

**TRADITIONAL HEALER
COLIN MOUSSEAU**

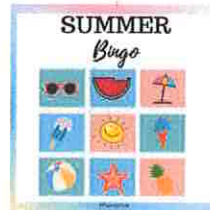


**HIFN POW WOW
JUNE 11 & 12**

Ontario Works



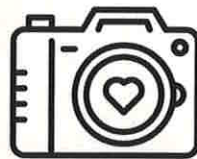
June 14th



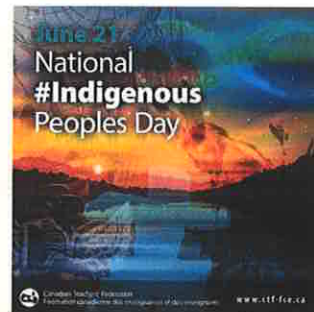
FATHER'S
DAY
JUNE 19TH



**SEE INSIDE
FOR JOB
POSTINGS**



**Fathers Day
Photos**





MEMORANDUM

Henvey Inlet First Nation

Pickeral, ON P0G 1J0

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

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

Day Care
354B Pickeral 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

To: On Reserve Band Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: May 31, 2022
Re: Generators and tanks for each on-reserve household

At the Annual Planning Days held this year at Casino Rama, Chief and Council approved two quotes; one from Moore Propane and one from DMC to provide every house on reserve with a generator and propane tank. This decision was made to ensure that members have no interruption in power when the hydro goes out, they'll be programmed to come on automatically in the event of a power outage.

You may have already seen preparatory work at your home, and or Lionel and contractors around, they're looking at the most suitable locations for both the generator and propane tank. Depending on the size of your house, you may see a 17KW, or 25KW generator installed at your house.

On behalf of all our on-reserve members, this project will cost;

1. DMC – to supply all required generators (66) including the 4Plex, Learning Centre, and pump house in Bekanon.
\$1,444,021.48
2. Moore Propane – to supply all required propane tanks; (60) *some locations already using propane don't need a new tank
\$290,390.00

Total \$1,734,411.48 paid from our Henvey Inlet Wind Farm revenues.

This decision does come with the homeowner being responsible for the filling of the tank with propane. In order to test they work; a small quantity will be put into the tank upon installation. According to Moore Propane, the cost to fill them up is difficult to estimate, because it depends on the price of propane at the time; currently, these 500-gallon tanks; holding up to 1500 litres, at today's price it may cost up to \$1,110 to fill the tank from empty to full.

It's understood that members may find these price steep, but in comparison to the cost of generator, tank and installation, each member is receiving a complete back up emergency power pack valued at roughly \$27,000. Council feels this is a reasonable contribution from the homeowner. We must realize if properly budgeted for, we all do have the means to cover this expense from our quarterly Wind Farm distributions.

Finally, please understand this decision was made to ensure the health and safety of our members.

MP
/MP
Director of Finance/Administration



**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
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Memorandum

To: HIFN Community Members
From: Henvey Inlet Health Centre
Date: June 1, 2022
Re: Medical Van Clients

It has come to our attention that some Clients who utilize the Medical Transportation Van, have been under the influence of drugs/alcohol or had the scent of drugs/alcohol.

Please be advised that according to our Medical Transportation Policy that Clients are to not be under the influence of any drugs or alcohol, whether it be legal drugs or not.

If you are suspected to be under the influence of either or, you will be asked to exit the vehicle and it would be your responsibility to find transportation to your appointment or back home, if this happens in town.

We ask to please be respectful of our policy, and the drivers as this service is a privilege, and highly needed in our community to assist with appointments. We will not tolerate abusing the policy. If this continues to re-occur this could potentially jeopardize accessing this service in the future.

If you have any questions feel free to contact the Health Centre (705) 857-1221.

Da/EP



**Henvey Inlet
First Nation**
Pickereel, ON P0G 1J0

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

Health Centre
354A Pickereel River Road
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F 705-857-0730
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Memorandum

To: HIFN Band Members
From: Darcy Ashawasegai- P.S.C./Reception
Date: June 1, 2022
Re: Community Submission Updated Rates

As of May 11, 2022, Non-Insured Health Benefits Program has updated their Mileage rates.

The new rate is now \$0.225/km. Our Community Submissions have been updated to reflect the change. If you have any old Submissions, please throw them away and come grab new forms from the Health Centre or Administration.

Rates are as follows:

- ❖ Sudbury \$32.40
- ❖ Parry Sound \$39.60
- ❖ Britt \$11.25

Going forward we will only be accepting the updated community submissions forms.

Thanks,

Darcy Ashawasegai,
P.S.C./Reception

HENVEY INLET FIRST NATION HEALTH CENTRE

MEDICAL TRANSPORTATION LOG SHEET

CIRCLE DESTINATION

BRITT \$11.25 PARRY SOUND \$39.60 SUDBURY \$32.40

PLEASE FILL OUT FORM COMPLETELY! BOTTOM PORTION TO BE FILLED OUT BY
NURSE/DOCTOR/RECEPTIONIST. **PLEASE USE BLUE INK PENS.**

APPOINTMENT DATE: _____ APPOINTMENT TIME: _____

NAME OF CLIENT: _____

DATE OF BIRTH: _____ BAND NUMBER: _____

CLIENT/PARENT/GUARDIAN SIGNATURE: X _____

DOCTORS NAME AND SPECIALITY: _____

DOCTORS ADDRESS AND PHONE NUMBER: _____

REASON FOR APPOINTMENT: _____

DRIVERS SIGNATURE: _____

*THIS PORTION TO BE FILLED OUT BY RECEIVING OFFICE *NO RED INK PLEASE**

CONFIRMATION OF ATTENDANCE THAT: (Patients Name) _____

WAS SEEN BY: _____

ON DATE: _____ AT _____ AM / PM

STAMP/SIGNATURE OF RECEIVING OFFICE: _____

APPROVED FOR PAYMENT
BY HEALTH DIRECTOR: _____

VALUE OF TRIP: _____ G/L ACCOUNT: _____

CHEQUE NUMBER: _____ DATE ISSUED: _____

****FAILURE TO COMPLETE THIS FORM IN FULL BY THE RECIPIENT & APPROPRIATE HEALTH CARE
PROVIDER WILL RESULT IN DELAY OF PROCESSING****
REVISED May 3, 2022



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Pickereel, ON P0G 1J0

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Maureen Kagagins

MEMORANDUM

To: All Henvey Inlet First Nation Members
From: Samantha Bradley, Human Resources Coordinator
Date: May 27, 2022
Re: Employment Opportunities

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

- 1) Water Treatment Trainee – 1 Position
- 2) Executive Assistant – 1 Position
- 3) Summer Students – 6 Positions + Floaters
- 4) Community Researcher – 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

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 May 2022 to March 2023. 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

- Grade 12 diploma or equivalent **required**
- 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

\$18/hr

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

EXECUTIVE ASSISTANT

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Executive Assistant** to join our Administration. The Executive Assistant reports to the Director of Finance/Administration and is responsible for providing high-level administrative support to the executive team. The Executive Assistant serves as a primary contact for all internal and external requests for senior management and acts as a liaison to Chief and Council, community members and all other organizations and government agencies. The Executive Assistant helps schedule meetings and appointments, arrange travel plans, prepare sensitive internal and external correspondence, take minutes during confidential meetings, maintain various government and financial reports and organizes and coordinates band initiatives and special projects. This position requires excellent verbal and written communication skills, strong organizational skills, and exceptional computer and financial literacy.

MAIN RESPONSIBILITIES

The Executive Assistant will be responsible to:

Administrative Support

- Provide administrative support to all members of the executive team, including Director of Finance and Chief and Council as requested
- Present a positive and professional image of the organization at all times
- Schedule, coordinate and manage attendance for all executive meetings and appearances
- Maintain work schedules and daily appointment calendars of the executive team
- Coordinate the logistical aspects of meetings, seminars, workshops, consultations, special projects, activities and events by arranging and setting up meeting facilities and ensuring appropriate presentation equipment is available
- Prepare travel itineraries and book travel arrangements for executive team and staff
- Receive, screen and refer/redirect all inbound telephone calls, emails, and visitors for the executive team
- Receive, review and evaluate incoming mail for the executive team and expedite according to priority
- Review all documents, reports and correspondence prepared for executive signatures for format, content, grammar, and spelling errors and make edits as necessary
- Act as a liaison and facilitate communication between executive team and staff, membership, clients, vendors and external organizations and government agencies
- Serve as recording secretary for meetings, taking and transcribing dictation notes of highly confidential nature, including minutes of finance and band council meetings, as requested
- Prepare various documentation, reports and written correspondence and circulate as directed
- Research, assemble and prepare informative/statistical reports pertaining to band initiatives as directed
- Prepare charts, graphs, flyers, notices and power point presentations
- Maintain up-to-date employee, executive team, client and vendor contact lists
- Troubleshoot and/or escalate office administration issues
- Provide backup support to Receptionist/Administrative Assistant as directed by greeting visitors, answering phones, taking messages and directing calls when needed
- Assist Receptionist/Administrative Assistant with maintaining office supply inventory, including re-ordering supplies when needed

- Organize, maintain and coordinate accurate and complete office records and files in their proper databases and locations
- Eliminate unnecessary or outdated materials, destroying them or transferring them to inactive storage archives according to file maintenance/legal guidelines
- Assist executive team with all their filing and copying needs, including creating files and labels as requested
- Locate files and remove materials from files when requested
- Maintain confidentiality and professionally interact with employees, leadership, clients, vendors, visitors, stakeholders, and government representatives
- Observe and report any security issues to the Director of Finance/Administration
- Adhere to all HIFN Policies and Procedures
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

Financial Support

- Receive and code all incoming invoices, cheque requisitions and travel claims
- Review and decipher funding agreements and assist with financial forecasting and planning
- Prepare and maintain various financial reports including annual budget reports
- Reconcile corporate credit card and other statements as requested
- Provide backup support to the finance department including preparing cheques, paying invoices, completing expense reports, filing and other related duties as directed

QUALIFICATIONS

- Post-secondary certificate, degree or diploma in Executive Office Administration or Finance preferred; or Grade 12 diploma and equivalent experience in a senior administrative role supporting executive governance
- Financial literacy and previous bookkeeping or finance experience an asset
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current First Aid and CPR Level C an asset
- Advanced computer and typing skills, including advanced knowledge of Microsoft Word, Excel and PowerPoint
- Excellent interpersonal communication skills and the ability to build professional client relationships
- Strong written and verbal communication skills
- Demonstrated experience with minute taking preferred
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent analytical and mathematical skills
- Experience using Sage/Simply Accounting an asset
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proactive approach to problem solving with strong decision-making capability
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Willingness to travel for work when needed
- Willingness to work flexible hours when requested

HOURS OF WORK

Full-Time – 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

June 15, 2022

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

SUMMER STUDENTS

QUALIFICATIONS

- Must be a registered member of Henvey Inlet First Nation. *Other registered First Nation student members will only be considered for student vacancies left unfilled by Henvey Inlet First Nation student members.*
- Students in Grade 9 or higher **must** have a valid **Social Insurance Number** (*Grade 8 students going into Grade 9 do not require a SIN*)
- Must have attended classes no less than 75% of the time for the 2021-22 school year; absence rate must be 25% or less for the 2021-22 school year
- Must be enrolled in and returning to school in September 2022
- Must be available for the full contract term from July 5th to August 12th, 2022

AVAILABLE POSITIONS

Landscaping and Grounds Worker Summer Student

- General maintenance of community grounds including grass cutting, brush cutting and general landscaping
- Ensure all brush and debris is cleared away and equipment maintained and secure equipment
- Perform a variety of janitorial and maintenance duties for all Henvey Inlet First Nations buildings
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisors

Marina/Trailer Park Summer Student

- Perform a variety of janitorial, landscaping and maintenance duties for the Trailer Park and Marina
- Ensure asset and equipment security and integrity
- Maintain ongoing communication with customers and assist them when needed
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

Maintenance Summer Student

- Assist with setting up the Firehall for workshops and cleaning up afterwards
- Assist with basic carpentry and plumbing repairs
- Assist with garbage collection, grounds maintenance and lawn care for all Henvey Inlet First Nation buildings
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

Health Administration and Home Maintenance Summer Student

- Greet clients, answer phones and transfer calls to appropriate individuals or departments
- Provide general administrative and clerical support to health centre staff including preparing documents and filing
- Perform exterior maintenance of Elders' homes including landscaping and grounds maintenance
- Perform interior maintenance of Elder's homes including basic house cleaning
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

Cultural and Recreation Assistant Summer Student

- Assist with planning and implementing cultural and Right to Play recreational activities
- Assist with the completion of department reports, letters, posters and promotional materials
- Provide general administrative and clerical support
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

Office Administration Summer Student

- Answer phones and transfer calls to appropriate individuals or departments
- Greet and screen all visitors including temperature checks
- Prepare incoming and outgoing mail for distributions
- Provide general administrative and clerical support to assigned departments including preparing documents and filing
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisor

Summer Student Floater

- Provide general administrative and maintenance support to various Henvey Inlet First Nations departments
- Provide backup support to the Gas Bar when required
- Answer phones, conduct research, draft letters, forms and reports and file documentation
- Assist with coordination and preparation of department workshops, meetings and events
- Assist with general landscaping and maintenance of community grounds
- Other duties as assigned from time-to-time by Chief and Council or the department Supervisors

HOURS OF WORK

Full-Time – 35.5 hrs/week

REMUNERATION

\$16/hour

CONTRACT DURATION

July 4th to August 12th, 2022

APPLICATION DEADLINE

June 26, 2022

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

Interviews will take place on June 29, 2022 for those selected.

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.

IMPORTANT REMINDER TO PARENTS AND STUDENTS!

All students currently in Grade 9 or higher applying for summer employment with Henvey Inlet First Nation must have a Social Insurance Number prior to applying.



Social Insurance Number must be presented at the summer student orientation.

Miigwetch!



EMPLOYMENT OPPORTUNITY

COMMUNITY RESEARCHER

POSITION SUMMARY

The Henvey Inlet First Nation Education department is seeking a temporary, part-time Community Researcher to join our Administration for a short-term contract. The Community Researcher reports to the Education Counsellor and is responsible for gathering historical and contemporary data about Henvey Inlet First Nation. This information will be used to create a Community Profile Booklet which will be used to promote a greater understanding of Henvey Inlet First Nation within school curriculums, government offices and other organizations by using historically accurate and culturally authentic information. The Community Researcher will work in collaboration with the Kinoomaadziwin Education Body (KEB) Project Coordinator, the HIFN Education Counsellor and community partners. The successful candidate should have excellent oral and written communication skills and be highly motivated.

MAIN RESPONSIBILITIES

The Community Researcher will:

- Adhere to research guidelines and principles
- Generate community interest and invite community participation
- Establish and maintain relationships with community members and community partners
- Collect and catalogue existing stories and research
- Transcribe existing recorded interviews if required
- Take photos and/or find photos and images to include in the book
- Obtain permission to use all photos, stories and information as required by research guidelines
- Explore recent community history, historical issues and events, artifacts and stories
- Gather data using community resources, archives, local departments, groups and people
- Identify and document current cultural practices of significance in the community
- Prepare written drafts for the book in collaboration with the KEB Project Coordinator
- Update community members through regular reports to administration and leadership and other groups as determined by the community
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Applicants must have an Ontario Secondary School Diploma (O.S.S.D)
- Be knowledgeable in basic research methodology
- Must be able to develop and maintain effective relationships
- Able to deal with the general public in a professional, tactful and courteous manner
- Must have excellent written, oral and interpersonal communication skills
- Must show initiative and be able to work independently
- Must be able to implement tasks, recognize and solve problems

- Be proficient in Microsoft Word, Excel, Power Point and use of general office equipment
- Must be able to create and deliver public presentations
- Able to work flexible hours
- Must have a valid driver's license and access to a reliable, insured vehicle
- The successful candidate must provide a satisfactory Criminal Record Check (CPIC) including a Vulnerable Sector screening
- Current First Aid and CPR Level C an asset

HOURS OF WORK

Part-Time - Up to 35.5 hours per week

CONTRACT DURATION

Up to 12 weeks

REMUNERATION

To be determined

START DATE

As soon as possible

APPLICATION DEADLINE

June 12, 2022

Qualified individuals are invited to submit their resume, cover letter and three (3) work references 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

Miigwetch to all applicants for their interest; 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.



Henvey Inlet First Nation

Pickerel, ON POG 1J0

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MEMORANDUM

Fr: Housing Assistant
Dt: June 2022

Re: Home Inspections

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

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

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

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

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

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

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



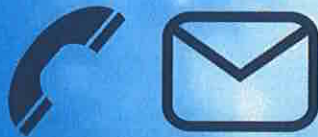
HOME OWNERSHIP AND YOU

2021 OUTREACH

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



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



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



HOUSING COMMITTEE

LOOKING FOR 2
COMMITTEE MEMBERS



**IF INTERESTED,
PLEASE SUBMIT A
LETTER FOR
APPLICATION TO
ADMINISTRATION
OFFICE WITH
CONTACT INFO**

FOR MORE INFO



705-857-2331

Heidi Kimberly- Housing

EDUCATION NEWS



JUNE 2022

BRITT PUBLIC SCHOOL

Congratulations go out to Jaydyn Amikwa Grosbeck; Jaydyn is our only Grade 8 graduate this year.

Way to go Jaydyn! I am sure you are looking forward to going to high school and I know you will be very successful!

PARRY SOUND HIGH SCHOOL

As you may know, grade 9 and 10 students will not have formal exams this year therefore their last day of classes will be Tuesday June 21st. They are not expected to attend school on the 21st but they can go if they would like to participate in Indigenous activities at school that day. Grades 11 and 12 will have exams on the morning of June 22nd and 23rd. If any students need time to do additional work for their credits, they will be able to do that on June 24th and June 27th. The last day of school for Grade 11 and 12 students will be June 29th. Students are encouraged to submit their Report cards to Genevieve in order to receive your Stay-In- School Incentive.

END OF YEAR GRADUATION

Students will receive gift cards as usual however a date has not been set for any activities. Parents will be notified if/when an activity is planned.

MIIGWETCH, Genevieve



CATERER **NEEDED!**

To provide BBQ Lunch for First Nations
Day on June 21st, 2022 @ Pickerel
Landing

Lunch will need to be served at 12 noon.

Lunch Menu to be:

Hamburgers, Hot Dogs, Sausages,
potato salad, and macaroni salad,
condiments (ketchup, relish, mustard,
tomatoes, lettuce, onions,
& cheese)(Meats, buns and drinks will be
ordered from Watts supply, will not
need to include in bid)

Deadline to Submit Bids:

Wednesday June 15, 2022 @12 noon

**Submit Bids with breakdown of Catering Fee, Mileage, and Groceries Costs
to Stan Moses.**

Caterer must possess current Safe Food Handlers Certificate and is
responsible for clean up after, including taking out the garbage



CATERER **NEEDED!**

To provide Dinner/Feast for First Nations Day on June 21st, 2022 @ Fire Hall

Feast will need to be served at 5:00pm.

Feast Menu to be:

Pickerel Dinner (Fried Pickerel (tartar sauce, lemons, vinegar), Fried bread (scone), Wild Rice Salad, Potato Salad, Mashed Potatoes, Garden Salad w Various Dressings, Fruit and Veggie platters, Tea, and Coffee, sugar & creamers. (Pop, and water will be purchased through Watts supply, do not need to add to bid)

Deadline to Submit Bids:

Wednesday June 15, 2022 @12 noon

Submit Bids with breakdown of Catering Fee, Mileage, and Groceries Costs to Stan Moses.

Caterer must possess current Safe Food Handlers Certificate and is responsible for clean up after, including taking out the garbage

21
June

9:30 AM

Shuttle Pick up in Beganon will be at 9:30am

10:00 AM

Family Boat Making

to

Will have boat races at landing

12:00PM

Fire Hall w. Angele

12:00 PM

Boat Races & Canoe Races for Older Kids/Adults

Pickerel Landing

12:00 PM

BBQ Lunch, Bring Feast Bundles

to

Pickerel Landing

1:00 PM

1:00 PM

to

Bouncy Inflatables, Snow Cones, Pop Corn, & Cotton Candy

5:00 PM

Pow Wow Grounds

5:00 PM

Feast/Dinner, Bring Feast Bundles

Fire Hall

6:00 PM

Giveaway

Fire Hall

7:00 PM to 9:00PM

Prize Bingo

Fire Hall

9:00 PM

Fire Works/ Shuttle leaving to

Beganon after fireworks

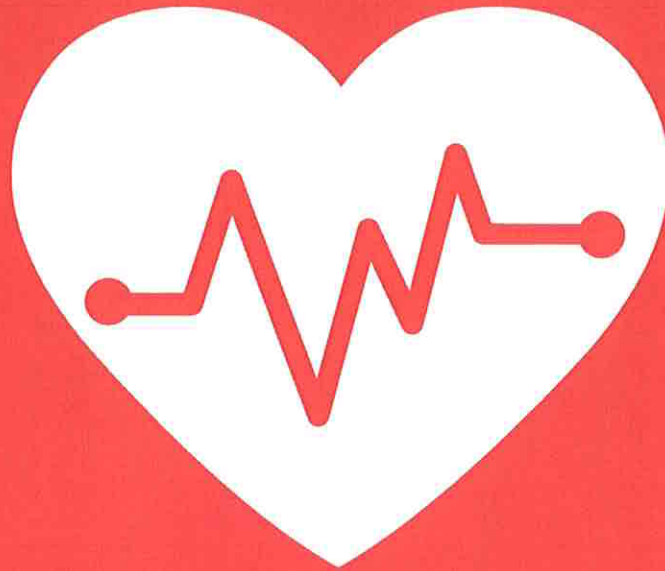
Pickerel Landing

First Nations Day Agenda

Tuesday June 21, 2022

If any High School Students are interested in Volunteering to receive Community Hours for graduation, Please contact Stan or Angele





SAVE THE DATE!

FIRST AID/CPR is being
planned for
July 4 to 8, 2022

**MANDATORY FOR STAFF
TO ATTEND**

Call Health Centre to add name to
list!

FOOD BANK NOTICE

Ahnee!

- **Date** FRIDAY, JUNE 17TH, 2022
- **Time** 11 A.M. to 12 noon
- **Where** O&M BUILDING

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



ONTARIO WORKS NOTICE

BRAIN STORMING SESSION

@ LEARNING CTR.

FRIDAY JUNE 3, 2022

9:30 BREAKFAST

**PLEASE COME & SHARE YOUR IDEAS ON THIS YEARS
OR NEXT YEARS TRAINING AND/OR COMMUNITY
PROGRAMS ONTARIO WORKS SHOULD
IMPLEMENT...**

GIFT CARDS WILL BE ISSUED TO ALL PARICIPANTS!

MIIGWETCH!



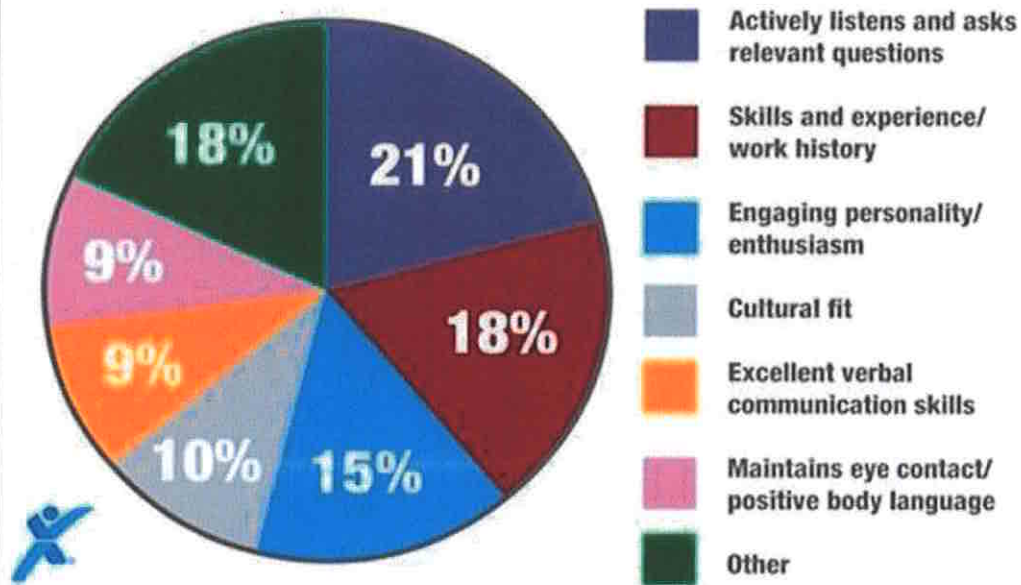
Resumes and Interviewing Techniques

Date: Tuesday June 7th, 2022

Time: 10:00 a.m

Where: Wagamake Learning Centre

What most improves a candidate's chances during the job interview?



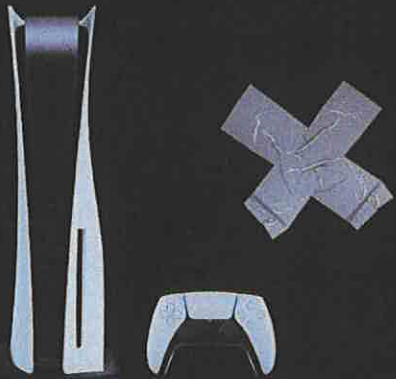
Lunch will be Provided

HENVEY INLET POW WOW COMMITTEE



FUNDRAISER FOR POW WOW

\$5000 CASH DRAW



2ND PRIZE: PS5
GAMING EXT
PACKAGE



3RD PRIZE:
\$1000 CASH

Draw Date : Sunday June 12, 2022

TICKETS \$20 EA. EMT'S ACCEPTED!

TICKETS AVAILABLE @ S&N STORE/HIFN GAS BAR

FOR MORE INFO VISIT: HENVEY INLET 2022

POW WOW FACEBOOK PAGE



LIC. # 2022/23-001R

SHUTTLE BUS FOR POW WOW

There will be a shuttle bus for Members in Beganon/Key River who wish to attend the Pow Wow!

June 11th & 12th Pick-up 11:00am, Find out from Driver when Shuttle home leaves.

Driver is Elsie Ash.



LET'S POW WOW!



HENVEY INLET FIRST NATION 19TH ANNUAL TRADITIONAL POW WOW



"HONORING OUR MEN"

JUNE 11 & 12, 2022

Host Drum:

THUNDER EARTH

M.C.:

DARREN MCGREGGOR

Co-Host Drum:

**BLACK BULL
MOOSE**

Head Dancers:

**MALE DANCER- LORNE PAWIS
FEMALE DANCER- TEE MCGREGGOR**

Arena Director:

ROBERT STONEYPOINT

GRAND ENTRY SATURDAY @ 12PM

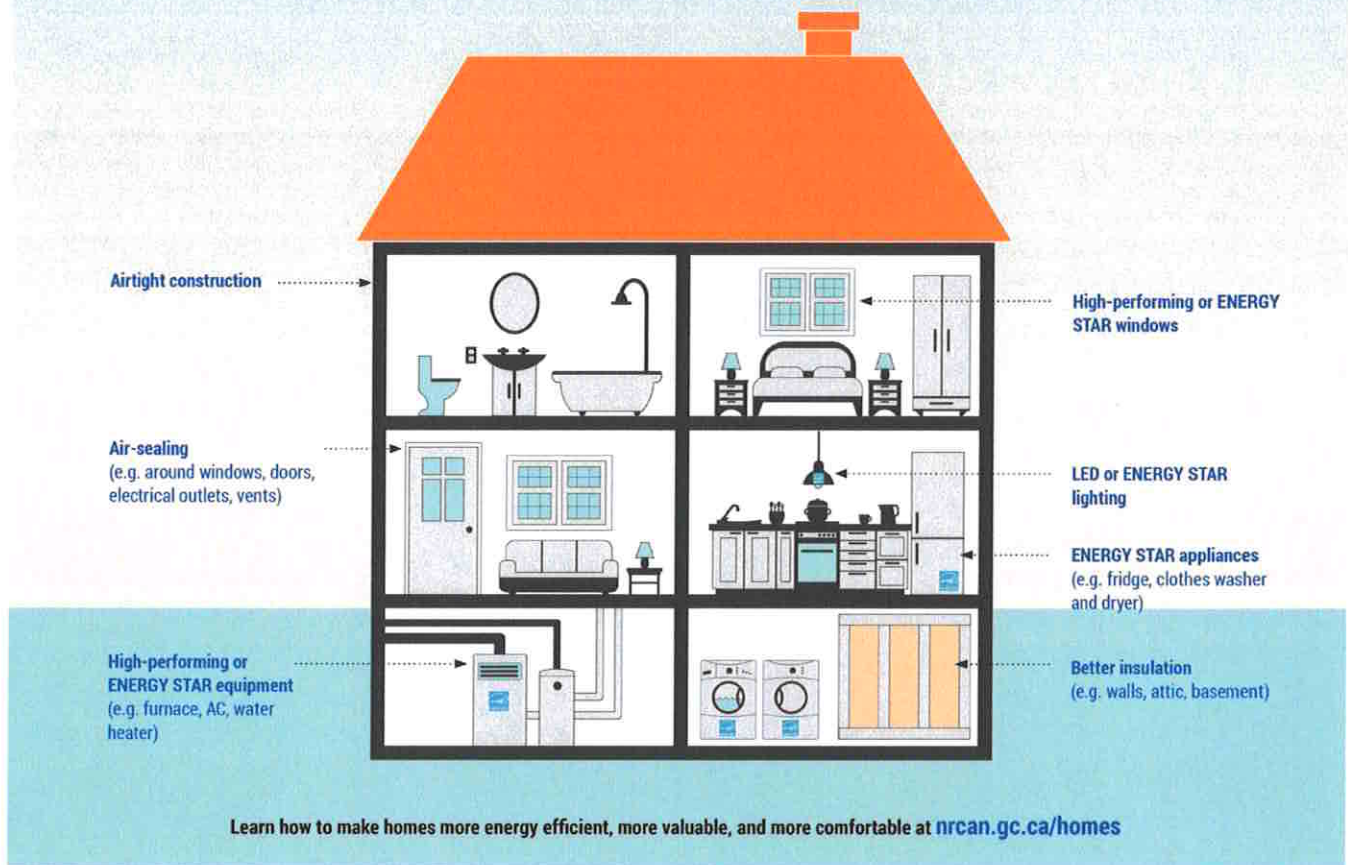
COMMUNITY FEAST @ 5PM

CAMPING AVAILABLE, WE ARE LOCATED 45 MINS SOUTH OF SUDBURY AND 1 HOUR NORTH OF PARRY SOUND. (PICKEREL RIVER ROAD EXIT)

DRUG & ALCOHOL FREE EVENT

Contact Info: Kimberly McQuabbie kmcquabbie@gmail.com

**A house that uses energy more efficiently is a happy home.
What makes a home energy-efficient?**



► Text version

Cost-effective

It's got a great EnerGuide rating. That means it's well insulated and airtight, with high-efficiency heating and cooling equipment that helps keep utility bills low. It's outfitted with low-flow accessories to lower water consumption and water-heating costs. The people living in this home keep inside temperatures reasonable, use electricity wisely and buy ENERGY STAR[®] certified products and appliances.

Comfortable and healthy



Government
of Canada

Gouvernement
du Canada

[Canada.ca](#) > [Natural Resources Canada](#) > [Energy Efficiency](#)

> [Energy Efficiency for Homes](#)

What is an energy-efficient home?

Any home can be more energy-efficient

Any home, no matter when it was built, can be energy-efficient. Modern construction standards demand greater energy efficiency in new homes, but older homes can be upgraded to improve their energy performance. And the people living in these homes can be energy-efficient in their habits, too.

An energy-efficient home is...

It's warm in winter, cool in summer and free of drafts. The home has great ventilation and excellent air quality; it's never too humid or dry. The people living there use a programmable thermostat to manage heating and cooling at night and when they're away.

Always adding value

This home's fixtures and upgrades show a commitment to energy efficiency that adds resale value. Newer windows and doors, and high-efficiency lighting and appliances not only save money and energy, they also look great to buyers. And investments in renewable energy like solar panels can pay off for years to come.

Kind to the environment

All the efficient features and elements work together to lower energy consumption, reduce greenhouse gas emissions and shrink the home's carbon footprint.

Learn how you can [make your home more energy-efficient](#).

Take charge of your home's energy performance with an [EnerGuide energy efficiency home evaluation](#).

[Find available incentives in your area](#)

[Buy an energy-efficient new home](#)

Date modified:

2020-01-02

Canada Greener Homes Grant

This Government of Canada Initiative offers a total of up to \$5,600 to cover the cost of an Energuide Home Energy Evaluation & towards energy-efficiency upgrades (ie. insulation, new windows and doors, etc).

To get started, complete your evaluation request form below:

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="button" value="Next"/>	

Buildings, including our homes, account for 18% of Canada's greenhouse gas emissions. The Canada Greener Homes Grant will help homeowners make their homes more energy-efficient, create new jobs across Canada for energy advisors, grow our domestic green supply chains, and fight climate change. This means homes will be more comfortable and more affordable to maintain while also supporting our environmental objectives.

What is available through this initiative ?

- 700,000 grants of up to \$5,000 available to Canadian homeowners
- Expert advice from a Registered Energy Advisor before planning renovations to your home
- An EnerGuide evaluation of your home (worth up to \$600)

Book your Evaluation

Steps to get started

1. Book Your Pre-Retrofit EnerGuide Energy Evaluation with Greensaver

The pre-retrofit EnerGuide evaluation provides you expert advice on what retrofits make the most sense for your home (ie. insulation, draft proofing). Greensaver will provide you with an EnerGuide home rating label, Upgrade report that will help you understand how to improve the energy performance of your home.

2. Register for the grant by visiting the Government of Canada Greener Homes portal

> **Select 'Greensaver' as your licensed service provider**

> *Note: You will be required to provide 'proof of ownership' with your property tax bill number (this number can be found on your municipal property tax documents); either a driver's license or government-issued ID (with address).*

3. Plan, document and complete your home retrofits

After you've received your reports from Greensaver, it is time to decide what retrofits (like insulation) you'll complete. *Note: If you decide to proceed with Insulation upgrades, Greensaver can schedule a free quote with our Insulation Retrofit Services team.*

4. Book your post-retrofit EnerGuide evaluation with Greensaver

The post-retrofit evaluation shows how much energy has been saved, how much greenhouse gas emissions are reduced because of the retrofits, and how much your energy advisor recommends you receive for your grant.

5. Receive your Grant

You will receive an email asking you to confirm your grant total. Once you confirm your grant total online, you will receive your cheque in the mail.

Book your Evaluation

Want to learn more about the Grant?

[Grant Eligibility](#)

[Energy
Evaluation](#)

[Insulation &
Retrofit Services](#)

[Frequently Asked
Questions](#)

Phone: (416) 203-3106
Toll Free: 1 (888) 855-3106
Fax: (416) 203-3121
Fax (Toll Free): 1 (888) 777-8416
Email: info@greensaver.org



Rebate Programs

- Canada Greener Homes Grant
- Energy Affordability Program
- Home Winterproofing Program

Our Services

- EnerGuide Home Energy Evaluation
- Insulation & Retrofit Services

Terms of Use

- Covid-19 Protocols
- Terms and Conditions
- Privacy and Security
- Accessibility



FEDERAL INDIAN DAY SCHOOL CLASS ACTION

Questions?

Claims Administrator: [1.888.221.2898](tel:1-888-221-2898)

Class Counsel: [1.844.539.3815](tel:1-844-539-3815)

This national Class Action suit, seeks compensation for the damages and abuses suffered by all Indian Day School students who were forced to attend Indian Day Schools and; who were excluded from the Indian Residential Schools Settlement Agreement.

Some of the schools in our area include the following:

SCHOOL NAME	ALSO KNOWN AS	OPENED	CLOSED OR TRANSFERRED	LOCATION	RELIGIOUS AFFILIATION
Henvey Inlet	Miller School	Sept 1, 1921	Apr 30, 1925	Henvey Inlet on Georgian Bay	None
Lower French River	Riviere des Fancais au bas	Sept, 1 1922	Sept 1, 1971	Henvey Inlet Reserve R.R. 2, Rutter, ON	Roman Catholic
Magnetawan	Byng Inlet School	Sept 2, 1924	July 1, 1945	Byng Inlet, ON	None & Roman Catholic
Dokis	Dokis Bay	June 4, 1918 June 1, 1947	June 30, 1942 Sept 1, 1982	Dokis Reserve in Monetville, ON	Roman Catholic
West Bay		1869	June 30, 1966	West Bay Reserve, ON	Roman Catholic
Wikwemikong	Wikwemikong Junior	1868	Sept 1, 1987	Wikwemikong, ON	Roman Catholic
Wikwemikong Senior	Wikwemikong High School	Sept 1, 1967	June 30, 1971	Wikwemikong, ON	Roman Catholic

There are no legal fees or costs associated with applying for compensation. [To be eligible for compensation](#), you must have attended one of the identified Day Schools listed on [Schedule K](#), and experienced harm.

If you have questions about the class action and administration process, you may contact the Administrator toll free at [1-888-221-2898](tel:1-888-221-2898).

Additional Contact Information

Class Counsel are here to fully support Survivors as they take this important step. We know that, after waiting many years for justice and recognition, the opening of the Claims Process is a major milestone in many Survivors' lives.

Area	Description	Details
Gowling WLG (Class Counsel)	Free legal advice, assistance completing your Claim Form.	Phone: 1-844-539-3815 Fax: 1-613-788-3629 Email: dayschools@gowlingwlg.com
Deloitte (Claims Administrator)	Questions regarding the administration of the Settlement, and processing your Claim Form.	Phone: 1-888-221-2898 Website: www.indiandayschoolsclaims.com Submit your claim by Mail, Fax or email to: Indian Day Schools Class Action Claims Administrator, c/o Deloitte PO Box 1775, Toronto, ON Canada, M5C 0A2 Fax: 1-416-366-1102 Email: indiandayschools@deloitte.ca
Community support program	Trauma-informed support and free, one-on-one help with filling out your Claim Form.	Website: https://www.classaction.deloitte.ca/en-ca/Pages/indiandayschoolsclaims.aspx Community Support Program Phone: 1-877-515-7525 Email: idscommunitysupport@argylepr.com

Mental health and wellness support

Mental health counselling and crisis support
Support is available to class action members 24 hours a day, 7 days a week. Counselling is available in English, French, Cree, Ojibway and Inuktitut (on request).

Phone: [1-855-242-3310](tel:1-855-242-3310)

Website: www.hopeforwellness.ca

If you are not sure whether you are included in the Settlement, you may contact Class Counsel's toll-free phone at [1 \(844\) 539-3815](tel:1-844-539-3815).

Claimants have until **July 13, 2022 at 11:59 pm PST** to file a claim for compensation. The Claims Administrator must receive a completed Claim Form:

- by email or fax with an electronic system-generated date stamp of no later than **July 13, 2022 at 11:59 PM PST**; or
- by regular mail or courier postmarked by Canada Post or the courier service provider no later than **July 13, 2022 at 11:59 PM PST**.

Family members of Indian Day School Survivors

While family members are not eligible to receive direct compensation, the representative of the estate (executor, administrator, or trustee) of a late Claimant who died on or after July 31, 2007 can file a claim on behalf of the deceased. Estate representatives can make a claim for any level on behalf of the deceased Claimant (Levels 1 to 5).

If the deceased Claimant had no will (naming an executor), then a representative will need to be appointed. This process will depend on whether the deceased Claimant ordinarily resided on reserve or off reserve. For more information see [Estate Claims](#).

To see the full list of Indian Day Schools (Schedule K) go to <https://indiandayschools.com/> or contact Genevieve.

INDIAN DAY SCHOOLS CLASS ACTION SETTLEMENT

Caution:

Filling out this Claim Form may be emotionally difficult or traumatic for some people.

If you are experiencing emotional distress and want to talk, free counselling and crisis intervention services are available from the Hope for Wellness Help Line at 1-855-242-3310 or online at www.hopeforwellness.ca.

The toll-free number and website are available
24 hours a day, 7 days a week.

Free legal assistance with the Claims Form is available from
Class Counsel, Gowling WLG at 1-844-539-3815.

CLAIM FORM

INDIAN DAY SCHOOLS CLASS ACTION SETTLEMENT

This Settlement is applicable to all students who attended and suffered abuse or harm at a Federal Indian Day School or Federal Day School operated by the Government of Canada.

Claim Due By: July 13, 2022

Starting in 1920, Indigenous students were required to attend school. Some Indigenous students attended a Federal Indian Day School or Federal Day School ("**Day School**") that was funded, managed and controlled by the Federal Government of Canada ("Canada").

The **Federal Indian Day Schools Class Action Settlement Agreement** ("Settlement") provides compensation to any former day student who attended a Day School and who suffered abuse or harm when attending the school.

A list of the eligible Day Schools, along with relevant dates of their management and control by Canada, is available at www.indiandayschools.com (Schedule K of the Settlement).

Class Counsel and available legal advice: legal advice with respect to eligibility and harms experienced is available **at no cost to you** from Class Counsel, Gowling WLG, by contacting dayschools@gowlingwlg.com or 1-844-539-3815.

CLAIM FORM

The Settlement provides for compensation to former Day School students who **both**:

- a) **attended** Federal Indian Day School(s) and Federal Day School(s) funded, managed and controlled by Canada
- AND**
- b) **suffered abuse or harm from** teaching staff, officials, students and other third parties at the school.

To be eligible for compensation, students must not have already received a settlement from Canada for the same or related incident(s) at a Federal Indian Day School or Federal Day School as identified in this Claim Form.

Former Day School students are collectively identified as Survivor Class Members.

If you believe you are a Member of the Class, please complete this Claim Form to the best of your ability.

Part 1	Your name, contact details and date of birth	page 3
Part 2	Day School(s) and the years you attended	page 4
Part 3	Consent and Signature Page	page 5
Part 4	IF claiming Level 1 Verbal / Physical Harm	page 6
Part 5	IF claiming Level 2, 3, 4, or 5 Sexual / Physical Harm	pages 7-11
Part 6	Complete <u>only if</u> you are missing required document(s)*	page 12
Part 7	Complete <u>only if</u> you are a legal representative of a Claimant	page 13

Before sending, please review the Retention Policy and Submission Process on pages 14 and 15

Please make sure to keep a copy of your Claim Form and any attached documents for your personal records.

**** Do not send original photographs, identification or records – clear photocopies will be accepted.***

Part 1: Information of Former Day School Student (Claimant)

Claimant Name and Last Name (required)

First Name:

Middle Name: (if applicable)

Last Name:

Other name(s) (if applicable) *Examples: name while attending the school, maiden name, adopted name, nickname, or E-Disc/W-Disc name/number (Inuit)*

Claimant's Date of Birth (required)

DD ____ MM ____ YY ____

If Claimant has died, Date of Death

DD ____ MM ____ YY ____

Indian Status Card number or
Beneficiary number

Social Insurance Number

____ - ____ - ____

Claimant Contact Details (required)

Street Name and Number

Unit Number (if applicable)

City/Town/Community

Province/Territory

Postal Code

Country

Home Telephone Number

Mobile Telephone Number

Email Address (if available)

Claimant's current Home Community or Communities (if applicable)

Examples: Name of First Nation, Town, Hamlet, or Settlement

Part 3: Claimant and Witness Signatures

Claims Administrator (Administrator) and Independent Assessor: I recognize that the Administrator and Independent Assessor **do not**:

- represent the Day Schools or Canada;
- act as an agent or legal counsel for any party, and do not offer legal advice; and,
- have any duty to identify or protect legal rights of any party, or to raise an issue not raised by any party.

Privacy: I understand that it may be necessary:

- for the Administrator to disclose information provided in this Claim for verification to: Canada; the Independent Assessor; the Exceptions Committee (if applicable); and Class Counsel; and
- for Canada to disclose information in its possession to: the Administrator; the Independent Assessor; the Exceptions Committee (if applicable); and Class Counsel.

Information in Claim Form: I confirm that all of the information provided in this Claim Form is true to the best of my knowledge. Where someone helped me complete this Claim Form, that person has read to me everything they wrote and included with this Claim Form.

Class Counsel and legal advice: I understand that free legal advice is available from Gowling WLG by contacting dayschools@gowlingwlg.com or 1-844-539-3815.

Consent: *I understand that by signing this Claim Form and submitting it to the Claims Administrator, I am consenting to the above, and to the disclosure of my personal information to be used and disclosed in accordance with the Settlement.*

Other/Prior Settlement (required):

Please check YES or NO to this question: have you already received money from Canada for the same abuse/harm at a Federal Indian Day School(s) or Federal Day School(s) as described in this Claim Form? **This does not include Indian Residential Schools payments. If you are unsure, contact Class Counsel.**

Yes
No

Signature of Claimant (required)

Date

DD ____ MM ____ YY ____

The **Witness** must only see the Claimant sign this page. They are not required to read the Claim nor to verify the accuracy of the events.

Signature of Witness (required)

Date

DD ____ MM ____ YY ____

Witness Full Name - First, Last

Witness Address: Street Name and Number; Unit Number

City/Town/Community

Province/Territory

Postal Code

Country

Witness Telephone Number

Witness Email Address (if available)

Part 4: Claim for Level 1 Harm – Verbal/Physical Abuse

If the abuse/harm described in Level 1 (\$10,000) represents the most serious abuse/harm(s) that you experienced while attending the Day School, please complete this section by placing a mark in the **box** below.

Abuse/harm may have been from teachers, officials, students, and/or other third parties.

If the abuse/harm in Level 1 does not represent the most serious harm(s)/abuse you experienced, please skip this section and complete a higher Claim Level (Levels 2 to 5) in Part 5, as appropriate.

LEVEL 1 – Description of Verbal / Physical Abuse or Harm

Verbal Abuse or Harm, including:

- Mocking, or denigration (e.g. belittling or abusive language), or humiliation (e.g. shaming) by reason of Indigenous identity or culture; or
- Threats of violence or intimidating statements; or
- Sexual comments or provocations.

OR

Physical Abuse or Harm, including:

- Unreasonable or disproportionate acts of discipline or punishment.

LEVEL 1 – Selection

If the description of abuse/harm above represents the most serious abuse/harm that you experienced, please select Level 1 by placing a mark in this box.

NEXT STEPS

If you selected Level 1 above, no further description is required.

Please submit your claim form along with a photocopy of government issued piece of identification (e.g. Indian Status Card, Driver's license, Social Insurance Card, etc.).

**PLEASE PROCEED TO PARTS 6 and 7, if applicable, on pages 12-13,
and review pages 14 and 15**

Part 5: Claims Process for Levels 2, 3, 4, or 5

STEP 1: Identify the ABUSE or HARM you suffered from teachers, officials, students, and/or other third parties.

Abuse / Harm	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Sexual Abuse/Harm	<u>At least one</u> sexual incident of any one of:			<u>Repeated</u> sexual incidents of any one of:
	<ul style="list-style-type: none"> ▪ touching of genitals or private parts; ▪ adult(s) exposing themselves; ▪ fondling/kissing; ▪ nude photos taken 	<ul style="list-style-type: none"> ▪ masturbation; ▪ oral intercourse; ▪ attempted penetration 	<ul style="list-style-type: none"> ▪ penetration; ▪ penetration with an object 	<ul style="list-style-type: none"> ▪ masturbation; ▪ oral intercourse; ▪ penetration; ▪ penetration with an object
OR				
Physical Abuse	<u>At least one</u> incident of physical abuse / assault, <u>causing</u> :	<u>At least one</u> incident of physical abuse / assault, <u>causing</u> :	<u>Repeated</u> (at least two) incidents of physical abuse / assault, <u>causing</u> :	<u>During</u> an incident of any one sexual abuse / assault described above <u>at least one</u> incident of physical abuse / assault, <u>causing</u> :
Harm	<u>serious but temporary</u> harm: <ul style="list-style-type: none"> ▪ injury requiring bed rest or infirmary stay (e.g., in school medical room or hospital); or ▪ loss of consciousness; or ▪ broken bone(s) 	<u>permanent or long-term</u> harm: <ul style="list-style-type: none"> ▪ injury; or ▪ impairment (e.g., physical or mental); or ▪ disfigurement 		

STEP 2: Select your Claim Level, by placing a mark in one box below, for the Level of abuse / harm you suffered as identified above.

Place a MARK in ONE box:

Level 2
\$50,000

Level 3
\$100,000

Level 4
\$150,000

Level 5
\$200,000

Part 5: Claims Process for Levels 2, 3, 4, or 5

STEP 3: Provide SUPPORT for the Level selected by completing sections as listed below.

SUPPORT	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Your Identification	Required* Provide a photocopy of government issued piece of identification (e.g. Indian Status Card, Driver's license, Social Insurance Card, etc.)			
Your Written Narrative of events	Must complete 5A			
List of position/ person(s) who inflicted or caused the abuse/harm	Only if available Complete 5B		Must complete 5B	
Evidence of School attendance	Required* Complete 5C and attach documents			
Family / Friend narratives or other records	Only if available Complete 5D and attach documents		Required* Complete 5D and attach documents	
Medical, Dental, Nursing or Therapy Records	Only if available Complete 5E and attach documents		Required* Complete 5E and attach documents	

*** If you do not have the documents marked above as Required*, you must complete a Sworn Declaration; see Part 6**

Part 5: Claim for Levels 2, 3, 4, 5 only

Part 5A – Your Written Narrative (required)

Please provide in writing, a description of the specific event(s) that led to the abuse/harm that you experienced when attending the Day School, related to your Level 2, 3, 4 or 5 claim above. **If you require additional space, please attach pages to your Claim Form and reference this section.**

Please include the following:

- Description of events including names, places and dates (to the best of your ability)
- If applicable: describe medical attention required / sought / received at the time and/or currently as directly related to the abuse/harm suffered at the Day School

Part 5: Claim for Levels 2, 3, 4, 5 only

Part 5B – List of position / person(s) who inflicted abuse/harm

List of position / person(s) who caused abuse/harm	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
	Only if available		Must Complete	

Please provide names / descriptions and/or positions of person(s) (e.g. teaching staff, officials, students and other third parties) who caused abuse/harm to you while you attended the Day School. If you need more space, please attach pages to your Claim Form and reference this section (Part 5B).

Name / Description	and / or	Position

Part 5C – Evidence of Attendance

Attach school records	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
	Required*			

*** If you do not have the required documents for Level 2, 3, 4 and 5, complete Part 6: Sworn Declaration ***

Please list below and attach to this Claim Form, evidence of your school attendance, including copies of any of your school records issued by the Day School(s) you attended, during any of the years of your attendance. Examples may include copies of:

- Report Cards
- Class Photographs
- Other Records, like yearbook or school articles
- Enrolment Forms
- Letter(s) from teacher or principal

List the record(s) attached to this Claim Form:

Part 5: Claim for Levels 2, 3, 4, 5 only

Part 5D – Other narratives and records

Attach Family / Friend narratives or other records	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
		Only if available		Required*

*** If you do not have the required documents for Levels 4 or 5, complete Part 6: Sworn Declaration ***

Please list below and attach to this Claim Form, copies of other written narratives from friends/family and/or other records that support the events and incident(s) that led to the abuse(s)/harm(s) you experienced while attending the Day School(s). Examples may include:

- Family narratives
- Friend narratives
- Photographs
- Diaries
- Other

List the narratives / records attached to this Claim Form:

Part 5E – Medical / Dental / Nursing / Therapy Records

Attach Medical, Dental, Nursing and / or Therapy Records	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
		Only if available		Required*

*** If you do not have the required documents for Levels 4 or 5, complete Part 6: Sworn Declaration ***

Please list below and attach to this form any copies of medical, dental, nursing and/or therapy records that support your claim. This may include current or past health records that document the injury you suffered and any lasting effect to this day. List the Medical records attached to this Claim Form:

Part 6: Sworn Declaration

Sworn Declaration if any missing required document(s) (if applicable)

You must complete the following Sworn Declaration **only if** you are missing one or more of the **required** documents:

- for **Level 2, 3, 4 or 5 documents**(see page 8), **and/or**
- a photocopy of government issued piece of identification

A Sworn Declaration is a statement signed by the claimant **and** any one of the following Guarantors, with Titles:

- Notary Public or Commissioner of Oaths including Northern Villages' Secretary Treasurer
- Elected Official or Community leader (e.g. Chief, Councilor, Inuit Community Leader)
- Other Professional (e.g. Lawyer, Doctor/Physician, Accountant (CPA), Police Officer)

Sworn Declaration by Claimant:

I declare that the information I have provided is true to the best of my knowledge

Claimant Full Name - First, Last

Signature of Claimant

Date

DD ____ MM ____ YY ____

Above declaration must be witnessed by a Guarantor.

The Guarantor only needs to see the Claimant sign this page. As Guarantor, you are not required to read the Form or verify the accuracy of the events described in this Form.

Guarantor must complete all fields below.

Guarantor Full Name - First, Last

Guarantor Title

Position

Organization

Guarantor Address: Street Name and Number; Unit Number (if applicable)

City/Town/Community

Province/Territory

Postal Code

Country

Telephone Number

Email Address (if available)

Signature of Guarantor

Date

DD ____ MM ____ YY ____

Part 7: Are you applying as a Representative of a Claimant?

If applicable, a Personal Representative must be either:

Appointed by a Court to manage or make reasonable judgments or decisions in respect of the affairs of the person under disability	OR	The Estate Executor or Administrator, appointed by a Court or the Crown-Indigenous Relations and Northern Affairs Canada (INAC/CIRNAC), on behalf of a Claimant who is deceased on or after July 31, 2007
---	----	---

To become appointed as a Personal Representative for a deceased Claimant that lived on reserve, please contact INAC/CIRNAC at: 1-800-567-9604. All other appointments are managed by the local Province or Territory.

If you are applying as a Representative, on behalf of a Claimant, check this box:

Yes

If you selected Yes, Representative to provide details below

Representative Full Name - First, Last

Representative Address: Street Name and Number; Unit Number

City/Town/Community

Province/Territory

Postal Code

Country

Telephone Number

Email Address (if available)

Relationship to the Claimant:

Documentation Required

Powers of Attorney

Executors / Administrators

- Court Order; or
- Documentation that shows you have Power of Attorney over the Claimant's finances.

- Death Certificate and a Will;
- Revenue Québec Estate Form; or
- Order or Grant of Administration from a Court; or
- Letters of Administration from INAC/CIRNAC

List the attached documentation you have included:

Retention of Claim Form and Documents

You can choose to have your Claim Form and supporting documents attached to the form:

Please check one:

- | | |
|----------------------------------|----------------------------------|
| A) Securely Destroyed; Or | Destroy <input type="checkbox"/> |
| B) Returned to you; Or | Return <input type="checkbox"/> |
| C) Delivered to the Legacy Fund* | Legacy* <input type="checkbox"/> |

* Under the Settlement Agreement, the McLean Day Schools Settlement Corporation will be established to promote Legacy Projects for commemoration, wellness/healing, and the restoration and preservation of Indigenous languages and culture. The Corporation will be managed by Directors (to be appointed by the Parties to the Agreement), with input from an Advisory Committee (representative of Indigenous survivors and their families). For more information, refer to the Agreement and visit [www.indiandayschools.com].

THIS SPACE IS INTENTIONALLY LEFT BLANK

Submission Process

Claim Due By: July 13, 2022

Before sending, please make sure your Claim Form package includes the following:

- Claimant name and contact information** in Part 1
- Attached** a photocopy of government issued piece of identification (e.g. Indian Status Card, Driver's license, Social Insurance Card, etc.), **or** if unavailable, had a guarantor sign the claim form (page 12) in Part 6
- Names and details for School(s) attended** by the Claimant in Part 2
- Signatures of Claimant and Witness** in Part 3
- Selected ONE claim Level 1-5:**
 - Level 1 – Verbal/Physical Abuse/Harm:**
 - ticked the box on page 6 in Part 4
 - OR**
 - Levels 2, 3, 4, or 5 – Sexual/Physical Abuse/Harm:**
 - ticked one box on page 7 and
 - completed Part 5 including **written narrative** (page 9), and
 - **attached documents** or had a guarantor sign the claim form in Part 6 (page 12)
- For Representatives**, completed Part 7 only if you are a representative submitting this claim on behalf of Claimant

PLEASE SEND YOUR CLAIM PACKAGE:

To: Indian Day Schools Class Action Claims Administrator, c/o Deloitte

By Mail: PO Box 1775, Toronto, ON, Canada, M5C 0A2 , or

By Fax: 416-366-1102 , or

By Email: indiandayschools@deloitte.ca

Please make a copy of your Claim Form and any attached documents for your personal records.

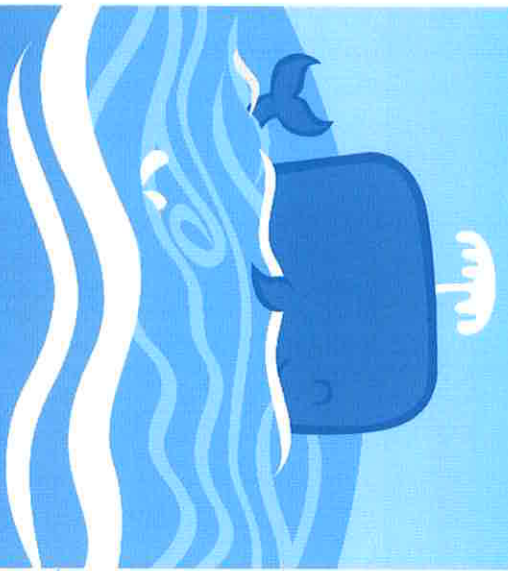
Original photographs or records are not required.

For questions or to report an address change, contact **1-888-221-2898**



June

**Kara Newton- Community Health
Educator
&
Kerri Campbell- Band Rep. Lead**

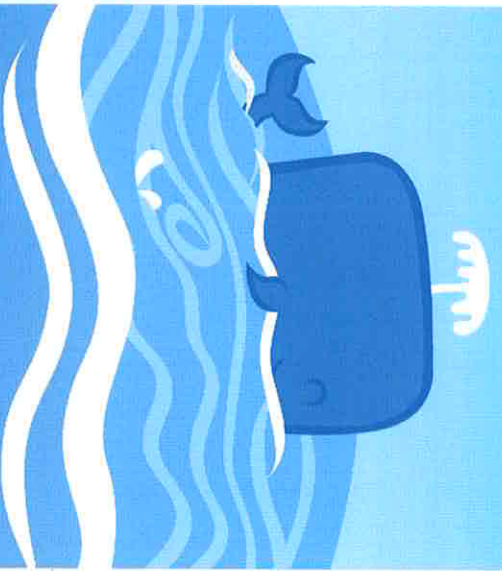


Community
Health
Educator

June

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01	02	03	04
			Adventure in Cooking 4:30pm			
05	06	07	08	00	10	11
		Spring Cleaning Wkshp 10AM	Adventure in Cooking 4:30pm		FATHERS DAY PHOTOS	HIFN POW WOW
12	13	14	15	16	17	18
HIFN POW WOW		Summer BINGO 10 AM	Adventure in Cooking 4:30pm	MEN'S GAME DAY 10AM		
19	20	21	22	23	24	25
FATHERS DAY		 National Intermountain Indian Health Association	Adventure in Cooking 4:30pm FINALE	DOG BONE WKSHP 1PM		
26	27	28	29	30	01	02
				PARENTING Summer Fun 10AM		
03	04	05	06	07	08	09



**BAND REP
LEAD
PROGRAM**

June

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01 Adventure In cooking	02 SPRING CLEANING WORKSHOP	03 NOT IN OFFICE	04
05	06 NOT IN OFFICE	07 NOT IN OFFICE	08 NOT IN OFFICE	09 NOT IN OFFICE	10 Father's Day Photos	11
12	13	14 SUMMER BINGO 10PM Family Court	15	16 Men's Game Day	17	18
19 Father's Day	20	21 National Aboriginal Day	22	23 Organic Dog Bone Workshop	24	25
26	27	28	29	30 Parenting Program	01	02
03	04	05	06	07	08	09

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!

This is for the current participants enrolled in the program.

We are not currently taking any new enrollment.

June 2022

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



A vibrant graphic for a spring cleaning event. The background is a light blue and green gradient with splashing water. In the center is a large blue circle with a white border containing the text "Spring CLEANING" in white. Surrounding the circle are various cleaning items: a black razor, a white bar of soap labeled "SOAP", a white spray bottle labeled "CAP", a green spray bottle, a red and black brush, a yellow brush, a green dustpan, and several yellow flowers with green leaves.

Spring CLEANING

Join Kerri & Kara
Tuesday June 7, 2022
10:00AM

**To learn the importance of
spring cleaning and how to
create a cleaning schedule
that works for
YOU!!!**

**SPACE IS LIMITED, CALL DARCY AT THE HEALTH CENTRE 705-857-1221, TO SIGN UP!!!
Priority will be given to non-working participants.**

Father's ONLY Photoshoot!

We will be holding a special photo shoot for the father's/father figures of the children in the Community. This is a Father's only photo and is an opportunity for them to come sit in the spotlight!

Sessions are limited so, call Darcy at the Health Centre to save your spot!

Happy
Father's
Day

Friday

June 10, 2022

82

67

52

31

Kerri & Kara
present...



TUE SDAY

JUNE 14, 2022

10:00AM

SPACE IS LIMITED! CALL DARCY AT THE HEALTH
CENTRE, 705-857-1221, TO SECURE YOUR SPOT!!!



5

3

11

9

1

Non-working members will be given priority over working members!

MEN'S GAME DAY

THURSDAY JUNE 16, 2002

10:00AM

JOIN KERRI AND KARA FOR A FUN-
FILLED GAME DAY! TONS OF PRIZES TO
BE HAD!

FOR THE MEN IN THE COMMUNITY

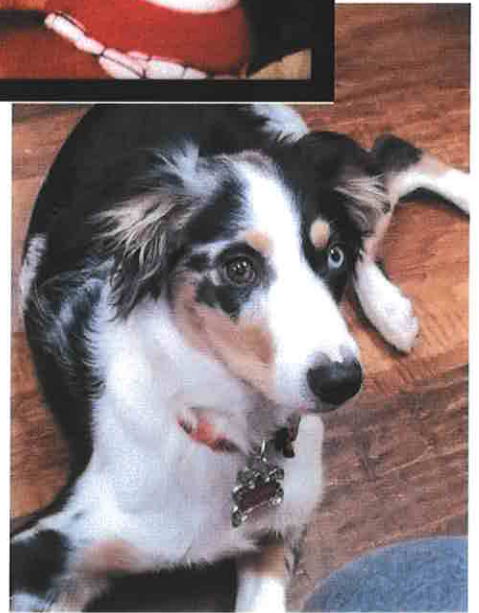
AGES 18 AND UP!

SPACE IS LIMITED SO CALL RIGHT AWAY
TO SECURE YOUR SPOT BY CONTACTING

DARCY AT

THE HEALTH CENTRE 705-857-1221

PRIORITY WILL BE GIVEN TO NON-WORKING PARTICIPANTS



Thursday June 23, 2022

1:00PM

Taking care of our four legged friends is just as important as taking care of ourselves! Join Kerri and Kara in learning how quick, simple and cheap it can be to make your own doggy treats!

Space is limited, call to sign up!

PARENTING WORKSHOP



PLEASE JOIN KERRI AND KARA
THURSDAY JUNE 30, 2022
10:00 AM

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

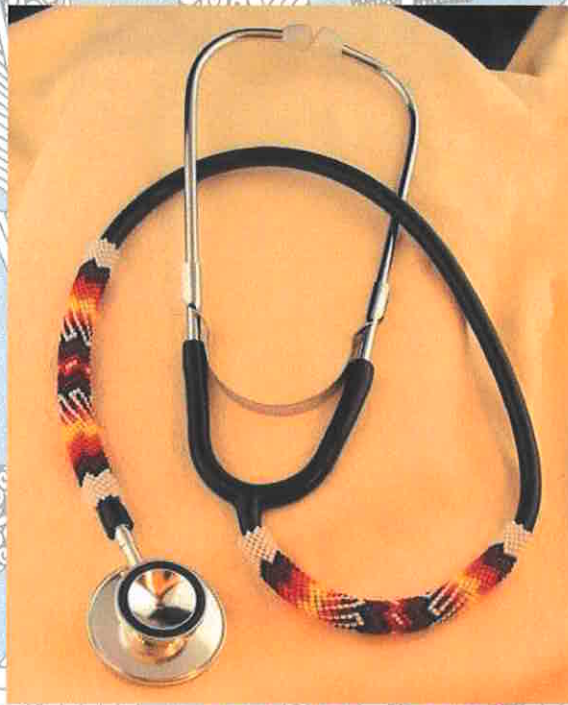
SHOULD YOU REQUIRE A TABLET TO BE LOANED TO YOU, PLEASE INFORM DARCY AT THE TIME OF SIGN UP!

Miigwetch!!

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

For parents, guardians, and caregivers only!!!

Community Health Nurse



BRENDA CONTIN

June 2022



BRENDA CONTIN, CHN

S	Mon	Tue	Wed	Thu	Fri
			1	2 Sudz: Drop off nurse car; Membership	3 OFFICE
6	Sublocade training	7 OFFICE	8 OFFICE	9 OFFICE	10 OFFICE
13	Methadone Start up	14 Methadone Clinic; Webi- nar	15 Britt PS Playground Appreciation	16 OFFICE	17 Program Shopping
20	Lunch n Learn	21 F.N. DAY: OFFICES CLOSED	22 OFFICE	23 OFFICE	24 OFFICE
27	OFFICE	28 TRUST AGM	29 CULTURAL LEAVE	30 CULTURAL LEAVE	1 STAT HOLI- DAY

Toronto Public Health update on monkeypox in Toronto

News Release

May 27, 2022

As of this morning, one newly-suspected case of monkeypox has been reported to Toronto Public Health (TPH). The total number of confirmed cases remains at one, probable cases are now at two and there are five suspected cases. These individuals with probable and suspected cases are undergoing laboratory testing to confirm if they have the virus and are currently recovering at home.

A probable case of monkeypox is defined as a person with signs and symptoms of the virus including a rash and contact with a confirmed or probable case, travel to a region where a confirmed case has been detected or exposure to an infected animal. Individuals lacking an epidemiological link but with the required signs and symptoms including the rash are classified as suspected cases.

Monkeypox is a rare disease caused by a virus that is normally found endemic in central and western Africa. It was first identified in monkeys, but its origins remain unknown. Symptoms include fever, headache, muscle aches, exhaustion, swollen lymph nodes and a rash that often appears within a few days after symptoms begin and starts on the face and spreads to other parts of the body. Most people recover on their own without treatment.

Monkeypox spreads through contact with body fluids such as fluids from the monkeypox sores, contaminated clothing or bedding, or through respiratory droplets following prolonged face-to-face contact. It can also be spread through bites or scratches from infected animals. Anyone, regardless of sexual orientation, can spread monkeypox through contact with body fluids, monkeypox sores or by sharing contaminated items. Common household disinfectants can kill the monkeypox virus.

While monkeypox does not generally spread easily between people, because it has now been detected in Toronto, residents should be aware of the virus' symptoms described above. TPH is asking residents who have these signs and symptoms to report them to their health care provider as soon as possible. Close contacts of people suspected or

confirmed to have a monkeypox infection are advised to self-monitor for symptoms for 21 days after their last exposure. If symptoms develop, they should self-isolate, seek care and get tested. Health care providers are reminded that individuals suspected of monkeypox infection must be reported to Public Health Ontario. As with many other diseases spread through close contact, people can lower their risk by maintaining physical distance, frequent hand washing and respiratory hygiene, including masking.

A number of countries have documented clusters of cases of the monkeypox virus infection, including the United States and Canada. To date, Quebec has reported lab-confirmed cases and suspected cases. Monkeypox is transmitted through prolonged face-to-face contact or body contact with an infected individual, even before the onset of symptoms.

TPH continues to follow up with anyone thought to be exposed to monkeypox. TPH also continues to work closely with the Public Health Agency of Canada, Public Health Ontario, and the Ontario Ministry of Health. TPH has communicated with local physicians to provide information on symptoms, laboratory testing and diagnosis, infection control precautions, treatment and reporting requirements for monkeypox.

More information about monkeypox is available on the **City of Toronto's Monkeypox webpage** (<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/monkeypox/>). TPH will update the number of confirmed, negative and cases under investigation every day from Monday to Friday by 3 p.m.

Residents can also find information about monkeypox on the **Public Health Agency of Canada's website** [☞](http://www.canada.ca/en/public-health/news/2022/05/public-health-agency-of-canada-confirms-2-cases-of-monkeypox.html) (<http://www.canada.ca/en/public-health/news/2022/05/public-health-agency-of-canada-confirms-2-cases-of-monkeypox.html>) or by calling Toronto Public Health's hotline at 416-338-7600. Additional information is also available on the **Gay Men's Sexual Health Alliance webpage** [☞](https://gmsh.ca/monkeypox/) (<https://gmsh.ca/monkeypox/>).

Toronto is home to more than 2.9 million people whose diversity and experiences make this great city Canada's leading economic engine and one of the world's most diverse and livable cities. As the fourth largest city in North America, Toronto is a global leader in technology, finance, film, music, culture and innovation, and consistently places at the top of international rankings due to investments championed by its government, residents and businesses. For more information visit the **City's website** (<http://toronto.ca>) or follow us on **Twitter** [☞](http://twitter.com/CityofToronto) (<http://twitter.com/CityofToronto>), **Instagram** [☞](http://instagram.com/cityofto) (<http://instagram.com/cityofto>) or **Facebook** [☞](http://facebook.com/cityofto) (<http://facebook.com/cityofto>).



CATERER NEEDED!

To CATER for Lunch n Learn on June
20, 2022 to be served at 11:30 am

MENU TO CONSIST OF:

Scalloped potatoes with lots of ham, 2
large trays of each. Green salad with
tomatoes, carrots, and peppers.
Various salad dressing. Fresh buns
and butter. Dessert is fresh berries
and whipped cream. Pop & bottled
water

MENU FOR 25 PEOPLE

Deadline to Submit Bids:

June 8, 2022 @10 am

Submit Bids with breakdown of Catering Fee, Mileage, and Groceries Costs
to Darcy @ Health Centre.

Caterer must possess current Safe Food Handlers Certificate

Diabetes Bingo

Location: Henvey Inlet Learning Centre

Date: Monday, June 20 @ 11:30 am



Diabetes BINGO!!

20 max players

Please call Darcy to sign up!!

You must be present at program by 11:45am or your name will be bumped by next person on the waiting list.

For Info Contact:

Brenda Contin, C.H.N.

DIABETES BINGO IS ONLY FOR CLIENTS WHO ARE DIABETIC!! LUNCH WILL BE PROVIDED!



HIW TRUST

*AGM

June 28, 2022

**HIFN FIREHALL
295 Pickerel River Rd**

Lunch will be provided!!

More information to follow in the coming weeks.

[Open to all community members!!



TRAVELLERS

Be tick aware! >>



1 TICKS CAN PASS ON DISEASES

- In [name of country to be filled out by national authority], ticks can carry [name of disease to be filled out by national authority]. They can pass on this disease as they feed on your blood



2 RISK AREAS

- Woods / Open fields / Grassy areas / Bushes /includes some urban parks and gardens
(national authority to specify whether this is across the country or in particular regions only)



3 STAY SAFE

- Use insect repellents
- Keep arms and legs covered
- Wear light-coloured clothing that makes it easy to detect ticks
- After being outdoors, remove your clothes outside and expose them to sunlight or wash them
- Use ground sheets when sleeping on the ground or camping
- Walk in the middle of paths and avoid brushing against the surrounding vegetation



4 CHECK FOR TICKS

- Check yourself and your children (all over the body, head and clothes) and remove any ticks as soon as possible
- Use tweezers or fine-pointed forceps or tick removal tools grasping it as closely as possible to where it is attached to the skin and pulling it gently upwards avoiding squeezing the ticks body or that mouthparts are left in the skin
- Apply antiseptic, like alcohol or iodine, to the wound
- Wrap the tick in toilet paper and flush it down the toilet



5 STAY ALERT

- Consult your doctor if you begin to feel unwell or notice an unusual skin reaction in the weeks after having been bitten by a tick

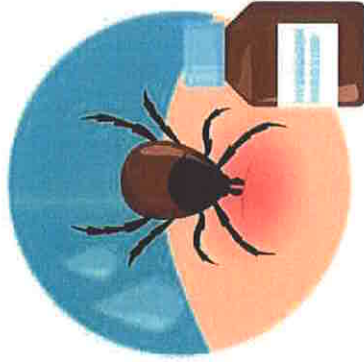


If you have a tick and need assistance removing it,
Please contact the Health Centre.

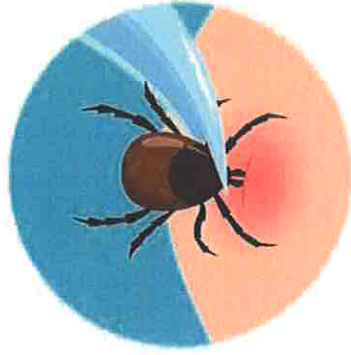
If removed, please keep the tick for testing and fill out the form attached!

TIPS FOR TICK SAFETY

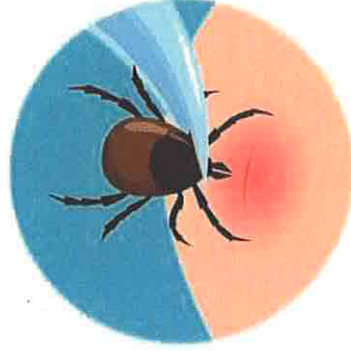
HOW TO REMOVE TICK



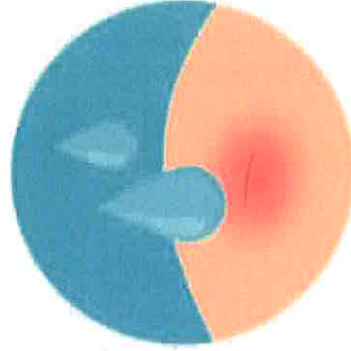
SANITIZE BITE AREA
AND TWEEZERS



GRAB TICK
CLOSE TO HEAD

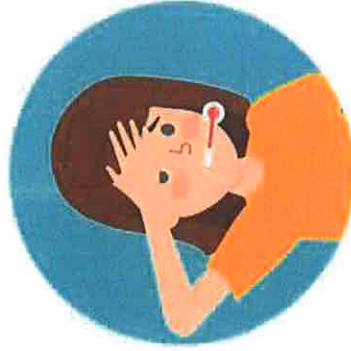


PULL UP SLOWLY
AND CAREFULLY



SANITIZE BITE AREA
AGAIN

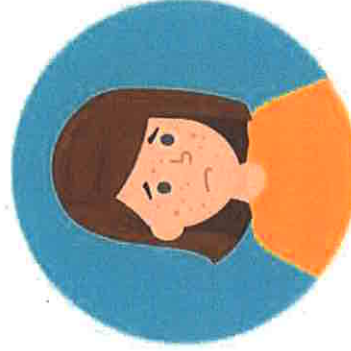
WHEN TO CALL A DOCTOR



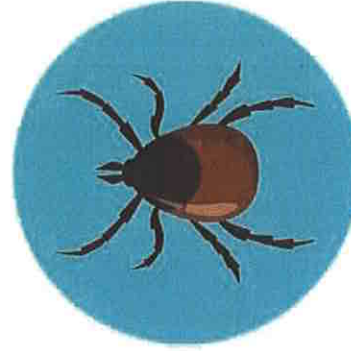
FEVER



HEADACHE



RASH



YOU AREN'T ABLE
TO REMOVE TICK



TICK SUBMISSION FORM

First Nation Community Name: _____

Please find enclosed _____ tick (s) sent to you for identification and testing.

* Patient name: _____

Contact Telephone # (patient): _____

Complete Mailing Address (patient): _____

* Where was the tick most likely acquired? _____

(Be as specific as possible e.g. Town/City, cottage, provincial park etc.)

* Travel in past 2 weeks (check one): No travel Don't Know Yes

If yes, which localities were visited? _____

(Be as specific as possible e.g. Town/City/Province)

* Date the tick was collected or removed: _____

* Was the tick attached (feeding)? _____ Was the tick attached to a Human? _____ Animal? _____

* Tick sent by: _____

Please mail tick to:
Email completed tick submission form and zoomed in photo of the tick (beside a dime) to:
Trudy.Stanfield@sac-isc.gc.ca
*mailing address will be provided once form and photo are received

Office Use Only	
Identification No.:	_____
Tick Species:	_____ No. _____
Stage:	_____ Engorgement: _____
Condition:	_____
Identified by:	_____
Date:	_____

* The information in these fields is mandatory and is essential to the tick surveillance program. Failure to provide this information may result in rejection of the specimen.

Home Care Nurse



DEBBIE BRENNAN

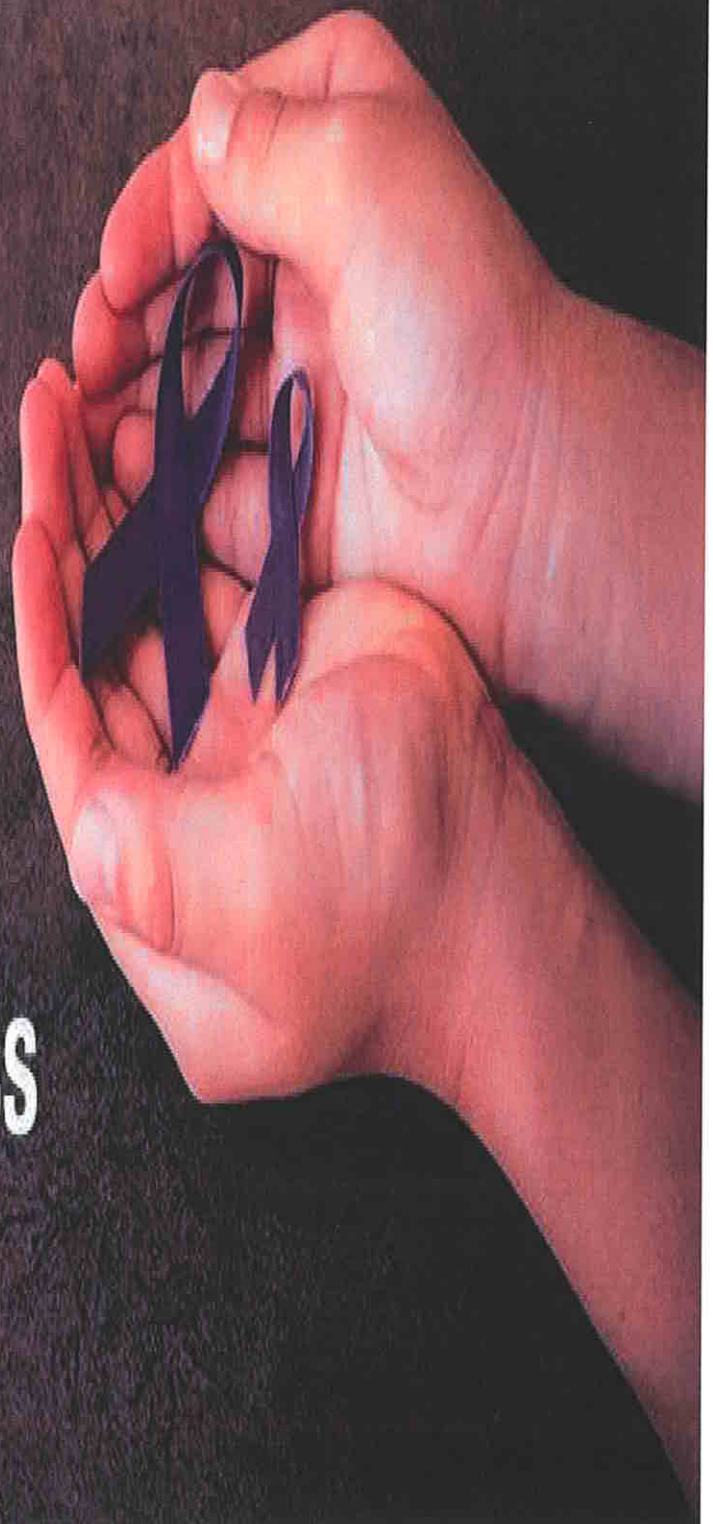
June 2022



DEBBIE BRENNAN
HCN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFFICE HOME VISITS	2 OFFICE HOME VISITS	3 OFFICE	4
5	6 Home visits Medical trans- portation	7 OFFICE Medical Consultations	8 OFFICE HOME VISITS	9 Home visits Medical transporta- tion	10 Sublocade Training	11
12	13 Methadone/ subox. clinic resumes 5 days/week	14 OFFICE Medical Consultations	15 OFFICE HOME VISITS	16 OFFICE HOME VISITS	17 OFFICE	18
19	20 OFFICE Administration HOME VISITS	21 National Aboriginal Day!	22 OFFICE HOME VISITS	23 OFFICE HOME VISITS	24 OFFICE	25
26	27 OFFICE Administration HOME VISITS	28 OFFICE Medical Consultations	29 OFFICE HOME VISITS	30 OFFICE HOME VISITS	OFFICE	

June is
Alzheimer's &
Brain Awareness
Month



The difference between Alzheimer's disease and other dementias

1 min read

Alzheimer's disease and dementia do not mean the same thing. Understand the difference on this page.

Overview

While the terms "Alzheimer's disease" and "dementia" are often used interchangeably, it's important to know the difference between the two.

- **Dementia** is not one specific disease. Rather, it's an umbrella term for a set of symptoms caused by physical disorders affecting the brain.
- **Alzheimer's disease** is the most common cause for dementia, accounting for 60-80% of all diagnoses.

Overall, know that Alzheimer's disease is a specific disease, while dementia is a general term for a group of similar diseases, of which Alzheimer's is one.

In other words, every case of Alzheimer's disease is an example of dementia, but not every type of dementia is Alzheimer's.

[Learn more about the other types of dementia.](#)

Symptoms

The symptoms of dementia include:

- Memory loss, both short-term and long-term,

- Difficulties with thinking, problem-solving or language that are severe enough to reduce a person's ability to perform everyday activities, and
- Changes in mood or behaviour.

The symptoms for Alzheimer's disease mostly overlap with other types of dementia, but there can be some differences.

For example:

Other dementias can focus more on certain symptoms, and less on others. In the case of frontotemporal dementia, changes in personality are more apparent in the early stage, while memory decline often doesn't arise until the later stage.

Affected areas of the brain

The differences in symptoms can be explained by the area of the brain each type of dementia affects.

For example:

While Alzheimer's disease generally affects most of the brain, frontotemporal dementia primarily affects the frontal and temporal lobes of the brain – the areas generally associated with personality and behaviour.

This explains why changes in personality are usually more obvious in the early stage of frontotemporal dementia than in the early stage of Alzheimer's.

Risk factors

Risk factors between different types of dementia also overlap, but there are some types that are more determined by a certain risk factor than others.

For example:

Stroke is now understood to be a common cause of vascular dementia. When a stroke occurs and the brain's blood supply is blocked or damaged, brain cells are deprived of oxygen and die, leading

to dementia. Because of that, having a stroke increases the risk of getting vascular dementia.

Genetics are a pronounced risk factor for Creutzfeldt-Jakob disease, one of the rarest types of dementia. If a parent has a mutation in their human prion protein gene, the chances that they will pass down Creutzfeldt-Jakob disease is 50% for each child.

Treatments

Because of the differences in symptoms, affected areas of the brain and possible causes, a treatment that works for one type of dementia may not be effective for another type.

For example:

While there are four medications available that can fight the symptoms of Alzheimer's disease, there are no known treatments to slow the progression of Creutzfeldt-Jakob disease.

June is ALZHEIMER'S & BRAIN AWARENESS MONTH.

Alzheimer's is a fatal disease that affects the ability to remember, think and plan.

Worldwide, 47 million individuals are living with Alzheimer's, and this number is set to rise dramatically unless we do something about it.

While we cannot prevent Alzheimer's disease, people can help reduce their risk of cognitive decline. In recognition of Alzheimer's & Brain Awareness Month in June, the Alzheimer's Association offers

10 WAYS TO LOVE YOUR BRAIN

Break a Sweat

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

Hit the Books

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

Butt Out

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

Follow Your Heart

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

Stump Yourself

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Heads Up!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

Buddy Up

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

Take Care of Your Mental Health

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

Catch Some Zzz's

Not getting enough sleep may result in problems with memory and thinking.

Fuel Up Right

Eat a balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.

Start Now.

It's never too late or too early to start incorporating healthy habits.

Visit alz.org and take the Purple Pledge to support the fight to end Alzheimer's.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.™

Alzheimer's Symptoms



**CONFUSION WITH
TIME AND LOCATION**



**WITHDRAWAL FROM
SOCIAL ACTIVITIES**



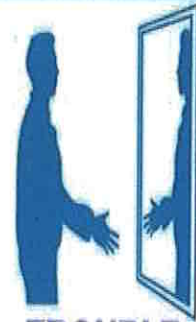
**DIFFICULTY
COMPLETING
FAMILIAR
TASKS**



**DIFFICULTY
SOLVING
PROBLEMS**



**POOR
JUDGEMENT**



**TROUBLE
WITH IMAGES
AND SPACES**



**MISPLACING
ITEMS**



**MEMORY
LOSS**



**UNFOUNDED
EMOTIONS**



**DIFFICULTY
WITH WORDS**



Understanding Different Types of Dementia

As we age, it's normal to lose some neurons in the brain. People living with dementia, however, experience far greater loss. Many neurons stop working, lose connections with other brain cells, and eventually die. At first, symptoms can be mild, but they get worse over time. Read on to learn more about four different types of dementia.



TYPES OF DEMENTIA

Alzheimer's Disease	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
<p>What Is Happening in the Brain?*</p>			
<p>Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain.</p> <p>Amyloid plaques Tau tangles</p>	<p>Abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes.</p> <p>Frontal lobe Tau TDP-43 Temporal lobe</p>	<p>Abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers.</p> <p>Lewy body</p>	<p>Conditions, such as blood clots, disrupt blood flow in the brain.</p> <p>Blood clot</p>

*These changes are just one piece of a complex puzzle that scientists are studying to understand the underlying causes of these forms of dementia and others.

Symptoms

<p>Mild</p> <ul style="list-style-type: none"> Wandering and getting lost Repeating questions <p>Moderate</p> <ul style="list-style-type: none"> Problems recognizing friends and family Impulsive behavior <p>Severe</p> <ul style="list-style-type: none"> Cannot communicate 	<p>Behavioral and Emotional</p> <ul style="list-style-type: none"> Difficulty planning and organizing Impulsive behaviors Emotional flatness or excessive emotions <p>Movement Problems</p> <ul style="list-style-type: none"> Shaky hands Problems with balance and walking <p>Language Problems</p> <ul style="list-style-type: none"> Difficulty making or understanding speech <p><i>There are several types of frontotemporal disorders, and symptoms can vary by type.</i></p>	<p>Cognitive Decline</p> <ul style="list-style-type: none"> Inability to concentrate, pay attention, or stay alert Disorganized or illogical ideas <p>Movement Problems</p> <ul style="list-style-type: none"> Muscle rigidity Loss of coordination Reduced facial expression <p>Sleep Disorders</p> <ul style="list-style-type: none"> Insomnia Excessive daytime sleepiness <p>Visual Hallucinations</p>	<ul style="list-style-type: none"> Forgetting current or past events Misplacing items Trouble following instructions or learning new information Hallucinations or delusions Poor judgment
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Typical Age of Diagnosis

Mid 60s and above, with some cases in mid-30s to 60s	Between 45 and 64	50 or older	Over 65
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Diagnosis

Symptoms can be similar among different types of dementia, and some people have more than one form of dementia, which can make an accurate diagnosis difficult. Symptoms can also vary from person to person. Doctors may ask for a medical history, complete a physical exam, and order neurological and laboratory tests to help diagnose dementia.

Treatment

There is currently no cure for these types of dementia, but some treatments are available. Speak with your doctor to find out what might work best for you.

Now What?

Next Steps After an Alzheimer's Diagnosis

A diagnosis of Alzheimer's disease can be difficult, but getting accurate information and support can help you know what to expect and what to do next. Use this checklist to help you get started.



Learn about Alzheimer's disease

Being informed will help you know what to expect as the disease progresses. Here are some resources:

- ✓ Alzheimer's and related Dementias Education and Referral (ADEAR) Center
www.alzheimers.gov | 800-438-4380
- ✓ Alzheimer's Association
www.alz.org | 800-272-3900
- ✓ Alzheimer's Foundation of America
<https://alzfdn.org> | 866-232-8484
- ✓ Local hospitals and community centers may have educational programs about Alzheimer's disease and related dementias.

Get regular medical care

- ✓ Make regular appointments with your primary care doctor or specialist (neurologist, neuropsychiatrist, geriatric psychiatrist).
www.nia.nih.gov/health/doctor-patient-communication/talking-with-your-doctor
- ✓ Consider going to a memory disorders clinic. Ask your doctor for a referral if desired.

Find local services and support

- ✓ Find local services by contacting Eldercare Locator
<https://eldercare.acl.gov> | 800-677-1116
- ✓ Contact your local Alzheimer's Disease Research Center
www.nia.nih.gov/health/alzheimers-disease-research-centers
- ✓ Find local chapters, organizations, and support groups:
 - Alzheimer's Association
www.alz.org | 800-272-3900
 - Alzheimer's Foundation of America
<https://alzfdn.org> | 866-232-8484

Do some legal, financial, and long-term care planning

- ✓ Get information to help you plan.
www.nia.nih.gov/health/legal-and-financial-planning-people-alzheimers
- ✓ Prepare or update your will, living will, health care power of attorney, and financial power of attorney. To find a lawyer, contact your local bar association or the National Academy of Elder Law Attorneys.
www.naela.org
- ✓ Learn about care you may need in the future and how to pay for it.
<https://longtermcare.acl.gov>
- ✓ Explore getting help to pay for medicines, housing, transportation, and more.
www.benefitscheckup.org

Get help as needed with day-to-day tasks

- ✓ Use simple memory aids like a notepad or sticky notes to jot down reminders, a pillbox to keep medications organized, and a calendar to record appointments.
- ✓ Ask family members or friends or find local services to help with routine tasks, such as cooking, paying bills, transportation, or shopping.
- ✓ Consider using technology solutions for medication management, safety (e.g., emergency response, door alarms), and other care.
- ✓ See tips about coping daily, changes in relationships, and more.
www.nia.nih.gov/health/alzheimers/caregiving

Be safe at home

- ✓ Get home-safety tips.
www.nia.nih.gov/health/home-safety-checklist-alzheimers-disease
- ✓ Ask your doctor to order a home-safety evaluation and recommend a home health care agency to conduct it. Medicare may cover the cost.
- ✓ Consider wearing a medical ID bracelet or necklace in case you get lost or need help, or joining the MedicAlert and Alzheimer's Association's Wandering Support program.
www.medicalert.org/alz

Stay safe on the road

- ✓ Talk with your doctor if you become confused, get lost, or need lots of help with directions, or if others worry about your driving.
- ✓ Get a driving evaluation. Ask your doctor for names of driving evaluators, or visit the American Occupational Therapy Association.
https://myaota.aota.org/driver_search
- ✓ Learn about driving safety.
www.nia.nih.gov/health/driving-safety-and-alzheimers-disease

Consider participating in a clinical trial

- ✓ Ask your doctor about trials or studies.
- ✓ Contact an Alzheimer's Disease Research Center for assessment and potential research opportunities.
- ✓ Search for a clinical trial or study near you or that you could participate in remotely:
 - NIA Clinical Trials Finder
www.nia.nih.gov/alzheimers/clinical-trials
- ✓ Learn more about clinical trials:
 - NIA Clinical Trials Information
www.nia.nih.gov/health/clinical-trials
 - National Institutes of Health
www.nih.gov/health-information/nih-clinical-research-trials-you

Stay healthy

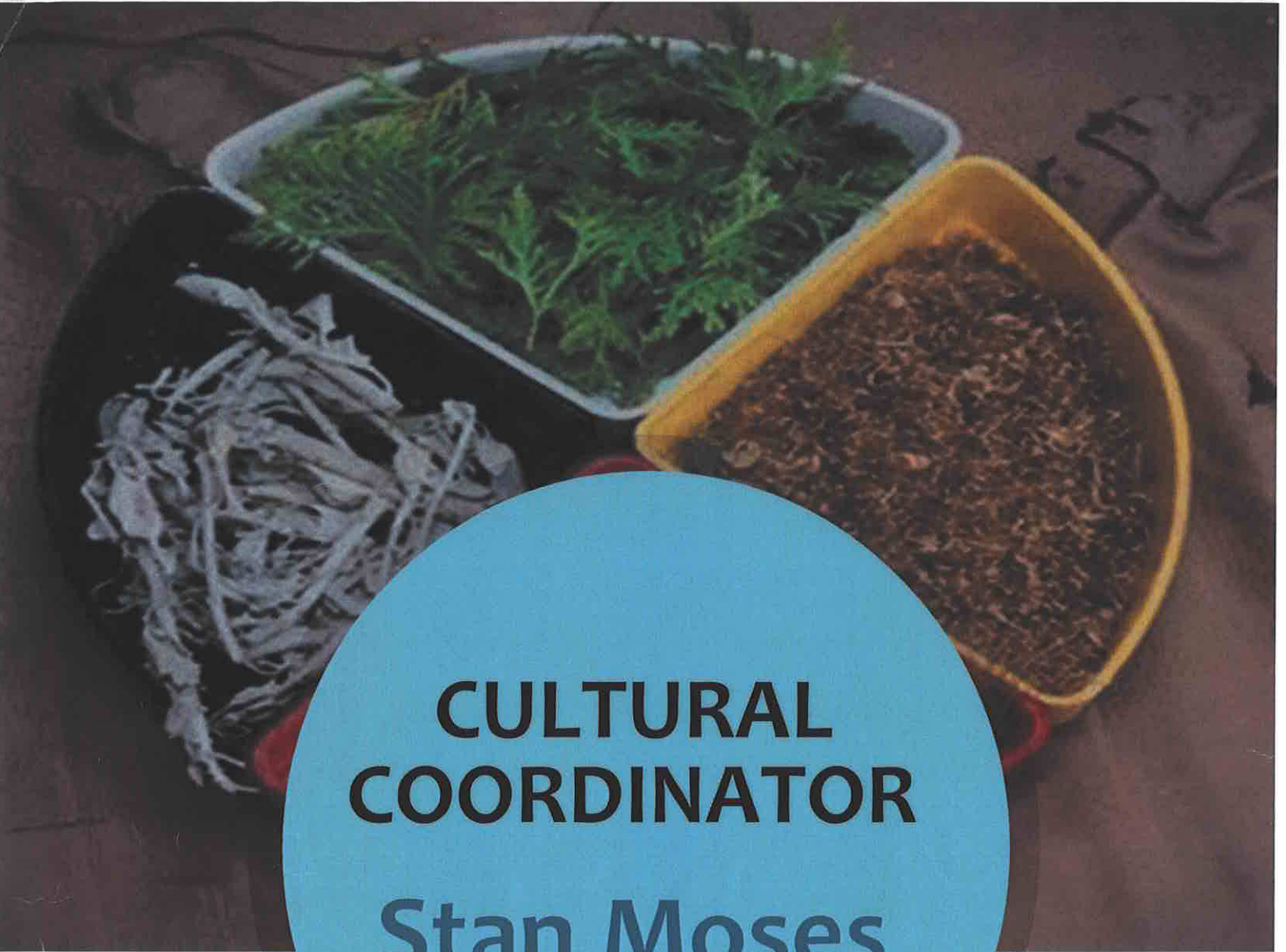
- ✓ Be active! Getting exercise helps people with Alzheimer's feel better and helps keep their muscles, joints, and heart in good shape.
www.nia.nih.gov/health/exercise-physical-activity
- ✓ Eat a well-balanced diet that includes fruits, vegetables, and whole grains.
www.nia.nih.gov/health/healthy-eating
- ✓ Continue to enjoy visits with family and friends, hobbies, and outings.

If you live alone

- ✓ Identify someone who can visit you regularly and be an emergency contact.
- ✓ If you are at risk of falling, order an emergency response system. A special pendant or bracelet lets you summon help if you fall and can't reach the phone.
- ✓ Consider working with an occupational therapist. This person can teach you ways to stay independent. Ask your doctor for more information.
- ✓ Stick with familiar places, people, and routines. Simplify your life.
- ✓ Get tips about self-care, safety, staying connected, and more.
www.nia.nih.gov/health/tips-living-alone-early-stage-dementia

If you are working

- ✓ If you have problems performing your job, consider reducing your hours or switching to a less demanding position.
- ✓ Consider consulting your employer's HR department or employee assistance program about family leave, disability benefits, and other employee benefits.
- ✓ Find out if you qualify for Social Security disability benefits through "compassionate allowances."
www.ssa.gov/compassionateallowances
800-772-1213

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

**CULTURAL
COORDINATOR
Stan Moses**

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

PoG 1J0

(705)857-1221 EXT: 229



MEN'S CIRCLE

With

Stan Moses, Dave Rice,
Arlen Tulloch and Rod
Nettagog

10 Participants MAX

WHEN: Tuesday June 7, 2022

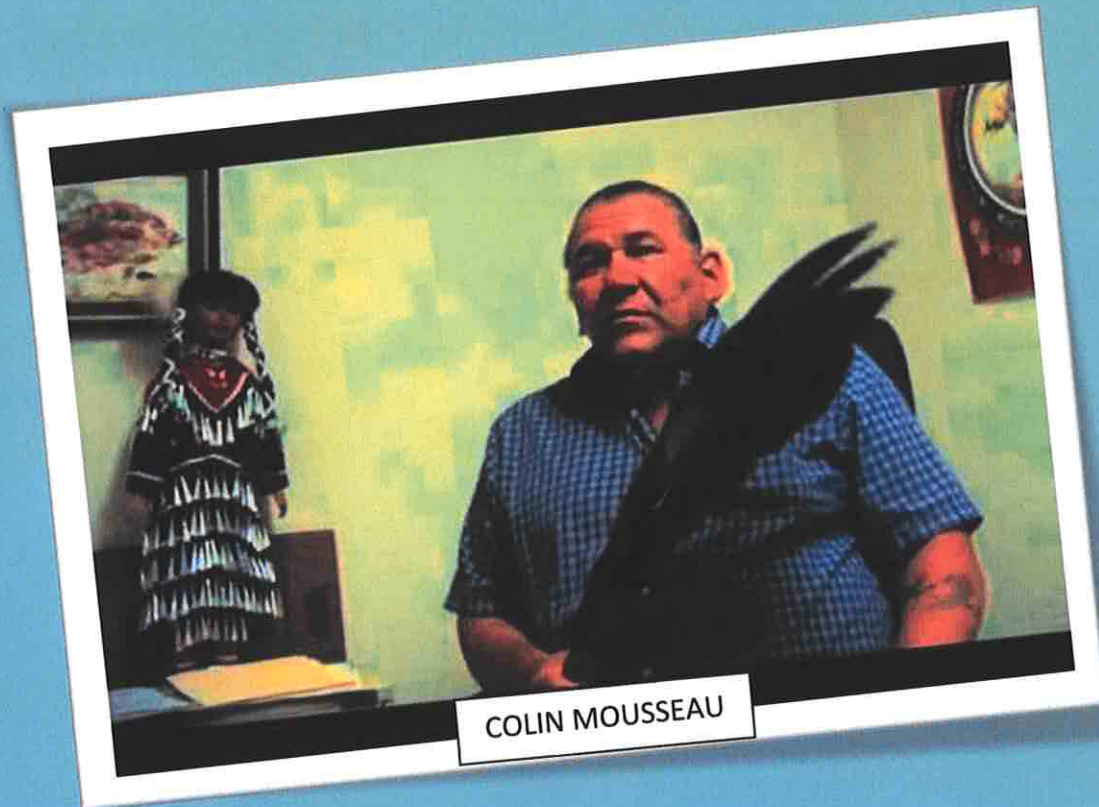
WHERE: Program Trailer

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 TRADITIONAL HEALER

DATES:

Wed. June 8 – Client Appts. All Day

Thurs. June 9 – Client Appts. All Day

Fri. June 10– Lodge Preparation/Making
down by Lands Office

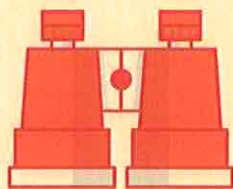
WHERE: Client Appts in Trailer 3

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



HENVEY INLET FIRST NATION

SURVIVAL TRAINING FOR ADULTS & YOUTH 11 YRS AND UP

Get together with friends and learn survival skills!

JUNE 25 & JUNE 26

MEET AT PROGRAM TRAILER AT 12 NOON

ON JUNE 25TH

**IN CLASS SESSIONS ON SATURDAY
FOLLOWED BY OVERNIGHT CAMPING**

ONLY 16 SPOTS AVAILABLE!

**FACILITATED BY: ARLEN TULLOCH &
STAN MOSES**

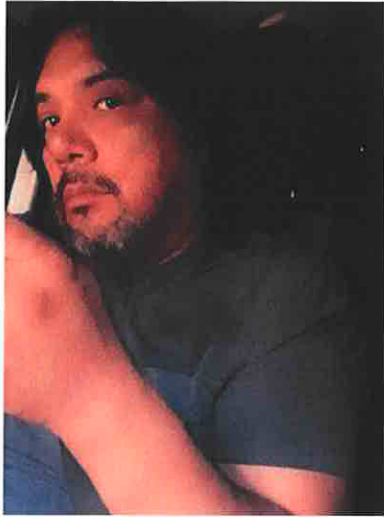
**EACH PARTICIPANT WILL
RECEIVE A BACK PACK
WITH SURVIVAL ITEMS**

Call Darcy at Health Centre to add names to list!



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

Louise Ashawasegai



Light Breakfast with Stan and Louise

Come enjoy breakfast and socialize

When: Wednesday June 15, 2022

Time: 9:00am to 11:00am

And of course, good coffee and visit



When: Tuesday the 7th

Where: Program Trailor

Come one come all



Harm reduction

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

Needle exchange every day.....

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

Needle exchange

Please look on calendars for dates

Will not come in the evenings anymore.



Hello,

I wanted to take a moment to introduce myself and to share some information regarding the Minookmii program. This program connects Indigenous adults with free and confidential psychotherapy throughout Muskoka and Parry Sound.

The Ontario Structured Psychotherapy Program (OSP) has been part of our community for a number of years and there was a recognition that many Indigenous clients were desiring more culturally relevant supports. The Minookmii program developed from a collaboration with five Indigenous services providers, including B'saanibamaadsiwin and Waypoint, which are working together to offer a program that acknowledges both the Indigenous worldviews along with Western Cognitive Behaviour Therapy Protocols.

This program offers a central intake process through Waypoint which allows for professional and self referrals. If an Indigenous individual becomes part of the program, they will be offered the opportunity to participate in the Minookmii program or mainstream OSP program. This program offers sessions both virtually and in person and provides 8-12 sessions and is delivered both virtually and in person.

I would love to be able to offer an in-service to your organization in order to disseminate this information and to answer any questions that you or your colleagues may have.

Please find attached our rack card and please feel free to distribute or forward this information to your colleagues and community partners.

Referrals to programs can be made through the central Waypoint portal at:

https://www.waypointcentre.ca/programs_and_services/ontario_structured_psychotherapy

Thank you – Miigwech – Niá:wen – Merci,

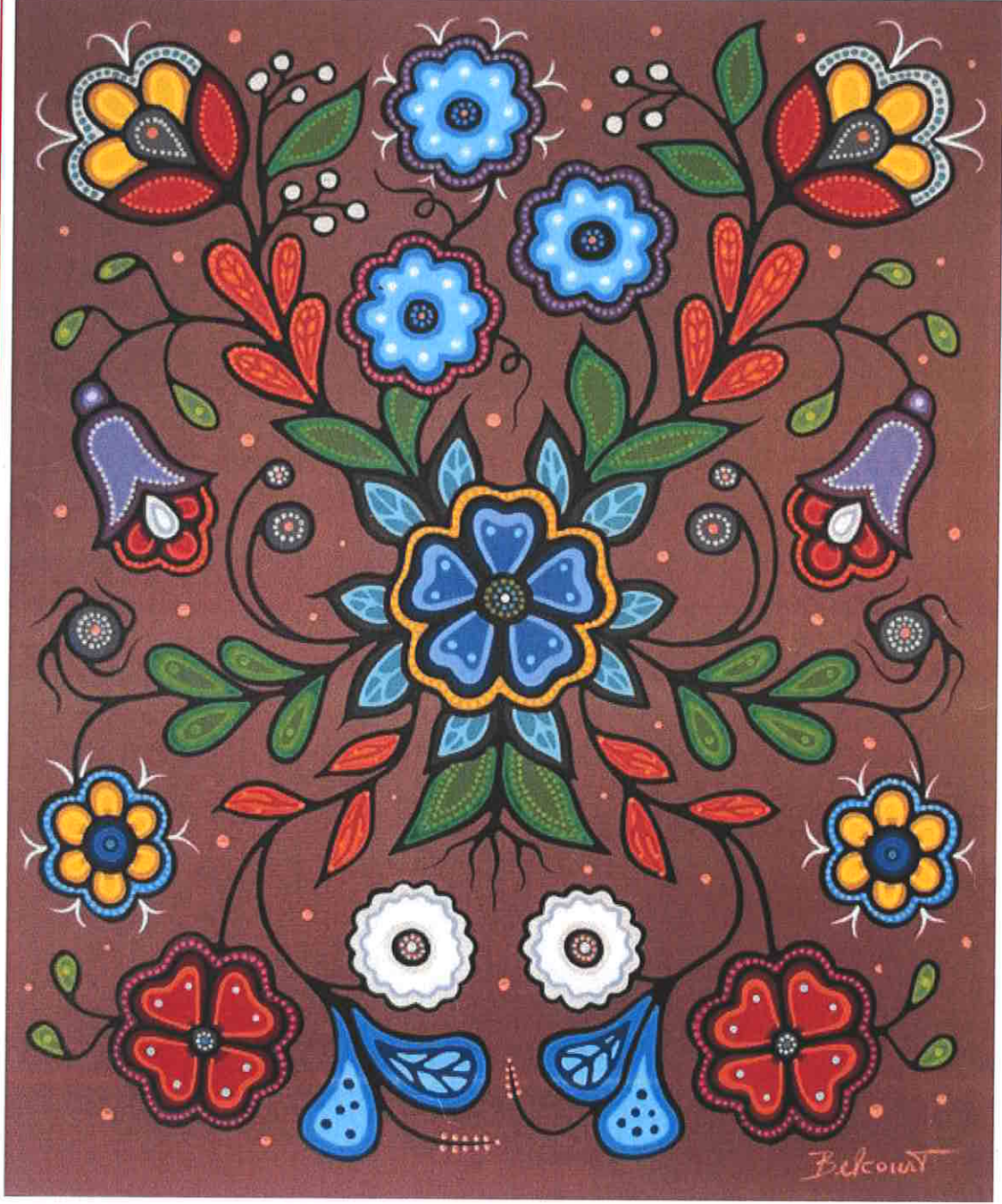
Nicole Moore, RSW

OSP Therapist, B'saanibamaadsiwin

Pronouns: she/her/hers

Located on the lands of the Williams and Robinson Huron Treaties

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

LOOK FOR THE GOOD IN EVERY PERSON AND EVERY SITUATION. YOU'LL ALMOST ALWAYS FIND IT.



JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 REGALIA MAKING	2 REGALIA MAKING	3 REGALIA MAKING	4 BREAST PLATE MAKING W/ PAULETTE ALABENS
5	6 ANISHINABEK NATION ANISHINAABE DAY	7 REGALIA MAKING	8 REGALIA MAKING	9 REGALIA MAKING	10 OUT OF OFFICE	11 POW-WOW
12 POW-WOW	13 STAFF MEETING	14 FULL MOON CEREMONY 	15 HOME VISITS	16 CEMETERY RESEARCH	17 CEMETERY RESEARCH	18
19	20 PROGRAM SHOPPING	21 NATIONAL INDIGENOUS PEOPLES DAY	22 CEDAR BATHS W/ MARY ELLIOTT	23 OUT OF OFFICE	24 CEMETERY RESEARCH	25
26	27 STAFF MEETING	28 CEMETERY RESEARCH	29 LAST DAY OF SCHOOL HOME VISITS	30 VACATION DAY	1 CANADA DAY	2

Individual Sessions in JUNE



**Appointments dates available before
our June 11 & 12 PowWow are:**

June 1, 2, 3, 7, 8 & 9, 2022

I will be working one on one with
registered participants.

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

REGALLIA MAKING

****REGISTRATION IS NOW CLOSED****

BREAST PLATE MAKING

**MEN, WOMEN &
CHILDREN!**

**WITH PAULETTE
AIABENS**

~12 MAX PARTICIPANTS~

JUNE 4TH, 2022

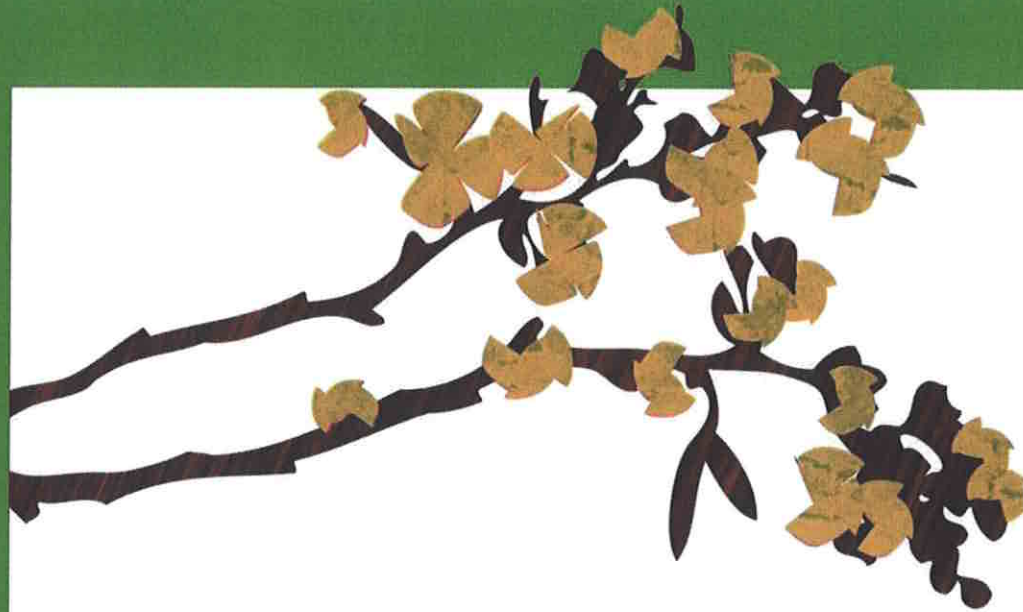
9AM TO 4PM

AT HEALTH CENTRE PROGRAM TRAILER

LUNCH WILL BE PROVIDED.



CONTACT INFO: CWW LUANA MCQUABBIE - 705-857-1221 EXT 227



SPECIALTY SEWING

INDIVIDUAL REQUESTS/JUNE 2022

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 705 857-1221
EXT 227

JUNE 14
2022

FULL MOON CEREMONY
With Judy Contin

263 PICKEREL RIVER ROAD

8:00 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 outside)
- 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
- Feast Bundle

CWW Luana McQuabbie
Henvey Inlet First Nation Health Centre/Trailer #3
705 857-1221 EXT 227



CEDAR BATHS FOR WOMEN & SELF CARE

W/MARY ELLIOTT OF ATIKAMEKSHENG ANISHNAWBEK

WEDNESDAY, JUNE 22, 2022

10 A.M. - 2 P.M.

HIFN HEALTH CENTRE/PROGRAM TRAILER



- *SHARING CIRCLE
- *PIPE CEREMONY
- *CEDAR BATHS BY YOU
- W/SELF-CARE TEACHINGS
- * CLOSING CIRCLE
- *FEAST

~TAKE HOME YOUR OWN PERSONAL CEDAR BATH BUNDLE~

PLEASE CALL THE HEALTH CENTRE TO SIGN UP. MAX 12.

FOR MORE INFORMATION CONTACT: CWW LUANA MCQUABBIE 705 857-1221 EXT 227



CEDAR BATHS FOR WOMEN & SELF CARE

W/MARY ELLIOTT OF ATIKAMEKSHENG ANISHNAWBEK

About Mary

Mary Elliott is from Atikameksheng Anishnawbek. She is a member of the Turtle/Bird Clan family. She is a Great Grandmother to 1. Grandmother to 8 and a Mother to 3 beautiful daughters.

Over the past 35 years Mary has travelled extensively to many First Nation and Urban communities sharing her knowledge and expertise pertaining to walking a good path. Being raised with the culture of Anishnawbek and the strong cultural knowledge & experience she has, Mary has been able to articulate this into the presentations she has been asked to facilitate.

Now as a Grandmother, she has been asked to do Openings, provide support to delegates of conferences, One on One support, and debrief with those who feel they need to.

CREATING YOUR OWN PERSONAL FAMILY TREE

“GETTING STARTED WITH AncestryDNA”

JUNE 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



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

