



# April 2022

## NEWSLETTER

**OFFICES OPEN FULL TIME  
BEGINNING APRIL 4TH**

**Offices will be closed  
Fri. April 15- Good Friday  
& Mon. April 1- Easter Monday**



# Happy Easter!



## 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 Ashwasagai  
Brenda Contin  
Maureen Kagagins

# MEMORANDUM

To: HIFN Members  
Fr: Millie Pawis, Director of Finance/Administration  
Dt: March 31, 2022  
**Re: Re-opening Full Time – April 4, 2022**

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Chief and Council have made the decision to reopen the Administration full time, effective April 4, 2022.

The Administration, Health Centre, Daycare, Library, Lands offices will all be back to their regular operating hours; Monday – Thursday 8:30 a.m. – 4:30 p.m. and 8:30 a.m. – 12:00 p.m. Fridays.

Chief and Council did express their continued concern with protecting our elders and vulnerable individuals in the community, and as staff of HIFN this will be conveyed to program staff at our first Staff Meeting of April 4, 2022, where it's planned to address any questions or concerns with our reopening.

Your patience and cooperation with the rotational schedule that we operated under these last few months is appreciated, we fully understand that we're not out of the woods yet, however, it is understood that we cannot continue to operate in this manner.

*MP*

/MP





To: All Henvey Inlet First Nation Members

From: Henvey Inlet First Nation Membership Code Working Group

Date: March 29, 2022

Re: **Upcoming Engagement Opportunities on Membership**

The current Membership Code dates back to 1987. It was drafted and passed in a rush in order to meet *Indian Act* deadlines, and has proven difficult to put into practice because of a number of problems with how the wording of and procedures in the Code should be interpreted. In order to address this, a Membership Code Working Group was formed in October 2021, composed of the following individuals: Brenda Contin, Millie Pawis, Deborah Newton, Irvin Contin, Annette Cristo, and Megan Bradley, and supported by Fogler, Rubinoff LLP.

The Working Group is tasked with overseeing the legal and community review of the Membership Code and the development of a new, restated Code. Over the last few months, we have been conducting an initial internal review and have identified a number of key issues that we would now like to bring to the community for their thoughts, comments, and suggestions.

The Working Group is currently preparing a series of surveys that will be distributed over the course of the next few months (online, by mail, or by phone). The surveys will help us to gather community opinion and use that data to inform updated membership rules. The key questions are: (1) whether membership should be automatic if you have status, or whether there should be an application and approval process; and (2) do we have to strictly follow the *Indian Act* or are there some circumstances in which an individual who does not have status could acquire membership, and if so, by what process? These questions will be addressed in the first survey, which will be circulated by OneFeather (an online voting tool) in the coming weeks. The answers may seem obvious, but on careful consideration, they have a lot of complex consequences.

We are also planning to hold several community engagement sessions for more fulsome discussion and to answer any questions members may have. Please keep a look out for these opportunities!

The more involvement from and participation by members, the more we will be able to ensure that any changes to the Membership Code will accurately reflect the community's views. We look forward to hearing from everyone on this very important initiative.

In the interim, please feel free to reach out to our Chair, Brenda Contin, by phone at 705-857-1221 or by email at [brenda.contin@henveymedicalcentre.com](mailto:brenda.contin@henveymedicalcentre.com) if you have any questions or comments about the Working Group and the work we are doing.







## HENVEY INLET FIRST NATION WINDFARM LEGACY TRUST

### Quarterly Payments to Eligible Members **July 1, 2022 Payment Reminder!**

If you have not submitted your banking information  
**OR**

have new/updated bank accounts  
Please follow the instructions below:



#### Photo/Image of Member's Status Card

Provide a photo/image of  
your Status Card



#### Submit Deposit Form

Complete a direct deposit  
form or Void Cheque in  
your name from your bank



#### Contact Information

MUST include:

1. Legal name
2. Address
3. Phone #
4. Email address



#### Await Transfer

Payments are made beginning of the new quarter.

**Q2 Payment date: On or Before July 1, 2022**

**Deadline to submit: May 27, 2022**

***\*Late submissions (after May 27, 2022) will be held & administered at next quarter payment schedule\****

Email your full information to: **Lyndy McQuabbie**, Trust Coordinator  
[trustcoordinator@henveyinlet.com](mailto:trustcoordinator@henveyinlet.com)



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## MEMORANDUM

To: Members of Henvey Inlet First Nation

Fr: Housing Assistant

Dt: April 2022

Re: **HIFN Housing update.**

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

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

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

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

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

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

Miigwetch,

Heidi Kimberley  
Housing Assistant



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



# 2021 OUTREACH

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



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



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



First Nations  
Market Housing Fund

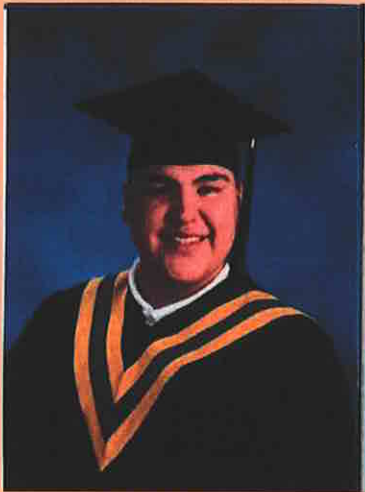




# EDUCATION NEWS



I would like to commend all of our students for their perseverance and commitment to their studies. You have been through so much and yet you've continued to do your best despite, concerns for the health of our community, myths, rumors and rules around the pandemic, changes to the semester system, and to top it off, a record number of snow days. I can't imagine how confusing it would be to go from in-class to on-line then back to in-class again. You are all troopers for sure!!! - Genevieve



## CONTRATULATIONS GO OUT TO MSHAAKWAAT MCQUABBIE ROY!

Mshakwaat received his Grade 12 Diploma on February 3rd, 2022. Way to go Mshakwaat! We look forward to hearing about your plans for the future.

## PRECIOUS CARGO

On Friday March 25th, Larry Olds shared that the bus ended up in the ditch on Pickerel River Road. Apparently, he had to pull over onto the shoulder because an oncoming car was driving down the middle of the road! Luckily, no one was hurt. Our children are our most precious gift; PLEASE remember to drive with extra care when approaching our school bus!





# EDUCATION NEWS



## PARRY SOUND HIGH SCHOOL

Students who are struggling academically, are encouraged to reach out to our Grad Coach, Lynn Rider for support; she is always there and is willing to help in any way she can.

Students are also encouraged to log on to their Edsby account during Snow Days; apparently there is always work there for you to do. This is a great way to stay up to date with your studies and to avoid getting behind.

This year there are no parent-teacher interviews at the high school however parents are reminded to reach out to your children's teachers if you have any concerns. You can also contact Lynn Rider. Students' grades will be updated and posted in the next few weeks.

For those students who still need volunteer hours, I would encourage you to begin submitting them this year since the requirement was reduced to 20 hours during the pandemic. If you wait until next year to start them, you will need to get 40 hours. If you need help with this, please contact me at the office.

## POST SECONDARY

Students must submit their applications by May 15th in order to be considered for funding next September. The HIFN Application and the Post-Secondary Policy are available at [hifn.ca](http://hifn.ca) or you can pick them up at the Education office. Anyone needing assistance with this is encouraged to stop by the education office. Miigwech! Genevieve



# Medical Transportation Schedule

Reminder to Members who utilize Medical Van to book appointments according to this schedule!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SUDBURY	PARRY SOUND	BRITT	SUDBURY

FRIDAYS ARE EMERGENCY ONLY

Thank You for your cooperation!



# IMPORTANT REMINDER

On Community Submissions

**APRIL 2022**

This is a reminder to Band Members that our Community Submissions can only be used for our "Catchment Area", Which is Parry Sound, Sudbury, and Britt. Appointments in any other City/Town require a Prior Approval. We require 1 week notice minimum to apply for a P.A. and to issue funds.

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

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

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

Your co-operation is appreciated!



## Henvey Inlet Health Centre

354A Pickerel River Road

Pickerel, ON P0G 1J0

705-857-1221

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



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Maureen Kagagins

# Memorandum

To: HIFN Band Members  
From: Henvey Inlet Health Centre  
Date: March 24, 2022  
Re: **REMINDER for Ambulance Bills/Invoices**

This memo is to notify Band Members that if you have received an ambulance bill in the mail you have 2 options:

- 1) You can call with your Status Number to the Finance Department of the respective hospital; which is usually on the invoice received and they will bill Non-Insured Health Benefits for your Ambulance invoice.
- 2) You can bring your Ambulance invoice to the Health Centre and leave with the Receptionist Darcy or Ed and the respective hospital will be contacted with your Status information to be billed to Non-Insured Health Benefits.

If an ambulance bill is left unpaid for too long it could possibly be sent to a collection agency. The Henvey Inlet Health Centre will not be responsible to pay the invoice to a collection agency. It would be the responsibility of the client.

If you have any questions regarding information on coverage of ambulances, you can contact the Health Centre for more information (705)857-1221.

We appreciate your co-operation to this matter.

ep/DA



• HENVEY INLET FIRST NATION •

# GAS BAR



**GAS BAR HOURS ARE  
9AM TO 3PM**

**WE ARE HAPPY TO ANNOUNCE  
THAT WE HAVE 2 NEW LADIES  
STARTING AT THE GAS BAR!**

Hoping to have them trained and  
ready to work by March 31st.

So back to regular hours!



**APRIL 1ST HOURS WILL BE  
7AM TO 7PM  
THANKS!**





# Winner

## Henvey Inlet Windfarm Legacy Trust Logo Contest

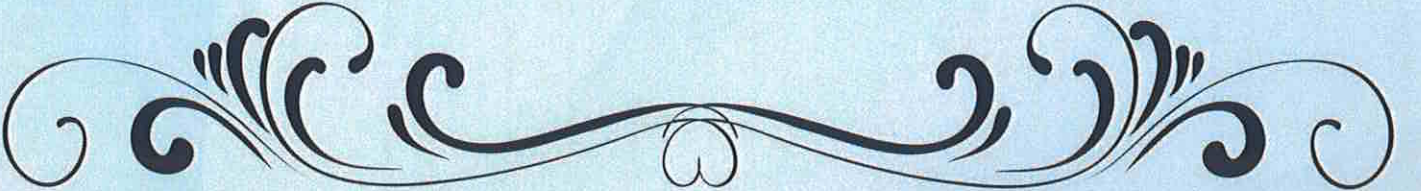


We would like to congratulate our successful applicant Amarrah Duluca on her winning logo submission.

We would also like to thank all who took the time to submit a logo.

Aaron Youmans  
April McQuabbie  
Cory Ashawasegai  
Deidre Contin  
Emilie McQuabbie  
Ethan McQuabbie  
Lara Zenhanko  
Megan Bradley  
Millie Pawis

Thank you from Henvey Inlet First Nation Windfarm Legacy Trust – Board of Trustees





# FUSING WIND, STEEL, AND NATURE

Submitted by: Henvey Inlate Wind

Wind and steel are coming together in Kathryn Corbiere's next piece of art.

The sculpture will be displayed at the Henvey Inlet Wind site, which is not too far from Kathryn and her studio.

"I own and operate a business in my home community of M'Chigeeng First Nation. I've had it for the past six years and it's called One Kwe Modern Fabrications, which means One Woman in Ojibwe," Kathryn explains.

She started focusing on making modern furniture and custom fabrication and has now expanded into artwork. Her sculptures can be found in communities across Ontario.



*Kathryn in her studio*

## *Inspired by Nature*

"My work involves a lot of nature themes. I like connecting the strong material of steel to the natural settings the sculpture will sit in. When I visited the Henvey Inlet Wind site, I was inspired by the location and what this project is around, which is wind. So, I thought of a super strong looking windswept pine tree – it's wind that creates that kind of look," she explains.

She says the final piece will be 15 feet tall and will look like wind is blowing the sculpture towards the entrance of the building. She's also including a few other features as well.

“I’ll also be wrapping something at the base of the tree to show the motion of the wind and what the project has done there. I’m using stainless steel eagle feathers and they’ll be connected and bent to shape to show that motion,” Kathryn says.



Original Sculpture Design for Harvey inlet  
Submitted By Kathryn Corbace

*A sketch of Kathryn’s design entitled “Pine Power”*

### ***The Creative Process***

Kathryn’s process when designing and creating a sculpture starts with the client, who will provide some direction and background on what they’re looking for. But to make sure the piece reflects the community’s history and identity, she does a bit of research.

“Public art tells a story and allows artists to connect themselves to the area. When I created sculptures in Owen Sound and Sudbury, I reached out to some members of the community to learn more about the area and to see if the design will make sense there,” she explains.

Once she has a design in mind, the next step of the process begins.

“Much of the work will be done in my studio. When it’s a large piece like this, I create a jig in my space and I build the sculpture on that jig so I can shape and build it as I go,” explains Kathryn.





*One of Kathryn's sculptures on display*

### ***Putting it All Together***

Creating a sculpture this size is more complicated than you might think.

"A lot of my work is free formed using heat to bend things. It's a lot of welding and grinding down into shape. It's a bit tricky figuring out how to make the piece three-dimensional and what it will look like from all sides," she says.

Before installing the sculpture, Kathryn says she'll be getting an engineer to review her design to make sure the piece can withstand strong winds. Once completed, she says the sculpture will be transported in a few pieces and assembled on site.

"As an artist and fabricator, I'm always thinking about nature and what it would be like if a sculpture were in the middle of a forest. Years ago, when I was driving down Highway 69, I always thought about how there are so many visitors on this main highway and how neat it would be if there was a large sculpture there, and now here we are," she says.

Kathryn estimates that the sculpture will be finished and installed at Henvey Inlet Wind sometime this summer.

See more of Kathryn's work on her website: <http://onekwe.com/>



## **Field Technician – Lake Sturgeon Spawn Monitoring**

Shawanaga First Nation Sturgeon Research Team

**Job Description:** We are hiring two field technicians to assist with monitoring of Lake Sturgeon spawning activity in the spring of 2022. Position is for 2 months (April to early June 2022). Technicians will conduct surveys for evidence of Lake Sturgeon spawning through egg mat and drift net sampling. All necessary equipment and training will be provided.

**Qualifications:** Ideal candidates will be comfortable working outdoors and on the water. Candidates should also have a passion for conservation and working with aquatic animals. Additional requirements include:

- Experience operating watercraft
- Willingness to work outdoors in a variety of weather conditions
- Familiarity with, or willingness to learn to handle and identify fish eggs and larvae
- Knowledge of Ontario's fish species
- Adherence to animal care and safety protocols
- Proficiency in swimming and paddling
- Ability to lift moderately heavy weights (up to 30lbs)

All candidates will be considered, but preference will be given to members of First Nations communities.

**Salary:** \$19/hr

**How to apply:** Interested candidates should submit their resume via email to [tek@shawanagafirstnation.ca](mailto:tek@shawanagafirstnation.ca) and [loveyourbay@gbbr.ca](mailto:loveyourbay@gbbr.ca). Please specify that you are applying for this position in the subject line. Emails without a subject line may not be received.

**Application deadline:** April 14, 2022

Applications will be reviewed as they are received.

*We thank all candidates for their interest, but only those selected for an interview will be contacted.*



**THE BRITT NPLC**

**ANNOUNCES**

# **Ann Palamar's Retirement**

**WE WOULD LIKE TO LET FRIENDS, PATIENTS, CO-  
WORKERS AND CLIENTS KNOW THAT ANN WILL BE  
RETIRING THE END OF MAY.**

**WE INVITE ALL TO VISIT HER FACEBOOK PAGE  
"ANNIE'S RETIREMENT BRITT" TO POST VIDEOS OR  
PICTURES, WE ALSO HAVE A BOX IN THE BRITT  
NURSES STATION TO DROP OF CARDS AND WELL  
WISHES.**

**LET US SHOW ANN HOW MUCH SHE  
MEANS TO THE COMMUNITY AND AREA**

The background of the poster is a dark, textured surface. It features several bingo-related items: a bingo card in the top right corner with numbers and a star, a bingo ball with the number 76 on the right, a bingo ball with the number 41 in the bottom left, and a bingo ball with the number 17 in the bottom right. A large white star is positioned above the word 'BINGO'.

# BINGO

MAGNETAWAN FIRST NATION COMMUNITY HALL  
10 HIGHWAY 529 NORTH

THURSDAYS, STARTING APRIL 7, 2022

DOORS OPEN AT 6PM | BINGO AT 7PM

\$6 PER STRIP

\$1000 SUPER JACKPOT  
IN DESIGNATED #S  
\$2 PER STRIP



The Parry Sound Friendship Centre presents

# Birding



Fresh coffee, homecooked meals , and a warm place to go

Monday to Friday 8:30am-4:30pm

33 James Street

( Hours/days may change )

Volunteer opportunities are available

For more information please call 705-746-5970



# Non Insured Health Benefits Update

## December 2021

### Pharmacy benefit information

#### New pharmacy benefit listings

- Noromby (enoxaparin sodium) is now available as an open benefit. Prior approval is not required. Noromby is a biosimilar to Lovenox, the reference biologic drug and is used for prevention and treatment of pulmonary embolism and deep vein thrombosis
- Dupixent (dupilumab) is now listed as a limited use benefit (prior approval required) for clients 12 years and older with moderate to severe atopic dermatitis. Dupixent was previously listed only for adults
- Verkazia (cyclosporine 0.1%) is now a limited use benefit for the treatment of severe vernal keratoconjunctivitis (VKC) in children from 4 years of age through adolescence. This condition is an allergic eye disease that primarily affects children
- Xospata (gilteritinib fumarate) 40 mg is now a limited use benefit for the treatment of adult patients who have relapsed or refractory Acute Myeloid Leukemia (AML)
- Opsumit (macitentan) 10 mg is now a limited use benefit for Pulmonary Arterial Hypertension (PAH)
- Check the [NIHB drug benefit list](#) for complete listings and coverage criteria

#### New coverage for continuous glucose monitoring system for children

- The continuous glucose monitoring (CGM) system Dexcom G6® is now covered by NIHB as a limited use benefit. Prior approval is required
- This device is covered for children 2 to 19 years of age on intensive insulin (short-acting insulin 3 or more times per day)

#### New Suboxone product coverage

- Suboxone is a medication used to treat opioid dependence
- In addition to tablets, Suboxone is now available as sublingual film (a small, dissolvable strip that is placed under the tongue)
- NIHB covers all strengths of this product as a limited use benefit for the treatment of opioid dependence. Prior approval is not required
- Clients who receive coverage for Suboxone will be enrolled into the NIHB Client Safety Program
- Check the [NIHB drug benefit list](#) for complete listings and coverage criteria for Suboxone products



## Medical supplies and equipment information

### Licensed practical nurses (LPN) and registered practical nurses (RPN) can now recommend selected benefits

- NIHB now accepts recommendations from LPNs and RPNs for certain MSE items on the respiratory, self-care, medical surgical, and mobility equipment benefit lists
- To see which health professionals can prescribe or recommend specific MSE benefits for NIHB coverage, check the [MSE guide and benefit lists](#)
  - Items are listed in tables that identify eligible prescribers or recommenders, providers, prior approval requirements and recommended replacement guidelines

### Expanded coverage criteria for washable underpads

- Washable underpads are covered for ostomy care
- These items require prior approval with a replacement guideline of 6 per year

### Augmentative and alternative communication (ACC) listing and name change

- The iPad speech tablet package is now called the iOS speech tablet package and is listed by NIHB as a limited use benefit. Prior approval is required
- AAC devices like the iOS speech tablet are used to supplement or replace natural speech when clients have a significant speech impairment
- Find more information in the [communication benefits list](#)

### Audiology benefit changes

- Adhesive wipes are now covered as an open benefit (prior approval not required) for clients with a non-implantable bone conduction hearing system. The replacement guideline is 3 boxes per year
- Hearing aid accessories are covered as an open benefit. One claim for up to \$200, which can include multiple items, is covered every 5 years
- Check the [audiology benefits list](#) for more information

### Reminder: hearing aid chargers

- Rechargeable hearing aids include a charger with the device
- NIHB will not reimburse for the separate cost of a hearing aid charger, as these are provided by the manufacturer at no additional cost

## Vision care benefit information

## Reminder: using your eyewear coverage for 2021

- NIHB covers eye exams and corrective eyewear. The frequency guidelines are:
  - once a year for clients up to 17 years of age
  - every 2 years for clients 18 years or older
- Frequency is based on the calendar year, which ends on December 31
- For eyewear, the date of service is the date you picked up the eyewear or the date the provider shipped it to you.
  - for example, for a one-year frequency, if you ordered glasses in 2021 and picked them up by December 31, 2021, you used your coverage for 2021 and will be eligible again in 2022
  - however, if you picked up the glasses in January 2022, you used your coverage for 2022 and won't be eligible again until 2023
- If you have prior approval for eye glasses or contact lenses that ends on December 31, you are encouraged to pick up your items or have them shipped to you before that date

## Low vision aids

- As a reminder, NIHB covers low vision aids, including magnifiers and canes, under the medical supplies and equipment benefit
- For more information, consult the [low vision equipment and supplies benefit list](#) or contact your [NIHB regional office](#)

## General program information

### Important reminder: client reimbursement

- NIHB client reimbursement claims for the following benefits must be submitted to Express Scripts Canada:
  - pharmacy
  - dental
  - medical supplies and equipment
  - vision care
  - mental health counselling benefits
- Find instructions and forms on the [Express Scripts Canada website](#). The client reimbursement form is located at the bottom of the page
- Client reimbursement claims for these benefits that are sent to NIHB regional offices will rerouted to Express Scripts Canada, resulting in delayed processing and payment
- You can submit client reimbursement claims to Express Scripts Canada through your client web account, or by mail or fax
- The NIHB Program continues to process claims for medical transportation benefits only
  - Use the NIHB [medical transportation client reimbursement form](#) and send it to your [NIHB regional office](#)



# Non-Insured Health Benefits Program Updates

## January 2022

### Medical supplies and equipment information

#### Drive Medical Canada recall of bed assist handles and rails

- Drive Medical Canada has recalled 4 models of home bed assist handles and rails
- The manufacturer and Health Canada both recommend that clients **immediately stop using the recalled devices due to a risk of getting trapped between the bedrails, mattress and bedframe**
- More information on the recall can be found on the [Government of Canada's Recalls and safety alerts](#) page
- Home bed assist handles and rails are affixed alongside a mattress on home-style beds to help people getting into and out of bed. NIHB refers to them as 'bed grab bars'. They are covered as open benefits within Program price and replacement guidelines
- If you have a bed grab bar, the provider who dispensed it should know the make and model of the device and if it's affected by the recall. Providers are expected to notify affected clients and inform them of next steps
  - if you have not been contacted by your provider and are unsure if your device is affected, contact your provider to find out
- Providers must take steps to replace the recalled device with one that is safe and effective
- If you are renting a bed grab bar affected by the recall, your provider should switch it for a similar device that is safe
- If you are using a recalled bed grab bar that was purchased, it may be eligible for early replacement through NIHB. Your provider should submit a completed prior approval request to the NIHB regional office
- If you are using a recalled grab bar that is already eligible for replacement, no prior approval is required for a new grab bar that is within NIHB pricing. These devices are covered by NIHB for replacement every ten years

Press Release

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For immediate release:  
March 23, 2022

## **Robinson Huron Treaty Leadership Calls Ontario's Promises of First Nations Resource Revenue Sharing Hollow In Light of Lack of Progress in Talks to Resolve the Robinson Huron Treaty Annuity Case**

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**Robinson Huron Treaty Territory** — The Robinson Huron Treaty leadership is frustrated with the failure of the Ontario government to engage in mandated negotiations with Canada and First Nation Treaty partners to resolve their treaty-based annuity claim to resource revenue sharing, despite a Judgment by the Ontario Superior Court in 2018 (*Restoule* case), which upheld the annuity claim and was confirmed by the Ontario Court of Appeal in 2021.s.

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Representatives of the RHTLF have heard promises from the province to enter into settlement negotiation from the offices of Premier Doug Ford and Minister Greg Rickford since the fall of 2021 with no substantive negotiations thus far.

On March 17th, the Ontario government released the new **Critical Minerals Strategy, in which the Message from Minister Rickford says: Ontario "always respects Indigenous rights"**. The Document has a component labelled "Building Economic Development Opportunities with Indigenous Partners" to advance reconciliation and provide socio-economic benefits to Indigenous communities.

"Such words and promises sound hollow, at least to the Robinson-Huron Treaty First Nations whose ancestors insisted on the principles of partnership and resource-revenue sharing in 1850 only to have Canada and Ontario ignore their legal responsibilities which are again promised in the form of the new strategy," said Ogimaa Duke Peltier in a letter to Premier Ford.

Chief Dean Sayers added, "Why should Indigenous communities in Ontario believe such rhetoric, especially in a campaign period, in the face of a failure by the Government of Ontario to negotiate a settlement which would include reconciliation and socio-economic benefits?"



Both Ontario and Canada have been dragging their feet in implementing the Judgments of the Superior Court and the Ontario Court of Appeal and recently filed for leave to appeal with the Supreme Court of Canada. This, despite a comment from the Court of Appeal that reconciliation will not be achieved in the courtroom. Letter correspondence was also sent to the Ontario Ministry of the [Crown](#) Attorney [General](#) regarding Ontario's failure to pay \$1.3 M in costs in relation to the appeals at the Ontario Court of Appeal, which were agreed upon in December 2021.

**For questions or more information, contact [media@mediastyle.ca](mailto:media@mediastyle.ca)**

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# COVID-19 Update

For more information:  
[Canada.ca/coronavirus](https://Canada.ca/coronavirus)

Information for Indigenous communities:  
[Canada.ca/coronavirus-info-indigenous](https://Canada.ca/coronavirus-info-indigenous)



## INDIGENOUS SERVICES CANADA – Ontario Region – March 24, 2022

### Personal protective equipment supplier scam

On March 17, 2022, ISC issued an advisory to Indigenous communities due to the discovery of an apparent scam by a personal protective equipment (PPE) supplier.

ISC has been advised of instances of suppliers sending large unsolicited or unordered shipments of COVID-19 PPE packages to First Nations communities along with an invoice and demand for payment. This communication is intended to raise awareness and to ensure the safety of communities who could be impacted by this scam. The Government of Canada is not involved in the shipment of unsolicited PPE to Indigenous communities. Communities are reminded that you are not obligated to accept or to pay for shipments that you did not order.

We cannot vouch for the quality, efficacy, or safety of the PPE being delivered. We also cannot vouch for the legitimacy of any individual or enterprise that claims to be shipping unsolicited PPE to a community. ISC advises communities **not to use nor distribute PPE or any other materials or contents that have been delivered to the community under these circumstances.**

Should you or your community receive unsolicited or unordered shipments of COVID-19 PPE packages, ISC recommends that you do the following:

- Send a letter to the supplier, by registered mail or by courier, requesting that it provide you proof of the order, by return letter or e-mail, within seven business days after the date you send your letter.
- Indicate in the letter that if no proof is provided or no answer is received within seven business days, you will keep the supplies as a gift unless the supplier agrees to pick up the supplies at its own expense.
- If the supplier asks you to pay to send the PPE package back to it with a promise of reimbursement, do not do so. Require that the supplier first send you payment to cover the cost of returning the package.
- **Do not provide your bank account number or accept any payment provided online as this may be part of an attempt to gain access to your bank account.** Instead, ask the supplier to mail you a certified cheque or money order.
- If the supplier threatens you with legal consequences, you may wish report this to ISC and to the police force that provides police services to your community.

### Ontario changes masking requirements in indoor settings

As of March 21, 2022, masks are no longer required in many indoor settings in Ontario. Masks continue to be required in some settings; view the full list of settings requiring masks [here](#). While the requirement has been removed, this does not mean that masks should not be worn in your community. The province has been clear that there are settings where masking is still required.

The Government of Canada continues to be committed to supporting Indigenous communities in their response to COVID-19 in partnership with Indigenous leadership and organizations, as well as provincial and territorial governments. Given the high rates of COVID-19 in many communities, continuing to require masking in indoor settings may be the right choice to keep your community safe.

Supported by federal, provincial and territorial public health entities, Indigenous communities should institute health measures that best meet their unique needs based on their local epidemiology and context.

Finally, masking is only one of the tools that is used to slow down the spread of COVID-19. Getting vaccinated remains the most important step that individuals can take to protect themselves and their community. Avoiding gathering indoors and continuing to practice distancing are also important measures to keep everyone safe.

ISC will continue to provide public health expertise to support your decision-making in your respective pandemic response and recovery efforts.

### COVID-19 Cases

\*As of March 22, 2022 at 6 P.M.

- **13,606** confirmed in-community
- **1,008** active cases on reserve
- **59** deaths
- **12,539** resolved (92.2%)

### COVID-19 Vaccines for Ontario

\*All data reflects totals from 8 p.m. on March 22, 2022

- **10,824** Daily doses administered
- **31,994,276** Total doses administered
- **12,098,568** People fully vaccinated

For the most up-to-date national information on COVID-19, visit the [Indigenous Services Canada](https://IndigenousServicesCanada.ca) website or the Government of Canada's Twitter and Facebook pages at @GCIndigenous and @GCIndigenousHealth.



Government  
of Canada

Gouvernement  
du Canada

Canada



### **Government of Canada will remove pre-entry test requirement for fully vaccinated travellers on April 1**

On March 17, 2022, the Government of Canada announced that effective April 1, 2022 at 12:01 AM EDT, fully vaccinated travellers will no longer need to provide a pre-entry COVID-19 test result to enter Canada by air, land or water. Fully vaccinated travellers seeking to arrive in Canada before April 1, 2022, must still have a valid pre-entry test.

As a reminder, travellers arriving to Canada from any country, who qualify as fully vaccinated, may need to take a COVID-19 molecular test on arrival if selected for mandatory random testing. For more information, please view the [full news release](#).

### **Call for proposals to help increase skills development opportunities for Indigenous people and aid in Canada's economic recovery from COVID-19**

Indigenous people continue to face multiple and persistent barriers to labour market entry and success. At the same time, Canada's economic recovery from COVID-19 is challenged by labour shortages in key sectors. For these reasons, the Government of Canada is working with Indigenous people and organizations to help prioritize their access to targeted skills development opportunities that they need to succeed.

On February 28, 2022, the Government of Canada launched an open call for proposals for the Skills and Partnership Fund (SPF), a long-standing Indigenous labour market program that funds partnerships between Indigenous organizations and employers. The SPF 2022 call for proposals will be open for a 10-week period from **February 28 to May 9, 2022**.

Through targeted projects, the SPF program equips Indigenous people with the skills needed for in-demand jobs. The goal is to reduce the skills and employment gaps that exist between Indigenous and non-Indigenous people and increase Indigenous participation in the labour market. Priority will be given to projects that target the following sectors: the Green Economy, Information and Communications Technology, Infrastructure, Blue Economy and Indigenous Public Sector. Indigenous organizations can apply by May 9 through [Grants and Contributions Online Services](#), by email or by mail. Visit the [Skills and Partnership Fund](#) for more information on how to apply as well as details on upcoming information sessions. Additional [background information](#) and associated links to the Skills and Partnership can also be accessed in the [full news release](#).

**Click the banner below for a sharable list of mental wellness resources.**

## **Help is available whenever you need it.**

**Immediate support is available 24/7 for all Indigenous people in Canada.**

### **Update: Menstrual products for students**

The Government of Ontario announced that they will begin distributing feminine hygiene products to all 72 school boards in Ontario beginning in the fall of 2021, in partnership with Shopper's Drug Mart.

On November 5, 2021, Minister Hajdu announced that menstrual products will be made freely available to all students at First Nations operated schools on reserve and in federal schools.

To best suit the unique needs of each First Nation community, ISC Ontario Region is providing \$557,355 in 2021-2022 to communities that operate schools on reserve. This will allow each community to determine the best approach to ensuring these vital products will be readily available to all students. For federal schools, ISC Ontario Region is working closely with the community leadership to determine how funding will be distributed to best support their student needs.

### **Government of Canada begins work on National Standards for Mental Health and Substance Use Services**

On March 14, 2022, the Honourable Carolyn Bennett, Minister of Mental Health and Addictions and Associate Minister of Health, [announced that the Government of Canada is taking the first step in developing national standards for mental health and substance use services](#) by working with the Standards Council of Canada (SCC), as well as stakeholders and partners. National standards will help formalize what Canadians can expect in terms of the timeliness and quality of services across the country.

SCC will engage a diverse range of interested parties to inform this work, including provinces and territories, Indigenous partners, health organizations and people with lived and living experiences. To facilitate engagement, SCC will establish a National Standardization Collaborative that will provide opportunities for stakeholders to contribute. Public consultations will also be launched later this year.

### **REMINDER: 2022 National First Nations Water Leadership Award**

The annual National First Nations Water Leadership Award recognizes First Nations individuals or organizations that have demonstrated leadership and outstanding dedication to the advancement of clean and safe drinking water in First Nations communities. The winner will receive a trophy and \$500 art piece. Also, \$10,000 in bursaries will be awarded in the winner's name to First Nation applicants who are pursuing or furthering their career in the water and wastewater industry. **Nominations are open until March 31, 2022.** Learn more [here](#) and [click here](#) to learn about last year's winner.

Hope for Wellness Help Line and Chat  
**1-855-242-3310 or [www.hopeforwellness.ca](http://www.hopeforwellness.ca)**

Indian Residential Schools Crisis Line  
**1-866-925-4419**

Missing and Murdered Indigenous Women and Girls Support Line  
**1-844-413-6649**



Please feel free to contact the FNIHB Ontario COVID-19 generic inbox: [sac.covid-19fnihbontario.isc@canada.ca](mailto:sac.covid-19fnihbontario.isc@canada.ca) if you or your community members have any information needs.



## COVID-19 Information for Close Contacts

If you have been told or suspect you have been exposed to someone who tested positive for COVID-19, follow these steps to take care of yourself and protect others:

### Step 1: Determine if you need to self-isolate

Refer to the flow chart on the next page to determine if you need to isolate and for how long. Your isolation period will depend on your vaccination status, symptoms, if you live with a positive case, and if you are immunocompromised

### Step 2: Getting tested for COVID-19

People living in First Nation communities are eligible to be tested for COVID-19. Options for testing include: rapid antigen, rapid molecular or PCR test.

### Step 3: Receiving your COVID-19 lab results

#### If your COVID-19 test result is positive:

- Self-isolate immediately and let your close contacts know of their exposure.
- If you had a rapid molecular or PCR test, you may be contacted by a public health official, healthcare provider or community representative who will tell you how long you must stay home and self-isolate.
- If you did a rapid antigen test at home, it is recommended that you inform the community health nurse in your community of the positive result.

Please follow-up with your household and close contacts and provide them with the information on this fact sheet, so they can protect themselves and their communities. A nurse, health care provider or representative may also call your contacts.

A **close contact** is someone to whom you have had prolonged exposure (for more than 15 minutes or multiple close encounters) within 2 meters or less, in the 48 hours before you developed symptoms or 48 hours before you got tested for COVID-19 (if you have no symptoms) until you started self-isolating.

Examples of close contacts:

- Someone in your household
- Someone that had physical contact with you such as shaking hands, hugging, kissing, being sneezed or coughed on
- Someone you provided care to (taking care of your parents, children, etc.)

#### If your COVID-19 test result is negative:

Continue to self-monitor or self-isolate for the recommended time period based on the flow chart below.

Self-monitor for symptoms for 10 days from the last time you were in contact with the individual with the positive COVID-19 test. If you develop symptoms, continue to self-isolate and get tested if it is available, follow directions on flow chart below.

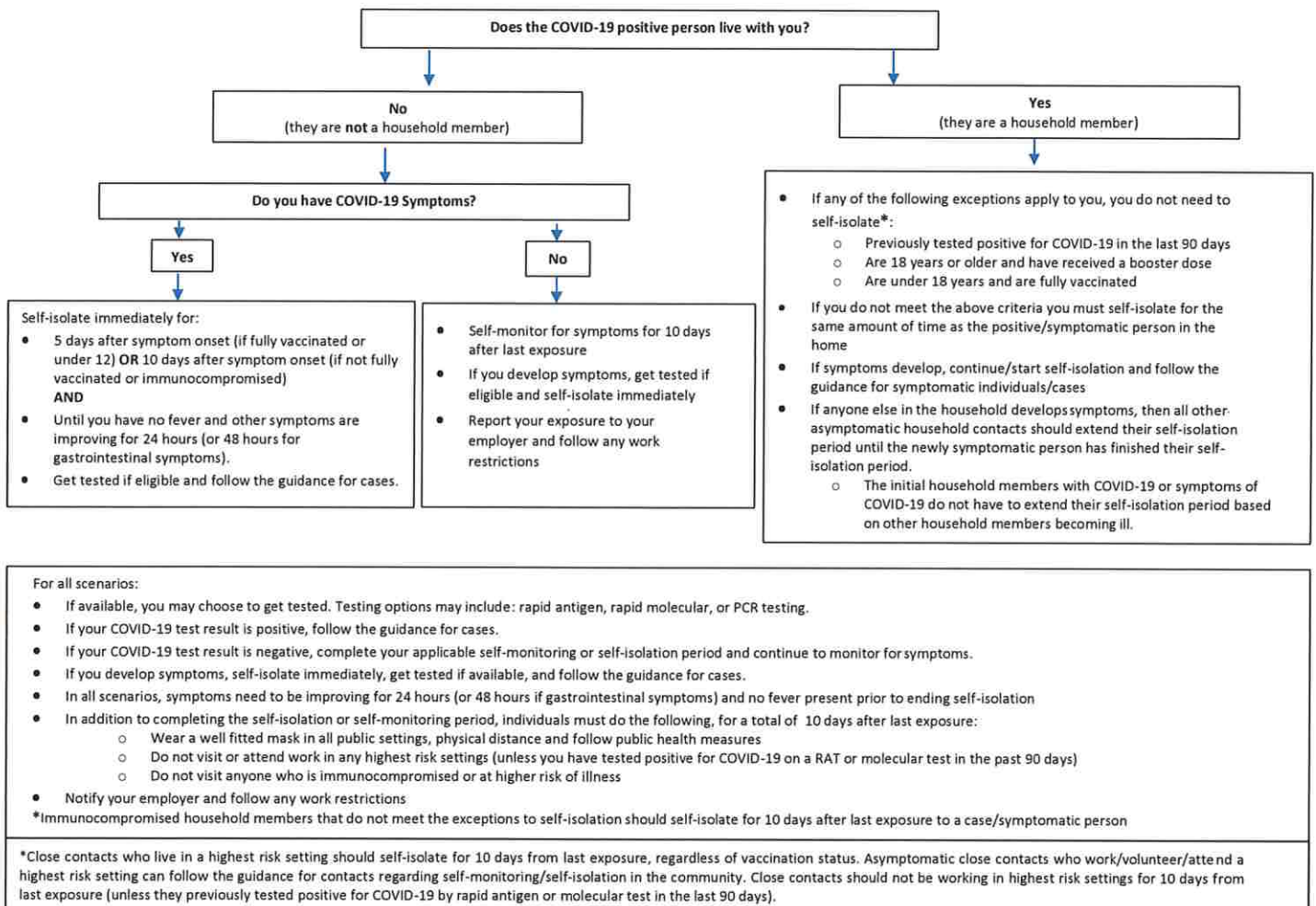
#### Additional requirements for all close contacts:

In addition to completing the self-isolation or self-monitoring period, individuals must do the following, for a total of 10 days after last exposure to COVID-19:

- Continue to wear a well fitted mask in all public settings
  - Individuals should maintain masking as much as possible in public settings
  - Avoid activities where mask removal would be necessary (i.e., dining out)
- Physical distance and follow other public health measures
- Avoid visiting anyone who is immunocompromised or at higher risk of illness (i.e., seniors)
- Avoid visiting or working in any highest-risk settings (unless you have previously tested positive for COVID-19 on a RAT or molecular test in the last 90 days):
  - Hospitals and health care settings, including complex continuing care facilities and paramedic services.
  - Home and community care workers
  - Congregate living settings with medically and socially vulnerable individuals including, but not limited to, long-term care homes, retirement homes, First Nation elder care lodges, group homes, shelters, hospices, correctional institutions, Provincial demonstration schools and hospital schools



### Flow Chart for Close Contacts



### COVID-19 Information for Individuals with Symptoms

If you have any one of these symptoms:

- Fever/chills
- Cough
- Shortness of breath
- Decrease/loss of smell and taste

OR

If you have two or more of these symptoms:

- Extreme fatigue
- Runny nose/nasal congestion
- Sore throat
- Headache
- Muscle aches/joint pain
- GI Symptoms (i.e. vomiting or diarrhea)

**It is highly likely you have a COVID-19 infection.**

What you must do:

1. Self-isolate immediately. See the table below to see how long you should self-isolate for.

If you are:	Self-isolate for:
<ul style="list-style-type: none"> <li>• Fully vaccinated<sup>1</sup> against COVID-19</li> <li>• Less than 12 years old</li> </ul>	<b>5 days</b> after your symptoms started
<ul style="list-style-type: none"> <li>• 12 years and older and <b>not</b> fully vaccinated</li> <li>• Immunocompromised<sup>2</sup></li> <li>• Admitted to hospital because of COVID-19 related illness</li> <li>• Live in a highest risk setting<sup>3</sup></li> </ul>	<b>10 days</b> after your symptoms started
<ul style="list-style-type: none"> <li>• Severely ill and require care in the ICU</li> </ul>	<b>20 days</b> after the date you started to have symptoms

Before ending your self-isolation period, your symptoms need to be improving for at least 24 hours (48 hours for gastrointestinal symptoms such as diarrhea and vomiting) and no fever present.

#### Important notes about self-isolation

- The day your symptoms started is day 0 of your self-isolation period. This means that the first day of your 5 or 10 day self-isolation period is the day **after** your symptoms started.

January						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Symptom Onset Day 0	5 Test Date Test is Positive Day 1	6 Day 2
7 Day 3	8 Day 4	9 Day 5	10 Discontinue Isolation	11	12	13

- In addition to completing your self-isolation period, you must do the following for a total of 10 days (or 20 if immunocompromised) after symptom onset:
  - Continue to wear a well-fitted mask in all public settings.
    - Maintain masking as much as possible in public setting.
    - Avoid activities where mask removal would be necessary (i.e., dining out)
  - Not visit anyone who is immunocompromised or at higher risk of illness (i.e. seniors, elders).
  - Not visit any highest risk settings.



- If you are in distress, go to the nearest emergency department or call 9-1-1 (experiencing significant trouble breathing, chest pain, fainting or have significant worsening of any chronic disease symptoms).
- Be sure to tell them that you are COVID-19 positive so correct precautions can be used to decrease the transmission of the virus.

#### How to self-isolate

- Stay home, do not leave your house (do not have visitors).
- Avoid contact with people in your home as much as possible-stay in a separate room away from others and use a separate bathroom.
- If you are in a room with other people, keep a distance of at least 2-metres from others and wear a well-fitted face mask.
- Sneeze or cough into your sleeve.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.

#### 2. Notify your household and close contacts.<sup>4</sup>

- Please let your close contacts know that they have been exposed to COVID-19.
- Your household members will need to self-isolate while you are self-isolating.
- Your household members **do not** have to self-isolate if they have **no** symptoms **and**:
  - They are 18 years of age and older and have received their COVID-19 vaccine booster dose.
  - They are under 18 years of age and fully vaccinated.
  - They previously tested positive for COVID-19 in the last 90 days (based on positive rapid antigen or molecular test).
- Advise your close contacts to follow the directions on the fact sheet: **COVID-19 Information for Close Contacts**.
  - If your close contact **lives** in a highest risk setting they must self-isolate for 10 days from the last time you were in contact with them (even if they are fully vaccinated)
  - If your close contact **works, volunteers or attends** a highest risk setting they, should **not** attend for 10 days from your last contact with them (even if they are fully vaccinated)
  - Workers should notify their employer of their exposure and follow any work restriction guidelines
  - Close contacts who have previously tested positive for COVID-19 in the last 90 days, with either a rapid antigen or molecular test, can attend work in a highest-risk setting if they do not have symptoms of COVID-19

#### 3. Get tested for COVID-19 (if testing is available).

- People living in First Nation communities are eligible to be tested for COVID-19. Testing options may include: rapid antigen, rapid molecular or PCR test.

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1. **Fully vaccinated** means it has been at least 14 days since you received: the full series of a COVID-19 vaccine authorized by Health Canada (e.g., 2 doses of Moderna, Pfizer-BioNTech **OR** AstraZeneca/COVISHIELD, or one dose of Janssen (Johnson & Johnson)) or any combination of such vaccines **OR** one or two doses of a COVID-19 vaccine not authorized by Health Canada (e.g., Sinopharm) followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada (e.g., Pfizer-BioNTech or Moderna) **OR** three doses of a COVID-19 vaccine not authorized by Health Canada (e.g., Abdala).

2. Examples of immunocompromised include cancer chemotherapy, untreated HIV infection with CD4 T lymphocyte count <200, combined primary immunodeficiency disorder, taking prednisone >20mg/day (or equivalent) for more than 14 days and taking other immune suppressive medications. Factors such as advanced age, diabetes, and end-stage renal disease are generally not considered severe immune compromise impacting non-test based clearance.

3. **Highest risk settings include:** hospitals (including complex continuing care facilities and paramedic services), home and community care workers and congregate living settings (long-term care, retirement homes, First Nation elders homes or care lodges, group homes, shelters, hospices and correctional institutions).

4. A **close contact** is anyone you spent at least 15 minutes (or several short periods of time) with in close proximity (you were less than 2 meters away from them), without appropriate protective measures (for example wearing a mask and/or using PPE) in the 48 hours prior to the day your symptoms started or if you have no symptoms prior to the day your positive test was collected

## COVID-19 Information for Positive Cases

If you tested positive for COVID-19, please follow these steps:

1. **Self-isolate immediately. See the table below to see how long you should self-isolate for.**

If you are:	Self-isolate for:
<ul style="list-style-type: none"> <li>Fully vaccinated<sup>1</sup> against COVID-19</li> <li>Less than 12 years old</li> </ul>	<b>5 days</b> after the date you started to have symptoms or the date you were tested (whichever is earlier/applicable)
<ul style="list-style-type: none"> <li>12 years and older and <b>not</b> fully vaccinated</li> <li>Immunocompromised<sup>2</sup></li> <li>Admitted to hospital because of COVID-19</li> <li>Live in a highest risk setting<sup>3</sup></li> </ul>	<b>10 days</b> after the date you started to have symptoms or the date you were tested (whichever is earlier/applicable)
<ul style="list-style-type: none"> <li>Severely ill and require care in the ICU</li> </ul>	<b>20 days</b> after the date you started to have symptoms or the date you were tested (whichever is earlier/applicable)

Before ending your self-isolation period, your symptoms need to be improving for at least 24 hours (48 hours for gastrointestinal symptoms such as diarrhea and vomiting) and no fever present.

### Important notes about self-isolation

- The day your symptoms started or your test was collected is day 0 of your self-isolation period. This means that the first day of your 5 or 10 day self-isolation period is the day **after** your symptoms started or your test was collected.

January						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Symptom Onset Day 0	5 Test Date Test is Positive Day 1	6 Day 2
7 Day 3	8 Day 4	9 Day 5	10 Discontinue Isolation	11	12	13

- In addition to completing your self-isolation period, you must do the following for a total of 10 days (or 20 if immunocompromised) from symptom onset:
  - Continue to wear a well-fitted mask in all public settings.
    - Maintain masking as much as possible in public setting.
    - Avoid activities where mask removal would be necessary (i.e., dining out).
  - Not visit anyone who is immunocompromised or at higher risk of illness (i.e. seniors, elders).
  - Not visit any highest risk settings.
- If you are in distress, go to the nearest emergency department or call 9-1-1 (experiencing significant trouble breathing, chest pain, fainting or have significant worsening of any chronic disease symptoms).
- Be sure to tell them that you are COVID-19 positive so correct precautions can be used to decrease the transmission of the virus.

### Highest risk settings

- For people who test **positive** and **live** in a **highest risk setting**:
  - Self-isolate for **10 days** from the day your symptoms started or the day your test was collected if you have no symptoms.
- For people who test **positive** and **work, volunteer or attend** a highest risk setting:



- Self-isolate for either **5 or 10 days** and **do not attend** the highest risk setting for **10 days** from the day your symptoms started or the day your test was collected if you have no symptoms.
- Workers in these settings should notify their employer and follow any work restrictions.

#### How to self-isolate:

- Stay home, do not leave your house (do not have visitors).
- Avoid contact with people in your home as much as possible-stay in a separate room away from others and use a separate bathroom.
- If you are in a room with other people, keep a distance of at least 2-metres from others and wear a well-fitted face mask.
- Sneeze or cough into your sleeve.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.

#### 2. Notify your household and close contacts.<sup>4</sup>

- Please let your close contacts know that they have been exposed to COVID-19.
- Your household members will need to self-isolate while you are self-isolating.
- Your household members **do not** have to self-isolate if they have **no** symptoms **and**:
  - They are 18 years of age and older and have received their COVID-19 vaccine booster dose.
  - They are under 18 years of age and fully vaccinated.
  - They previously tested positive for COVID-19 in the last 90 days (based on positive rapid antigen or molecular test).
- Advise your close contacts to follow the directions on the fact sheet: **COVID-19 Information for Close Contacts**.
  - If your close contact **lives** in a highest risk setting they must self-isolate for 10 days from the last time you were in contact with them (even if they are fully vaccinated).
  - If your close contact **works, volunteers or attends** a highest risk setting they should not attend for 10 days from your last contact with them (even if they are fully vaccinated); workers **should notify their employer of their exposure** and follow any work restrictions.
  - Close contacts who have previously tested positive for COVID-19 in the last 90 days, with either a rapid antigen or molecular test, can attend work in a highest-risk setting if they do not have symptoms of COVID-19.

- 
1. **Fully vaccinated** means it has been at least 14 days since you received: the full series of a COVID-19 vaccine authorized by Health Canada (e.g., 2 doses of Moderna, Pfizer-BioNTech **OR** AstraZeneca/COVISHIELD, or one dose of Janssen [Johnson & Johnson]) or any combination of such vaccines **OR** one or two doses of a COVID-19 vaccine not authorized by Health Canada (e.g., Sinopharm) followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada (e.g., Pfizer-BioNTech or Moderna) **OR** three doses of a COVID-19 vaccine not authorized by Health Canada (e.g., Abdala).
  2. Examples of immunocompromised include cancer chemotherapy, untreated HIV infection with CD4 T lymphocyte count <200, combined primary immunodeficiency disorder, taking prednisone >20mg/day (or equivalent) for more than 14 days and taking other immune suppressive medications. Factors such as advanced age, diabetes, and end-stage renal disease are generally not considered severe immune compromise impacting non-test based clearance.
  3. **Highest risk settings include:** hospitals (including complex continuing care facilities and paramedic services), home and community care workers and congregate living settings (long-term care, retirement homes, First Nation elders homes or care lodges, group homes, shelters, hospices and correctional institutions).
  4. A **close contact** is anyone you spent at least 15 minutes (or several short periods of time) with in close proximity (you were less than 2 meters away from them), without appropriate protective measures (for example wearing a masking and/or using PPE) in the 48 hours prior to the day your symptoms started or if you have no symptoms prior to the day your positive test was collected



HELLO —

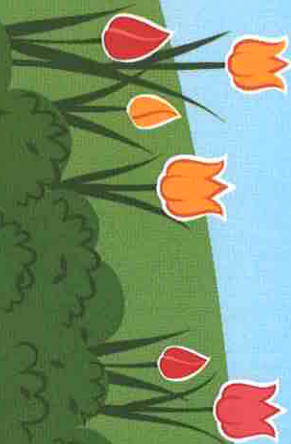
*April*

Kerri Campbell - N.C.F.W.

&

Kara Newton - C.H.E.



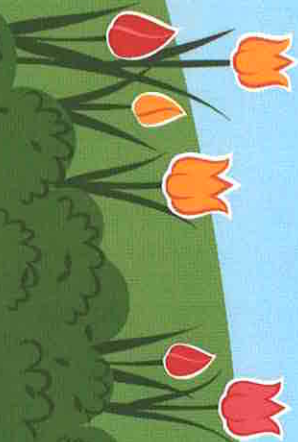
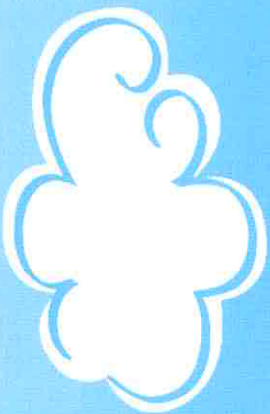


# Native Child & Family Worker

## April

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02
03	04	05 Family Court Home Visits	06	07 Band Reviews PM	08 Home Visit PM	09 Easter Photos
10	11	12	13	14 Spring Craft	15 Office Closed Good Friday	16
17	18 Office Closed Easter Monday	19	20 Family Court	21 Parenting Workshop with Kiana	22	23
24	25	26	27	28 Ladies Game Day	29	30
01	02	03	04	05	06	07



Community  
Health  
Educator

April

2022

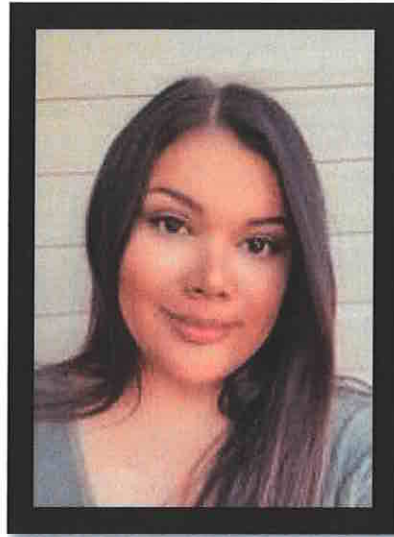
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02
03	04	05	06 Adventures in Cooking 4:30pm	07	08	09
10	11	12	13 Adventures in Cooking 4:30pm	14 Spring Craft 1pm	15 Office Closed Good Friday	16
17	18 Office Closed Easter Monday	19	20 Adventures in Cooking 4:30pm	21 Parenting Wkshp with Kiana	22	23
24	25	26	27 Adventures in Cooking 4:30pm	28 Ladies Game Day 1pm	29	30
01	02	03	04	05	06	07



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## STUDENT PLACEMENT INTRODUCTION

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Kiana Moses

Hi, my name is Kiana Moses. I'm a member of Henvey Inlet First Nation, I've lived here my whole life and overall want to make a positive impact with our growing community.

I've been on a 4-month placement for school since January-April working with Kerri Campbell, Native Child & Family Worker. Working alongside Kerri has helped me recognize the importance of taking care of our children and families within the community. I have a great appreciation for this line of work since becoming a mom myself. I look forward to helping create positive impacts, programs and giving back to the community in any way!

I'm currently in my second and last year of the Social Service Worker - Indigenous Specialization Program at Cambrian College. I graduate next month. This journey has taught me so much!

Miigwetch 😊

# ADVENTURES IN COOKING

Please join Jesse Newton, in teaching our youth, the primary stages of food preparation, safety and cooking.

## YOUTH AGES 8-12 YEARS

This program will be offered via ZOOM and those participating will require the assistance and supervision of an adult.

This program will run for 10 consecutive Wednesdays at 4:30pm, and all items will be provided to each participant!

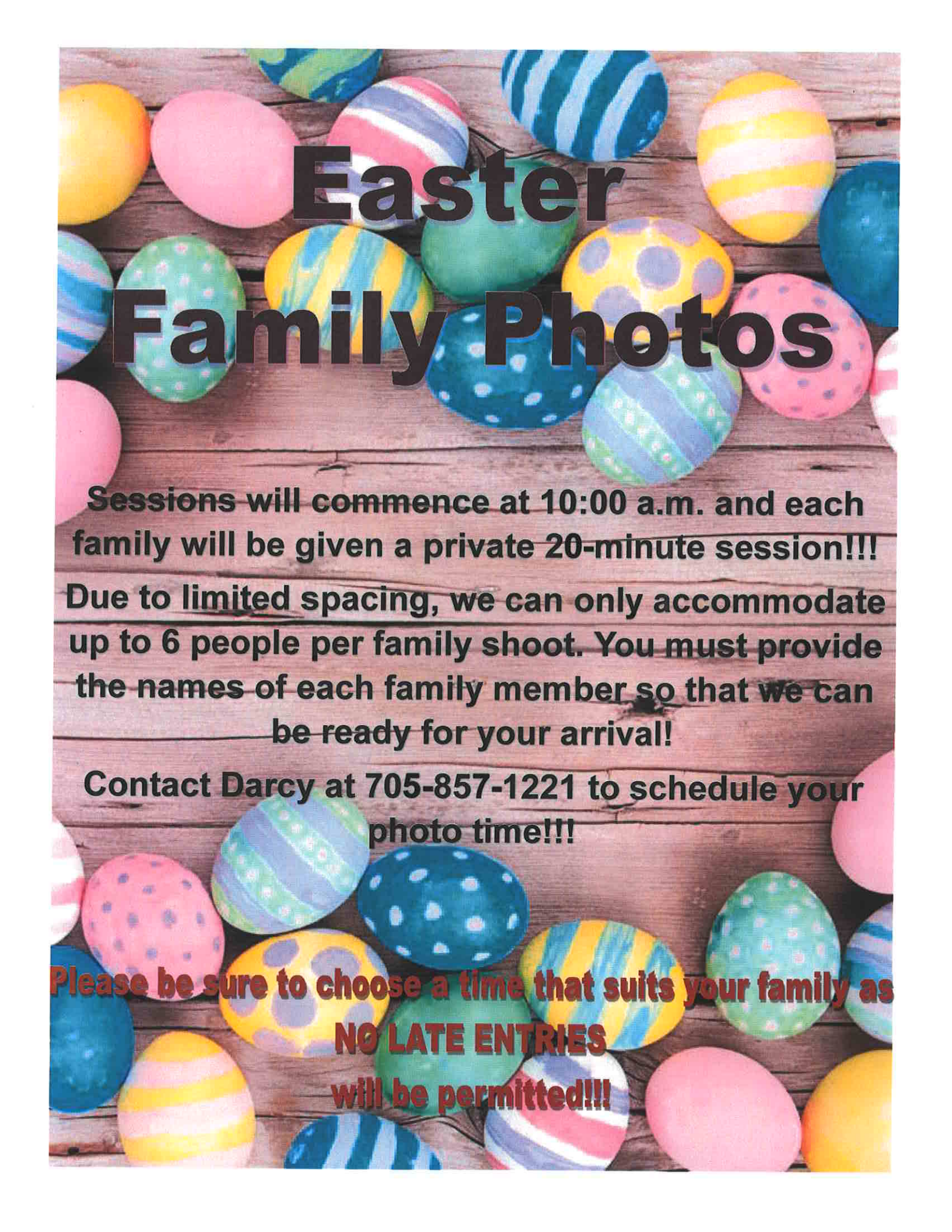
**Limit of 6 participants! Call Darcy at 705-857-1221 to sign up and be sure to include a working e-mail address!!!**

### April 2022

Wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
12						1	2
13	3	4	5	6	7	8	9
14	10	11	12	13	14	15	16
15	17	18	19	20	21	22	23
16	24	25	26	27	28	29	30







# **Easter Family Photos**

**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 at 705-857-1221 to schedule your photo time!!!**

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



# EASTER FAMILY PHOTOS

**APRIL 9TH • SATURDAY • 10AM**

**\*8 LIMITED SPOTS\***

Hop on over with your family to the Henvey Inlet  
Daycare for Easter family photos!

Sessions will start at 10AM and each family will be  
given a private 20 min. session! Due to limited  
spots, we can only accommodate 6 people per  
shoot.

Please provide the names of each family member  
attending to ensure we're ready for your arrival!  
Choose a time that suits your family - **NO LATE  
ENTRIES** will be permitted.

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**CONTACT DARCY @ THE HEALTH  
CENTRE TO SCHEDULE YOUR TIME!  
(705) 857-1221**



# SPRING

## Craft Workshop

THURSDAY APRIL 14, 2022  
AT 1:00PM  
ON ZOOM

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





# KIDS BENTO BOX WORKSHOP

*\*8 spots available\**

Ages: 4-12

Thursday, April 21st @ 10 AM

*Each participant will receive a  
bento box!*

Mains: English muffin mini pizzas or chicken wraps!  
Side options will be available.

Workshop will be held in cooking trailer.

Contact Darcy @ The Health Centre to sign-up!  
(705) 857 - 1221



# Ladies GAME Day

AGES  
18-54

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!



APRIL 28, 2022

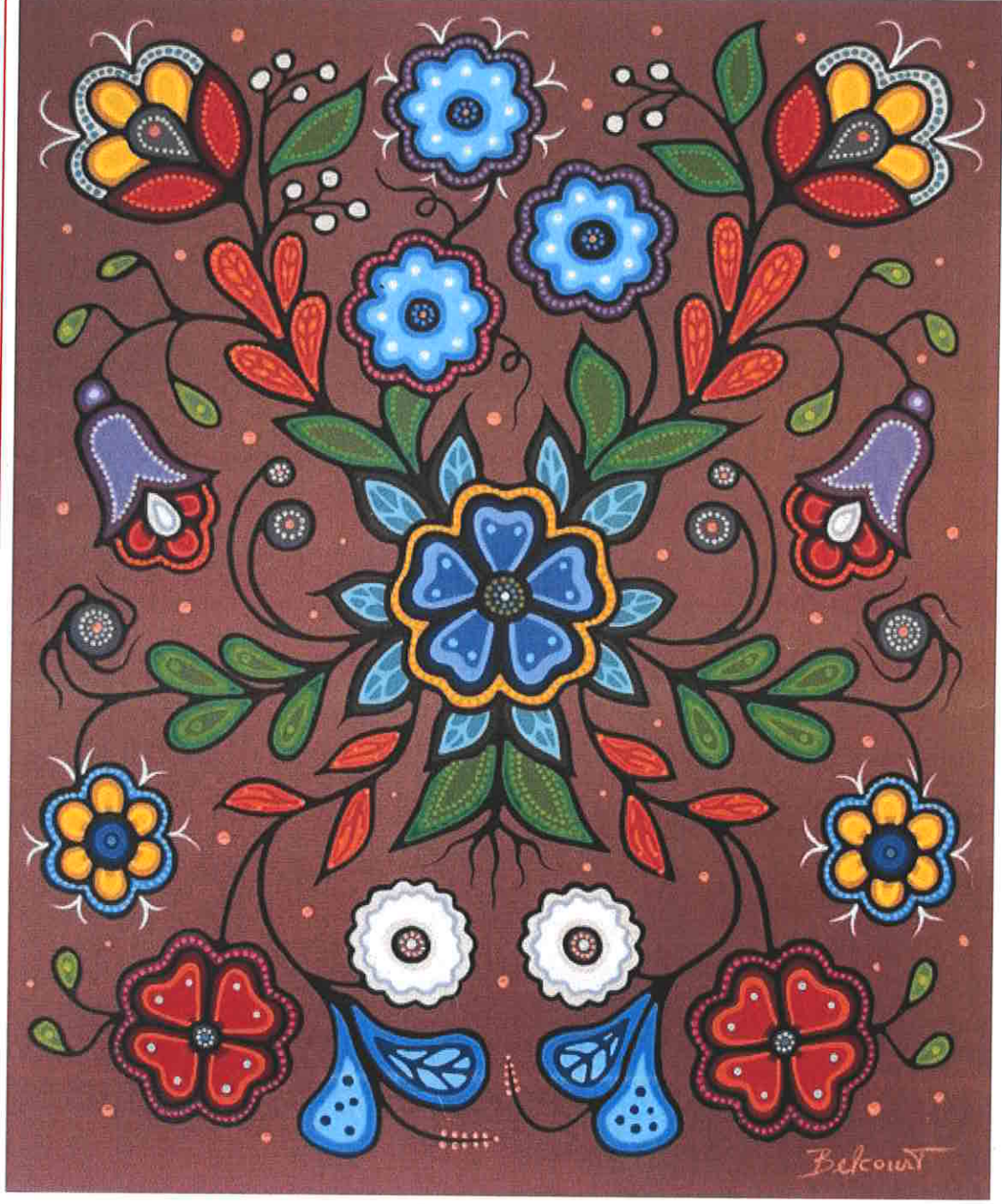
1PM

zoom

ON ZOOM!!!



# 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

There are only two lasting bequests we can give our children, one is roots, and the other, wings.



## APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 OFFICE CLOSED	2
3	4 IN OFFICE PROGRAM PLANNING	5 IN OFFICE PROGRAM PLANNING	6 IN OFFICE PROGRAM PLANNING	7 OUT OF OFFICE	8 HOME VISITS	9
10	11 IN OFFICE PROGRAM PLANNING	12 IN OFFICE PROGRAM PLANNING	13 HOME VISITS PROGRAM PLANNING	14 REGALIA MAKING SIGN-UP DEADLINE @ 4PM.	15 GOOD FRIDAY	16
17	18 EASTER MONDAY	19 IN OFFICE	20 IN OFFICE	21 IN OFFICE	22 HOME VISITS	23
24	25 IN OFFICE	26 IN OFFICE	27 HOME VISITS	28 IN OFFICE	29 P.A. DAY OUT OF OFFICE	30



# Seven Grandfathers Teachings 2021 WINNERS

**STACY MCQUABBIE**  
2021 TRUTH AWARD  
SEVEN GRANDFATHERS TEACHINGS

**DARCY ASHAWASEGAI**  
2021 HONESTY AWARD  
SEVEN GRANDFATHERS TEACHINGS

**AARON YOUNG**  
2021 HUMILITY AWARD  
SEVEN GRANDFATHERS TEACHINGS

**CHARLOTTE CONTIN**  
2021 BRAVERY/COURAGE AWARD  
SEVEN GRANDFATHERS TEACHINGS

**ALFREDA MCQUABBIE**  
2021 WISDOM AWARD  
SEVEN GRANDFATHERS TEACHINGS

**EDWIN KAGAGINS**  
2021 RESPECT AWARD  
SEVEN GRANDFATHERS TEACHINGS

**KAYLEE ASHAWASEGA**  
2021 LOVE AWARD  
SEVEN GRANDFATHERS TEACHINGS





## SEVEN GRANDFATHERS TEACHINGS AWARD

December 15<sup>th</sup>, 2021

Congratulations Stacy McQuabbie (Amikwabi),

I am proud to announce that you are the chosen recipient for the Seven Grandfathers Teachings **TRUTH** Award.

You were nominated by Luana McQuabbie. And in her words, she had written this;

*Over the last 21 years I have watched you undertake a very significant historical timeline involving your people and all who are connected through blood ties. You were born to this work. The road has not been an easy one that you walk. You seek truth, and freedom for all!*

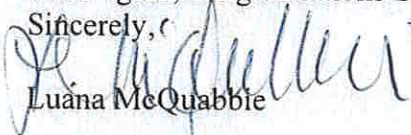
*Unknown to you at the time, you were placed on a Vision Quest at the age of 10 years old on Cantin Island. Your family and community thought you were lost. Your gifts were waiting for you! You received what would help you advance to great levels of understanding and deep knowledge of your people, lands, and an ability to see through layers upon layers of lies and historical coverup. Not very many can read through a messy tangled history, genealogy, our ancestors ties to the lands, treaties that are void, lies that have been carried over through the generations across our lands, like you can. It was early on in your young adult years, that your real work began.*

*You are committed to your life's work for the people. Not one day has passed in these last 21 years that you have taken much time away from your research and life's work to enjoy your personal life. You have sacrificed a lot, but, are very much supported by your family.*

*For uncovering Truth, please accept this award for all your hours, days, and years of research, dedication, commitment and hard work! May you see in your life time, success and freedom for all Indigenous people, real truth uncovered and most of all, fulfillment of your life's purpose, your walk, here on Turtle Island and Mother Earth.*

Once again, congratulations Stacy!

Sincerely,

  
Luana McQuabbie

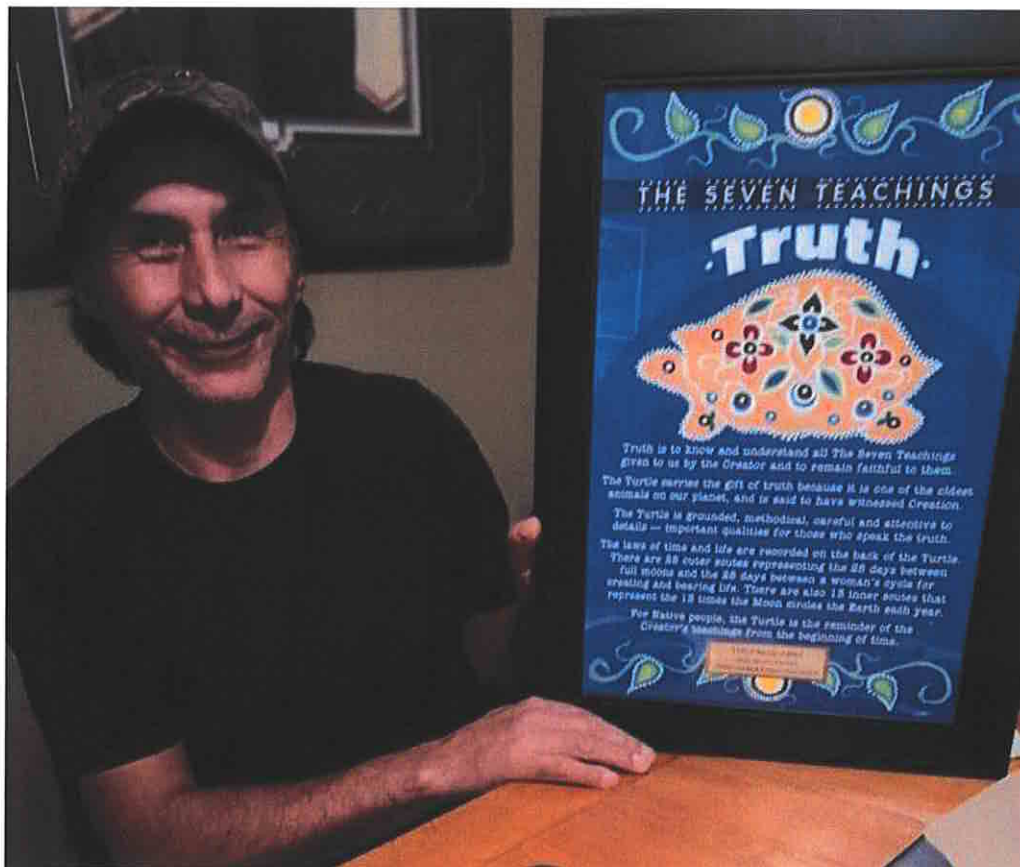
HIFN Community Wellness Worker



# Seven Grandfathers Teachings

STACY MCQUABBIE

2021 TRUTH AWARD







## SEVEN GRANDFATHERS TEACHINGS AWARD

December 15<sup>th</sup>, 2021

Congratulations Darcy Ashawasegai,

I am proud to announce that you are the chosen recipient for the Seven Grandfathers Teachings **HONESTY** Award.

You were nominated by Luana McQuabbie. And in her words, she had written this;

*I nominate our co-worker and friend Darcy Ashawasegai for Honesty Award.*

*Darcy has gone above and beyond her work as the Receptionist/Program Support Clerk for the Henvey Inlet First Nation Health Centre over the years. She has made herself available when needed to help not just the staff at the Health Centre but to community members, membership and HIFN staff. Her beautiful spirit and honesty, work together, to give the very best of herself and her girls lovingly to others, she never complains about the additional work added to her already full plate. She does it with kindness and respect.*

*More recently, Darcy and her family have opened their heart and home to welcome a new little boy named Luca. Congrats to the family on your newest family member. Little Luca will do well under the care of a great mother such as Darcy.*

*It has been a pleasure to work with Darcy. Her honesty really shines through. She could easily fit under all the 7 Grandfathers Teaching Award categories. We are very lucky to have her as a friend, role model and team member.*

*Luana McQuabbie*

Once again, congratulations Darcy!

Sincerely,

Luana McQuabbie  
Community Wellness Worker  
Henvey Inlet First Nation



# Seven Grandfathers Teachings

**DARCY ASHAWASEGAI**

**2021 HONESTY AWARD**







## SEVEN GRANDFATHERS TEACHINGS AWARD

December 15<sup>th</sup>, 2021

Congratulations Aaron Youmans,

I am proud to announce that you are the chosen recipient for the Seven Grandfathers Teachings **HUMILITY** Award.

You were nominated by Dannielle Shukster. And in her words, she had written this;

*I would like to nominate my son, Aaron Youmans for the Seven Grandfathers Award for Humility.*

*This past year has been very hard on my son socially but having overcome his troubles and recognizing what other kids are going thru. He's able to help them and guide them and together they both succeed in getting thru the day. I know to some this may seem insignificant but if you knew Aaron and how hard it is for him behaviorly to get thru the day - This is huge!!! But, to also help and guide another fellow student so everyone wins is amazing for 2 young boys. So, I feel that Aaron would deserve the Humility award for his huge accomplishments and demonstrating great leadership for the young children in the community. I am also glad he found a way to help others, while helping himself and makes each school day a success!*

*One proud mom, love you Aaron.*  
Dannielle Shuckster

Once again, congratulations Aaron!

Sincerely,

Luana McQuabbie  
HIFN Community Wellness Worker



# Seven Grandfathers Teachings

**AARON YOUMANS**  
2021 HUMILITY AWARD







## SEVEN GRANDFATHERS TEACHINGS AWARD

December 15<sup>th</sup>, 2021

Congratulations Serena Charlotte Contin,

I am proud to announce that you are the chosen recipient for the Seven Grandfathers Teachings **BRAVERY/COURAGE** Award.

You were nominated by Dorothy Contin. And in her words, she had written this;

*I have been accompanying my Mom to various medical appt's for the past couple of months. Since the beginning she has shown strength and resiliency. Some of the exams have difficult, but she marches into her appt's with determination & the will to think positively.*

*She refuses to cry over her situation and laughs through the hard times. She always says, "you don't quit".*

*It is always a continuous learning experience for me to be with my mom, the time we spend together at the hospital or with her doctors, I see and hear the strength and courage she carries within her spirit.*

*Laughter is also one of her strong medicines and she never fails to make me laugh even when it is not a good day.*

*Miigwetch mom for taking care of us and for all the delicious hot lunches! 😊*  
Dorothy Contin

Once again, congratulations!

Sincerely,

Luana McQuabbie  
HIFN Community Wellness Worker



# Seven Grandfathers Teachings

**CHARLOTTE CONTIN**

2021 BRAVERY/COURAGE AWARD







## SEVEN GRANDFATHERS TEACHINGS AWARD

December 15<sup>th</sup>, 2021

Congratulations Alfreda McQuabbie,

I am proud to announce that you are the chosen recipient for the Seven Grandfathers Teachings WISDOM Award.

You were nominated by Dannielle Shukster. And in her words, she had written this;

*I would like to nominate my cousin for the Seven Grandfathers Wisdom Award. She is always showing me her completed projects and her bead work. Teaches me and answers any questions I have along the way.*

*But, most recently. She taught a mukluk class and showed a few of us how to do it. Provided us with step by step support and showed us stuff you cannot learn from a book. It is very nice to have an Elder teach us and show us the ways. I think I could speak for all of us when I say "it was a very enjoyable weekend".*

*Lots of Laughs, good food, good company and I am looking forward to another workshop.*

*Meegwetch Alfreda.  
Dannielle Shukster*

Once again, congratulations Alfreda!

Sincerely,

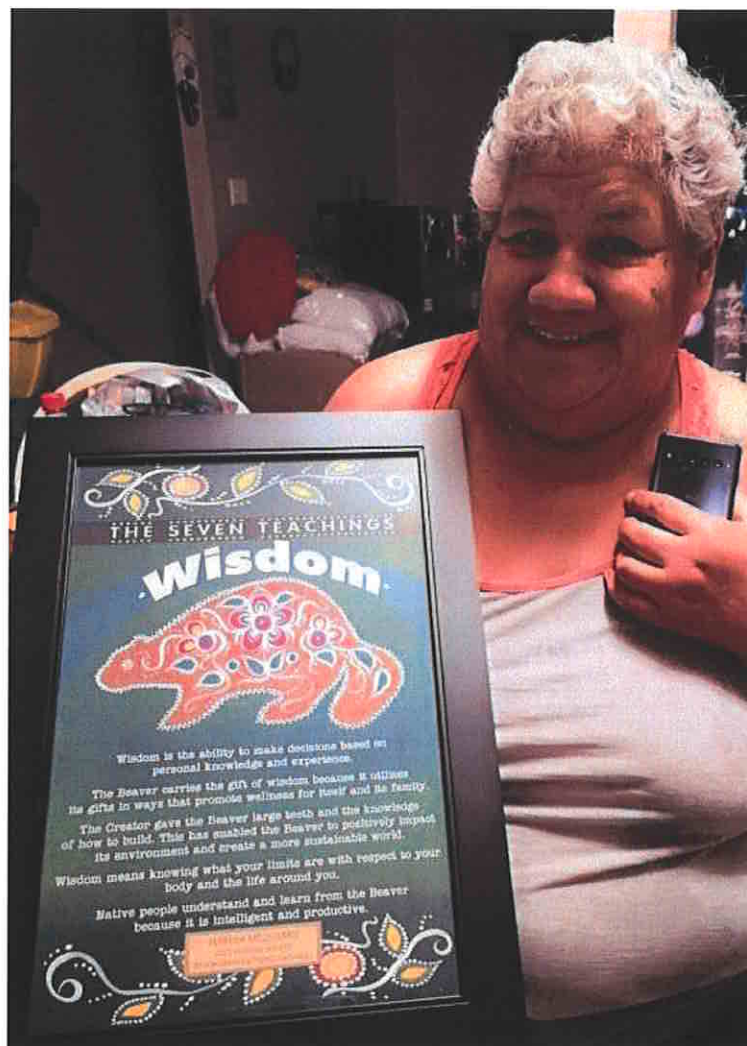
Luana McQuabbie  
HIFN Community Wellness Worker



# Seven Grandfathers Teachings

**ALFREDA MCQUABBIE**

**2021 WISDOM AWARD**







## SEVEN GRANDFATHERS TEACHINGS AWARD

December 15<sup>th</sup>, 2021

Congratulations Edwin Kagagins,

I am proud to announce that you are the chosen recipient for the Seven Grandfathers Teachings **RESPECT** Award.

You were nominated by Dannielle Shukster. And in her words, she had written this;

*I am nominating EDWN KAGAGINS for the Seven Grandfathers teaching Respect Award for 2021. EDWIN always helps our family no matter what. Even in a moments notice. He teaches my boys a lot especially what he knows in the Ojibway language. Also enjoys spending time outside in the yard, woods, near a fire. The boys enjoy their time with Edwin with tons of laughs and lots of memories. Thank-you Edwin for being a great friend and mentor to the boys.*

*Dannielle Shukster*

Once again, congratulations Edwin!

Sincerely,

Luana McQuabbie

Community Wellness Worker  
Henvey Inlet First Nation



# Seven Grandfathers Teachings

**EDWIN KAGAGINS**

**2021 RESPECT AWARD**







## SEVEN GRANDFATHERS TEACHINGS AWARD

December 15<sup>th</sup>, 2021

Congratulations Kaylee Ashawasega,

I am proud to announce that you are the chosen recipient for the Seven Grandfathers Teachings LOVE Award.

You were nominated by Brenda Contin. And in her words, she had written this;

*Kaylee has been a foster sister now for almost 3 yrs to younger foster brother Francis and demonstrates the helping, caring & loving attitude and behavior that you rarely see in a child who has gone thru a very trying time her 1<sup>st</sup> five years. She is always providing him with hugs and watches over him like they were true brother & sister. She has such a gentle, kind, sweet attitude & demeanor with anyone she has the opportunity to have time to spend with.*

*Brenda Contin*

Once again, congratulations Kaylee!

Sincerely,

Luana McQuabbie  
Community Wellness Worker  
Henvey Inlet First Nation



# Seven Grandfathers Teachings

**KAYLEE ASHAWASEGA**

2021 LOVE AWARD





# CREATING YOUR OWN PERSONAL FAMILY TREE

“GETTING STARTED WITH AncestryDNA”

APRIL 2022 (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. Come start your family tree today.



**TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT**

**CWW LUANA MCQUABBIE 705 857-1221 EXT 227**



# NEW MONUMENT COMING THIS SPRING 2022 FOR THE OLD PICKEREL CEMETERY

A SNEAK PEEK AT THE NEW MONUMENT HIFN PURCHASED THAT WILL BE DELIVERED THIS SPRING.

PLEASE SEE THE [DRAFT LISTING](#) TO MAKE SURE YOUR LOVED ONE IS LISTED AND THE INFORMATION IS CORRECT. ALL NAMES WILL BE INSCRIBED ONTO THE MONUMENT BEFORE DELIVERY.

FOR FURTHER INFORMATION CONTACT THE COMMUNITY WELLNESS WORKER 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@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)



PICKEREL OLD CEMETERY-573 Pickerel River Road FRENCH RIVER INDIAN RESERVE NO. 13, ON

Surname	Given Name	Also known as	Date of Birth	Date of Death	Plot Site Identification
AGOWISSA	Ivan		Jan 30, 1958	Jan 23, 1963	Wooden Cross standing.
AGOWISSA	John		Oct 6, 1898	Nov 26, 1965	Wooden Cross standing.
AGOWISSA	Keith		Mar 2, 1955	Nov 26, 1973	Wooden Cross standing.
AGOWISSA	Margret	Amikwabi	Mar 2, 1900	Nov 26, 1972	

# PICKEREL OLD CEMETERY-573 Pickerel River Road FRENCH RIVER INDIAN RESERVE NO. 13, ON

Surname	Given Name	Also known as	Date of Birth	Date of Death	Plot Site Identification
ASHAWASAGA	Ambrose	Ajawassige	Dec 2, 1899	Nov 20, 1979	Marker. Ambrose Ashawasega. Age 81.
ASHAWASAGA	Serena	Missabie	Oct 14, 1922	Sep 29, 1973	
ASHAWASAGA	Silas		Nov 18, 1879	Nov 8, 1966	Age 87
ASHAWASAGA	Stephen	Etienne	Sep 30, 1897	Jul 22-28, 1974	
ASHAWASAGA	Stephen Henry		May 15, 1930	Jul 4, 1982	
ASHAWASAGA	Edward Garry	Ajawassige	Sep 21, 1955		
ASHAWASAGAI	Alice Carol		Oct 26, 1951	June 19, 2001	
ASHAWASAGAI	Carolyn Dawn		Aug 13, 1965	Feb 20, 1995	
ASHAWASAGAI	Gordon		Feb 14, 1953	Jul 8, 1993	
ASHAWASAGAI	Gordon Lenn		Aug 21, 1951	Mar 30, 1998	
ASHAWASAGAI	Henry Andre		Mar 28, 1909		
ASHAWASAGAI	Victoria		Jun 22, 1948	Mar 2, 1980	Granite Plaque.
ASHAWASEGA	Elwood Midford	Ajawassige	Apr 27, 1942	Mar 5, 2009	
ASHAWASEGA	Rita		Feb 11, 1955	Dec 10, 1987	
ASHAWASEGA	Shirley Caroline	Contin/Cantin	Jun 7, 1946	Feb 20, 1995	
ASHAWASEGA	Steven				
ASHAWASEGAI	Ethan Walter			Sept 21, 2002	July 20, 2005
ASHAWASEGAI	Nellie Joan	Missabie	Jun 25, 1941	Nov 9, 1991	Cement Headstone.



# PICKEREL OLD CEMETERY-573 Pickerel River Road FRENCH RIVER INDIAN RESERVE NO. 13, ON

Surname	Given Name	Also known as	Date of Birth	Date of Death	Plot Site Identification
BLACKSTOCK	Margie		May 14, 1937	May 13, 1991	Wooden Cross intact.
COMMANDA	James Michael		May 15, 1940	Nov 13, 2006	
CONTIN	Edna Laura	King	July 7, 1941	Dec 26, 199?	
CONTIN	Elizabeth	Commandant	Dec 14,1914		
CONTIN	Eugene Irvin		Nov 3, 1958	Feb 19, 1959	
CONTIN	Frank		Jan 6, 1903	1972	
CONTIN	Francis David		June 3, 1950	Apr 4, 2002	
CONTIN	Francis Irving		Mar19, 1928	Apr 30, 1979	
CONTIN	Harvey Clarence		Apr 28, 1931	Jan 5, 1993	
CONTIN	Howard Benedict		Mar 26, 1926		Cremated. May be on Cantin Island?
CONTIN	Kira Hope		1997	1997	
CONTIN	Leonard		Mar 6, 1926	Jan 11, 1987	
CONTIN	Lloyd	Pawis	June 30, 1945	Sept 12, 1986	Headstone. 1944-1986
CONTIN	Louis		May 2, 1923	July 15. 1988	
CONTIN	Michelle Kimberley		Apr 5, 1976		
CONTIN	Paul			1991	
CONTIN	Tony				
CUBBAGE	James J. M.		Apr 25, 1990		





# PICKEREL OLD CEMETERY-573 Pickerel River Road FRENCH RIVER INDIAN RESERVE NO. 13, ON

Surname	Given Name	Also known as	Date of Birth	Date of Death	Plot Site Identification
MCKENZIE	Phillip		Abt 1921	May 1, 1972	Headstone. Sapper. R.C.E. Age 51
MCQUABBIE	Andrew	Amikwabi	1871	1968	
MCQUABBIE	Clifford	Amikwabi	April 1, 1936	June 4, 1999	
MCQUABBIE	Daniel David		Apr 12, 1957	May 9, 1980	
MCQUABBIE	Elvina Mary	Ajawassige	July 9, 1915	Jan 22, 1996	Granite Plaque.
MCQUABBIE	Gerald Thomas Michael		Jun 25, 1950	July 17, 1961	Cement Headstone.
MCQUABBIE	Harry	Amikwabi	Dec 16, 1912	July 26, 1987	Headstone.
MCQUABBIE	Henry Russell David	Amikwabi	Feb 18, 1948	July 7, 1976	Cement Headstone. Ken R. D.
MCQUABBIE	Lorraine Rachel	Pawis	Feb 18, 1933	Sep 13, 1975	
MCQUABBIE	Marilyn Theresa Audrey	Amikwabi	Nov 24 1944	July 8, 2015	Cremated.
MCQUABBIE	Peter Edwin	Amikwabi	Apr 9, 1946	Mar 15, 2006	
MCQUABBIE	Joseph Robert Johnson	Amikwabi	Mar 15 1954	July 17, 1961	
MCQUABBIE	Susan	Jako/Issac	Jan 6, 1886	Aug 10,1979	Cement Headstone.
MCQUABBIE	Willard		Nov 5, 1926	Dec 19, 1988	

PICKEREL OLD CEMETERY-573 Pickerel River Road FRENCH RIVER INDIAN RESERVE NO. 13, ON

Surname	Given Name	Also known as	Date of Birth	Date of Death	Plot Site Identification
MISSABIE	Charlie		June 5, 1884	May 2, 1959	
MISSABIE	Florence	Essens	Oct 2, 1891	Jan 14, 1987	
MISSABIE	Margaret		Feb 2, 1917	Mar 29, 1974	Cement Headstone.
MOSES	James		1902	Jan 15, 1960	
MOSES	Josephine	Amikwabi	Jan 2, 1902	1954	Age 52



# PICKEREL OLD CEMETERY-573 Pickerel River Road FRENCH RIVER INDIAN RESERVE NO. 13, ON

Surname	Given Name	Also known as	Date of Birth	Date of Death	Plot Site Identification
NEODEGIJIG	Edward		Mar 27, 1960		
NEODEGIJIG	Lee		1972	1972	
NETTAGOG	Gavin Aaron Joseph		Jan 4, 1986	Nov 24, 2006	Cremated. Shares Headstone w/Delia M
NEWTON	Lloyd Edmund		Nov 6, 1935	Aug 17, 2020	Cremated.
NOGANOSH	Gilbert	Bert	Oct 18, 1925	Aug 27, 1955	
NOGANOSH	Dora Virginia	Contin/Newton	May 3, 1933	Dec 31, 1986	
NOGANOSH	Gilbert		Aug 10, 1920	July 1, 1968	
PAWIS	Archie Paul		Jan 18, 1974	Apr 1990	
PAWIS	Conrad		Nov 5, 1971	Apr 29, 1989	
PAWIS	Mary Jane		Jul 12, 1974	Feb 15, 1980	
PAWIS	Milton Archie		May 4, 1943	Apr 18, 2015	
WICKAMAKIS	Beatrice		Feb 17, 1925	Jun 11, 1979	Headstone. Beatrice 1925-1979 R. I. P.
WICKAMAKIS	Albert		Jun 15, 1901	Dec 1, 1979	
WILLIAMS	Brian		Mar 27, 1952	Jul 20, 1979	Wooden Cross intact.
WILLIAMS	Wade Elvis		Aug 3, 1956	Jun 14, 1987	Wooden Cross intact.

Genevieve Cantin Oct 19, 1893 (Cantin Island?)

Lawrence Neodigijig Oct 17, 1943 ?

Dominic Contin June 23, 1935 ?

John Lloyd Gahgahke July 18, 1931 (Bekanon on Lot?)

Alvin Lloyd Loucks Feb 25, 1948 ?

This is a draft only. Definitely need more research to be done before the listing is complete. Please contact CWW Luana McQuabbie is you have any further information or see an error. Thanks.

# Cemetery Research

Name of Deceased: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date of Death: \_\_\_\_\_

Place of Birth: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Buried or Cremated ? \_\_\_\_\_

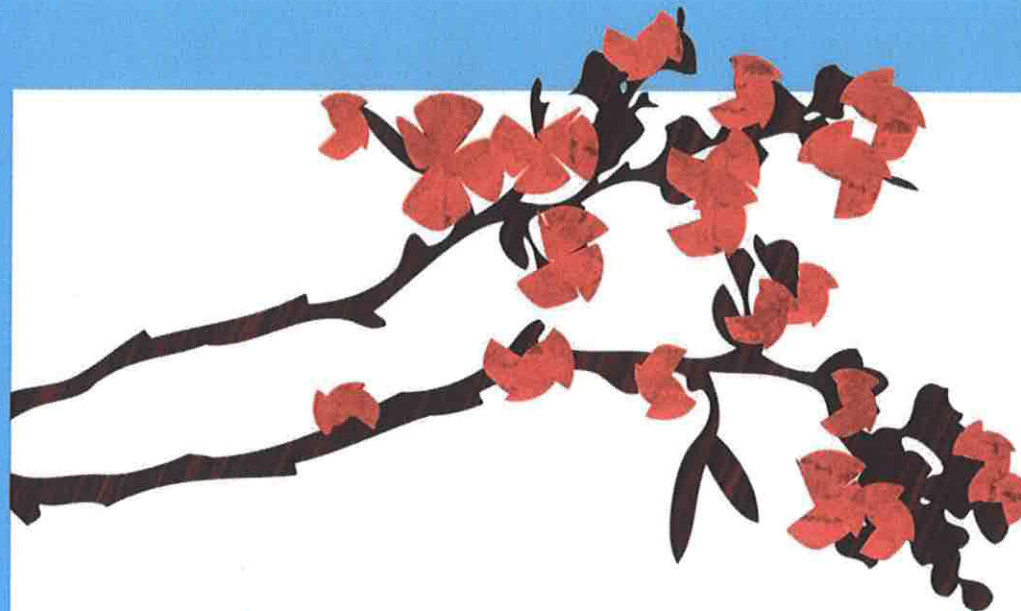
\_\_\_\_\_

*Your Name*

*Date*

Please fill in as much  
information as you can.





# SPECIALTY SEWING

INDIVIDUAL REQUESTS/APRIL 2022

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**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.*

LUANA MCQUABBIE/HIFN COMMUNITY WELLNESS WORKER

SPECIAL THANKS TO ALFREDA MCQUABBIE AND SHIRLEY MCQUABBIE FOR  
SUBMITTING THEIR RECIPES FOR THE COMMUNITY COOKBOOK.  
UNFORTUNATELY, THERE WAS NOT ENOUGH SUBMISSIONS TO GO AHEAD AND  
PUT IT INTO BOOK FORM SO I HAVE SUBMITTED THEM INTO THE APRIL  
NEWSLETTER FOR EVERYONE TO ENJOY. I WILL PUT OUT THE CALL AGAIN  
STARTING IN MAY.

the

2022 HENVEY INLET COMMUNITY

cook  
book



Received  
Nov 16/21

# Recipe:

Fried Scone.

From the Kitchen of Alfreda McQuabbie

Servings:	21 Scones
Prep Time:	20 minutes
Total Time:	45 minutes

## Ingredients:

4 Cups of Flour  
3 tbsp of Baking Powder  
1/2 tsp of Salt  
2 eggs  
3 cups of Water

## Directions:

mix together flour, Baking  
Powder, Salt together  
Mix well together

Mix two eggs, water  
together beat well  
Mix together in large  
Bowl mix together  
with hands and  
don't play with Dough  
to much.

## Notes:

fry on each side until golden brown.  
3-4 minutes. when done enjoy.

Received  
Nov 16/21

# Recipe:

Baked Chicken Breast and

From the Kitchen of Alfreda McQuabbie Rice

Servings:	6
Prep Time:	1/2 hour
Total Time:	2 hours

## Ingredients:

Chicken Breast and  
shake and bake in  
oven Bake 35 minutes.  
and after Done  
Pour 2 Cans of Chicken  
Corn Chowder Over  
Chicken Breast  
and COOK 3 Cups  
of Rice for 30 minutes.  
and let water Soak  
up in Rice

## Directions:

and Put Rice on  
Plate add Chicken  
Breast on Rice.  
and add Chicken  
Corn Chowder over  
Rice and Chickens  
enjoy.

## Notes:

Enjoy this meal with family or Boyfriend  
a meal is a way to Peoples Hearts.



Received  
Nov 26/21

# Recipe:

No Bake Peanut Butter Bars

From the Kitchen of Shirley McQuabbie

Servings:	12 Pieces
Prep Time:	<del>1 hour</del> 10 mins
Total Time:	1 hour. 10 mins

## Ingredients:

1-cup Salted Butter  
2-cups Graham Cracker Crumbs  
1/4 cup Brown Sugar  
1 3/4 Cup Powdered Sugar  
1 cup Peanut Butter  
1/2 tsp. Vanilla

Chocolate Chips

## Directions:

Mix all together until  
Creamy put into a  
9x9 Square Pan.

Then melt chocolate chips  
use a spatula spread over  
Peanut Butter Mixture.

Set in Fridge for 1 hour  
cut into squares and  
enjoy.

## Notes:

You can also double Batter to make a larger  
Bar., From my loving kitchen to yours.  
ENJOY

## Upcoming Individual Sessions in May



PLEASE HAND IN THE COMPLETED  
REGALIA MAKING REGISTRATION  
PACKAGE TO THE HEALTH CENTRE  
BY APRIL 14 @ 4PM.  
OPEN TO COMMUNITY MEMBERS.

CWW LUANA MCQUABBIE 705 857-1221 EXT 227  
HEALTH CENTRE/TRAILER #3

# REGALIA MAKING



# REGALIA MAKING REGISTRATION PACKAGE

---

**INSTRUCTOR: CWW LUANA MCQUABBIE**

OPEN TO COMMUNITY MEMBERS OF ALL AGES.  
PARENTS/GUARDIANS MUST REGISTER THEIR CHILDREN IF INTERESTED.  
MUST BE ABLE TO COMMIT TO IN-CLASS INSTRUCTION TIME. PLEASE COMPLETE THE  
PACKAGE AND HAND INTO DARCY AT THE HEALTH CENTRE. I WILL BE IN TOUCH WITH YOU  
SHORTLY AFTER.

DEADLINE TO REGISTER IS APRIL 14th, 2022 at 4PM

---

Phone: 705 857-1221  
Ext: 227  
Email: [luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)

# REGALIA MAKING REGISTRATION PACKAGE

---

**INSTRUCTOR: CWW LUANA MCQUABBIE**

OPEN TO COMMUNITY MEMBERS OF ALL AGES.  
PARENTS/GUARDIANS MUST REGISTER THEIR CHILDREN IF INTERESTED.  
MUST BE ABLE TO COMMIT TO CLASS TIME.

DEADLINE TO REGISTER IS APRIL 15th, 2022 at 12:00 NOON

---

Phone: 705 857-1221

Ext: 227

Email: [luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)



## YOUR INFO

# Regalia Making

---

### HENVEY INLET FIRST NATION HEALTH CENTRE

- NAME
  - AGE
  - MALE/FEMALE
  - ADDRESS
  - PHONE NUMBER
- 

YOUR NAME: \_\_\_\_\_

YOUR AGE: \_\_\_\_\_

GENDER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

CLAN &  
COLOURS

# Regalia Making

---

HENVEY INLET FIRST NATION HEALTH CENTRE

- CLAN
- COLORS

---

WHAT IS YOUR CLAN?

\_\_\_\_\_

WHAT ARE YOUR PERSONAL COLOURS?

\_\_\_\_\_

NAME: \_\_\_\_\_



**CLOTHING  
SIZE**

# Regalia Making

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**HENVEY INLET FIRST NATION HEALTH CENTRE**

• CLOTHING SIZE

---

WHAT IS YOUR CLOTHING SIZE

PANTS:\_\_\_\_\_

SHIRT:\_\_\_\_\_

DRESS (IF APPLICABLE):\_\_\_\_\_

SHOE:\_\_\_\_\_

NAME:\_\_\_\_\_

STYLE OF  
DANCE

# Regalia Making

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HENVEY INLET FIRST NATION HEALTH CENTRE

• DANCE STYLE

---

WHAT KIND OF DANCE STYLE DO YOU PREFER FOR REGALIA MAKING?

---

NAME: 

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## VISION BOARD

# Regalia Making

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### HENVEY INLET FIRST NATION HEALTH CENTRE

- PHOTO
- DRAWING
- SKETCH
- PRINT OUT

---

PLEASE PROVIDE A TOOL THAT WOULD HELP IN DESIGNING YOUR REGALIA IN THIS SPACE OR AN ATTACHMENT.

NAME: \_\_\_\_\_

## MEASUREMENT

# Regalia Making

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### HENVEY INLET FIRST NATION HEALTH CENTRE

- NECK
  - BUST
  - WAIST
  - CALVE
  - NECK TO WAIST
  - WAIST TO CALVE
  - FOOT PATTERN
- 

WHAT IS YOUR NECK MEASUREMENT? (CIRCUMFERENCE)\_\_\_\_\_

WHAT IS YOUR BUST MEASUREMENT?\_\_\_\_\_

WHAT IS YOUR WAIST MEASUREMENT?\_\_\_\_\_

WHAT IS YOUR CALVE MEASUREMENT?(CIRCUMFERENCE)\_\_\_\_\_

WHAT IS YOUR NECK TO WAIST MEASUREMENT?\_\_\_\_\_

WHAT IS YOUR WAIST TO CALVE MEASUREMENT?\_\_\_\_\_

PLEASE TRACE YOUR FOOT PATTERN ONTO THE NEXT PAGE PROVIDED

PROVIDE ALL MEASUREMENTS IN INCHES PLEASE!

NAME: \_\_\_\_\_

**LEFT  
FOOT PRINT**

# Regalia Making

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**HENVEY INLET FIRST NATION HEALTH CENTRE**

• *LEFT FOOTPRINT*

---

PLEASE DRAW YOUR LEFT FOOTPRINT ON THE OTHER SIDE OF THIS PAGE.

NAME: \_\_\_\_\_



**RIGHT  
FOOT PRINT**

# Regalia Making

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**HENVEY INLET FIRST NATION HEALTH CENTRE**

• *RIGHT FOOTPRINT*

---

PLEASE DRAW YOUR RIGHT FOOTPRINT ON THE OTHER SIDE OF THIS PAGE.

NAME: \_\_\_\_\_

# SKILLS

## Regalia Making

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**HENVEY INLET FIRST NATION HEALTH CENTRE**

- MACHINE SEWING
  - HAND SEWING
  - USE OF TOOLS
- 

DO YOU HAVE SEWING MACHINE SKILLS?\_\_\_\_\_

DO YOU HAVE EXPERIENCE WITH HAND SEWING?\_\_\_\_\_

HAVE YOU USED TOOLS SUCH AS (PLEASE CHECK OFF):

- ♦ HOLE PUNCH\_\_\_\_\_
- ♦ LEATHER SCISSORS\_\_\_\_\_
- ♦ IRON\_\_\_\_\_
- ♦ IRONING BOARD\_\_\_\_\_
- ♦ SELF HEALING MAT\_\_\_\_\_
- ♦ GRID RULER\_\_\_\_\_
- ♦ ROTARY CUTTER\_\_\_\_\_

NAME:\_\_\_\_\_

**REGALIA NEEDS  
& SUPPLIES #1**

# Regalia Making

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## HENVEY INLET FIRST NATION HEALTH CENTRE

- WHAT ARE YOUR  
NEEDS FOR YOUR  
REGALIA?
- 

PLEASE CHECK WHAT APPLIES TO YOUR NEEDS?

FABRIC\_\_\_\_\_ COLOUR\_\_\_\_\_ PRINT\_\_\_\_\_

LEATHER\_\_\_\_\_ COLOUR\_\_\_\_\_

PATTERN\_\_\_\_\_ WHAT TYPE\_\_\_\_\_

THREAD\_\_\_\_\_ COLOUR\_\_\_\_\_

SINEW\_\_\_\_\_

GLOVER NEEDLES\_\_\_\_\_

HAND SEWING NEEDLES\_\_\_\_\_

RIBBON\_\_\_\_\_ COLOURS\_\_\_\_\_

HEAT N' BOND\_\_\_\_\_

ZIPPER\_\_\_\_\_ COLOUR\_\_\_\_\_ HOW MANY\_\_\_\_\_

INTERFACING\_\_\_\_\_

ELASTIC\_\_\_\_\_

CANVAS\_\_\_\_\_

GLUE\_\_\_\_\_

JINGLES\_\_\_\_\_

BIAS TAPE\_\_\_\_\_

NAME: \_\_\_\_\_



**REGALIA NEEDS  
& SUPPLIES #2**

# Regalia Making

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## HENVEY INLET FIRST NATION HEALTH CENTRE

- WHAT ARE YOUR  
NEEDS FOR YOUR  
REGALIA?
- 

PLEASE CHECK WHAT APPLIES TO YOUR NEEDS?

RIC RACK\_\_\_\_\_

TRIM\_\_\_\_\_

FEATHERS\_\_\_\_\_

BEADS\_\_\_\_\_ COLOUR\_\_\_\_\_

OTHER (PLEASE DETAIL)

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THANK YOU!

CWW LUANA MCQUABBIE

NAME: \_\_\_\_\_