



October

Upcoming Events/Workshops:

- Offices Closed Monday October 10, 2022-Thanksgiving
- Tobacco Bag Making Workshop
- Men's Circle
- Bun Venture (Bun making)
- Women's Support Group
- Women's/Girl's Skirt Making
- Parenting Workshop- D.I.Y. Halloween Costumes
- Job Postings
- Learn to Make a Star Blanket
- Halloween Hot Spot List- Call to add name or sign-ups posted at buildings
- Chainsaw Course 2 Days
- Full Moon Ceremony
- Women's Cedar Baths
- Cook Book Submission call out
- Community Moose Hunt
- Flu Shot Clinic
- Community Halloween Dance!

and more, check inside for dates



Thanksgiving gift cards
will be ready for pick
up starting Monday
October 3rd 2022 at the
Administration Office!



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!



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!

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
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: Diane Pacheco, Daycare Worker
Fr: Millie Pawis, Director of Finance/Administration
Dt: September 15, 2022
Re: Daycare Access

At a recent meeting of Council, the question was raised whether or not to allow access to non-working families.

As we only have two young ones in the Daycare regularly, it was considered and decided that this would be a good environment for socialization and to give parents a break.

There were conditions however;

1. This access is not to be abused; parents may use the day once a week; for their needs.
2. Registration packages are required to be filled out, entirely.
3. Their immunization records must be UpToDate.
4. The Non-Working Parents who access the Daycare are subject to the same rules; drop off is to be by 9:00 a.m. and they must pick up their child/ren by 3:00 p.m. so as to not interfere with the children entering after school.
5. In the case of a Non-Registered member of HIFN; they are subject to the daily fee of \$10.
6. The Daycare staff will not provide service to Non-Working Parents if the Daycare is at capacity.
7. This is a trial basis only.

This is in effect immediately.

MP

Millie Pawis
A/Daycare Supervisor

/MP

c.c. Membership



Henvey Inlet First Nation

Pickering, ON P0G 1J0

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

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

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

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

MEMORANDUM

To: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: September 26, 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 – 2 Positions

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 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

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 two full-time **Band Representatives** 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

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

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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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

Tuesday October 11, 2022

APPLICATION DEADLINE

Monday October 3, 2022

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.



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

November 2022

Closing Date: October 7th, 2022

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

Pickereel Contracting Ltd.

295 Pickereel River Rd.

Pickereel, 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.

REPOST – SEPTEMBER 2022



SHAWANAGA FIRST NATION EMPLOYMENT OPPORTUNITY

Position: Administrative Assistant
Reports To: Chief Administrative Officer
Salary: Commensurate with Education and Experience

Overview of Responsibilities:

Shawanaga First Nation is looking to fill the position of the Administrative Assistant who, under the direction of the Chief Administrative Officer, will primarily be responsible to prepare, review, file and/or edit various forms of correspondence. This position will manage and administer inbound and outbound mail. This role will also act as a first point of contact and provide general information to staff, clients, members and the public.

Duties:

- Prepare, review, and/or edit various forms of correspondence such as letters, invoices, presentations, publications, and reports.
- Administer and manage inbound and outbound mail, including priority post, packages, courier services, and other correspondence.
- Act as a first point of contact and provide general information to staff, clients, members and the public relating to their questions, concerns, or suggestions.
- Answer telephone and electronic inquiries and relay telephone calls and messages.
- Refer and/or redirect calls, emails, or visitors as required.
- Assist in the compilation of data for various reports.
- Coordinate the logistical aspects of departmental programs such as meetings, seminars, workshops, special projects, and events.
- Maintain a high level of confidentiality in all interactions
- Maintain and monitor office supply inventory levels, place orders as required, and arrange for servicing of office equipment.
- Organize, maintain, and coordinate office records and files.
- Photocopy and organize documents for distribution, mailing, binding, and filing.
- Prepare agendas for meetings and transcribe and distribute meeting minutes for Business/Council Meetings and other meetings when required.
- Prepare travel schedules, book travel arrangements, and make reservations for the Chief Administrative Officer.
- Prepare a positive and professional image of the organization when interacting with employees, clients/members, visitors, and other external stakeholders.
- Review all documents, reports, and correspondence prepared for executive or management signatures for format, content, grammar, and spelling; make edits as necessary.
- Schedule and confirm appointments, meetings, and conferences for the Chief Administrative Officer.
- Accurately and appropriately file correspondence, invoices, and receipts.

REPOST – SEPTEMBER 2022

- Arrange travel bookings via approved providers, distribute tickets to staff, and post incurred expenses to the summary sheet.
- Assist with jobsite administration duties, such as timesheet completion, and any daily logs that need to be maintained.
- Other duties as required.

Required Qualifications and Skills:

- Ability to adapt to new technology.
- Ability to deal with people sensitivity, tactfully, diplomatically, and professionally at all times.
- Ability to effectively communicate both verbally and in writing.
- Ability to prioritize and manage conflicting demands.
- Ability to respond quickly in a dynamic and changing environment.
- Ability to type 60 words per minute.
- Ability to work individually as well as part of a team.
- Proficient in Microsoft Office programs (including Word, Excel, and PowerPoint etc.)
- Strong writing, editing, and proofreading skills.
- Superior telephone manners and strong interpersonal skills.
- Degree or diploma in administration, business, or a related field.
- Three years of experience in an administrative role.
- One year of experience in a First Nation setting.
- High flexibility with strong interpersonal skills that allow one to work effectively in a diverse environment.

Other Considerations:

Preference may be given to Aboriginal candidates with relevant on reserve employment experience and/or those with knowledge and understanding of Shawanaga First Nation history and community.

Successful candidate must be able to produce and maintain a clean Criminal Record Check (CPIC).

Only those who qualify for an interview will be contacted, thank you for your interest. Please submit a cover letter, resume and three (3) recent work-related reference letters with current contact information by fax, email or in person. Position open till filled.

Janet Nichols
Receptionist
Shawanaga First Nation
2 Village Road, Nobel, ON P0G 1G0
Tel: (705)366-2526 – Fax: (705)366-2740
receptionist@shawanagafirstnation.ca

HENVEY INLET GAS BAR

TEMPORARY HOURS

MONDAY TO FRIDAY

8:30 AM TO 4:30 PM

SATURDAY AND SUNDAY

9AM TO 4 PM

UNTIL WE CAN TRAIN STAFF



Henvey Inlet Wind Community Celebration

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

Please RSVP by Oct 24, 2022 at
cassandra.lemay@henveyinlet.com
or 705-857-2331 ext 232

1:00pm Arrive
1:30pm Opening
Presentations
3:30pm Feast by Hiawatha's Catering
4:30pm Closing Song & Departure



Nigig Power Corporation



Pattern

Sign-up to attend. Transportation available.
Contact Darcy Ashawasegai at 705.857.1221

Henvey's Youth Leadership Group is hosting a....

DRIVE-IN

Theater

OPEN AT
7PM

FRIDAY OCT 29th

SHOWING



Space is
limited!

PARK AT THE O&M BUILDING

HENVEY AFTER SCHOOL PROGRAM SCHEDULE

MONDAY

Youth ages
6-8
Time: 3:30-5:30

TUESDAY

Youth ages
6-8
Time: 3:30-5:30
Youth ages
12+
Time: 6-8pm

WEDNES

Youth ages
9-11
Time: 3:30-5:30

THURSDAY

Youth ages
9-11
Time: 3:30-5:30

FRIDAY

No programs

NOTE:

Youth 12+ will get 2
program evenings
6-8pm a week
-second day still
TBD

All programs take
place at Tribal. No
need to register
again if your child
already takes part
in youth programs.



Questions or concerns
contact Angele
Dubois





CHAINSAW COURSE

DATE: THURSDAY OCTOBER 20TH & 21ST, 2022

TIME: 9:00 A.M.

WHERE: MEET AT THE FIREHALL

SIGN UP SHEET AT BAND OFFICE

MIIGWECH

**ONTARIO WORKS PROGRAM
DRESS TO IMPRESS**

IF INTERESTED SIGN UP AT BAND OFFICE

DATE: THURSDAY OCTOBER 27, 2022

TIME: 8:00 A.M

LIMIT 3 PARTICIPANTS!





HALLOWEEN HOT SPOT NOTICE

**HENVEY HOUSEHOLDS! PLEASE CALL DARCY @ THE
HEALTH CENTRE TO PUT YOUR NAME ON THE
HALLOWEEN HOT SPOT LIST BY THURSDAY
OCTOBER 27, 2022.**

**SIGN-UP LISTS POSTED AT BUILDINGS ALSO!
THIS LIST WILL BE DISTRIBUTED TO SHOW
MEMBERS WHO WILL BE HANDING OUT CANDY
THIS YEAR FOR HALLOWEEN!
PLEASE DON'T FORGET TO CALL!!**

705-857-1221



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



October 2022

Kerri Campbell- Band Rep. Lead

&

Kara Newton- C.H.E./J.P.





Community Health Educator

October

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	01
02	03 HBHC CLINIC	04	05	06	07	08
09	10 CLOSED For the Thanksgiving Holiday	11	12	13 PARENTING DIY HALLOWEEN COSTUME	14	15
16	17 HBHC CLINIC	18	19	20	21	22
23	24	25	26	27	28	29
30 HALLOWEEN DANCE ALBAN	31 HBHC CLINIC	01	02	03	04	05



**BAND REP
LEAD
PROGRAM**



October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	01
02	03 In Office Home Visits	04 Home Visits CCA REVIEW	05 Halloween Prep	06 Homemade Buns & Pie Workshop	07 Sagamok	08
09	10 Thanksgiving	11 In Office	12 Band Reviews Family Court	13 Parenting Program DIY Halloween	14 Not In Office	15
16	17 Massey	18 NOT IN OFFICE	19 Halloween Prep	20 Community Designation Presentation	21 Community Designation Presentation	22
23	24 NOT IN OFFICE	25 NOT IN OFFICE	26	27	28 Last Minute Halloween Prep	29
30 Halloween Dance	31 Not In Office	01	02	03	04	05



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

DATE: OCTOBER 6, 2022

TIME: 9:00 AM

Workshop starts at 9:00 am, not one minute later, if you are not on the Zoom call at 9:00am, you will not be able to participate!!!

Please inform Darcy if you will be needing to borrow a Tablet!

CONTACT DARCY TO SIGN UP
705-857-1221

LIMIT OF 5 PARTICIPANTS!!!
PLEASE PROVIDE A
VALID EMAIL AND MAKE
SURE YOU HAVE
ZOOM DOWNLOADED
AND SET-UP!!!



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

BUN-VENTURE



PARENTING WORKSHOP

DIY CHILDREN'S

HALLOWEEN

COSTUMES

**PLEASE SUBMIT YOUR LIST OF
REQUIRED ITEMS TO DARCY
BY**

THURSDAY OCTOBER 6, 2022

**ITEMS WILL BE READY FOR
PICK UP ON OCTOBER 13,
2022**

Happy Halloween Halloweence

DRESS AS YOUR
FAVOURITE
HALLOWEEN MOVIE
CHARACTER AND
BE ENTERED INTO
A SPECIAL
DRAW!!!

SUNDAY

OCTOBER 30, 2022

1 - 4PM

AT THE ALBAN COMMUNITY CENTRE

COSTUME CONTEST PRIZES FOR ALL AGES!!!

SPOTLIGHT DANCES, PHOTO SESSIONS,

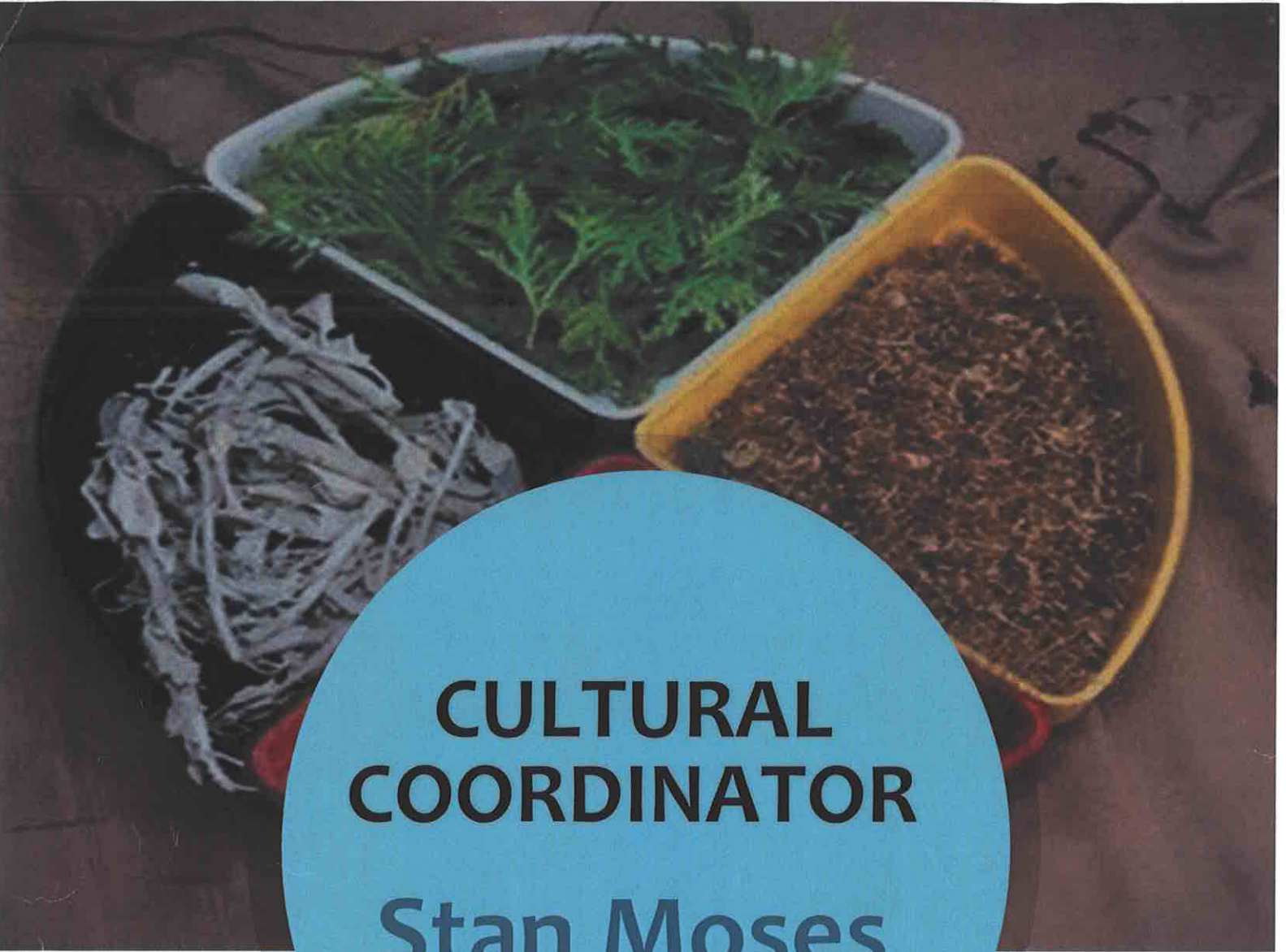
AND SO MUCH MORE!!!

BUS AVAILABLE FOR TRANSPORTATION.

LEAVES HIFN FIREHALL AT 12:30PM

AND WILL RETURN FOR 4:45PM.





**CULTURAL
COORDINATOR**
Stan Moses

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

PoG 1J0

(705)857-1221 EXT: 229



TUESDAY OCTOBER 4, 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 OCTOBER 18, 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

2022

COMMUNITY MOOSE HUNT RAIN OR SHINE!

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

**WE ENCOURAGE
THOSE WHO
ATTENDED THE
GUN COURSE TO
ATTEND!**

Hunting will be done in and around the Community.

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

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

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

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

For more information contact:

Stan Moses 705-857-1221

**SATURDAY
OCTOBER 8,
2022**

7:30AM – 4:30PM

**MEET @ PROGRAM
TRAILER**



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

Louise Ashawasegai

October

2022

NNADAP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Support group for women PM	4 Office	5 Breakfast Sewing	6 Dentist appointment	7 Office	8
9	10 AA meeting	11 Office, home visits	12 Sewing	13 Home visits & Office	14 Office	15
16	17 Support group for women	18 Office & Home visits	19 Breakfast	20 Office and Home visits	21 Eye surgery	22
23	24 AA Support group	25 Office & Home visits	26 Sewing	27 Office & Home visits	28 Office	29
30	31					

The greatest glory in living
lies not in never failing, but
in rising every time we fail.

Breakfast

Henvey Inlet Program trailer

Oct., 5 & 19,

8 am to 10

Support Group for Women

NNADAP TRAILOR

October 3:

Time: 5 pm to 7 pm

October 17:

Time: 5 pm to 7 pm





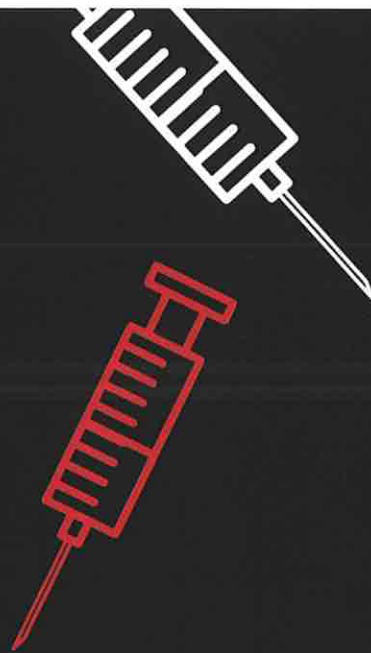
Learn how to make a Star Blankets

Oct. 05, Time: 11 to 3

Oct. 12, Time: 9 to 1

Oct. 26, Time: 9 to 4

If you have a sewing machine, bring one. Let see us finish them. Quilting will start in November.



**NEEDLE
EXCHANGE AT
HEALTH CENTRE &
OATC CLINIC**

THANK YOU!

ANISHIINABEK



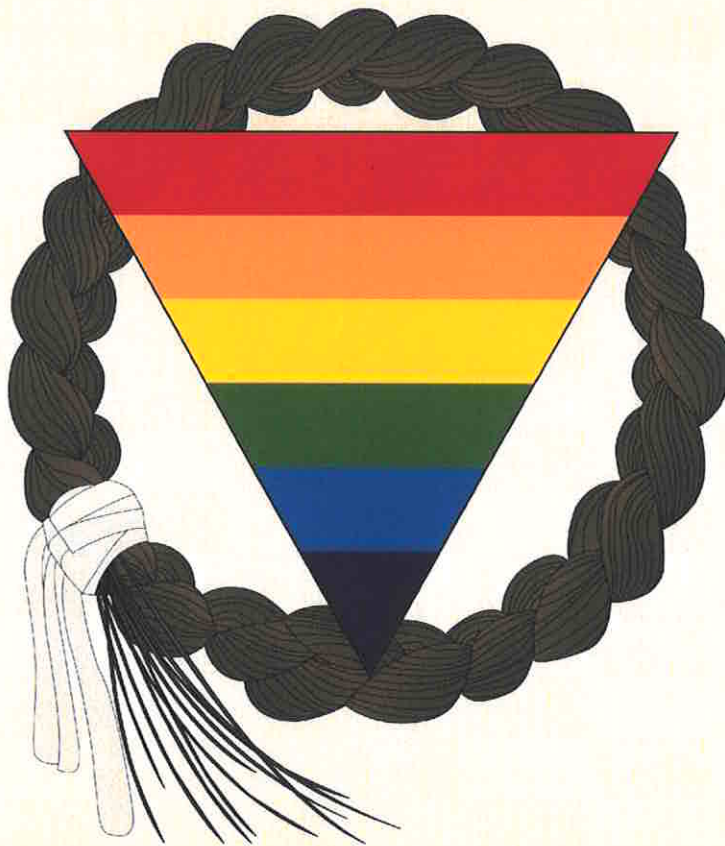
PRIDE





ANISHINABEK NATION

this is a
POSITIVE SPACE
that welcomes
and supports everyone



2-Spirit LGBTQ+

March 31st **INTERNATIONAL
TRANSGENDER DAY
OF VISIBILITY**



“The transgender youth suicide rate is very high. It's important to shed a light. You might even get a little empathy towards the person instead of attacking people for just trying to be themselves.”

Kristen Shawanda-baa - Sheguiandah First Nation
April 14, 1993 - August 23, 2020

www.anishinabek.ca

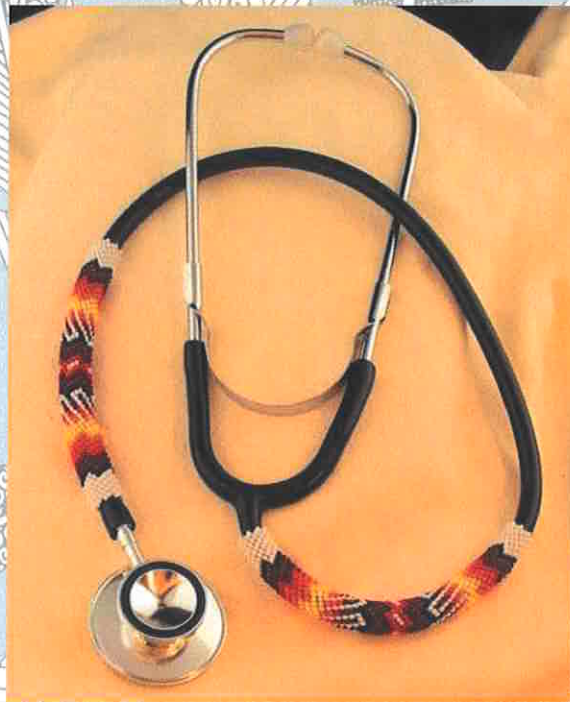


Over 80% of 2SLGBTQ+ youth have been assaulted or threatened because of who they are. Sexual orientation and gender identity are integral aspects of ourselves and should never lead to stigma or discrimination. More services need to be easily accessible for people transitioning. If you're straight, be an ally and publicly show your support.

Anishinabek Nation is deeply saddened by the passing of Kristen on August 23, 2020. Kristen generously shared her story hoping that one day to make a difference in the lives of Indigenous youth who are also considering transitioning or living as a transgender person. The HIV program is forever grateful for her generous contributions. Although she has journeyed home, her advocacy continues.

<https://suicidepreventionlifeline.org/help-yourself/lgbtq>

Community Health Nurse



BRENDA CONTIN

October 2022

S	Mon	Tue	Wed	Thu	Fri
	3 Methadone Clinic	4 OFFICE	5 Methadone Clinc	6 OFFICE	7 OFFICE
	10 STAT HOLI- DAY	11 Metha- done Clinic	12 Methadone Clinic	13 Methadone Clinic/ OF- FICE	14 OFFICE
	17 Methadone Clinic	18 Methadone Clinic	19 Metha- done Clinc	20 OFFICE	21 OFFICE
	24 FLU CLINIC	25 FLU CLINIC	26 OFFICE	27 SKHC Board Mtg	28 OFFICE
	31				



BRENDA CONTIN, CHN



Avoid The Flu!

Flu Shot Clinic

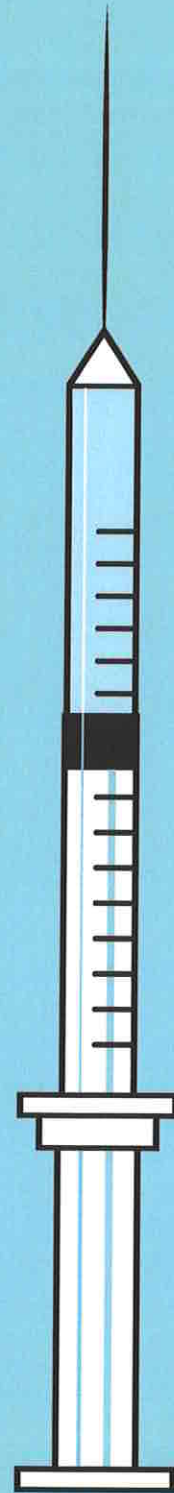
**Monday
October 24
& Tuesday
October 25**



O & M Building Office #1

To Book Your
Appointment Call: **705-857-1221**

If any questions call:
Brenda Contin- Community Health Nurse





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



Non-Insured Health Benefits Program Updates

September 2022

Pharmacy benefit information

New pharmacy benefit listings

- Check the [Drug Benefit List](#) to find all eligible products and criteria for coverage
- Entuzity KwikPen, a high concentration insulin pen, is now covered as an open benefit without prior approval
- The following new listings are covered as limited use benefits with prior approval:
 - Mayzent for the treatment of secondary progressive multiple sclerosis
 - Kesimpta for the treatment of adult patients with relapsing-remitting multiple sclerosis
 - Evrysdi for the treatment of 5q spinal muscular atrophy
 - Riabni for the treatment of rheumatoid arthritis, granulomatosis with polyangiitis and microscopic polyangiitis. Riabni is a biosimilar to Rituxan (the reference biologic drug)

Coverage for fertility medications

- NIHB will now consider coverage on a case-by-case basis for medications used for assisted fertility treatments. Previously, these were exclusions of the program
- This coverage is for medications only. Other services and procedures related to fertility treatment may be covered or supported by provincial and territorial programs
- Fertility treatment is an area that is evolving, so a variety of different medications may be prescribed. For this reason, not all medications used as part of a fertility treatment are listed in the NIHB drug benefit list
- Pharmacy providers should call the Drug Exception Centre (DEC) to initiate a request for coverage of prescribed fertility medication

Medical supplies and equipment information

New coverage for specialized feeding supplies

- Specialized feeding bottles and teats have been added as limited use benefits with prior approval:
 - 8 bottles with teats are covered every 6 months
 - 4 replacement teats are covered every 3 months
- These items are used by children with complex feeding needs due to conditions like dysphagia, cleft palate or other craniofacial anomalies
- For more information, check the [Self-care equipment and supply benefits list](#)

Low vision aid prescribers

- The following types of health professionals are now recognized by NIHB to prescribe low vision aids:
 - low vision specialists (LVS)
 - registered nurses (RNs)
 - nurse practitioner (NP)
 - physicians (MDs)
- More information can be found in the [Low vision equipment and supplies benefits list](#)

MedicAlert subscription change

- NIHB now covers a 5-year renewable subscription instead of a lifetime subscription, which is no longer offered by [MedicAlert](#)
- Clients are eligible for 2 IDs within that timeframe
- If you previously had a lifetime subscription, it will remain active until you contact MedicAlert to update your information. Then you will be transitioned to the 5-year subscription
- Remember to contact MedicAlert if there is any change in your medical condition so they can update your file
- More information on NIHB coverage of MedicAlert subscriptions is available in the [Self-care equipment and supplies benefits list](#)

Dental benefit information

Reminder: submitting dental benefit appeals

- If you are denied NIHB coverage of a dental or orthodontic service, the decision can be appealed by the client, a parent or legal guardian, or a client representative

- an NIHB client can authorize someone to act as a representative on their behalf. This authorization must be in writing and signed by the client
- Services identified as exclusions under the NIHB program will not be considered for appeal
- There are three levels of appeal available. Each level of appeal must include a dated and signed appeal letter from the client, parent, legal guardian or authorized client representative, which includes the client's:
 - name
 - date of birth
 - identification number
- If an appeal letter is not included in the submission, the appeal cannot be processed
- All appeals must include supporting documentation from the treating dental provider, such as:
 - current (within the last 12 months) X-rays
 - treatment plan
 - clinical findings and notes to support the request
- Label your envelope 'APPEAL-CONFIDENTIAL' and mail it to the [Dental predetermination centre](#), using the correct mailing address for either dental or orthodontic services
- For more information on the dental appeal process, please see [Appendix D](#) of the NIHB dental benefits guide
- If you have questions or would like support with the dental appeal process, you can contact the NIHB Dental Predetermination Centre or an NIHB Navigator in your region

Mental health counselling benefit information

Updated Guide to mental health counselling benefits

- NIHB recently updated the [Guide to mental health counselling benefits](#) to clarify some policies and processes
- Section [3.2.1 Finding a provider and accessing services](#), was added to provide helpful information on getting started
- [Appendix A](#) lists all types of mental health counsellors that are eligible to provide services under NIHB, by province and territory. Health professions are regulated separately by each province and territory, so NIHB provider eligibility reflects these differences
- Section [3.4](#) clarifies types of counselling eligible for coverage:
 - assessment sessions of up to two hours may be initiated by an eligible provider without prior approval, to plan a course of treatment for the client
 - individual counselling is provided on a one-on-one basis. If another person participates (such as a family member, in a support or information-providing role), there should be no additional charge for the other participant

- group counselling, up to a maximum of 8 eligible NIHB clients, where all clients participate in active counselling. This can include family counselling
- Coverage is provided for eligible NIHB clients only. If a participant in a group counselling session is not an eligible client, their counselling cannot be billed to the NIHB program
- For complete information, please visit the [Guide to mental health counselling benefits](#)

General program information

Coverage for unregistered children under 2 years

- In order to allow time for parents to register their children for First Nation status or with their Inuit land claim organization, NIHB provides coverage for unregistered children with at least one NIHB-eligible parent
- NIHB now covers unregistered children up to 2 years of age (extended from 18 months, previously) if they have a parent or guardian who is NIHB eligible
- Some types of benefits may require a temporary client ID number
- If your unregistered children requires access to benefits, please [contact the NIHB program](#)
- Parents or guardians should begin the application process for First Nation status or recognition by an Inuit land claim organization as soon as possible and well in advance of their child's second birthday
 - Applications for First Nation status take 6-8 months to process (on average), and may take longer in some cases
 - for information on First Nation registration, visit [Indian status](#)
 - for information on Inuit beneficiary enrollment, contact your land claim organization



WHO IS ELIGIBLE FOR THE NON-INSURED HEALTH BENEFITS PROGRAM?

ONTARIO REGION – NON-INSURED HEALTH BENEFITS PROGRAM

Who is eligible

To be eligible, a client must be a resident of Canada, and **one** of the following:

- A First Nations person who is registered under the Indian Act (commonly referred to as a “Status Indian”)
- An Inuk recognized by an Inuit land claim organization as outlined in Inuit client eligibility for the NIHB program
- A child less than 2 years old whose parent is an NIHB-eligible client ****updated**

To make sure that your child continues to be eligible for the program, you should apply for your child's:

- Indian status
- Recognition from your Inuit land claim organization

This should be done as soon as possible.

For some clients, a self-government, or First Nations or Inuit health authority may be responsible for providing health benefits.

To access benefit coverage, show your health care provider your client identification to confirm eligibility with the program.

Coverage is available only for eligible goods and services obtained in Canada.

For more information please call the
FNIHB Ontario Region Client Information
Line at:

1-800-640-0642

Canada 

Chickenpox (Varicella)

What is it?

- Chickenpox is a very contagious illness caused by the varicella-zoster virus.
- It causes an itchy rash, fever and tiredness.

How is it spread?

- Chickenpox spreads very easily and quickly from person to person.
- It is spread through the air when a person with chickenpox coughs or sneezes and from touching the chickenpox blisters.
- You can also get chickenpox by touching the liquid from shingles blisters.
- It usually takes 10-21 days for someone to become ill with chickenpox after being exposed to the virus.

What are the symptoms?

- Chickenpox usually starts with a fever, runny nose and tiredness.
- After 1-2 days, an itchy rash appears. The rash quickly turns to fluid-filled blisters. After about 5 days, the blisters will scab over.
- The rash may first show up on the face, chest, and back then spread to the rest of the body, including inside the mouth, eyelids, or genital area.

How long is it contagious?

- Chickenpox is most contagious in the 1-2 days before the rash appears.
- A person can spread chickenpox until all the blisters have crusted over.
- For most people getting chickenpox once provides immunity for life although a few people will get chickenpox more than once.

Is there a vaccine?

- There is a vaccine for chickenpox.
- Most people who have the vaccine will never get chickenpox but those who do get chickenpox will usually have a very mild case and they will recover quickly.
- The vaccine is provided free of charge in Ontario in two doses. The first dose is given between 12-15 months of age and the second is given between 4-6 years of age.

Can it cause serious illness?

- It can be very serious especially in babies, adults, pregnant women and people with weakened immune systems.
- Serious complications from chickenpox include:
 - Skin infections, including Group A streptococcal infections
 - Scarring (if blisters become infected)
 - Dehydration
 - Ear infection
 - Pneumonia
 - Infection or inflammation of the brain
 - Blood stream infection

Should I go to school/childcare/work?

- Children can return to school and/or child care as soon as their fever is gone and they feel well enough to participate in activities.
- Health Care Worker's must be excluded from work until lesions are dried and crusted. Contact your Occupational Health department for specific exclusion guidelines.

For further information, please contact the Communicable Disease Control Program staff at 705-474-1400 or 1-800-563-2808, ext 5229.

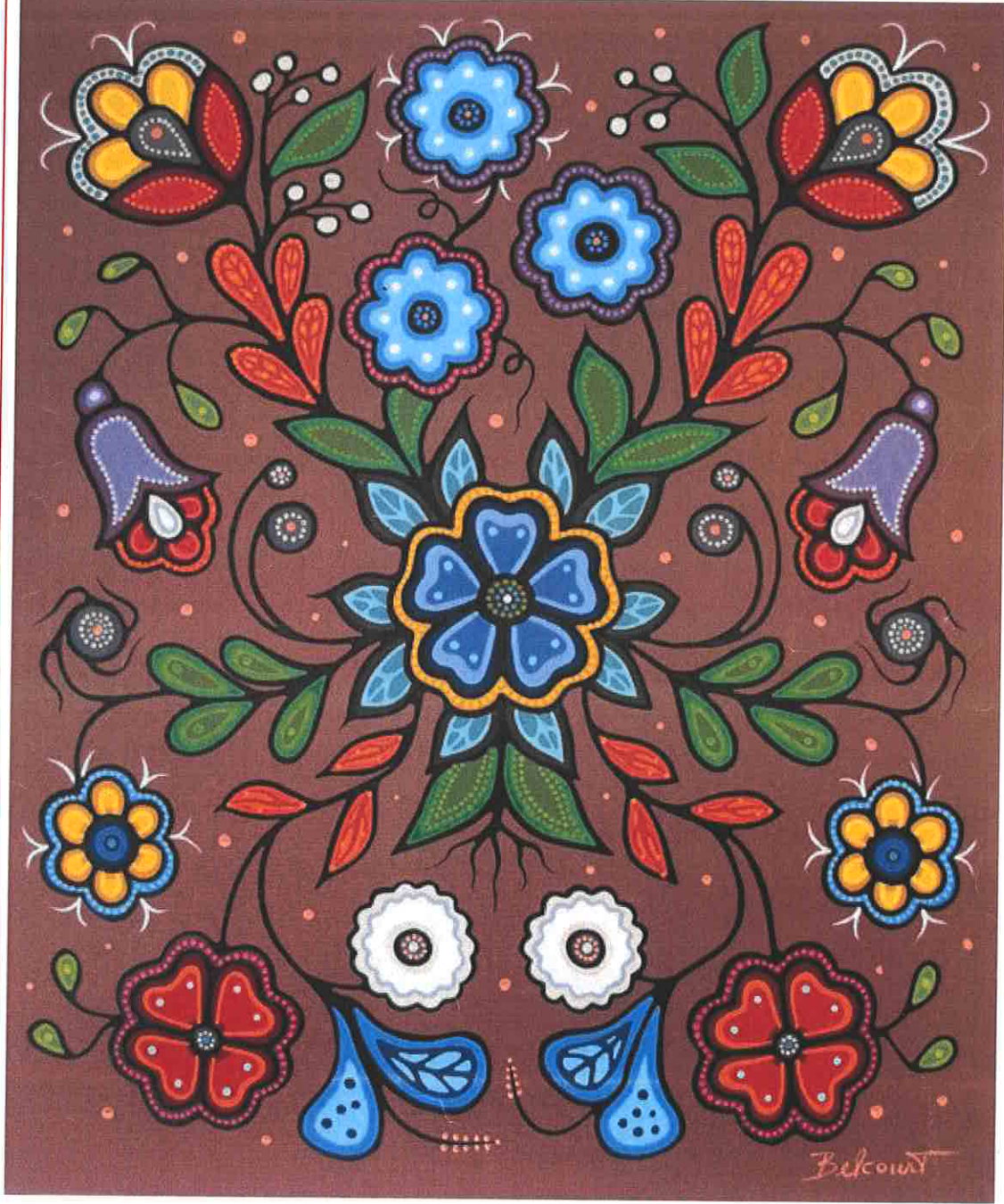
References:

Ministry of Health and Long-Term Care, Public Health Branch. (2014a). *Appendix A: Varicella (chickenpox)*. Retrieved from: http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/docs/chicnpox_chapter.pdf

Public Health Agency of Canada (2017). *Canadian immunization guide. Evergreen Edition*. Retrieved from: <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-24-varicella-chickenpox-vaccine.html>

Fact Sheet for WI-CDC-030 – 2018-05-09

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



START EACH DAY WITH A GRATEFUL HEART.

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 STAFF MEETING	4 HOME VISITS	5 CEMETERY RESEARCH	6 CEMETERY RESEARCH	7 CEMETERY RESEARCH	8
9	10 THANKSGIVING FULL MOON CEREMONY 	11 HOME VISITS	12 COMMUNITY CALENDAR	13 COMMUNITY CALENDAR	14 OUT OF OFFICE	15
16	17 STAFF MEETING TOBACO BAG MAKING WORKSHOP	18 HOME VISITS	19 PROGRAM SHOPPING	20 OUT OF OFFICE	21 CEDAR BATHS PREPS	22 CEDAR BATHS W/ MARY ELLIOTT
23/30	24/31 COMMUNITY CALENDAR	25 HOME VISITS	26 COMMUNITY CALENDAR	27 DRESS TO IMPRESS	28 IN OFFICE	29



CEDAR BATHS FOR WOMEN & SELF CARE

W/MARY ELLIOTT OF ATIKAMEKSHENG ANISHNAWBEK

SATURDAY, OCTOBER 22, 2022

10 A.M. - 2 P.M.

HIFN HEALTH CENTRE/TRAILER # 3



- *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.

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

OCT 10
2022

FULL MOON CEREMONY
With Judy Contin

263 PICKEREL RIVER ROAD

9:00 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

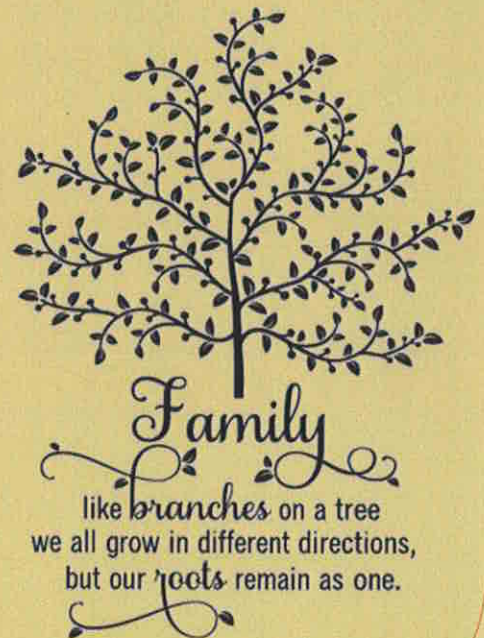
CREATING YOUR OWN PERSONAL FAMILY TREE

“GETTING STARTED WITH AncestryDNA”

OCTOBER 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
HIFN HEALTH CENTRE/TRAILER #3

Phone: 705 857-1221 EXT 227

E-mail: luana.mcquabbie@henveymedicalcentre.com



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

TOBACCO BAG MAKING

**MEN, WOMEN &
CHILDREN!**

**WITH LUANA
MCQUABBIE**

~8 MAX PARTICIPANTS~

OCT 17TH, 2022

10:30 AM TO 4 PM

AT HEALTH CENTRE PROGRAM TRAILER

LUNCH WILL BE PROVIDED.



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



SPECIALTY SEWING

INDIVIDUAL REQUESTS/OCT 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. For items that require more fabric than what I have on hand, please provide with your request. Not accepting requests for other types of sewing eg. Hemming, Alterations, Clothing repair.

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