appropriate changes to the home and personal behaviour to reduce the risk of falling on stairs.

Simple modifications can be made to increase the safety of stairs (for example, adding a second handrail, installing visual contrast strips at the edge of stairs for easier visual detection, etc.—see table 1 for detailed suggestions). If more major modifications are required to make stairs safer, residents could consider installing an elevator or stairlift (see CMHC fact sheet *Accessible Housing by Design—Lifts and Residential Elevators*) or creating a bedroom, bathroom and laundry room on the ground floor, if not already available. When considering renovations or modifications to the home, people should ensure they are using a reputable builder and obtain at least three quotes before signing a contract (see text box *Tips for Hiring Contractors*).

If renovations to the existing home are not possible or affordable, moving to a one-floor house or apartment may be the best option.



TIPS FOR HIRING CONTRACTORS

1. Find a reputable contractor

- Ask family members, friends or neighbours for referrals.
- Consult with local building supply stores and local homebuilder or renovation associations for recommendations.

2. Obtain quotes

- Arrange for contractors to visit the home to discuss the renovations.
- Obtain written quotes from at least three contractors.
- Ask contractors to provide references from at least three previous customers requiring similar renovations.

3. Choose a contractor

- Check references—the best proof is satisfied customers.
- The lowest bid is not necessarily the best one.
- Obtain a written contract—even the smallest job should be in writing.



Tables 1 and 2 below provide recommendations for improving stair safety by modifying the stairway environment (table 1) and modifying personal behaviour (table 2).

Table 1 – Preventing Falls by Modifying the Stairway Environment

What Causes People to Fall?		Strategies to Prevent Falls
Difficult-to-see steps, especially when it is hard to distinguish one step from another		<ul style="list-style-type: none"> • Avoid visually distracting patterns on the treads. • Mark nosings permanently (not with tape) if they can't be clearly seen. Paint a contrasting colour stripe on the nosing of each tread (unless the stairs are carpeted—do not paint a stripe on carpeting). • Improve lighting (see below).
Poor lighting People may misjudge presence and exact location of each step		<ul style="list-style-type: none"> • Improve lighting on steps and stairs. Stairs should not have lower illumination levels than adjacent areas. • Use lighting that makes tread nosings distinctly visible and does not cause glare or strong shadows. • Install a three-way light switch at the bottom and top of the stairs so the light can be turned on and off from either direction. • Provide low-intensity night lighting of stairs that does not need to be switched on.
Step geometry	Steep steps with high risers and/or short treads	<ul style="list-style-type: none"> • Keep tread coverings thin and tightly affixed to maximize usable tread size. This will usually require removing cushioning under carpets on steps. Soft treads, especially when short and with a large rounding at the nosing, should be avoided. • When renovating stairs in the current home, or building a new home that has stairs, consider the relationship between the rise, the run and the tread (see figure 1). The suggested best practice is a rise no higher than 180 mm (7 in.) with a run no shorter than 280 mm (11 in.) to provide increased comfort and safety.*
	Non-uniform steps—an especially common cause of missteps and falls	<ul style="list-style-type: none"> • Confirm that stair nosings or rectangular treads line up exactly. If they do not, consider partial or complete rebuilding of the steps to make them uniform in size and height. If all steps except the top step have nosings, the top step should be rebuilt to include a nosing. This is very important as non-uniform steps are a common cause of falls.
	Winding, curved or spiral stairs	<ul style="list-style-type: none"> • Provide handrails on each side of the stairway, especially where the stairway includes combinations of rectangular and tapered treads that require users to move from larger to smaller tread depths, depending on where they walk on the stair width.

* The National Building Code of Canada (2015) permits a maximum (200 mm [7 ¾ in.]) and a minimum (125 mm [5 in.]) rise; a maximum (355 mm [14 in.]) and a minimum (255 mm [10 in.]) run for rectangular treads; as well as a minimum clear height of 1,950 mm (77 in.) over the length of the stairway in homes.



What Causes People to Fall?		Strategies to Prevent Falls
Slippery or poorly maintained treads		<ul style="list-style-type: none"> • Use a slip-resistant, rough finish on treads that are subject to wetting. Generally, for interior stairs, any slip-resistant surface material acceptable for normal floors will work on treads (see CMHC fact sheet Accessible Housing by Design—Living Spaces for more information about slip-resistant flooring). • Repair or replace tread surfaces. • Fasten tread coverings securely. The covering should be tight against the nosing. Resilient safety tread coverings must be carefully installed and maintained because they tend to crack at the nosing and become an additional hazard.
Loose rugs		<ul style="list-style-type: none"> • Do not place loose rugs on steps or at the top or bottom of stairways.
Handrails	Missing or dysfunctional handrails	<ul style="list-style-type: none"> • Handrails are strongly recommended regardless of the number of steps.** Where possible, install functional handrails on both sides of stairs. • If there are existing handrails that are decorative but not functional, these should be augmented or replaced by functional handrails. • Position handrails at about adult elbow height: 865 to 965 mm (34 to 38 in.) is the recommended height range (see figure 2), but the height may be increased to no more than 1,070 mm (42 in.). • Handrails should be round or oval. Adults should be able to wrap their hand around—and underneath—the handrails. If a measuring tape is wrapped around the railing, it should measure less than 160 mm (6 ¼ in.) for adult hands; 100 mm (4 in.) works well for children's hands. • Extend the handrails, without a break, the full length of the stairs, and beyond the top and bottom of the stairs (see figure 2). • Ensure handrails have a tactile indicator that warns users that the stair is coming to the end (for example, Velcro strip). • Make sure the handrails are easy to see, even in low light or at night. • Consider installing a handrail that is a different colour than the background wall to improve contrast between wall and railing (or paint an existing handrail a different colour from the background wall).
	Loose or broken handrails	<ul style="list-style-type: none"> • Attach handrails securely to walls and posts. People should be able to put their entire weight on the handrail without damaging the handrail, the wall or the post. • Repair loose or broken handrails.

**Occupational therapists recommend handrails be installed on all staircases, even short flights of three steps or less, for safety purposes.



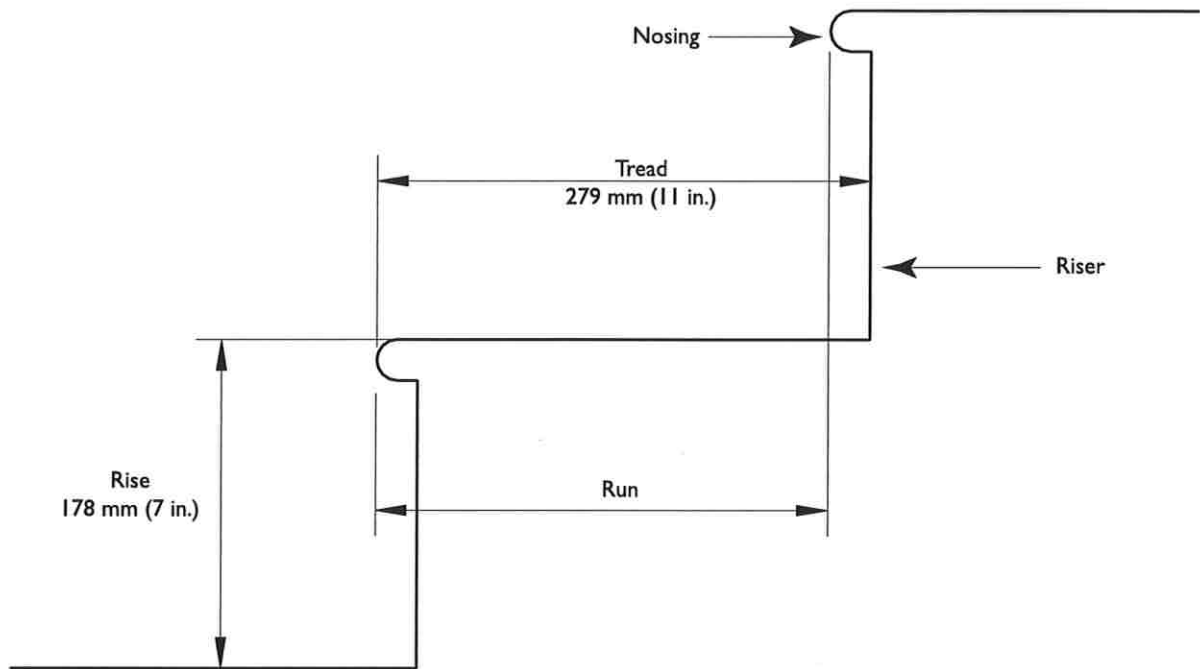


Figure 1: Suggested Dimensions for the Elements of a Step

The illustration shows the suggested dimensions for the rise and tread of a step. The rise, or vertical height of a step, is 178 mm or 7 inches. The tread, or horizontal part of a step, is 279 mm or 11 inches. The graph also shows three other elements of a step: the nosing, the run and the riser. The nosing is the front or leading edge of a stair tread. The run is the horizontal distance between nosings. The riser is the vertical portion at the back of the step, which can be solid or left open.



Table 2 – Preventing Falls by Modifying Behaviour

What Causes People to Fall?	Strategies to Prevent Falls
Overstepping stair treads (the most common misstep on home stairs) or twisting the feet or body on relatively short treads or winding stairways	<ul style="list-style-type: none"> • Be cautious, deliberate and not rushed. • Hold on to the handrails.
Rushing, especially on steep, curved or cramped stairs	<ul style="list-style-type: none"> • Take time and be extra cautious, especially where there is a transition between angled, shorter treads on winding stairways and rectangular treads.
Wearing loose slippers or other footwear	<ul style="list-style-type: none"> • Always wear shoes or “full back” slippers that fit properly and have a non-slip sole.
Unintended use of stairs in the home, for example, by vulnerable users, such as small children or older persons with dementia	<ul style="list-style-type: none"> • Install secure gates at top and bottom of stair flights, to prevent unintended use of the stairs.
Unfamiliarity with the environment, for example, visiting a relative’s or friend’s home where there are one or more steps between floors that are at slightly different levels	<ul style="list-style-type: none"> • Take extra time when using an unfamiliar stairway and be especially wary of all places where changes of floor level are possible—especially with only one or two steps in settings that are visually distracting.
Lack of attention, for example, when going down stairs; some people fall at the second-last step because they think they have already reached the bottom of the stairs	<ul style="list-style-type: none"> • Avoid being distracted when using a stairway. • Make sure that the perception of the stairway is accurate, especially at the beginning and end of the stairway.
Low or reduced vision	<ul style="list-style-type: none"> • Remove reading glasses when going up or down stairs. • If prescription eyeglasses are needed for distance vision, they should be worn when using the stairs. • Take extra care when wearing bifocal or progressive eyeglasses. Adjust the position of the glasses or the head in order to see the stairs clearly. • Refer to table 1 for suggestions for modifying the stairway environment to improve lighting.



What Causes People to Fall?	Strategies to Prevent Falls
Unnecessary use of stairs, especially under pressing circumstances (for example, rushing up or down stairs to answer the telephone, use the washroom or answer the doorbell)	<ul style="list-style-type: none"> • Don't rush when using the stairs, particularly when going down the stairs. • Install a telephone on each floor or carry a portable telephone. • Consider installing a bathroom on each floor. • Consider installing an intercommunication system that can be used from anywhere in the home.
Side effects of medication or alcohol	<ul style="list-style-type: none"> • Make sure the effects of medicines are known. If a medicine can cause dizziness, extra care should be taken in using stairs. • Even one alcoholic beverage can affect balance and perception: people need to be extra careful on stairs if they have had a drink.
Not using lights	<ul style="list-style-type: none"> • If stairs are darker than surrounding areas, turn on stair lights. • Refer to table 1 for suggestions for modifying the stairway environment to improve lighting.
Not holding the handrails	<ul style="list-style-type: none"> • When walking up or down stairs, always hold the handrails, or have at least one hand within easy reach of a handrail.
Carrying objects on the stairs	<ul style="list-style-type: none"> • Never carry objects (such as large laundry baskets) on stairs, especially if they require use of both hands or block the view of the steps. Instead, consider using a laundry bag, that can be carried in one hand, dragged or thrown down the stairs. • One hand should always be free to hold on to a handrail. For some more vulnerable stair users, both hands should be available for handrail use, especially when going down stairs.
Cleaning the stairs without taking proper precautions	<ul style="list-style-type: none"> • Use small, lightweight tools or equipment, such as a hand-held, cordless vacuum cleaner, and always keep one hand on, or available for, the handrail. • Non-glare, non-skid wax should be used if polishing uncarpeted stairs. • If necessary, have someone else clean the stairs.
Leaving or storing objects on steps or landings (an important issue that is easily avoided)	<ul style="list-style-type: none"> • Do not place any objects on steps and make sure that any objects on landings do not distract or obstruct.



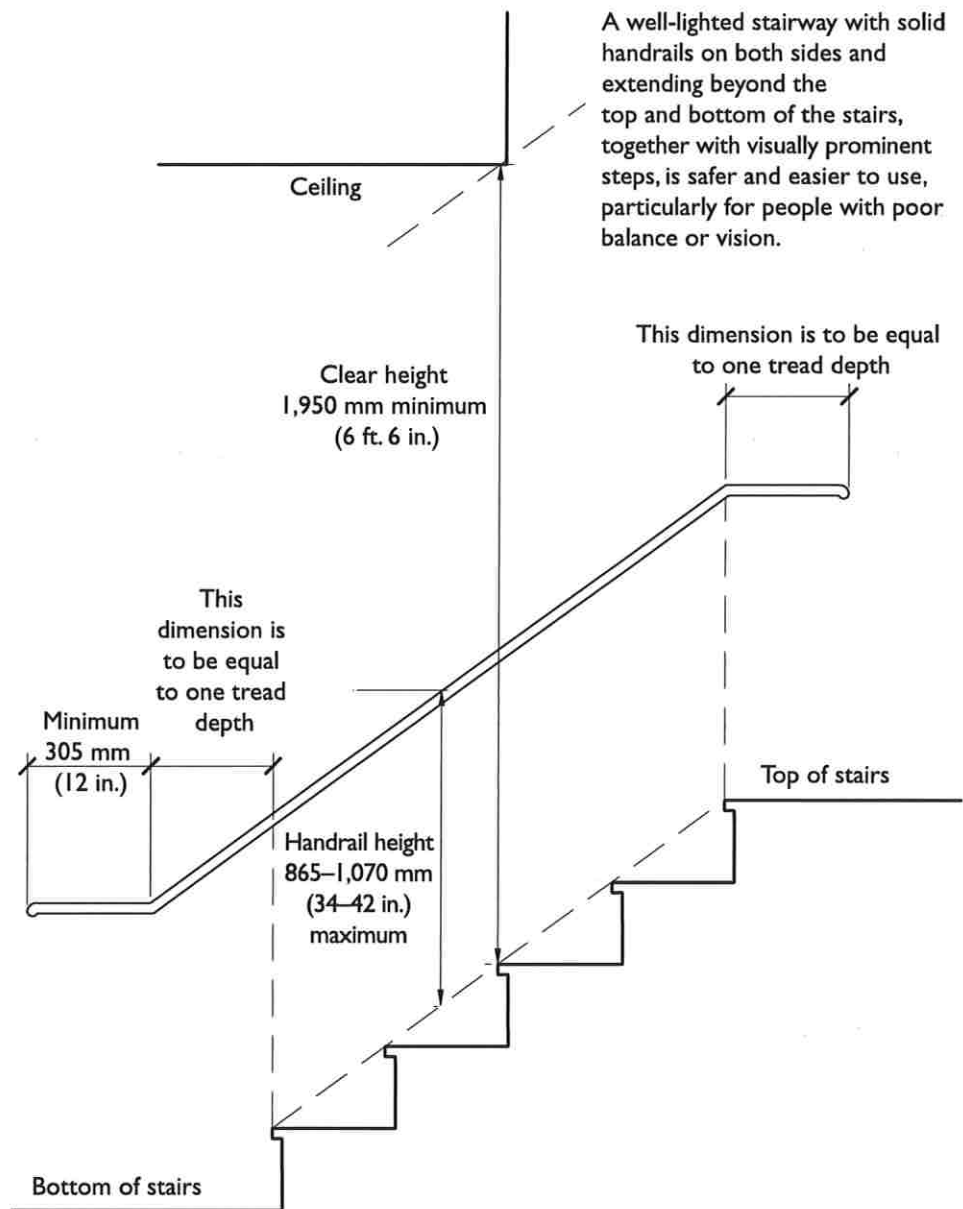


Figure 2: Suggested Dimensions for the Elements of a Stairway

The illustration shows the suggested dimensions for the elements of a stairway including the handrail. The distance between the handrail and the step should be between 865 and 1,070 mm or 34 to 42 inches. The handrail extends beyond the top of the stairs by a distance equal to the dimension of one tread. The handrail extends beyond the bottom of the stairs by a distance equal to the dimension of one tread plus an additional 305 mm or 12 inches. The vertical distance between the stair tread and the lowest point of the ceiling overhead is referred to as the "clear height" and should be a minimum of 1,950 mm or 6 feet, 6 inches.



CMHC PROGRAMS – FINANCIAL ASSISTANCE

Seniors may be eligible for government assistance with the costs of some of the modifications to the stairway environment. In some areas of the country, funding for renovation programs is provided jointly by the Government of Canada and the provincial or territorial government. In these areas, the provincial or territorial housing agency is generally responsible for the delivery of the program. Program variations may also exist in these jurisdictions.

For information on renovation programs available by jurisdiction, visit the CMHC website:

<http://www.cmhc-schl.gc.ca/en/co/prfinas/index.cfm>

CMHC PUBLICATIONS

*Maintaining Seniors' Independence Through Home Adaptations:
A Self-Assessment Guide*

This guide identifies the types of difficulties seniors can experience in their homes and describes adaptations to overcome them. Checklists are provided to help seniors assess their own needs. Each checklist deals with an activity in the home, such as getting in and out of the home, using the bathroom and doing the laundry. The guide will be of interest to seniors, their family members and caregivers.

<http://www.cmhc-schl.gc.ca/odpub/pdf/61087.pdf?fr=1442318489140>

GLOSSARY

Flight: A set of steps between landings in a stairway.

Handrail: A railing intended for grasping by the hand and located parallel to, and usually at the side of, the stair. A functional handrail serves several purposes including providing a visual indicator of the stair, assistance with normal balance and, most critically, the only reliable means to arrest a misstep and fall.

Clear height: The vertical distance from a straight line tangent to the tread and landing nosings to the lowest point above.

Landing: A platform between flights or at the beginning or end of a stairway.

Nosing: The front or leading edge of a stair tread. In most home stairs, the nosing projects over the tread below.

Rise: The vertical height of a step.

Riser: The vertical component of a step. There are two types of risers: closed risers (where the back vertical portion of the step is solid) and open risers (where the back vertical portion of the step is open). Closed risers are preferable because they prevent visual distractions.

Run: The horizontal distance measured from nosing to nosing.

Stair: A change of elevation consisting of one or more risers or steps.

Stairway: Includes stairs, landings, handrails and guards.

Tread: The horizontal part of a step.



ADDITIONAL MATERIALS

12 STEPS TO STAIR SAFETY AT HOME

1. **Is there a light switch at the top and bottom of your stairs?**
Install lights and switches to ensure all of your stairways are well lit.
2. **Are all your steps in good repair?**
Make sure there are no uneven surfaces, cracks, bunched-up stair covering or protruding nails.
3. **Are the steps all of the same size and height?**
Have a carpenter correct uneven steps. They are a major hazard.
4. **Are you able to see the edges of the steps clearly?**
Paint a contrasting colour on the edge of wooden or concrete steps (or on the top and bottom steps), or apply special strips you can buy to enhance the visibility of each step.
5. **If you have a covering on your stairs, is it fastened securely?**
Stair carpeting can cause slips. Consider removing it or replacing it with well-secured rubber stair treading.
6. **Is the handrail well attached to the wall and easily grasped?**
Make sure that the handrail is well secured and that you can get your full hand around it.
7. **Is the handrail at a height of 34 to 38 inches (86 to 97 cm)?**
There should be a handrail on at least one side of all stairways. The height should allow you to use it comfortably when your arm is slightly bent at the elbow.
8. **Are your stairs free of clutter?**
Avoid storing things temporarily on your stairs. Always check the stairs as you walk up or down.
9. **Have you removed loose carpets or throw rugs from your stair landings?**
Loose floor coverings are a hazard. If you have rugs make sure they are non-slip or have a rubber backing.
10. **Do you take your time when going up or down the stairs?**
Go slowly with your hand on the handrail. Rushing is a major cause of falls.
11. **Do you make sure your vision isn't blocked as you go up or down your stairs?**
If you're carrying something, make sure it doesn't hide the stairs and that one hand is free to use the handrail.
12. **Do you remove your reading glasses when using stairs?**
Be sure to remove your reading glasses when walking up or down stairs. If you use bifocals, adjust your glasses so you can see the stairs clearly.

From: <http://www.phac-aspc.gc.ca/seniors-aines/publications/public/injury-blessure/steps-escalier/index-eng.php>

ACKNOWLEDGMENTS

CMHC thanks the following people for their valuable contributions to this publication:

Giovanna Boniface, OT, CCLCP,
Managing Director of the Canadian Association
of Occupational Therapists – BC (CAOT-BC)

Barry Craig, Technical Advisor,
National Research Council of Canada

Dr. Alison Novak,
Toronto Rehabilitation Institute – University
Health Network



cmhc.ca



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05-07-16

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N.N.A.D.A.P.

Louise Ashawasegai

November

2021

Louise Ashawasegai- NNADAP



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Home Visits	2 Ladies Group	3 Picking Cedar	4 Shopping	5 In Office	6
7	8 Remembrance Day Craft All Day	9 Womens Sweat	10 Home Visits	11 Remembrance Day 	12 In Office	13
14	15 Movie on Addiction	16 Craft Day	17 Tee Pee Evening Stories	18 In Office	19 In Office	20
21	22 Home Visits	23 Ladies Group	24 Sewing	25 Home Visits	26 In Office	27
28	29 Home Visits	30 Sweat				



Remembrance Day

November 11/2021

11 am at Cemetery

Followed by lunch at the program trailer

**If more info is needed
please phone Darcy or
Louise at the Health
Centre**



Come and make a wreath for Remembrance day at the Health Centre

9 am to 4

November 8 & 23

Light lunch provided



Women Circle group

November 2nd at 5 pm

Nnadap trailer



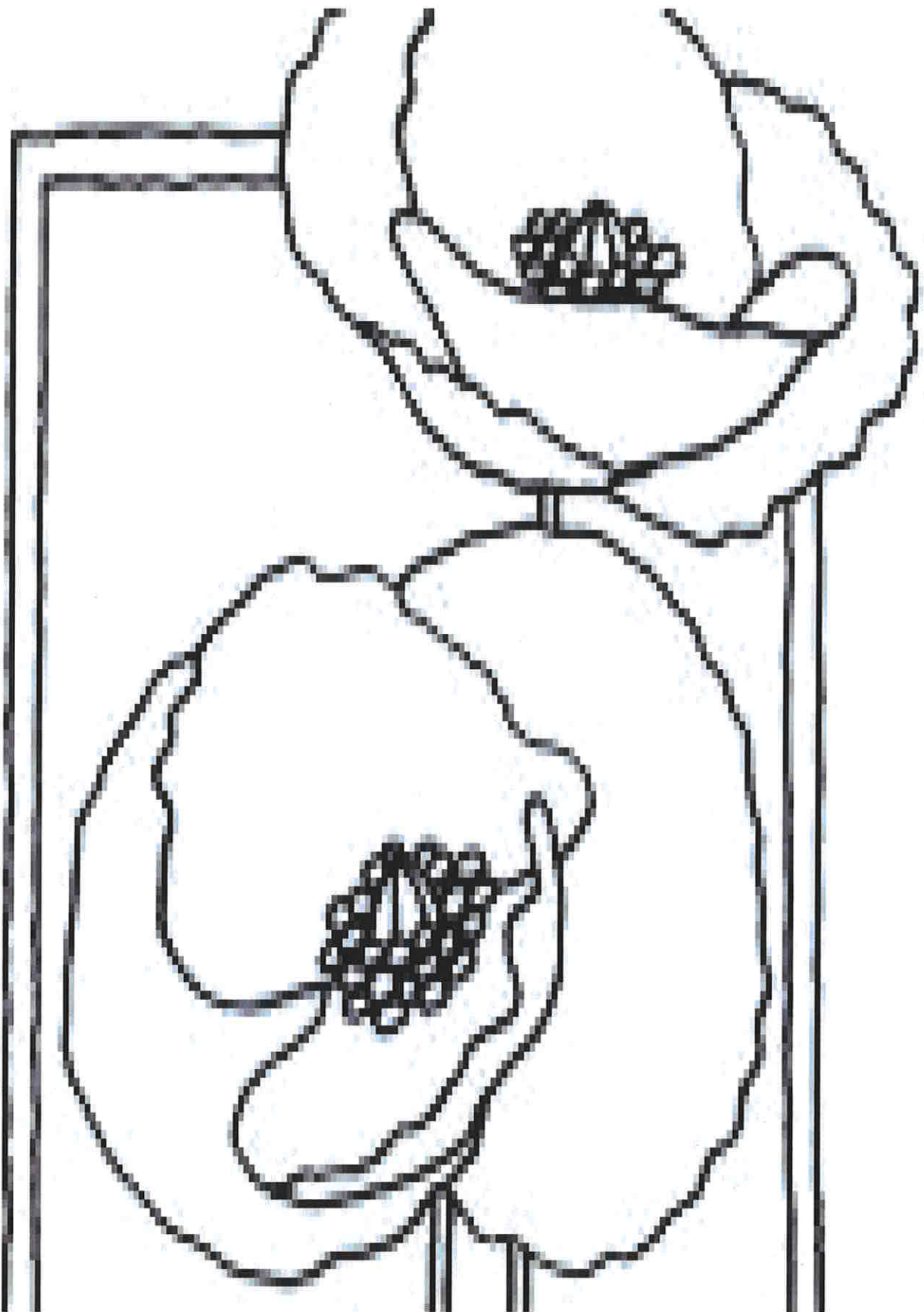
Women sweat

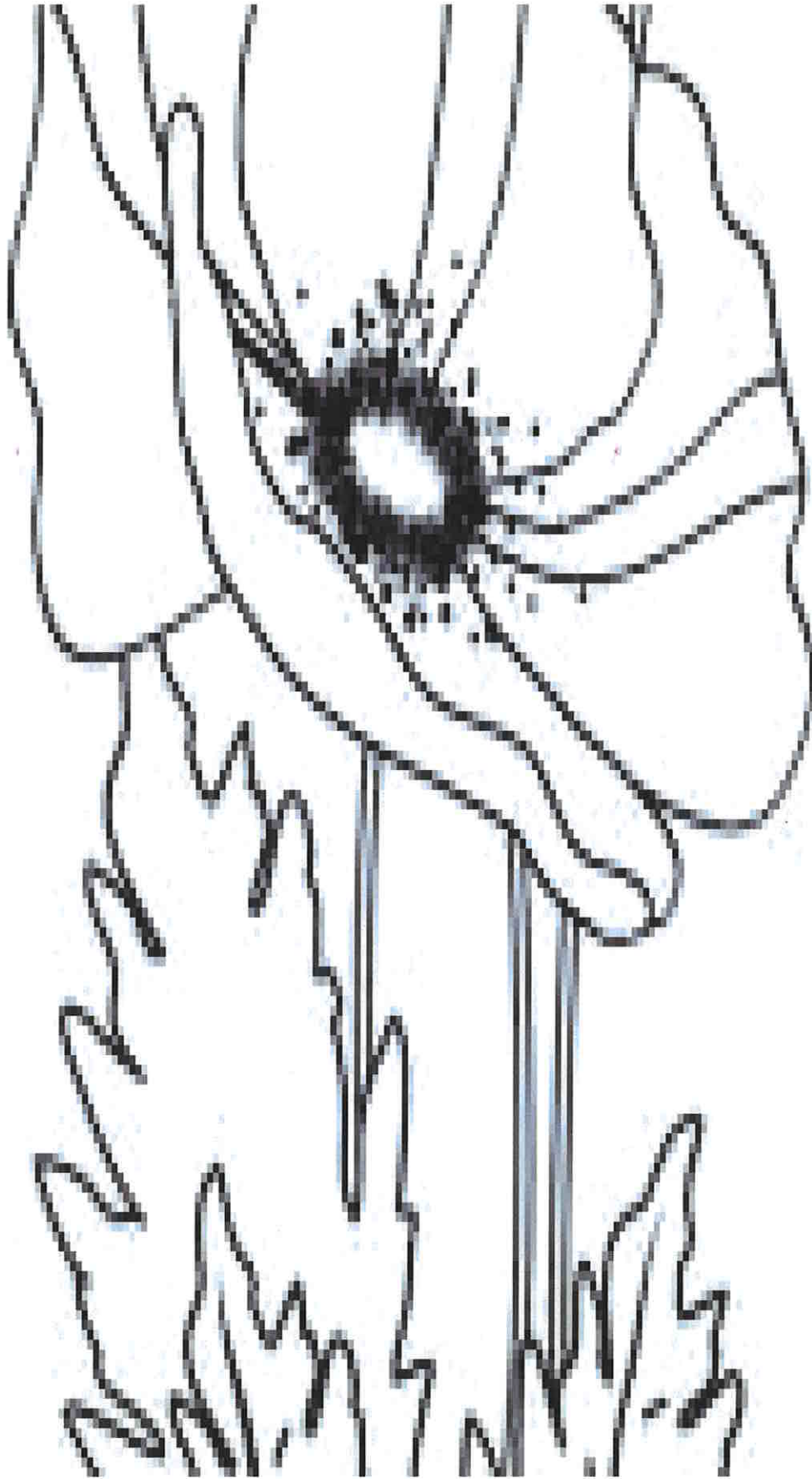
November 9th, 30th

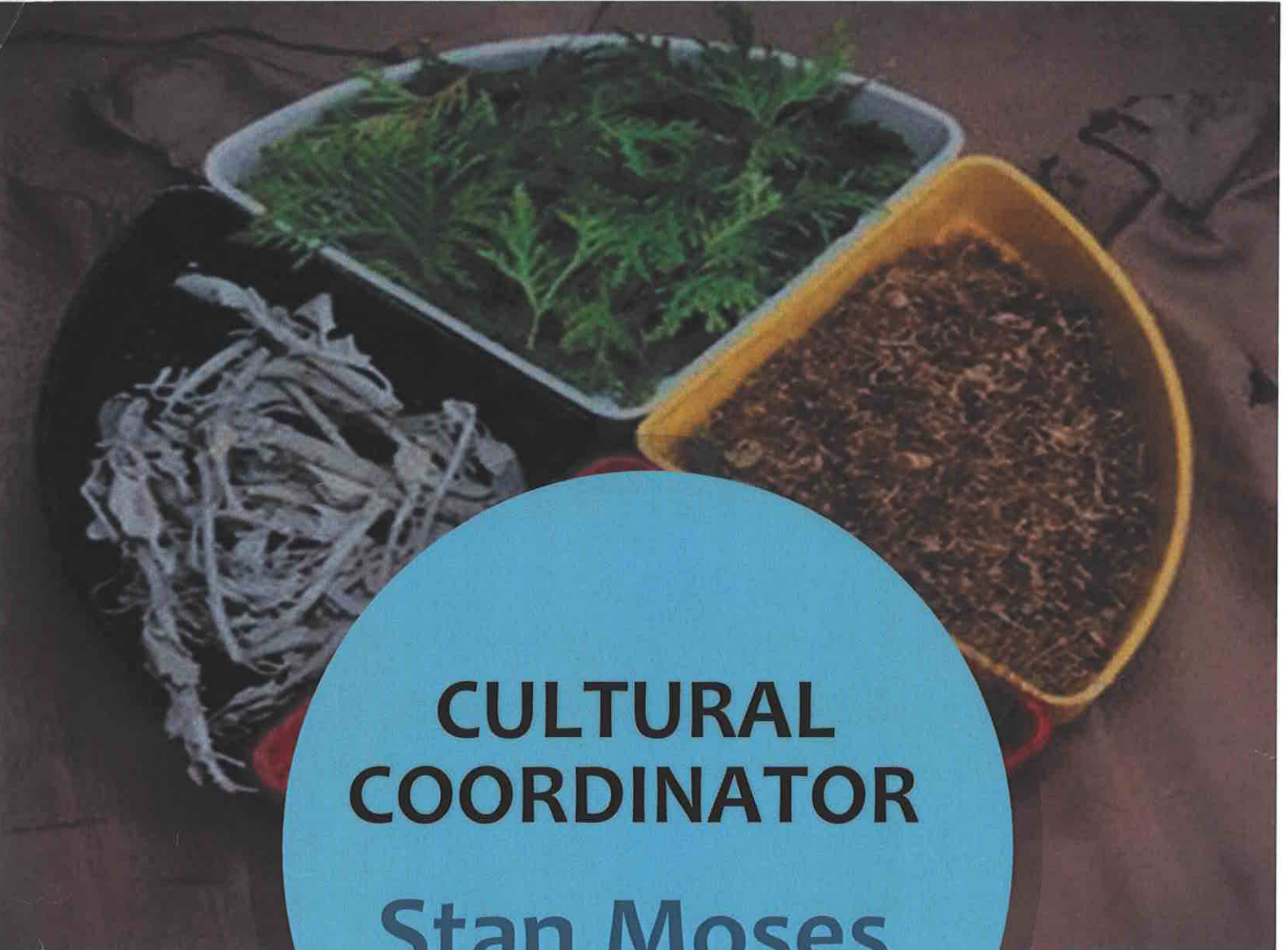
4456 Pickerel Rv. Rd.

NAAAW week will be announced on November 12







A photograph showing three trays of natural materials. The top tray is white and contains fresh green herbs. The bottom-left tray is black and contains dried, light-colored roots or bark. The bottom-right tray is yellow and contains dark, rich soil. A large blue circle is overlaid on the center of the image, containing the text.

**CULTURAL
COORDINATOR
Stan Moses**

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

PoG 1J0

(705)857-1221 EXT: 229



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Kind Man Program

10 Participants MAX

WHEN: Tuesday November 2, 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

OJIBWAY LANGUAGE CLASS



Wed. Nov 3 @ 12noon – 1pm

Tues. Nov 9 @ 5:30pm – 7pm

Wed. Nov 10 @ 12noon – 1pm

Wed. Nov 17 @12noon – 1pm

Tues. Nov 23 @ 5:30pm – 7pm

Wed. Nov 24 @ 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

2021 COMMUNITY BIG GAME HUNT

**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
NOVEMBER 6,
2021**

7:30AM – 4:30PM

**MEET @ PROGRAM
TRAILER**



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Sweat Ceremony

10 Participants MAX

WHEN: Tuesday November 16, 2021

WHERE: 456 Pickerel River Road

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



**Facilitated by: Alfreda
McQuabbie**

Mukluk Making

**November 20 &
November 21**
9:00am- 6:00pm daily
Lunch & Dinner
provided both days
@ Fire Hall

20 Spots ONLY!

Call Health Centre to
add name and shoe
size to list!

**Stan Moses- Cultural
Coordinator
Henvey Inlet First Nation**



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Kind Man Program

10 Participants MAX

WHEN: Tuesday November 30, 2021

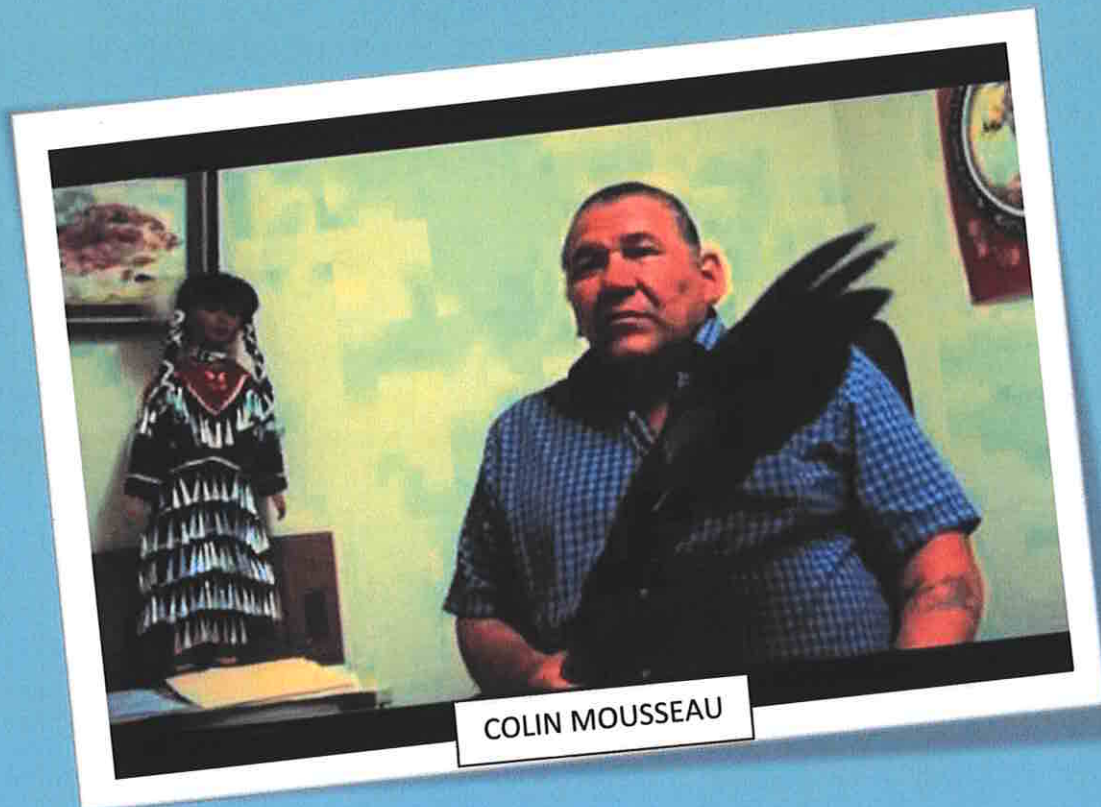
WHERE: Trailer 3

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



COLIN MOUSSEAU

COLIN MOUSSEAU TRADITIONAL HEALER

DATES:

Mon. Nov 29 – Appts. All Day

Tues. Nov 30 – Appts. All Day

Wed. Dec 1– Lodge Prep in morning &
prep for sweat in P.M. with Sweat
Ceremony @ 6PM

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

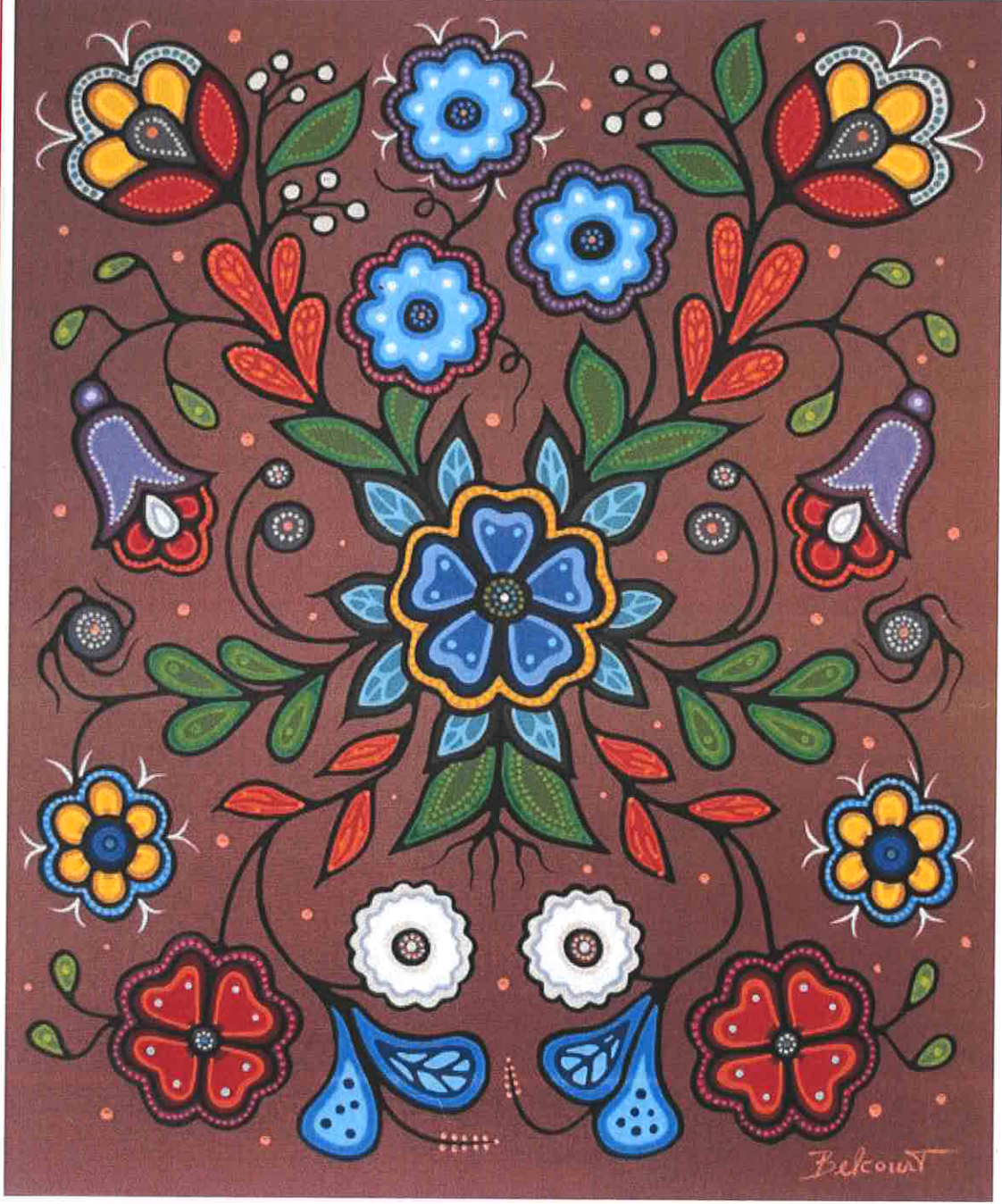
TIMES: Appts. Between the times of
9:00am – 5:00pm (6 per day)

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

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



“It’s not the person refusing to let go of the past but the past refusing to let go of the person”

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 COMMUNITY CALENDAR PREPARATIONS	2 HOME VISITS	3 REGALIA MAKING	4 GENEALOGY & CEMETERY RESEARCH	5 FREE HAIRCUT DAY	6
7	8 COMMUNITY CALENDAR PREPARATIONS	9 HOME VISITS	10 REGALIA MAKING	11 REMEMBRANCE DAY	12 OUT OF OFFICE	13
14	15 COMMUNITY CALENDAR PREPARATIONS	16 HOME VISITS	17 REGALIA MAKING	18 FULL MOON CEREMONY 	19 IN OFFICE	20
21	22 COMMUNITY CALENDAR PREPARATIONS	23 HOME VISITS	24 REGALIA MAKING	25 GENEALOGY & CEMETERY RESEARCH	26 COOKBOOK RECIPE SUBMISSION DEADLINE @ NOON	27
28	29 COMMUNITY CALENDAR PREPARATIONS	30 HOME VISITS				

FROM THE DESK OF COMMUNITY WELLNESS WORKER LUANA MCQUABBIE

GREETINGS HENVEY INLET FIRST NATION MEMBERSHIP!



It has been a while since our last band council meeting, here is my summary report for the first half of the 2021-22 fiscal year.

APRIL

Activities during the month of April.

- Took client to Emergency appt.
- In office Tuesdays & Thursdays/staff rotation.
- Meeting with Andre of Sturgeon Falls Etching.
- Work from home Mondays & Wednesdays.
- Cemetery Research and Filing.
- Cemetery work @ Cemetery
- Newsletter delivery to households.
- All offices closed on Fridays. (Covid-19)

MAY

Activities during the month of May.

- Stay-at-Home order effective May 3-17, 2021 due to multiple confirmed cases of Covid-19 on the First Nation.
- State of Emergency declared May 12.
- State of Emergency lifted on May 28.
- Reopening of Administration on May 31. Staff continue to work a two day rotational schedule. All offices remain closed on Fridays.

ADDITIONAL DUTIES

I met with clients both in and out of the office. Networking with co-workers, outside agencies and resource people for up-coming programing. Flyer prepping for newsletter submissions and circulations. Home visits, filing, paperwork, office organization. Program planning and coordination. Program Shopping. Medical appointments with Clients. Cemetery Research. Reports for Union of Ontario Indians and HIFN Band Council.

JUNE

Activities during the month of June.

- In office Tuesdays & Thursdays/staff rotation.
- Work from home Mondays & Wednesdays.
- 2 HIFN deaths. Request from family for items to be made.
- Office closure June 9 & 10 in respect of deceased funeral services.
- Meeting with Lands Dept. Zoom meetings w/AVAANZ. Salary review/Hrs of work review meeting.
- Parcel pick up for staff in Noelville.
- Re-opening of Administration-5 days a week effective June 22, 2021
- Vacation Days used June 28, 29, 30.

JULY

Activities during the month of July.

- Vacation Days used July 2, 5.
- Zoom meetings with AVAANZ
- Skirt making instruction with a staff member of Nijjaansinaanik.
- File making and labelling for research of cemetery and deaths of HIFN members. Cemetery research.
- Vacation days used July 25th. On 26th toured Spanish Indian Residential School & Holy Cross Mission in Wikwemikong. 27th. ½ vacation day on 28th, prepped newsletter submissions in office. 29th.

AUGUST

Activities during the month of August.

- Aug 3, Appt @ Penetanguishene Museum & Archives. Research for genealogy, cemeteries, and historical documents.
- Aug 4, Serpent River/Geka Elders home to see and present a quilt to HIFN Elder, a survivor of Indian Residential School. Spanish Library research, for our survivors of I.R.S.
- Aug 5, M'Chigeeng/Ojibwe Cultural Centre appt @ 10 to view and research Spanish Indian Residential School display.
- Aug 6, Brantford/Woodland Cultural Centre and Mohawk Institute Indian Residential School. Research.
- Indian Residential School Display request for Britt Nursing Station. Researched, created, delivery and set-up. Honoring Byng Inlet, Magnetawan and Henvey Inlet.

- Delivered and presented two more quilts to our Indian Residential School Survivors on behalf of the HIFN Health Centre.
- Made a baby quilt for a new arrival.
- Zoom meeting with Smoke Architecture.
- Met with Chief regarding Band Member request.
- Meeting with H. R.C.
- HIFN School Meeting.
- Met with H.R.C. and Daycare supervisor.
- Baby quilt request for client.
- Vacation day used Aug 30. Finished quilt for client
- Vacation day used Aug 31.

SEPTEMBER

Activities during the month of September.

- Vacation Days used 1, 2, 3, 7, 8, 9, 10, 13.
- Took Health Centre client to medical appt.
- Community Calendar preps.
- HIFN death. Request from family to make items.
- Skirts/items made for funeral service for family.
- Skirt making with client.
- Office closure Sept 24. Funeral Service.
- National Day for Truth & Reconciliation Fed Holiday. Offices are closed.
- Feast Bundles requested and delivered on 30th. Orange shirt day event.

OCTOBER

Activities during the month of October.

- Newsletter preps.
- Lands office visit.
- Bekanon lands visit. Cemetery location.
- Genealogy research.
- Regalia Making with client.
- CWW report for council meeting.

Many thanks to the Ontario Genealogical Society for their kind donation of 10 AncestryDNA kits in the month of August., it will help support of the work I have been doing with research in genealogy. Most of the kits have been offered to interested Elders. I still have a couple of kits on hand for interested community members.

Luana

Upcoming Individual Sessions



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

REGALLIA MAKING

Due to Covid-19 and social distancing, I will be working one on one with individuals who are interested in making regalia. Call Luana to set up an appointment for Wednesdays.

NOVEMBER 2021

FREE HAIR CUT DAY

WITH

ANNETTE ASHAWASEGA-CRISTO

Annette will be in the community for one day to offer haircuts to all ages.

FRIDAY, NOVEMBER 5TH, 2021

9 A.M. – 5 P.M.

TRAILER #3

HENVEY INLET FIRST NATION HEALTH CENTRE

PLEASE SIGN-IN, WEAR A MASK, TEMPERATURE SCREENING AND SOCIAL DISTANCING WILL BE IN EFFECT. PLEASE REMAIN IN YOUR VEHICLE UNTIL ANNETTE IS READY AFTER SIGNING IN. IF YOU ARE WALKING TO YOUR APPOINTMENT THERE IS LIMITED SEATING IN WAITING AREA OF TRAILER #3.



CALL DARCY AT THE HEALTH TO BOOK AN APPOINTMENT.

COMMUNITY WELLNESS PROGRAM

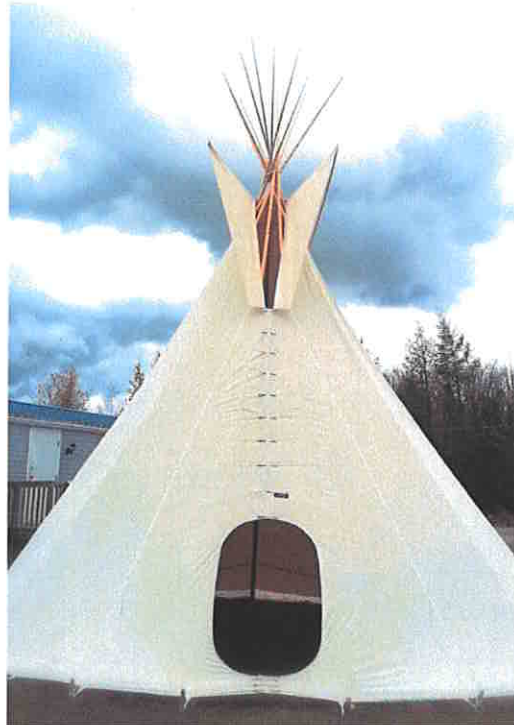
Henvey Inlet First Nation Health Centre
Trailer #3 beside the Ball Field
Phone 705 857-1221 EXT 227
luana.mcquabbie@henveymedicalcentre.com

NOV 18
2021

FULL MOON
CEREMONY

25 WEST ROAD

7:00 PM



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

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

Please remember to:

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

For more information please contact CWW Luana McQuabbie

the

2022 HENVEY INLET COMMUNITY

cook
book

SUBMISSION DEADLINE

26 NOVEMBER

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: _____

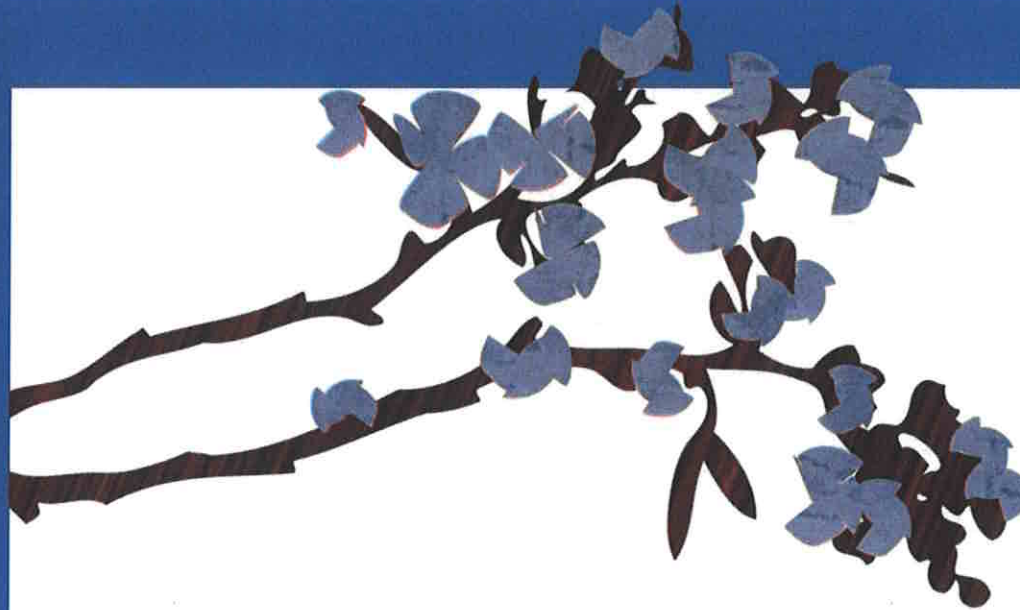
From the Kitchen of _____

Servings:	
Prep Time:	
Total Time:	

Ingredients:

Directions:

Notes:



SPECIALTY SEWING

INDIVIDUAL REQUESTS/NOVEMBER

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



NEW MONUMENT FOR OLD PICKEREL CEMETERY

573 Pickerel River Road

A SNEAK PEEK AT THE NEW MONUMENT HIFN PURCHASED THAT WILL BE DELIVERED IN THE SPRING OF 2022. THERE WILL BE NAMES INSCRIBED ON IT ONCE THE LIST IS COMPLETED.

CURRENTLY I AM STILL WORKING ON THE MISSING NAMES FROM THE CEMETERY LISTING. IF YOU HAVE ANY INFORMATION THAT WOULD HELP ME WITH MY RESEARCH PLEASE CONTACT ME AT THE HEALTH CENTRE.



CWW LUANA MCQUABBIE

354-A PICKEREL RIVER ROAD
TRAILER #3
PICKEREL, ON P0G1J0

Phone: 705 857-1221 EXT 227

Email:

luana.mcquabbie@henveymedical.com



To be used for :

CEMETERY RESEARCH

*FAMILY GENEALOGY
RESEARCH*

ELDERS CALENDAR

HERITAGE COLLECTION INFO NEEDED

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

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

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

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



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



NOVEMBER 2021

CREATING YOUR OWN PERSONAL FAMILY TREE

“GETTING STARTED WITH AncestryDNA”

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

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

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



TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT

CWW LUANA MCQUABBIE 705 857-1221 EXT 227

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)



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 bags and delivered to homes on the 15th. In years past, this service was done in the Firehall during the Annual Christmas Party.

*For further information please contact
CWW Luana McQuabbie Trailer #3*

