



November 2022



Upcoming Events/Workshops:

- Wind Farm Celebration on November 2
- Offices Closed November 11, 2022 for Remembrance Day
- Emergency Land Law in effect until December 12, 2022- see inside for details
- Employment Opportunities
- New Community Submission rates in effect
- Men's Circle
- Rapid Tests available to anyone who requests
- Family Christmas Photo Sessions
- Winter Bingo
- Pierogi Making Workshop
- Parenting Workshop- Sensory Toys DIY
- Youth Outting- Elf The Musical
- Ladies Game Day
- Christmas Card Exchange
- Full Moon Ceremony
- Rustic Christmas Stocking Class
- Looking for Community Cookbook Submissions
- Call for Nominations for 7 Grandfather Teaching Awards

HALLOWEEN HOT SPOT LIST

These are names of those who called in to add name on list,
if you did not call, your household wasn't added.

Lionel & Debbie Fox- 1128 Pickerel R.R.

Lyndy/Kevin- 761-Apt 2 Pickerel R.R.

Wayne/Wanda- 708 Pickerel R.R.

Rachel/Jacob- 634 Pickerel R.R.

Riley- 603 Pickerel R.R.

Dannielle - 15 West Rd

Janice/Fred- 578 Pickerel R.R.

Raine- 498 Pickerel R.R.

Debbie N- 472 Pickerel R.R.

Louise/Mark- 456 Pickerel R.R.

Kimberly/Dale- 433 Pickerel R.R.

Bruce/Charlene- 420 Pickerel R.R.

Grace- 415 Pickerel R.R.

Shirley - 8 Plex- Apt 8

Brenda/Regean- 314 Pickerel R.R.

FIREHALL

Dee- 222 Pickerel R.R.

Stan/Michelle- 32 Sub Rd

Charlotte/Daniel- 44 Sub Rd

Ed- 56 Sub Rd

Valerie- 105 Sub Rd

Jackie/Stacy/Luanas- 158 Sub Rd

Diana/Francis- 184 Sub Rd


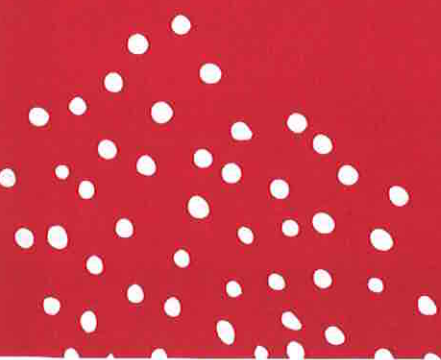




Sorry We Are

CLOSED

Administration,
Health Centre, and
Day Care will be closed on
Friday November 11th to
observe Remembrance Day





HOME MAINTENANCE WORKSHOP W. DEREK MCGREGOR

MUST ATTEND TO QUALIFY FOR DECEMBER RENT
INCENTIVE AS THIS IS ONE OF THE REQUIREMENTS

WEDNESDAY NOVEMBER 16TH @ 1:00PM

OFFICE 2 @ UPSTAIRS O&M BUILDING

METHADONE CLINIC



**Monday to Friday Clinic open from
9:00am to 12:00pm ONLY!!**

**Clinic hours vary on weekends and
Clients will be notified of hours for
weekends**

**REMINDER TO CLIENTS TO PLEASE PRESENT
TO CLINIC AS SOON AS POSSIBLE.**

**IF YOU HAVE ANY QUESTIONS ABOUT
HOURS, PLEASE CONTACT THE CLINIC AT
THE NUMBER BELOW.**

Contact: Brenda Contin or Debbie Brennan

Clinic Phone: (705) 857- 3449

Clinic Fax: (705) 857-1271





**Henvey Inlet
First Nation**

Pickerel, ON P0G 1J0

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

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

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

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

October 13, 2022

Henvey Inlet Members

**Re: Emergency Land Law 2022/23-001 – HUNTING
Henvey Inlet Wind Land Lease**

This emergency land law is in effect from October 12, 2022 to December 12, 2022.

The land law is good for 90 days. Chief and council will be holding two community consultations on this topic to allow feedback, these dates will be announced in the near future for members to attend. On completion of consultation Chief and council will have a community reading and will put in full force.

Mapping has been provided with set backs and contact information in the land law document.

Please see attached land law.

Thank you.

Sincerely,

Chief M. Wayne McQuabbie



HENVEY INLET FIRST NATION
EMERGENCY LAND LAW 2022/23-001
MEMBERS' LIMITED HUNTING ACTIVITIES WITHIN
THE HENVEY INLET WIND ENERGY CENTRE LEASEHOLD
ON HENVEY INLET RESERVE No. 2

Enacted as an Emergency Land Law pursuant to subsections 7.02(e), 8.09 and 10.01(c)
of the *Henvey Inlet First Nation Land Code*

INTERPRETATION

1. In this Land Law:

"**HIW**" means Henvey Inlet Wind GP Inc.;

"**HIW Leasehold**" means the lands and premises described in a lease between Henvey Inlet First Nation and HIW., as shown in Schedule A;

"**HIW Roads**" mean the areas within the HIW Leasehold marked "HIW Road" on the map attached as Schedule A and does not include any wind turbine areas, fenced office or industrial building compounds or substations;

"**hunt**" and "**hunting**" mean predation on wildlife and include harvesting, taking, attacking, lying in wait for, searching for, being on the trail of, pursuing, chasing and capturing and transporting wildlife, whether or not any wildlife is killed, injured, captured or harassed, but does not include:

- i. fishing; or
- ii. lying in wait for, searching for, being on the trail of or pursuing wildlife for a purpose other than attempting to kill, injure, capture or harass it.

"**hunter**" includes every person engaged in hunting or in a hunting party;

"**Member**" means a person who is enrolled on the Membership list of Henvey Inlet First Nation;

"**MLHZ**" means the Members' Limited Hunting Zone shaded **orange** on the map attached as Schedule A;

"**nishshing aki**" means those areas shaded **red** on the map attached as Schedule A;

"**No Hunting Zone**" means those areas shaded **grey** on the map attached as Schedule A;

"**shooter**" means a Member who uses or is permitted to use a weapon;

"**species at risk**" means a wildlife species listed as extirpated, endangered, threatened or as a species of special concern under the *Species at Risk Act*, S.C. 2002, c. 29, as amended from time to time.

GENERAL PROHIBITION ON HUNTING WITHIN THE HIW LEASEHOLD

2. No person shall engage in any hunting activities within the HIW Leasehold except as specifically provided in this land law.

EXCEPTION: LIMITED HUNTING BY MEMBERS

3. Within the MLHZ, members shall be permitted to hunt the game species listed within the following table, subject to the limitations on type, open season and bag limits therein:



SPECIES	TYPE	OPEN SEASON	BAG LIMIT
Moose	Bull or calf	15 September to 30 November	One (1) annually
Deer	Buck or calf	15 September to 30 November	Two (2) annually
Turkey	All	15 September to 30 November	One (1) annually
Partridge	All	15 September to 30 November	Six (6) daily
Rabbit	All	15 September to 31 March	No limit

PERMITTED HUNTING WEAPONS

4. No person may use or be in possession of any traps, weapons or ammunition within the MLHZ other than the following:

PERMITTED WEAPONS	PERMITTED AMMUNITION
Hunting knife	
Snare for rabbits only	
Bow including compound bow and crossbow	Arrows, bolts
Shotgun	Certified nontoxic birdshot, buckshot or slug shells
Rifle – 30/30 caliber or smaller	Certified nontoxic bullets

HUNTING PARTIES

5. A hunting party may include Members, their spouses and children up to a maximum of six individuals in any one party, but no more than two Members of any hunting party may be shooters.

SAFETY CLOTHING AND EQUIPMENT

6. Every person engaged in hunting within the HIW Leasehold shall comply with all applicable hunting safety laws and regulations relating to safety clothing and equipment, including, without limiting the foregoing:
 - a. high-visibility clothing;
 - b. orange hats;
 - c. electronic communication devices for all Members of a hunting party.

NO VEHICLES

- d. With the exception of motorboats used on waterways, no motorized vehicles of any kind shall be used for any hunting activity or by any Member of a hunting party anywhere within the HIW leasehold except on Bekanon Road.

HIW ROADS MAY BE TRAVELLED ON FOOT

7. A person engaged in hunting and other Members of a hunting party may travel HIW Roads within the No Hunting Zone on foot only.

SETBACKS FROM HIW ASSETS

8. No person may engage in any hunting activity within the following setbacks from HIW plant, facilities and equipment:



HIW Asset	Setback
Turbine installation	100 meters from center point
Substation	300 meters from fence
Office compound, staff parking lot	300 meters from fence
Transmission pole	100 meters from center point of center pole
Meteorological Tower	100 meters from center point
Roads	20 meters from center of roadway, except for haul-out of game carcasses on foot

SAFETY: DISCHARGE OF WEAPONS

9. Every person engaged in hunting or otherwise within the HIW Leasehold shall ensure that no weapons are discharged within a setback area or in the direction of, or in a manner which may impact, any wind turbines, roads, parking areas, office or industrial building compounds, substations or transmission poles or lines, or so as to endanger any such equipment or facilities or any person or equipment in the vicinity thereof.

NISHSHING AKI AND SPECIES AT RISK

10. Every person within the HIW Leasehold whether for purposes of hunting or otherwise shall familiarize themselves with the locations of all Nishshing Aki shown on the map attached as Schedule A, and with the species at risk likely to be encountered at any particular time of year and the protected habitat of those species.

STEWARDSHIP OF THE LAND

11. No person engaged in hunting or otherwise shall:
 - a. hunt in, enter upon or disturb in any way any Nishshing Aki; or
 - b. kill, harm, harass, capture or take an individual of any species at risk or disturb the protected habitat of any such species.

NOTIFICATION OF HUNTING ACTIVITIES

12. Every person entering the MLHZ for the purpose of hunting shall provide not less than one week's prior notice of the date, time and location of the proposed hunting activity and shall obtain permission to hunt upon the land from both of the following:
 - a. HIW Operations & Management: Notice to be provided to and permission obtained from the facility manager by telephone, tel. number 705-988-1860; and
 - b. Henvey Inlet First Nation Lands Department: Notice to be provided to and permission obtained from the Lands Office by telephone, tel. number 705-857-5211 or by email to lands@henveyinlet.com

PENALTY

13. Any person who contravenes this Land Law shall be subject to prosecution by summary conviction and subject to a fine of \$10,000.00 or imprisonment for up to six month or both a fine and imprisonment on a first conviction and to a fine of \$100,000.00 or imprisonment for up to two years or both a fine and imprisonment on any subsequent conviction, and all fines levied shall be payable to Henvey Inlet First Nation.



IN FORCE PERIOD






14. This Emergency Land Law shall come into force and effect at 12:01 a.m. on 12 October 2022 and shall expire at midnight on 12 December 2022 unless re-enacted in accordance with section 8.05 of the Land Code.



HENVEY INLET FIRST NATION
EMERGENCY LAND LAW 2022/23-001
MEMBERS' LIMITED HUNTING ACTIVITIES WITHIN
THE HENVEY INLET WIND ENERGY CENTRE LEASEHOLD
ON HENVEY INLET RESERVE No. 2

CERTIFICATION

Signed and witnessed by a quorum of Council pursuant to subsection 8.07 of the *Henvey Inlet First Nation Land Code*

Date:	Quorum: 4 present in person	 (Chief)	
 (Councillor)	 (Councillor)	 (Councillor)	
 (Councillor)	 (Councillor)	 (Councillor)	

Georgian Bay



Schedule A

Henvey Inlet
Wind (HIW)
Hunting Areas

Legend

- Members Limited Hunting Zone (MLHZ)
- No Hunting Zone
- HIW Leasehold
- Wind Turbine Installation
- Bekaanon Rd
- Nishishing Aki
- Transmission Line
- Meteorological Towers
- Substations
- Office Compound



Notes:
1. Not a Plan of Survey. For illustrative purposes only.
2. Feature boundaries are based on secondary sources of data and desktop review.



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

Administration
295 Pickereel River Road
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F 705-857-0730
1-866-252-3330

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F 705-857-1369

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

MEMORANDUM

To: All Henvey Inlet First Nation Members
From: Samantha Bradley, Human Resources Coordinator
Date: October 24, 2022
Re: Employment Opportunities

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

- 1) Early Childhood Education Worker – 2 Positions
- 2) Housing and Finance Assistant – 1 Position
- 3) Band Representatives – 1 Position
- 4) Home Maintenance Worker – 1 Position
- 5) Child & Family Mental Health Worker – 1 Position

See attached job postings for more information.

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

Miigwetch,

Samantha Bradley, PCP
Human Resources Coordinator



EMPLOYMENT OPPORTUNITY
EARLY CHILDHOOD EDUCATION WORKER

***RE-POST ***

POSITION SUMMARY

Henvey Inlet First Nation is seeking a qualified full-time **Early Childhood Education Worker** to join our Administration. The ECE Worker reports to the Daycare Supervisor and is responsible for providing supervision and direct childcare to children attending the HIFN Daycare, in compliance with all regulatory standards required by federal, provincial and First Nations legislation, policies and procedures. Under the leadership of the Daycare Supervisor, the ECE worker will help to plan and implement developmentally appropriate activities and experiences for the children using a variety of teaching techniques in alignment with HIFN Daycare Philosophy. This position requires excellent interpersonal communication skills and the ability to adapt and respond to all childcare needs.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Early Childhood Education Worker will be responsible to:

- Provide a daily balance of developmentally appropriate active/quiet, indoor/outdoor & individual/group activities and experiences for children
- Assist children in self-expression by listening and responding with dialogue that encourages and lengthens conversations
- Encourage the children in learning about a variety of different cultures, including an understanding of our First Nation culture and value system
- Provide experiences and play material that actively promotes diversity and acceptance in interactions and attitudes
- Participate in short- & long-term Daycare planning initiatives and evaluations
- Learn and use techniques provided to assist children in developing the necessary coping skills to address unique life issues
- Observe how children use materials and interact with other children and adults and plan activities that recognize these individual differences
- Initiate referral for additional services for parents and children as needed
- Ensure the child's environment is healthy and safe and monitor the environmental hazards
- Attend to children's physical needs for toileting, diapering, eating & sleeping as promptly as possible
- Maintain positive and ongoing communication with parents

QUALIFICATIONS

- Post-secondary diploma or degree Early Childhood Education, Child and Youth Worker, Social Services or other related field plus 1-3 years related professional experience working with children preferred
- Current Ontario RECE License in good standing and registration with the College of Early Childhood Education preferred
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C
- Membership in good standing with the College of Early Childhood Educators
- Knowledge of the Child Care and Early Years Act, 2014
- Professional and responsible attitude
- Excellent oral, written and interpersonal communication skills
- Willingness to work flexible hours

HOURS OF WORK

Full Time – 35.5 hrs/week

REMUNERATION

Up to \$22/hr based on educational qualifications and relevant work experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickereel River Rd.

Pickereel, 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

HOUSING AND FINANCE ASSISTANT

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Housing and Finance Assistant** to join our Administration. The Housing and Finance Assistant reports to the Director of Finance/Administration and is responsible for coordinating preventative maintenance for all Band-owned housing units and supervising all housing maintenance and repairs. The Housing and Finance Assistant receives and reviews all housing applications and inquiries, and, in collaboration with the Housing Committee, recommends tenants to Chief and Council for vacant units in accordance with the rules and regulations set forth in the Housing Policy. Additionally, the Housing and Finance Assistant is responsible for all administrative management of the Housing Department including collecting rent, issuing receipts and invoices, completing housing reports, facilitating workshops and processing payments for all incoming department invoices. The Housing and Finance Assistant will also support the Finance Department with maintaining housing and financial budgets, reports and books, and processing accounts payables, receivables and payroll as assigned. This position requires strong organization skills, financial literacy and professionalism.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Housing and Finance Assistant will be responsible to:

Housing Support

- Aid in the preparation and monitoring of the annual housing budget and work plan
- Conduct analyses of maintenance and repair costs to determine areas where cost reductions can be implemented
- Conduct routine and annual home, building, equipment and grounds inspections of band-owned units to determine necessity of repairs and maintenance
- Ensure building facilities are compliant with health and safety regulations including local fire codes, accessibility and other relevant building and maintenance legislation
- Plan, coordinate and schedule preventative maintenance, major repairs, remodeling and construction projects on housing units within the community
- Request quotes and negotiate contracts and service agreements with trade professionals, third party suppliers or service providers
- Arrange the purchase and delivery of project materials as required by trade professionals or service providers
- Coordinate grounds maintenance including landscaping and snow removal in collaboration with the Maintenance Department
- Provide a positive and professional image of the organization at all times, serving as the department's point of contact for all housing-related inquiries
- Act as a liaison between membership, the Housing Committee, vendors, external organizations and Chief and Council
- Receive and review all housing applications and inquiries and respond in a professional and timely manner
- Prepare housing and tenancy agreements, ensuring they are accurately completed, signed and filed
- Prepare and circulate newsletter updates, correspondence and related documentation accordingly
- Meet with prospective tenants to show properties, explain terms of occupancy and provide information about housing policies and procedures
- Coordinate and facilitate two home maintenance workshops annually as part of the Housing Incentive Program
- Study housing demands, occupancy and turnover rates, and accommodation requirements of applicants to recommend policy and physical requirement changes
- Solicit and utilize tenant's opinions on a variety of issues, ensuring they feel involved and as though they have influence on decisions
- Aid in the creation and administration of programs that will increase tenant involvement in various decisions concerning the housing authority

- Maintain a database of all community members living in Band housing
- Promote harmonious relations among tenants, housing project personnel, and persons of the community
- Investigate complaints, disturbances and violations and resolve problems following company rules, regulation and policies
- Attend and facilitate monthly Housing Committee meetings, recording meeting minutes and actioning meeting objectives
- Research, interpret and maintain by-laws, legislation and building/safety codes, making recommendations for changes to the appropriate party as needed
- Assist with revisions and updates to the Housing Policy in coordination with the community, staff, Housing Committee and Chief and Council
- Collect rental fees and issue receipts to tenants
- Process payment of incoming bills for the Housing Department including mortgage, insurance, utilities, etc.
- Maintain updated and accurate financial records, preparing operational budget reports for the Director of Finance
- Develop operational progress and informational reports for membership and Chief and Council as requested
- Perform a variety of office administration tasks including but not limited to filing, copying, printing, scanning, emailing, and answering phones
- Attend and actively participate in staff and community meetings
- Participate in mandatory training workshops as required
- Perform clerical duties, such as maintaining orderly and chronological filing and record systems
- Other duties as assigned from time to time by Chief and Council or the Director of Finance/Administration

Financial Support

- Receive, code and reconcile all incoming invoices
- Prepare and file approved purchase orders and cheque requisitions
- Prepare all cash and cheque deposits for bank
- Assist with the processing and reconciliation of accounts payable, accounts receivable and bank and credit card accounts
- Ensure proper execution of financial and funding agreements
- Input financial data into Simply Accounting software and allocate transactions to the appropriate General Ledger account
- Ensure daily back-up of accounting system occurs
- Help maintain the chart of accounts
- Prepare all financial statements and bank reconciliations for assigned departments
- Prepare and maintain various financial reports for monthly finance meetings or as requested by the Director of Finance/Administration or Chief and Council
- Decipher funding agreements and assist with financial forecasting and planning
- Assist with opening and closing the financial books in preparation of the annual audit
- Assist auditors with annual review by preparing and providing supporting documentation as requested
- Assist the finance department with payroll processing and other administrative tasks as requested

QUALIFICATIONS

- College Diploma in Social Services, Business Administration, Finance, Accounting, or a related field
- Previous experience working with a housing authority an asset
- Strong knowledge of building and housing maintenance and repairs
- Knowledge of low-income housing programs and associated funding sources an asset
- Previous finance, bookkeeping and office administration experience an asset
- Strong working knowledge of Generally Accepted Accounting Principles and financial procedures preferred
- Exceptional computer knowledge including proficiency with Simply Accounting and Microsoft Word, Excel and PowerPoint
- Excellent verbal, written and interpersonal communication skills
- Strong public speaking skills
- Exceptional organization and time-management skills
- Excellent problem solving and critical thinking skills
- High level of attention to detail and a high degree of accuracy
- Ability to multi-task and manage competing priorities
- Ability to work cooperatively with others
- High level of personal integrity and a strong work ethic
- Valid Ontario Class G Driver's License with access to a reliable vehicle
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C an asset
- Previous experience working within a First Nation Organization would be an asset

HOURS OF WORK

Full-Time – 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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

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



EMPLOYMENT OPPORTUNITY

BAND REPRESENTATIVES

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Band Representative** to join our Administration. The Band Representative reports to the Band Representative Lead and is responsible to represent and advocate for Henvey Inlet First Nation members that are involved with any child welfare agencies throughout Canada. This position requires exceptional interpersonal communication skills and strong organization skills.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Band Representative will be responsible to:

- Assist with the development of a program structure for Henvey Inlet First Nation in collaboration with the Band Representative Team
- Assist with the establishment of a Child Welfare Committee and collaboratively develop Henvey Inlet First Nation child welfare laws, regulations and practices
- Provide support services to Henvey Inlet First Nation members that are currently or may be involved with child welfare agencies
- Establish and develop an active working relationship with all child welfare agencies throughout Canada
- Respond to all child welfare agencies when notified of any members being involved with their agency
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Develop a plan of care for HIFN members and ensure that a legal representative is aware of all court files as necessary
- Ensure that customary care is practiced with all band members before court is considered
- Participate in all Service Plans, Plans of Care or Service Development for Henvey Inlet band members
- Assist with the development of BCR's as needed with full briefing notes for Chief and Council
- Review CCAs prior to seeking Chief and Council's approval for BCRs
- Present in-camera sessions with a report to Chief and Council monthly or when required
- Build and maintain trusting and supportive client relations
- Attend all court proceedings related to band member child welfare cases as required
- Act as a representative of Chief and Council when they are unable to attend courtroom proceedings for child welfare cases
- Present information and documents to the courts on behalf of Chief and Council for child welfare cases
- Act as a support system to band members required to attend child welfare court proceedings
- Maintain an empathetic and supportive demeanor to band members and their families
- Liaise with Chief and Council regarding court proceedings and outcomes
- Maintain a log of activities that are participated in on behalf of the band
- Create and maintain a secure filing system with gathered information on all our members with open files with each child welfare agency throughout Canada in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Take interest in continuous learning and maintain up-to-date knowledge on current industry regulations, trends and practices
- Participate in mandatory training workshops as required
- Attend and actively participate in staff and community meetings
- Perform other duties as assigned from time-to-time by the Band Representative Lead, Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Post-secondary certificate, degree or diploma in Social Services, Family Services, Child and Youth Services or other related field
- Current and satisfactory Vulnerable Sector Police Check
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current First Aid and CPR Level C an asset
- A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Previous experience working within a First Nations organization an asset
- Knowledge of the history of child welfare as it pertains to First Nations' communities
- Full understanding of the Child and Family Services Act (CFSA), Bill C92, federal and provincial child welfare laws and regulations and Customary Care Agreements
- Previous courtroom and public speaking experience
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients and affiliates
- Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Ability to work independently and as part of a team
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- Willingness to travel for work when needed
- Willingness to work flexible hours, including on-call, evenings and weekends when requested

HOURS OF WORK

Full-Time – 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

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EMPLOYMENT OPPORTUNITY

HOME MAINTENANCE WORKER

POSITION SUMMARY

Henvey Inlet First Nation is currently seeking a temporary, full-time **Home Maintenance Worker** to join our Administration for a short-term contract up to 12 weeks. The Home Maintenance Worker reports to the Community Health Nurse and is responsible for providing primarily exterior home maintenance and minor home repairs for eligible clients in the Community. This position requires excellent customer service and interpersonal communication skills and a strong work ethic.

MAIN RESPONSIBILITIES

The Home Maintenance Worker will be responsible to:

- Ensure the safety and adaptation needs of clients are met via installation of support bars, railings, etc.
- Check and report any extraordinary maintenance or safety concerns to the Supervisor
- Provide appropriate level of service to all clients as assigned and noted in the monthly calendar
- Accompany Supervisor on quarterly home visits to clients to review services being provided and ensure client satisfaction
- Perform various preventative, routine and seasonal home maintenance duties for clients including:
 - Basic plumbing such as repairing leaky faucets, broken pipes, etc.
 - Interior and exterior painting, window washing and basic carpentry
 - Changing light bulbs and smoke detector batteries
 - Deck and porch repair
 - Installation of clotheslines when requested
 - Hanging wall fixtures, safety bars or décor
 - Ensuring mailboxes are kept in good order for incoming mailing delivery
 - Cutting, piling, splitting and delivering wood
 - Lawn maintenance such as grass and brush cutting, raking leaves and removal of fallen trees
 - Assisting with planting, watering, weeding and harvesting of gardens
 - Clearing snow from driveways, steps, ramps, pathways, garbage bins, and mailboxes
 - Salting and/or sanding driveways, steps, ramps and walkways prior to and immediately following snow or ice storms
 - Hanging Christmas lights and outdoor decorations
 - Cleaning chimneys, stove pipes and gutters/eavestroughs
 - Winterizing doors and windows
 - Water delivery
 - Picking up and removing garbage and other debris in and around the property
 - Assisting with more difficult tasks in and around the home as required
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Valid Ontario Class G Driver's License **a must**
- Grade 12 diploma or equivalent preferred
- Current CPIC
- Basic home maintenance and carpentry skills
- Previous brush cutting or landscaping experience an asset
- Chainsaw Safety Certification preferred
- Ability to stand, bend, reach and twist for long periods of time
- Ability to lift up to 20lbs continuously
- Previous experience providing respectful and compassionate service to Elders preferred
- Current First Aid and CPR Level C
- Excellent customer service and interpersonal communication skills
- Exceptional organization and time-management skills
- Professional attitude and a strong work ethic
- Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours a must

HOURS OF WORK

Full-Time – 35.5 hrs/week

REMUNERATION

\$18/hour

START DATE

As soon as possible

APPLICATION DEADLINE

October 30, 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

CHILD & FAMILY MENTAL HEALTH WORKER

POSITION SUMMARY

Henvey Inlet First Nation is seeking a temporary, full-time **Child & Family Mental Health Worker** to join our Administration for a one-year contract. The Child & Family Mental Health Worker reports to the HIFN Education Counsellor and is responsible for providing mental health services and behaviour strategies for children and families both in school and community settings. In collaboration with parents/caregivers, teachers and school staff, the Child & Family Mental Health Worker will assess child and family needs and support school staff to implement behaviour management strategies using best practices. The Child & Family Mental Health Worker will also provide addiction awareness using culturally relevant teachings and tools, and be responsible for case management, including coordination of external services as required and maintaining accurate and secure records. This position requires exceptional interpersonal communication skills and self-discipline.

The location for this position will be split between Britt Public School in Britt, ON and at Henvey Inlet First Nation in Pickerel, ON. Britt is located about 25 kilometers south of Pickerel, and is approximately 65 minutes from Sudbury. This contract position will be aligned with the school year but may involve some community work during July or August. Based on community needs and service results, this contract may be extended.

MAIN RESPONSIBILITIES

The Child & Family Mental Health Worker will be responsible to:

- Build and/or strengthen bridges between Indigenous and mainstream approaches to wellness
- Establish and maintain therapeutic relationships with children, youth and families
- Prepare comprehensive risk and strength assessments of children and youth
- Develop and implement treatment/wellness plans that include clear recommendations for teachers, school staff, and parents as well as recommendations for individual clinical interventions
- Assist families in understanding reports and in implementing behaviour management strategies at home
- Work collaboratively with school and community professionals while ensuring client confidentiality
- Create and maintain a secure filing system for all confidential client/family information in accordance with PIPEDA regulations
- Ensure services are provided in a professional and timely manner
- Monitor and evaluate progress and adapt treatment/wellness plans as required
- Develop, implement and update safety plans as needed
- Recognize and refer clients to psychological or psychiatric specialists if/when required
- Refer clients to recognized and approved Indigenous Traditional service providers
- Provide case management and monitor client progress with above noted service providers
- Provide child, youth and/or family counselling using evidence-based programs and interventions
- Provide crisis intervention counselling as required
- Assist with the completion and submission of various department reports
- Adhere to all HIFN and Near North District School Board Policies and Procedures
- Participate in continuous learning opportunities to maintain up-to-date knowledge on current industry regulations, trends and practices
- Participate in mandatory training workshops as required
- Attend and actively participate in staff and community meetings
- Other duties as assigned from time to time by the Supervisor, Chief and Council or the Director of Finance/Administration.

QUALIFICATIONS

- Post-secondary degree or diploma in Social Work, Native Human Services or Psychology
- 4+ years of clinical experience working with Indigenous children and families
- Experience working in a school environment preferred
- Experience working with children experiencing Fetal Alcohol Spectrum Disorder (FASD), Attention Deficit Disorder (ADD), trauma, emotional and behavioural challenges, developmental delays, addictions, learning difficulties and other youth mental health issues
- Be certified in ASSIST training and/or be willing to obtain certification
- Knowledge of and respect for Anishinabek culture, history, teachings, language, values and beliefs is of critical importance
- Must have a thorough understanding of inter-generational trauma and experience using trauma-informed practices
- Demonstrated ability to work within a multi-disciplinary environment
- Able to provide a satisfactory Criminal Record Check (CPIC) including a Vulnerable Sector screening
- Valid Class G driver's license with access to a reliable, insured vehicle
- Current First Aid and CPR Level C preferred
- Excellent client relations and interpersonal communication skills
- Strong written and verbal communication skills
- Must have sound decision making and problem-solving skills and proven ability to work independently
- Must be able to work with little supervision; must be self-directed
- Proficient with Microsoft Office programs including Word, Excel, and Power Point and the use of general office equipment
- Willingness to travel for work when needed

HOURS OF WORK:

Full-Time – 35.5 hours per week

REMUNERATION:

Based on experience

START DATE

November 7, 2022

APPLICATION DEADLINE

October 30, 2022

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

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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

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**
Pickering, ON P0G 1J0

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

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

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

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

Memorandum

To: HIFN Band Members
From: Darcy Ashawasagai- P.S.C./Reception
Date: October 19, 2022
Re: Community Submission Updated Rates

As of October 1, 2022, Non-Insured Health Benefits Program has updated their Mileage rates.

The new rate is now \$0.265/km. Our Community Submissions have been updated to reflect the change. If you have any old Submissions, please recycle them and come grab new forms from the Health Centre or Administration.

Rates are as follows:

- ❖ Sudbury \$38.16
- ❖ Parry Sound \$46.64
- ❖ Britt \$13.25

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

Reminder: To please have all spaces filled out on your forms before submitting them, there must be a signature or stamp from Doctors Office to show proof of attendance an exception would be a letter of confirmation attached to the form.

Thanks,

Darcy Ashawasagai,
P.S.C./Reception



**Henvey Inlet
First Nation**

Pickerel, ON P0G 1J0

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

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

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

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

MEMORANDUM

To: CMHC/Band Owned Units Tenants
Fr: Millie Pawis, Director of Finance/Administration
Dt: October 24, 2022
Re: Outstanding Rent Due

The Finance Staff of HIFN has been attempting to keep the housing account activity up to date.

You will find attached relative invoices/statements for your unit, that have been printed.

In the event that you have an outstanding amount due, your immediate attention is requested to clear the debt, if you are current, thank you.

If you are to be eligible for the rent incentive in December 2022, then this is one aspect of your occupancy that requires be current.

Thank you for your cooperation.

MP

/MP
Director of Finance/Administration

c.c. Tenant File

September 26, 2022

Cassandra Lemay Biography

Hello members of Henvey Inlet First Nation, my name is Cassandra Lemay and I am the new Executive Assistant at Henvey Inlet First Nation. I have a degree in Office Administration and Human Resources.

I am the mother of a beautiful little girl; I have a wonderful fur baby and I am engaged. I come from a small town in the North called Marathon, where I was born and raised. I enjoy being out in the nature, learning new things and being with my family; I prefer to be called Cass. I cannot wait to learn more about the culture and everything Henvey Inlet First Nation has to offer me.

Please do not hesitate to stop in and say hi; I will try my best to help out with all your needs.



Friendly

Reminder!!!

Health Centre will only accommodate appointments between the hours of regular scheduled work days, 9:00am to 4:30pm, Any appointments booked after hours will be the responsibility of the Clients to find a ride and can utilize the Community Submission form for Mileage costs. With an exception to Emergencies.

The Health Centre requires **3 DAYS NOTICE** (doesn't include weekends) to put your name in the Medical Book!

Clients are to notify The Driver if they do not require a ride back home after appointment.

Non-Band Members CAN utilize the Medical Bus following the same rules above. Furthermore, the appointment is to be between the appointment times already in the book. The Health Centre can be called to confirm the 1st and last appointments.

Thanks for understanding!



Medical Transportation Schedule

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SUDBURY	PARRY SOUND	BRITT	SUDBURY

FRIDAYS ARE EMERGENCY ONLY

Thank You for your cooperation!



The Lands Advisory Committee is looking for a committee member!



If interested, please contact Amanda
Barbe,

Assistant Lands Manager

Lands Office 705-857-5211

HENVEY INLET FIRST NATION WINDFARM LEGACY TRUST



Quarterly Payments to Eligible Members Q4 January 1, 2023 Payment Reminder!

If you have not submitted your banking information

OR

have new/updated bank accounts

Please follow the instructions below:



Photo/Image of Member's Status Card

Provide a photo/image of
your Status Card or other
form of Valid ID



Submit Deposit Form

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



Contact Information

Include your
legal name,
address, phone,
email, and status
number



Await Transfer

Payments are made every quarter end.

Q4 Payment date: On or Before January 01, 2023

Deadline to submit: November 25, 2022

**if not met, payment will be at next quarterly
payment schedule*

Please email your information to:

Lyndy McQuabbie, Trust Coordinator

trustcoordinator@henveyinlet.com

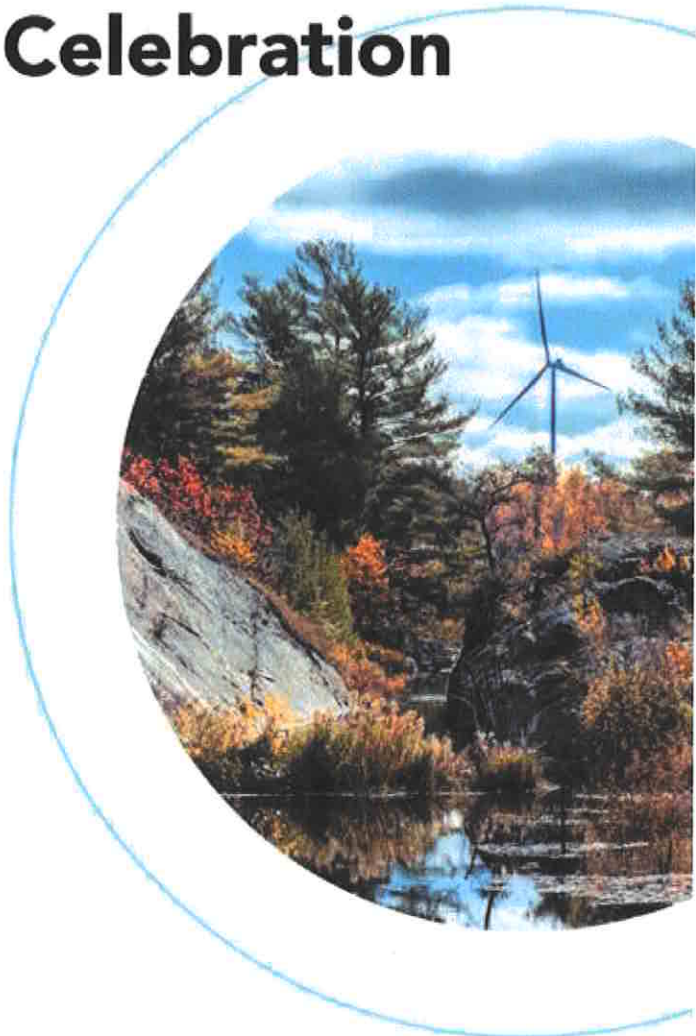
Henvey Inlet Wind Community Celebration

Please join us for the
Henvey Inlet Wind
Community Celebration

November 2, 2022
Alban Community Centre
796 ON-64, French River, ON

- 1:00 p.m. Arrive
- 1:30 p.m. Opening Presentations
- 3:30 p.m. Feast by Hiawatha's Catering
- 4:30 p.m. Closing Song and Departure

Please RSVP with number of guests and any dietary restrictions
to events@patternenergy.com or call 855.782.1207





PICKEREL CONTRACTING LTD.

Volunteer Opportunity

Board Member(s)

MAIN RESPONSIBILITIES:

- Understand and demonstrate a commitment to the organization's mission and programs
- Keep up to date with issues and trends that affect the organization
- Prepare for meetings by reading agendas, minutes, reports and other documentation required to actively participate in them
- Attend meetings - monthly
- Contribute skills and knowledge by participating actively in meetings and committee work
- Make inquiries when clarification or more information is needed
- Understand and monitor the organization's financial affairs
- Avoid any potential conflicts of interest
- Understand and maintain confidentiality
- Ensure the organization is complying with all legal and regulatory requirements

QUALIFICATIONS:

Background/experience/expertise in any of the following areas:

- Experience in Carpentry/building
- Experience in Road constructions, infrastructure, heavy equipment
- Finances
- Health and safety
- Previous board experience is an asset
- Government relations and collaborative and integrated service delivery initiatives
- Excellent communication, organization and time-management skills
- Ability to operate with integrity and professionalism
- Must be able to work as team

RENUMERATION

Honorarium to be determined

START DATE

Board Meeting Schedule

Closing Date: Until Filled

Those interested in applying should submit their resume and letter of interest in confidence to:

Pickerel Contracting Ltd.

295 Pickerel River Rd.

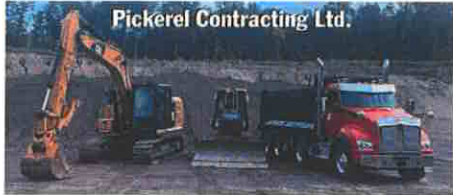
Pickerel, ON P0G 1G0

Tel: 705.857.2331 ext228 Fax:705.857.3021

Email: pcl@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.



PICKEREL CONTRACTING LTD.

EMPLOYMENT OPPORTUNITY

GENERAL CARPENTER

POSITION SUMMARY

Pickrel Contracting Ltd. Is currently seeking a Full-time **General Carpenter** to join our team. You will report to the Site Supervisor and is responsible for assisting with construction and maintaining residences and buildings. The General Carpenter will also assist with building, restoring and /or installing of structural woodwork and related materials of active projects. This position requires physical stamina and a strong work ethic.

MAIN RESPONSIBILITIES:

The General Carpenter will be responsible to:

- Assist with gathering, assembling, moving, lifting and transporting materials, tool and equipment to job sites
- Lay building foundation
- Mix, pour and create cement forms
- Frame building including window and doors
- Install Roofing, siding, eaves, porches, decks etc.
- Build and install, cupboards, bookcases, tack board, and specialty furniture etc.
- Drywalling, install, tape, sand, prepare for painting, painting etc.
- Install various types of flooring laminate, tile etc.
- Construct, repair, maintenance, and preventative work as required including but not limited to woodwork, shelving, flooring, tables, chairs, stairs etc.
- Operate and maintain carpentry tools and equipment
- Assist with delivery of other related municipal services
- Keep a daily log
- Prepare preventative maintenance schedule and list of materials
- Contribute and participate in the effective use of the Quality Control System
- Respect and respond to direction given by Supervisor, Board of Directors or Chief and Council
- Prepare estimates for work orders and material required

QUALIFICATIONS:

- Grade 12 diploma or equivalent
- Valid Ontario Class G drivers license with access to a reliable vehicle a **must**.
- Previous home maintenance, building, painting and carpentry skills an asset
- Experience working with various carpentry tools and equipment
- Ability to stand, bend, reach and twist for long periods of time in increment weather
- Ability to lift up to 50lbs continuously
- Current First Aid and CPR Level C
- Current Vulnerable CPIC required if hired

- Excellent communication, organization and time-management skills
- Professional attitude and a strong work ethic
- Must be able to work as team and individually: self -directed
- Willing to work flexible hour a must

Hours of Work

Full-time – 40hrs/week

RENUMERATION

To be determined based on experience

START DATE

To be determined

APPLICATION DEADLINE

Once Position has been filled

Those interested in applying should submit their resume and cover letter in confidence to: .

Pickerel Contracting Ltd.

295 Pickerel River Rd.

Pickerel, ON P0G 1G0

Tel: 705.857.2331 ext228

Fax: 705.857.3021

Email: pcl@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.

FRIENDLY REMINDER

Reminder to pet owners to please be mindful of others and to leash/tie-up their dogs at all times.

They are to not be roaming the community freely.

Your cooperation is appreciated!



Thank you





Niijaansinaanik

Child and Family Services

ORANGE STANDARD DELIVERY MODEL LOGO CONTEST



The Orange Standard lays the foundation to promote leading and innovative practices in Child Wellbeing, guided by the 4 pillars: *The Rights of the Child, First Nation Child and Family Funding Equity, Niijaansinaanik History, Heritage and Culture, and an Every Child Matters Framework of Operational Excellence...*

What to think about when drawing your logo:

- How does a loving and safe community/world look like for Indigenous children, Youth and Families..
- What will the Journey of Niijaansinaanik Orange Standard look like..

**** families can help their children****

Open to members only :

- Henvey Inlet First Nation
- Magnetawan First Nation
- Wahnapiatae First Nation
- Wasauksing First Nation
- Shawanaga First Nation
- Dokis First Nation



**Prize =
\$500.00**

**Contest Opens
OCTOBER, 25TH 2022**

**Contest Closes
NOVEMBER, 15TH 2022**

send to email @: joanne.koehler@niijcfs.com



NIIJAANSINAANIK ORANGE STANDARD LOGO CONTEST - ENTRY FORM

ENTRY DEADLINE is **November 15, 2022**

Name of Artist: _____ Age: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Email Address: _____

Please check which First Nation you are from:

- | | | |
|---|---|--|
| <input type="checkbox"/> Dokis First Nation | <input type="checkbox"/> Magnetawan First Nation | <input type="checkbox"/> Henvey Inlet First Nation |
| <input type="checkbox"/> Shawanaga First Nation | <input type="checkbox"/> Wahnapiatae First Nation | <input type="checkbox"/> Wasauksing First Nation |

Don't forget to include:

-  completed Entry Form
-  an unframed 2-Dimensional work of art in any graphic medium

Entries can be forwarded to:

Niijaansinaanik Child and Family Services Logo Contest

940A Main Street,
Dokis First Nation, ON
P0M 2N1

Or by email to: Joanne.Koehler@nijcfs.com





Carbon Monoxide Awareness Week

Carbon Monoxide Safety Checklist:

Carbon monoxide (CO) is colourless, odourless and tasteless and is produced when fuels such as propane, coal, natural gas, wood, gasoline, and heating oil are burned. If at combustion level these fuels are not properly ventilated, they become dangerous and can cause illness or death. There are no obvious signs of carbon monoxide exposure, which is why without a working CO alarm it is hard to detect a leak. Taking these simple steps at home can also help prevent and detect carbon monoxide. Review this simple checklist regularly to keep you safe from CO exposure:

Prevent Carbon Monoxide in your Home

- Get your fuel-burning appliances (i.e. furnace, hot water heater, fireplace, natural gas range, etc.) checked by a qualified technician regularly according to manufacturers' specifications.
- Check and replace your furnace filter at least every three months.
- Clear your indoor and outdoor vents and chimneys of debris, snow and ice (if necessary).
- Ensure the area around fuel-burning appliances is clutter free.
- Check the flame of all natural gas appliances regularly (it should be blue – a yellow burner flame can be a sign of carbon monoxide).
- Ensure there is adequate air supply (nearby window opened) when using a wood-burning fireplace.
- Do not idle your vehicle in your garage, even with the overhead door open.
- During a power outage, never use portable fuel-burning equipment (i.e. generators, patio heaters, barbecues, etc.) inside your home or garage as a temporary heat source.

Detect Carbon Monoxide in your Home

- Install and maintain CO alarm(s) according to manufacturer's instructions.
- Record the expiry date on your CO alarm(s) with a marker.
- Test your CO alarm(s) monthly.
- Replace the CO alarm(s) battery annually, if applicable.
- Vacuum your CO alarm(s) monthly.

In Case of a Leak...

- Ensure that all people and pets leave the home immediately.
- Call 911 or your local fire department, fuel supplier, a licensed heating contractor, or your gas company for an inspection.
- If anyone in the house feels ill, get immediate medical attention – symptoms may include flu-like symptoms without the fever, impaired motor functions, chest pain, tiredness or dizziness, and nausea.

Autumn Fire Safety



Outside the Home

- Never park your car or truck over a pile of leaves. The heat from the vehicle's catalytic converter or exhaust system can ignite the leaves below.



- The resulting fire could destroy your vehicle.
- Flammable liquids should not be stored inside the home or in an attached garage or shed. This includes any unused fuel still in the fuel tank. Store this equipment away from your home or drain excess fuel out of the tank before storing. This simple safety precaution will help prevent accidental fires from escaping fuel vapors.
- Remove fuel from lawn mowers before storing them for winter.
- Contact your utility company if trees or branches are not clear of power lines
- Prune back trees, and rake up leaves and debris. If you live in an open area with a lot of natural vegetation, consider creating a defensible fire zone around your home. Prune the bottom branches from trees and remove shrubs and trees within 20 feet of your home
- Don't store cardboard boxes, paper or other flammable materials in the backyard. These materials provide ready fuel for a fire and all it takes is one spark.

Heating your Home

Most Important!

- Check all smoke and carbon monoxide detectors to make sure they work, and change the batteries. It is the law for all Ontario homes to have a



- working smoke alarm on every storey and outside all sleeping areas. This covers single family, semi-detached and town homes, whether owner-occupied or rented.
- Have a useable fire extinguisher available.

Central Heating

- Get your central heating system cleaned, inspected and serviced by a certified HVAC (heating, venting and air conditioning) contractor every year before using it.
- If you have a gas heater, make sure that you have a sufficient quantity of fully functioning carbon monoxide detectors installed in your home.
- Keep all flammable materials away from your furnace. This includes, clothing, paint products, toxic materials, cardboard and more.

Fireplaces and Woodstoves

- Have heating appliances serviced and chimney flues examined for defects.
- Have fireplaces and fireplace dampers checked.
- Fireplaces should be equipped with an appropriate screen or glass enclosure to prevent sparks from flying out.
- Wood burning stoves should be examined and the flue and chimney checked for creosote buildup. Creosote is a deposit from smoke that can build up in a chimney and can start a fire.
- Use only seasoned woods, and avoid soft woods like Pine, etc.
- Never use a flammable liquid to start a fireplace.
- Never overload the hearth with wood or artificial logs, the resulting fire may be too large for the unit.
- Put all ashes outdoors and away from the house in a metal container.

Space Heaters

- Make sure that any space heaters are surrounded by at least three feet of empty space.
- Never place clothing or any other objects on a space heater to dry.
- Do not place space heaters near furniture or drapery.
- Turn space heaters off when you leave the house or go to bed.
- Avoid storing any combustible items near heaters.

In The Home

- Cooking fires are the number one cause of home fires and home injuries. The leading cause of fires in the kitchen is unattended cooking. Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove. If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking. Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.
- Do not overload electrical outlets or use extension cords in the place of additional outlets.
- Check electrical appliances regularly for wearing cords and plugs. Do not leave electrical appliances plugged in if they do not need to be.
- Lack of maintenance is the number one cause of dryer fires. That is why it is critical to clean the lint filter before and after each use, and wipe away any lint that has accumulated around the drum. Perform periodic checks to ensure that the air exhaust vent pipe is unobstructed (lint accumulation) and the outdoor vent flap opens readily. Do not run the dryer without a lint filter. You are encouraged to not leave the dryer running if you go out, in case it malfunctions.

Candles

- Extinguish candles when leaving the room or going to sleep. Keep lit candles away from items that can catch fire
- Place candles in sturdy, burn-resistant containers that won't tip over and are big enough to collect dripping wax.



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

Public & Life Safety

This information is provided by the members of the Ontario Association of Fire Chiefs, the Ontario Fire Service, Ontario Fire and Life Safety Educators and the Office of the Fire Marshal. Questions regarding fire education and prevention should be directed to your local fire department.

Prevention is the best way to fight a fire!

XMAS

Bazaar

SUNDAY

Nov. 6th/2022

Britt Legion

11.am to 5.pm

Scratch Tickets

Food Hamper

Bake Table

penny table

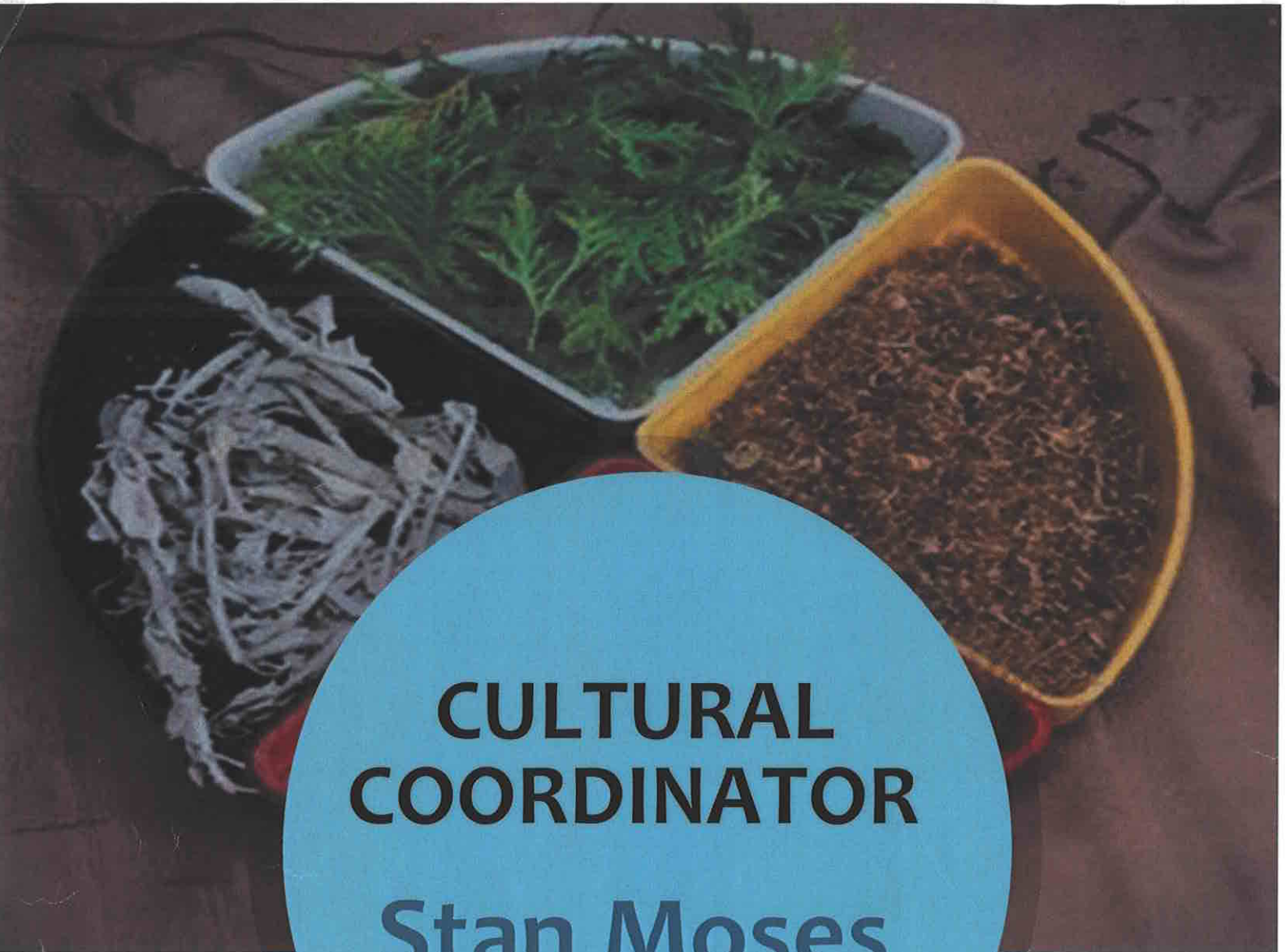
Turkey Roll

Specialty

Shared Games

Join us for Lunch

**Get Your early bird membership now \$45.00
At the Branch Mon Tues Wed and Friday evening
Or Call Membership Chair Art Buisson 705-918-2808**

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

**CULTURAL
COORDINATOR
Stan Moses**

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

PoG 1J0

(705)857-1221 EXT: 229



TUESDAY NOVEMBER 1, 2022

MEN'S CIRCLE

REGULAR PROGRAMMING

**WITH STAN MOSES, DAVE RICE,
ARLEN TULLOCH & ROD NETTAGOG**

HIFN- TRAILER # 4

5:00PM TO 8:00PM

10 PARTICIPANTS MAX.

**PLEASE CALL HEALTH CENTRE IF INTERESTED IN
ATTENDING.**

**FOR FURTHER INFORMATION OR IF A RIDE IS NEEDED WITHIN
COMMUNITY, CONTACT:**

CULTURAL COORDINATOR- STAN MOSES 705-857-1221



TUESDAY NOVEMBER 15, 2022

MEN'S CIRCLE

SWEAT CEREMONY

WITH STAN MOSES, DAVE RICE,
ARLEN TULLOCH & ROD NETTAGOG

• **HIFN- TRAILER # 4** •

5:00PM TO 8:00PM

10 PARTICIPANTS MAX.

**PLEASE CALL HEALTH CENTRE IF INTERESTED IN
ATTENDING.**

**FOR FURTHER INFORMATION OR IF A RIDE IS NEEDED WITHIN
COMMUNITY, CONTACT:**

CULTURAL COORDINATOR- STAN MOSES 705-857-1221



TUESDAY NOVEMBER 29, 2022

MEN'S CIRCLE

REGULAR PROGRAMMING

**WITH STAN MOSES, DAVE RICE,
ARLEN TULLOCH & ROD NETTAGOG**

HIFN- TRAILER # 4

5:00PM TO 8:00PM

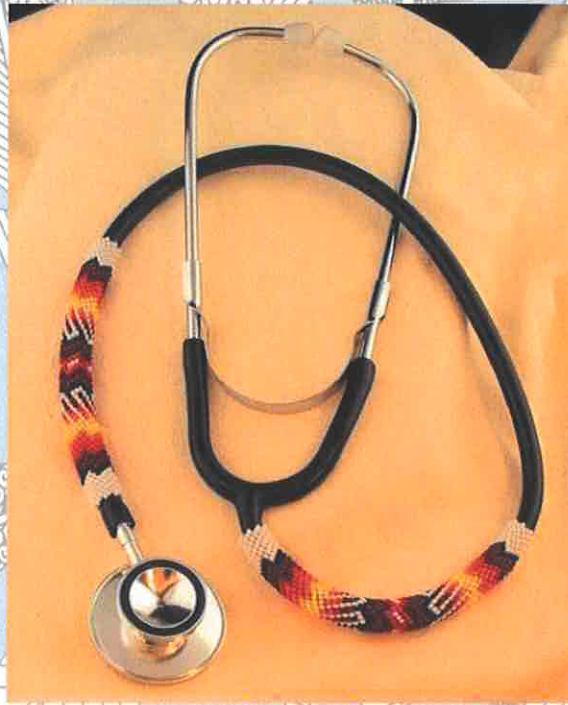
10 PARTICIPANTS MAX.

**PLEASE CALL HEALTH CENTRE IF INTERESTED IN
ATTENDING.**

**FOR FURTHER INFORMATION OR IF A RIDE IS NEEDED WITHIN
COMMUNITY, CONTACT:**

CULTURAL COORDINATOR- STAN MOSES 705-857-1221

Community Health Nurse



BRENDA CONTIN



Notice From Nurse

**HARM REDUCTION
SUPPLIES ARE
AVAILABLE TO
EVERYONE, NOT
JUST CLINIC
CLIENTS.**

**KITS AVAILABLE AT
OATC CLINIC**





REMINDER

**HENVEY HEALTH CENTRE HAS
RAPID TESTS AVAILABLE!!**

**PLEASE COME AND GET A BOX
OR 2 TO HAVE ON HAND AT
HOME!**

**IT IS ALWAYS BEST TO TEST
YOURSELF UPON NOTICE OF
ANY SYMPTOMS OF COVID.**

**COLD & FLU SEASON IS UPON
US!**

**Please contact the Health Centre if you have
any questions or would like some tests
dropped off.**

705-857-1221



Home Care Nurse



DEBBIE BRENNAN

November 2022



DEBBIE BRENNAN
HCN

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

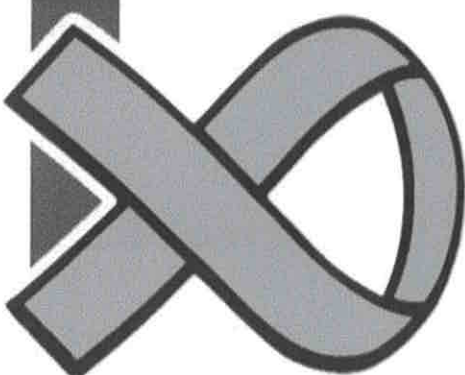
NOVEMBER

National

DIABETES

AWARENESS

MONTH



DIABETES & HEART DISEASE RISK



DIABETES increases risk of HEART DISEASE:



2X MORE IN MEN



4X MORE IN WOMEN

DIABETES affects about 1 OUT OF 10 PEOPLE in U.S.

HEART DISEASE is the LEADING CAUSE of death among adults with DIABETES

WHY are they LINKED?

HIGH BLOOD SUGAR can damage blood vessels and cause:

- ▶ Heart Attack
- ▶ Stroke
- ▶ Peripheral Artery Disease

People with diabetes also may have OTHER HEART RISK FACTORS:

- ▶ High Blood Pressure
- ▶ High Cholesterol
- ▶ Lack of Activity
- ▶ Obesity / Being Overweight

WHAT YOU CAN DO TO PROTECT YOUR HEART



Follow **ABCs OF DIABETES** by lowering:

- ☑ **A1C** (test that measures blood sugar)
- ☑ **B**lood pressure
- ☑ **C**holesterol



QUIT SMOKING



TAKE MEDICINE if prescribed



BE ACTIVE for 30 min., 5x a week



EAT more VEGETABLES & FRUITS

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to CardioSmart.org/DiabetesandHeartDisease to learn more about diabetes and tips to protect your heart.



@CardioSmart



Facebook.com/CardioSmart

If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters. CardioSmart is supported in part by Boehringer Ingelheim Pharmaceuticals Inc. and Eli Lilly and Company.

©2014 American College of Cardiology. 00001

MANAGING DIABETES IS AS SIMPLE AS ABC:

A

A1C Below 7%

- The A1C test reflects your blood glucose control over the past few months.
- Work with your doctor to have your own personal A1C goal.
- Every 1% above 6% elevates the risk for diabetes complications.
- Your blood glucose will stay lower when you exercise and restrict calorie intake.



B

Blood Pressure Below 140/80

- Up to 60% of people who have diabetes also have high blood pressure.
- High blood pressure can cause heart attack, stroke, and kidney disease.
- Blood pressure stays low when you reduce sodium in your diet and follow the DASH diet. (Lower systolic targets, such as <130 may be appropriate for certain individuals such as younger patients, if they can be achieved without undue treatment burdens.)

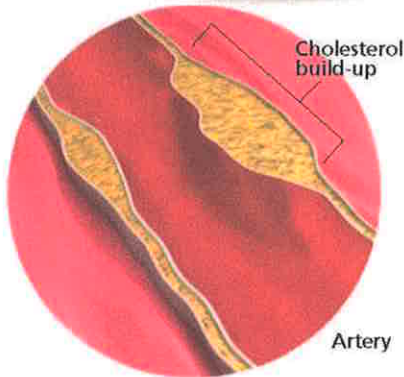


C

Cholesterol in Check

- The LDL goal for most people is below 100
- The HDL goal for most people is above 40 for men and 50 for women
- Keep triglycerides lower than 150
- If you have diabetes you are more prone to cholesterol abnormalities and heart disease.
- LDL or "bad" cholesterol can clog your blood vessels and cause heart attack or stroke. Your LDL target may be lower if you have cardiovascular disease; talk to your doctor
- LDL stays low when you eat less saturated fat and cholesterol from animal foods.
- HDL or "good" cholesterol helps remove cholesterol from your blood vessels.
- HDL stays high when you exercise, eat fish and soluble fiber and live a healthy lifestyle.

CHOLESTEROL: What you need to know



What is cholesterol?

Cholesterol is a fatty substance in the blood. You need some cholesterol to be healthy, but too much can build up in your arteries and may cause a heart attack or stroke.

Cholesterol is measured with a blood test. Your nurse or doctor can order this test for you.

Your cholesterol test

It's important to know your numbers for total cholesterol, HDL, LDL, and triglycerides.

Total cholesterol is the amount of cholesterol in your blood. It is made up of:

- HDL, the "good" cholesterol
- LDL, the "bad" cholesterol
- Triglycerides, a type of fat in the blood

Cholesterol guidelines

The 2013 cholesterol guidelines recommend cholesterol-lowering medicine for people who are at high risk of having a heart attack or stroke.

Cholesterol-lowering medicine may be right for you if:

- You have had a heart attack, stroke, angioplasty or stent, or heart bypass surgery due to blockages in your arteries
- Your LDL (bad) cholesterol level is 190 or higher
- You have type 2 diabetes and are between 40 and 75 years old
- You are between 40 and 75 years old and your risk of having a heart attack or stroke in the next 10 years is above a certain level.

In some cases, cholesterol-lowering medicine might be the right plan for you even if you are not in one of the groups listed above.

✓ Check off your risk factors

Risk factors you can't change:

- Family history of early heart disease
- Age: Men 45 years or older, women 55 years or older
- African American race

Risk factors you can change:

- Smoking cigarettes or cigars
- High blood pressure (or take medicine for high blood pressure)
- Diabetes or high blood sugar
- High LDL cholesterol
- Low HDL cholesterol

The more checks you have, the greater your risk of heart attack and stroke. Make sure you discuss all of your risk factors with your nurse or doctor to agree on a healthy lifestyle plan that's right for you.

Making changes in your lifestyle can help improve all your risk factors including your cholesterol.

A healthy diet, not smoking, regular exercise, and getting closer to a healthy weight (and staying there) are good for everybody—no matter what your risk is of having a heart attack or stroke. You have the power to make changes to improve your health.

KNOW YOUR CHOLESTEROL

Reduce Your Risk of Heart Attack and Stroke

STEP 1



Learn about your risk of heart attack and stroke.



Ask yourself ...

Are you overweight?
Do you exercise?
Do you eat healthy?
Do you smoke?



Do you have high blood pressure?

Do you have diabetes?



Has anyone in your family had a heart attack or a stroke?

STEP 2



Talk to your healthcare provider.



Ask about your risk for heart disease and stroke.



Get your cholesterol checked.



Know your cholesterol goal.

STEP 3



Once you know your goal, take action!



Follow the diet you and your provider agreed to.



Keep a daily journal of what you eat and how many minutes you exercise.



Follow your provider's advice—if you are on medicine, take it.

STEP 4



Follow up with your provider to see if you're meeting your goals.



Get your cholesterol checked again.



If you eat healthy, exercise more and take your cholesterol medicine, you are less likely to have a heart attack or stroke.



www.learnyourlipids.com

Published October 2014

nl
NATIONAL LIPID
ASSOCIATION








Having diabetes means you are more likely to develop heart disease and to have a greater chance of a heart attack or a stroke.

Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes.

The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or a stroke.

Linking Diabetes and Cardiovascular Disease

	<p>Manage your A1C, blood pressure, and cholesterol levels. Ask your health care team what your goals should be.</p>
	<p>Develop or maintain healthy lifestyle habits. Follow your healthy eating plan and make physical activity part of your routine.</p>
	<p>Learn ways to manage stress. Try deep breathing, gardening, taking a walk, doing yoga, or listening to your favorite music.</p>
	<p>Stay on top of your medications. Take medicines as prescribed by your doctor.</p>
	<p>Stop smoking or using other tobacco products. You can start by calling 1-800-QUITNOW or visiting smokefree.gov.</p>

Visit niddk.nih.gov for more information on diabetes and cardiovascular disease.

GET THE FACTS:

Sodium Reduction Tips



Tips for Reducing Sodium

- Buy fresh, frozen (no sauce), or no-salt-added canned vegetables.
- Use fresh poultry,* fish, pork,* and lean meat, rather than canned or processed meats.
- When available, buy low-sodium, lower-sodium, reduced-sodium, or no-salt-added versions of products.
- Limit sauces, mixes, and “instant” products, including flavored rice and ready-made pasta.
- Compare Nutrition Facts labels on food packages for percent Daily Value or amount of sodium in milligrams.

* Check to see if saline or salt solution has been added—if so, choose another brand.

Choose wisely—sodium content can vary within food categories

Higher Sodium Choices	Lower Sodium Choices
Top slice of bread 200 mg	Top slice of bread 110 mg
1 teaspoon mustard 120 mg	1 teaspoon mustard 55 mg
1 leaf of lettuce 2 mg	1 leaf of lettuce 2 mg
1 slice of cheese 310 mg	1 slice of cheese 135 mg
6 thin slices of turkey 690 mg	6 thin slices of turkey 440 mg
Bottom slice of bread 200 mg	Bottom slice of bread 110 mg
Total = 1,522 mg per whole sandwich	Total = 852 mg per whole sandwich

Which of These Sauces Is Lower in Sodium?



The majority of sodium in our diets is from packaged food and is a direct result of food processing. Even foods that may not taste salty can be substantial sources of sodium.

Check the amount of sodium per serving, and don't forget to check the number of servings per container!

Remember, the *2010 Dietary Guidelines for Americans* recommend that Americans aged 2 and up reduce sodium intake to less than 2,300 milligrams (mg) per day. People 51 and older and those of any age who are African Americans or who have high blood pressure, diabetes, or chronic kidney disease—about half the U.S. population and the majority of adults—should reduce sodium intake to 1,500 mg per day. [Learn more at www.cdc.gov/salt](http://www.cdc.gov/salt).

For more information please contact Centers for Disease Control and Prevention
 1600 Clifton Road NE, Atlanta, GA 30333
 Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
 E-mail: cdcinfo@cdc.gov • Web: www.cdc.gov
 Publication date: 08/2011



Am I At Risk For Heart Disease Quiz

10 Questions | Total Attempts: 139



The heart is an important organ in the human body. Heart Disease can range from severe to mild conditions of the heart. Heart disease may include heart infections, Cardiomyopathy, Congenital heart defects, arrhythmia, and much more. Diet, Age, gender, genetics, and ethnicity play an important role in determining if anyone is at risk of developing heart disease. Take this informative "Am I At Risk For Heart Disease Quiz" to know your heart better. A step towards your better health!

You May Get

You May Be At Risk For Developing Heart Disease
Start

Your life may be stressful and hectic, try to be patient and kind towards your body. Reach out to a loved one for the support and care that you rightfully deserve. Eat healthily, exercise regularly, and try to lower your stress levels. Make sure to connect with an experienced medical professional if you face any medical issues in the future.

You Are Not At The Risk For Developing Heart Disease.

Phew! That's good news! Prevention is better than cure. Make sure to have a healthy diet, lots of physical activity, and lower stress levels to have better protection. Don't hesitate to talk to an experienced medical professional for a consultation if you face any medical issues.

Questions and Answers

Start

1. Does anyone in your family has been diagnosed with any heart condition?

- A. Yes
- B. No, not at all
- C. I am not sure about it
- D. Maybe

2. How often do you exercise or indulge in some sort physical activity?

- A. Very often
- B. Rarely
- C. Sometimes
- D. Never

3. Do you often feel or experienced shortness of breath?

- A. Yes
- B. Rarely
- C. Never
- D. Sometimes

Start

4. Do you often experience swelling of your feet, ankles and legs?

- A. Yes
- B. Rarely
- C. Sometimes
- D. Never

5. Have you noticed changes in your heart rhythm? I.e. Fluttering of heart, rapid pounding of the heart or slow heartbeat.

- A. Yes
- B. Rarely
- C. Never
- D. Sometimes

6. Have you been clinically diagnosed as having high cholesterol ?

- A. Yes
- B. No
- C. I don't know
- D. I don't think so

Start

7. Have you experienced unexplained skin rashes or unusual skin spots in your body?

- A. Yes
- B. No, not at all
- C. Maybe, I am not too sure
- D. No

8. Have you had an heart attack in the past?

- A. Yes
- B. No, not at all
- C. I am not sure
- D. I don't think so

Start



NOVEMBER 2022

Programs / Workshops

Kara Newton- HBHC/JP Navigator

Kerri Campbell- Lead Band Rep.

Naomi Pegahmagabow- Band Rep.



Kara Newton-
JP Nav/HBHC

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01	02	03	04	05 XMAS Family Photos
06	07	08	09 GET READY FOR WINTER BINGO	10	11 REMEMBR ANCE DAY	12 XMAS Family Photos
13	14	15	16	17 PIEROGIE WKSHP	18	19
20	21	22	23	24 PARENTIN G	25	26 Youth Outing
27	28	29 Ladies game Day	30	01	02	03
04	05	06	07	08	09	10



BAND REP LEAD PROGRAM

November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 NOT IN OFFICE	01 NOT IN OFFICE	02 Home Visit 11am	03 Meeting AM PARRY SOUND pm	04 Remembrance Day	05 FAMILY CHRISTMAS PHOTOS
06	07	08 NOT IN OFFICE	09 GET READY FOR WINTER BINGO	10	11	12 FAMILY CHRISTMAS PHOTOS
13	14	15 CCA Meeting 1pm	16 MASSEY	17 Pierogi Workshop	18 NOT IN OFFICE	19
20	21 Client Follow Meeting 3pm	22	23	24 Parenting Program	25	26
27	28	29 Ladies Game Day	30	01	02	03
04	05	06	07	08	09	10



Aanii, Kineweyaa,

Re: Community Introduction HIFN.

I am writing to introduce myself and give a brief communal introduction; my name is Naomi Pegahmagabow, I am from the community of Wasauksing and of the Caribou clan. As of October 11, 2022, I began a new role within the Henvey Inlet First Nation Community as Band Representative on the newly forming Child and Family Wellbeing team.

I am very humbled and excited to work within the Henvey Inlet community alongside children and their families. I take this new role on with high regard & responsibility.

In the past, I have had working relations with the Henvey Inlet community by way of work in the schools with Youth and the childcare field with the young ones; I am truly obliged to be back with Henvey Inlet First Nation.

In ending, I am looking forward to meeting everyone at some point and making new connections within the community. I am truly excited to be a part of a new initiative of child and family wellbeing with HIFN.


Miigwechenandum,

Miss Naomi Pegahmagabow

Contact information:

naomi.pegahmagabow@henveyinlet.com





Family

**SPACE IS
LIMITED!!**

November 5th & 12th, 2022

at Trailer #2



Sessions will commence at 10:00 a.m. and each family will be given a private 20-minute session!!

Due to limited spacing, we can only accommodate up to 6 people per family shoot. You must provide the names of each family member so that we can be ready for your arrival!

Contact Darcy to schedule your photo time!!

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

NO LATE ENTRIES will be permitted!!!

GET READY FOR

WINTER!!!

Wednesday November 9, 2022

10:00AM!

Age 18+

BINGO

7	25	32	57	64
12	19	41	49	73
6	30	FREE	59	63
5	27			

BINGO

21	32	52	73
25	33	48	
16	FREE	62	
		69	77

BINGO

80

**SPACE IS LIMITED
SIGN UP TODAY!**



***VIRTUAL PIEROGI MAKING
WITH***

JANICE CAMPBELL

THURSDAY NOVEMBER 17, 2022

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

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

WE ARE LIMITED TO 5 PARTICIPANTS!!!

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

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



PARENTING WORKSHOP

DIY Sensory Toys

Thursday November 24, 2022

discipline
laughter
love
decisions
fun
responsibility
pain
advice
parenting
patience
joy
struggle
choices
exhaustion

Miigwetch!!

Space is limited, call darcy to sign up!

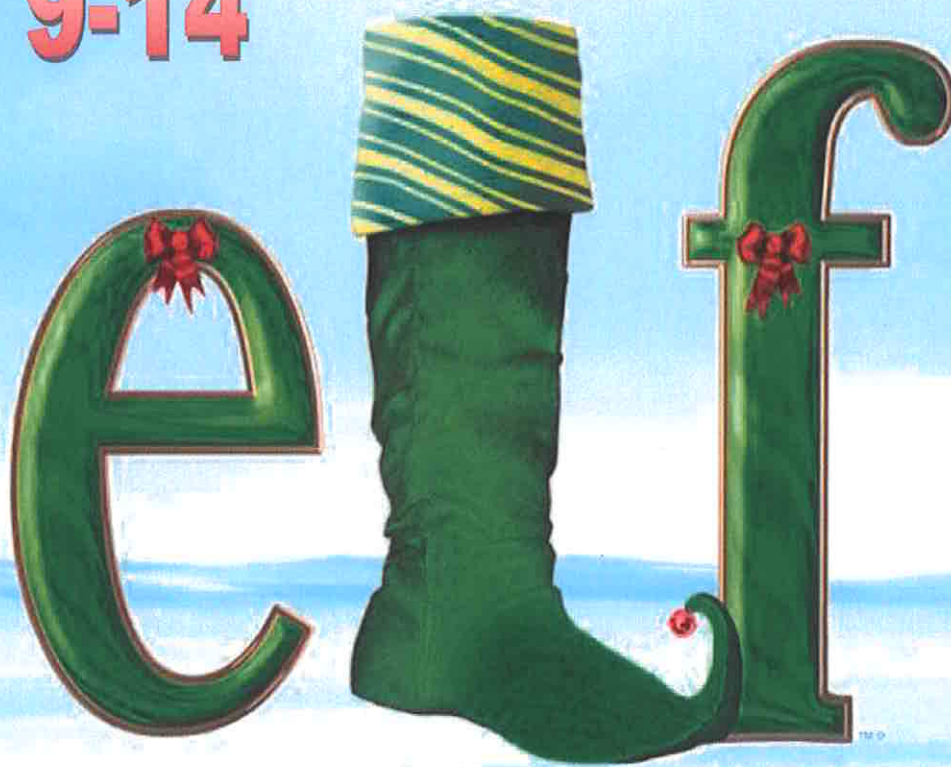
For parents, guardians, and caregivers only!!!



A YES & STC PRODUCTION

stc

Age 9-14



The Musical

**Please join us with a Christmas Play at Sudbury
Theater Centre on**

SATURDAY NOVEMBER 26, 2022

When signing your child up for the outing, please keep in mind that this play is 2.5 hours long with only a brief intermission. Tickets are limited to the first 10 children that sign up! Call Darcy to add your child to the list!

Ladies AGES GAME Day 18-54

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

**SPACE IS LIMITED
SIGN UP TODAY!**



CALL DARCY 705-857-1221, to sign up!

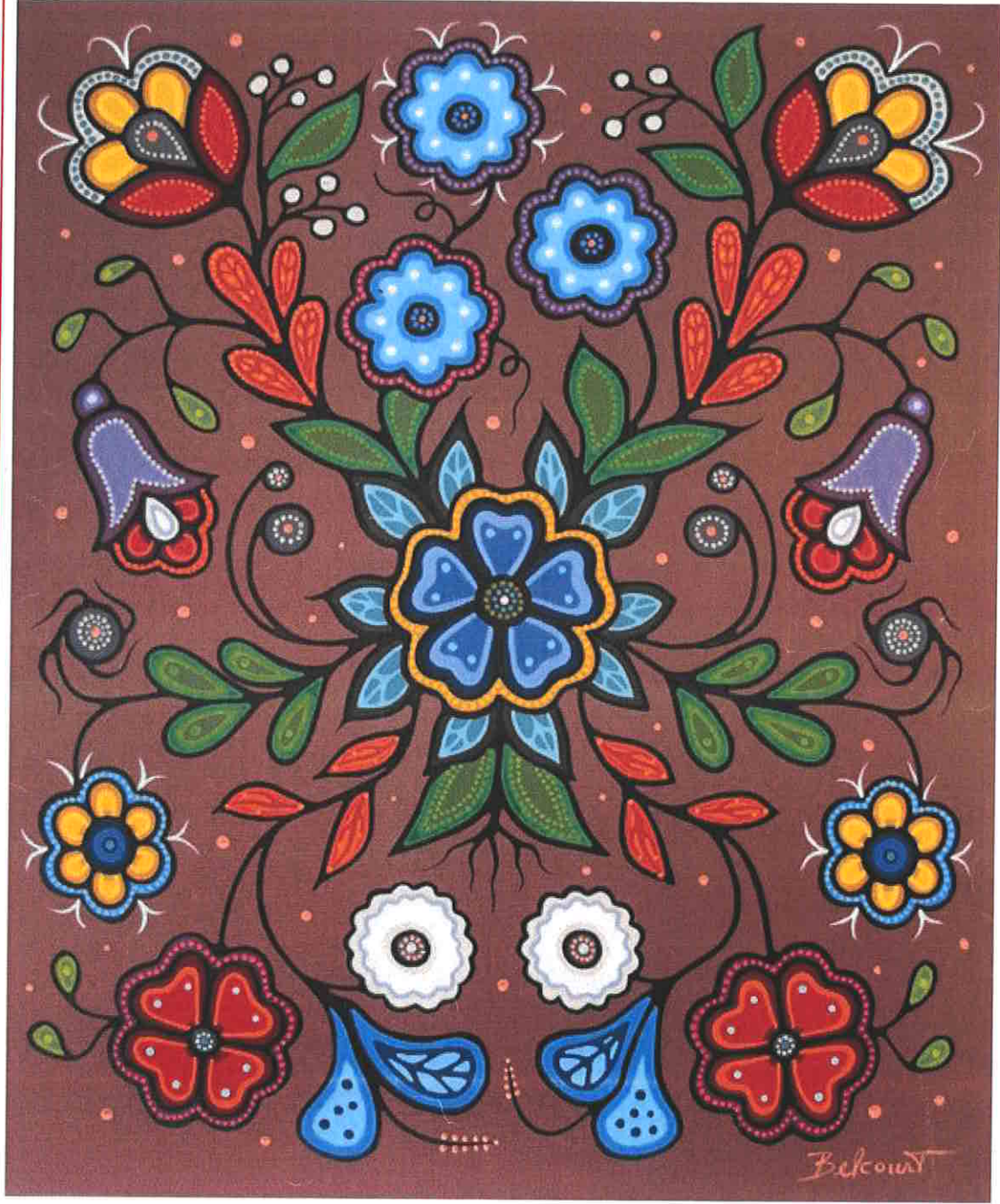


Tuesday November 29, 2022

12:00pm

Program Trailer

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



Healing doesn't mean the damage never existed. It means the damage no longer controls your life.

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 COMMUNITY CALENDAR	2 IN OFFICE	3 COMMUNITY CALENDAR	4 HOME VISIT	5	
6	7 STAFF MEETING	8 FULL MOON CEREMONY	9 HOME VISITS	10 COMMUNITY CALENDAR	11 REMEMBRANCE DAY	12
13	14 COMMUNITY CALENDAR	15 COMMUNITY CALENDAR	16 HOME VISITS	17 COMMUNITY CALENDAR	18 P.D. DAY HOME VISIT	19
20	21 STAFF MEETING RUSTIC CHRISTMAS STOCKING CLASS	22 COMMUNITY CALENDAR	23 HOME VISITS	24 COMMUNITY CALENDAR	25 HOME VISIT	26
27	28 COMMUNITY CALENDAR	29 COMMUNITY CALENDAR	30 HOME VISITS			



Henvey Inlet First Nation Health Centre

Christmas Card Exchange

December 10th, 2022

We will be accepting Christmas Cards from individuals who wish to participate in a mail delivery service organized by the Community Wellness Program. Deadline for accepting your card bundle will be December 7th at 4:00pm. They will be placed in Holiday Season bags and brought to the Community Christmas party on December 10th, household members can pick them up to take home after the Christmas party. Addresses are available upon request.

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

NOV 8th
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 monthly 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, I have limited chairs.
- Blanket.
- Food to share with the other women.

PLEASE SIGN UP WITH THE HEALTH CENTRE

FOR FURTHER INFORMATION CONTACT:
COMMUNITY WELLNESS WORKER LUANA MCQUABBIE

****REGISTRATION IS NOW OPEN.****

RUSTIC CHRISTMAS STOCKING CLASS

**WITH
LUANA MCQUABBIE**

~6 PARTICIPANTS~
SIGN UP WITH DARCY AT THE
HEALTH CENTRE.



NOV 21ST, 2022

1PM TO 4 PM

CLASS WILL TAKE PLACE AT TRAILER #3

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

CREATING YOUR OWN PERSONAL FAMILY TREE

“BUILDING YOUR TREE”

**NOVEMBER 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 DNA testing kits to obtain information on their own family lineage.

TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT

CWW LUANA MCQUABBIE 705 857-1221 EXT 227

the

2023 HENVEY INLET COMMUNITY

cook
book

SUBMISSION CALL OUT

Greetings,

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

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

Recipe books will be delivered to households in December 2022.

Submit your entry to the Community Wellness Worker in Trailer #3 at the Health Centre and receive your gift card.

So far, no submissions have come forward.

For further information please contact:

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

Recipe: _____

From the Kitchen of _____

Servings:	
Prep Time:	
Total Time:	

Ingredients:

Directions:

Notes:

Release Date to community homes.
December 14th, 2022



2023 COMMUNITY CALENDAR

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



To be used for :

CEMETERY RESEARCH

*FAMILY GENEALOGY
RESEARCH*

ELDERS CALENDAR

HERITAGE COLLECTION INFO NEEDED

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

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

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

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



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



NOVEMBER 2022

CREATING YOUR OWN PERSONAL FAMILY TREE

“GETTING STARTED WITH AncestryDNA”

NOVEMBER 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 through the CWW program.



TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT

CWW LUANA MCQUABBIE 705 857-1221 EXT 227



Seven Grandfathers Teachings 2022 Awards Call for Nominations

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

Submission deadline is Friday, Dec 2nd at 12 Noon.

On Dec 10th, each recipient will receive an Award and \$100.00 in cash.

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

**THE SEVEN GRANDFATHERS TEACHINGS 2022 AWARD NOMINATION
BALLOT**

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

The Seven Grandfathers (Please circle only one)

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

Name of Nominee: _____

An Example in a Short Story: _____

Nominated by: _____

Please print your name and your phone number

Please submit this Nomination Ballot into one of the Ballot Boxes located at the Band Office or Health Centre/Trailer #1 by noon on Friday, December 2nd Awards will be given out on December 10th, 2022.