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c April >



Friday April 10th Offices Closed



Monday April 10th Offices Closed



Community Breakfasts April 5 & 19



Covid Booster Clinic April 17 & 24



Hand drum Feasting-April 6



Mother's Day Photos April 14th



Membership Code Community Consultation- April 12 & 16



Walking Program



Community Adult Bingo April 20



Parenting Workshop April 27



Pipe Ceremonies-April 12 & 26





Regalia Making Registration



Full Moon Ceremony April 20

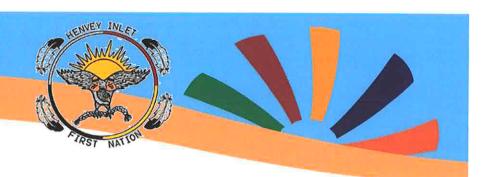


Genealogy Individual Meet April 21 & 28









Community Band Council Meeting Friday April 14, 2023

9am – 12noon @ Fire Hall

Topics

- Council Reports
 - · Staff Reports

Band Council Meetings to be held on Fridays every other month



Henvey Inlet First Nation Pickerel, ON POG 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: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: March 23, 2023

Re: Employment Opportunities

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

- 1) Early Childhood Education Worker 1 Position
- 2) Housing and Finance Assistant 1 Position
- 3) Secondary School Bus Driver 1 Position
- 4) Band Representative 1 Position
- 5) Community Access Worker 1 Position
- 6) Ontario Works Administrator 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

AST NATION

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

OUALIFICATIONS

- 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 reconcilliations 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 POG 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.

RST NATION

EMPLOYMENT OPPORTUNITY

SECONDARY SCHOOL BUS DRIVER

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a **Secondary School Bus Driver** to join our Administration for a temporary, short-term contract up to six months. The Secondary School Bus Driver reports to the Education Counsellor and is responsible for transporting students of various ages to and from their homes and respective schools in a timely and safe manner and in accordance with MTO driving regulations, Ontario traffic laws and safe driving practices. This position requires excellent organization, communication and customer service skills.

MAIN RESPONSIBILITIES

The Secondary School Bus Driver will be responsible to:

- Ensure bus is well-maintained and operational by conducting daily safety checks on both interior and exterior of school bus prior to operating vehicle
- · Report any bus malfunctions or needed repairs
- Safely deliver students to and from their homes and schools, following the assigned time schedule.
- Assist students with boarding and exiting the bus and while crossing the street as needed
- Adhere to and enforce bus safety rules and standards
- · Comply with traffic regulations to operate vehicles in a safe and courteous manner
- Resolve any conflicts in a positive, respectful and proactive manner
- · Complete an Ontario School Bus Inspection Log Book and Drivers Time Log Book on a daily basis
- Fuel the bus at HIFN Gas Bar as required, notifying the Gas Bar Attendant which bus they are fueling to ensure the correct account is charged
- Transport busses to maintenance and service appointments as required
- Cleaning of the interior of the bus daily and restocking bus supplies when necessary
- Regularly report on the operations of daily runs to the Education Counsellor
- Be available by phone at all times during the school day
- Be informed on protocols for the bus's ability to transport students when weather or safety conditions are a concern
- Other duties as assigned from time to time by the Supervisor, Chief and Council or the Director of Finance/Administration.

QUALIFICATIONS

- Grade 12 diploma or equivalent preferred
- Valid Ontario Class B or E Driver's License required
- Clear Driver's Abstract
- Clear CPIC Vulnerable Sector Police Check
- Current First Aid and CPR Level C

- Previous school bus driver experience preferred
- Knowledge of the Ontario Highway Traffic Act and school bus regulations
- Knowledge of First Nations customs, traditions and language an asset
- Excellent driving skills and habits
- · Ability to remain attentive when faced with distractions
- Excellent customer service and written and verbal communication skills
- Exceptional organization and time-management skills
- High level of personal integrity and accountability

HOURS OF WORK

Full-Time - 40 hrs/week

REMUNERATION

Based on experience.

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

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

Henvey Inlet First Nation - Human Resources

295 Pickerel River Rd. Pickerel, ON POG 1J0 Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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EMPLOYMENT OPPORTUNITY

BAND REPRESENTATIVE

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

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 POG 1J0 Tel: (705) 857-2331

Fax: (705) 857-2331

Email: samantha.bradley@henveyinlet.com

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HENNEY INLEY INC.

EMPLOYMENT OPPORTUNITY

COMMUNITY ACCESS WORKER

POSITION SUMMARY

Henvey Inlet First Nation is a full-time **Community Access Worker** to join our Administration. The Community Access Worker reports to the Band Representative Lead and is responsible for facilitating and supervising access visits for families with children in care. This position requires strong observational and analytical skills and exceptional interpersonal communication 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 Community Access Worker 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
- Develop a goals-based Family Access Plan in collaboration with the Band Representative Team and child welfare agency
- · Set-up and facilitate family access visits, ensuring safe arrival and departure of children at the access centre
- Transport families and children to community and family access visits, including activities and services to achieve case plan objectives
- Open and close the access centre, including setting-up and cleaning-up of required equipment
- Inspect and/or clean centre equipment and toys as per recommended health and safety standards
- · Provide continuous supervision to non-custodial/visiting persons with their children during access visits
- Monitor access visits, recording objective, accurate and factual observations of visits and exchanges in case files and logs
- Ensure the health & safety of all parties involved and end a visit if there is a safety risk
- Assess, report, and update the status of the set goals to the Band Representative, protection worker or other relevant assigned case worker
- Provide guidance, support and modeling for families in visit settings and troubleshoot and address any issues as required
- Complete all required agency forms and all paperwork associated with visits and client contact as per policies and procedures
- Provide feedback to child and youth, and protection workers as required
- Provide information to Band Representative Lead concerning client needs, requests or complaints
- · Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Maintain a broad knowledge of local resources available to assist clients in achieving goals
- Work collaboratively and cooperatively with all levels, including community professionals, in order to help families in providing safe and nurturing environments for children
- Provide opportunities for the enhancement and development of positive cultural identities of children, families and community members served
- Assist with the development of BCR's as needed with full briefing notes for Chief and Council

- Build and maintain trusting and supportive client relations
- Attend all court proceedings related to band member child welfare cases as required
- Maintain an empathetic and supportive demeanor to band members and their families
- Develop and maintain accurate, up-to-date and concise work files
- 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
- Participate 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 team, 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 or diploma in Social Services, Family Services, Child and Youth Services or other related field
- 1-2 years of experience working with parents and children in a social services setting preferred
- 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 experience developing detailed plans and critical path timelines
- Knowledge of family dynamics and intervention models
- Knowledge of child development and effective parenting skills
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients and affiliates
- Ability to supervise and mentor parents and provide insightful feedback of behavioural dynamics
- Strong public speaking and advocacy skills
- 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

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

April 10, 2023

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 POG 1J0 Tel: (705) 857-2331 Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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THE NEY IN A

EMPLOYMENT OPPORTUNITY

ONTARIO WORKS ADMINISTRATOR

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Ontario Works Administrator** to join our Administration. The Ontario Works Administrator reports to the Director of Finance/Administration and is responsible for the financial management and administration of the Social Assistance Program to ensure effective, efficient and accurate operations in accordance with the Ontario Works (OW) directives and current legislation. The Ontario Works Administrator is also responsible for assessing eligibility requirements of applicants seeking assistance based on the Ontario Works Act. This position requires exceptional organizational and interpersonal communication 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 Ontario Works Administrator will be responsible to:

- Research, develop and plan OW program structure and seek and apply for program funding
- Assist in the coordination and delivery of workshops, info sessions and other Social Assistance Program events
- Carry out interviews and complete applications to assess and determine eligibility of clients under the Ontario Works Act
- Refer and help clients apply for other available sources of income including CPP, EI, ODSP, etc.
- Connect with external agencies and program sponsors to develop employment opportunities for OW clients
- Maintain a broad knowledge of local resources available to assist clients in achieving goals
- Build and maintain trusting and supportive client relations
- Prepare and send written correspondence to clients
- Conduct annual reviews to ensure on-going client eligibility and facilitate and monitor operation for an effective appeal process
- Monitor client's monthly expenditures on bill payments and provide budget assistant in accordance with policies and procedures as required
- Order and purchase appliances, beds and other approved items for eligible clients
- · Prepare funding submissions for reimbursement
- Provide current information to clients related to available services including changes to existing services
- Monitor and verify the monthly client reporting requirements and ensure adherence to applicable policies and legislation
- Ensure all Ministry reporting requirements are met in a timely manner, including the completion and submission of all required agency forms, agreements, budgets and reports
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Develop and maintain professional working relationships with external agencies and program sponsors including but no limited to Aboriginal Affairs and Northern Development Canada (AANDC), Indigenous Services Canada (ISC), Employment and Social Development Canada (ESDC), Ministry of Community, Children and Social Services (MCSS), Canada Revenue Agency (CRA)
- Liaise and consult with the Ministry Program Supervisor on issues and available opportunities to enhance the OW program
- Ensure the ongoing assessment of community needs are identified and appropriate adjustments to program goals and objectives are recommended
- · Ensure newly revised services based on prior assessment and recommendations are implemented where possible
- Liaise with federal and provincial representatives and other First Nations on OW negotiations and update the Director of Finance/Administration and Chief and Council on new negotiation developments
- Work collaboratively and cooperatively with all community professionals, departments and colleagues including Economic Development and Finance

- Prepare and monitor annual program budget and present quarterly program financial reports to the Director of Finance/Administration
- Prepare full briefing notes for the Director of Finance/Administration and Chief and Council on program issues and concerns
- Develop and maintain accurate, up-to-date and concise work files
- Create and maintain a secure filing system with gathered information on all clients accessing support services in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Attend and actively participate in external continuous learning opportunities that affect the delivery of the OW program 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 team, 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 degree or diploma in Social Services, Human Services or other related field
- 3-5 years of experience working in a social services setting, preferably managing the delivery of income maintenance and employment programs
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current and satisfactory Vulnerable Sector Police Check
- 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
- Full understanding of the Ontario Works Social Assistance Program, the Ontario Works Act, and other relevant legislation and government programs
- Excellent financial literacy and working knowledge of financial processes
- Ability to process financial transactions for clients per OW regulations
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients, community agencies and affiliates
- Ability to mentor clients and intervene when additional support services and referrals are needed
- Knowledge of relevant community-based, and external support programs and services available
- Strong public speaking and advocacy skills
- 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
- · Self-driven with the ability to work independently with little direction
- Ability to collaboratively with colleagues in all departments to support client needs
- 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

April 10, 2023

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 POG 130 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

Pickerel, ON POG 1J0

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

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

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

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

MEMORANDUM

To:

Voting Members of Henvey Inlet First Nation

From:

Membership Committee

Date:

2023-03-08

Re:

Draft Membership Code Community Consultation

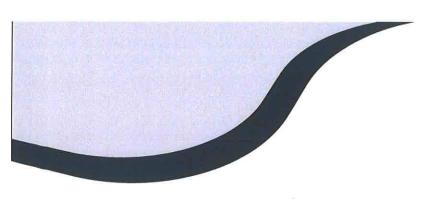
Aniin Bozhoo Henvey Inlet Membership,

We invite you to our third community consultation. We will host two meetings in attempts to meet everyone's busy schedules. The first meeting will be held Wed April 12th, 2023 at noon in the Henvey Inlet Fire Hall. The meeting will also be available on zoom. The second meeting will present the same information and will be held on Sunday April 16th, 2023 at noon in the firehall and on zoom.

The meetings will begin with lunch, followed by the presentation and ending with your feedback.

Your membership committee has been meeting regularly in order to develop a membership code you can be proud of and we couldn't do this without your input.

We look forward to meeting with you and hearing your feedback, Henvey Inlet First Nation Membership Committee.





Henvey Inlet First Nation

Draft Membership Code Community Consultation

Wednesday APRIL 12th, 2023 at noon on ZOOM

https://us02web.zoom.us/j/85354558350

Meeting ID: 853 5455 8350

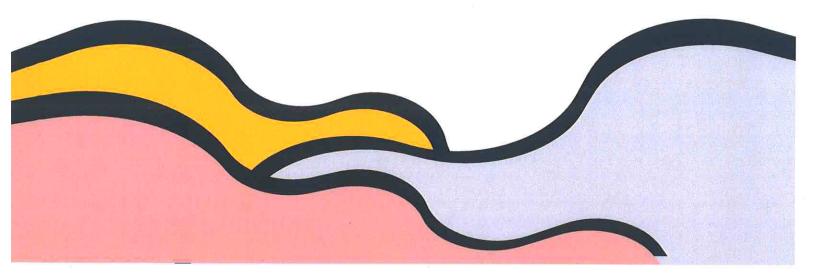
Sunday APRIL 16th, 2023 at noon on ZOOM

https://us02web.zoom.us/j/84877228500

Meeting ID: 848 7722 8500

OR In person at the HIFN FIRE HALL: 295 PICKEREL RIVER ROAD

Lunch will be served at noon, followed by a presentation from the committee and an open discussion with the membership



HENVEY INLET FIRST NATION 20th ANNUAL INTER-TRIBAL POW-WOW

A MOTHER'S LOVE IS AT THE HEART OF OUR NATION

JUNE 10th & 11th, 2023



GRAND ENTRY: SATURDAY 1 PM & 7 PM SUNDAY 12 NOON

Host Drum: HIGH NOON Hobbema, AB Co-Host Drum: HIGH RIDGE Moose Factory, ON M.C: CRAIG FOX Wikwemikong, ON

Stick Man: ROBERT STONEYPOINT Sagamok Anishnawbek, ON Head Man Dancer: PERCY TABOBONDUNG Wasauksing FN, ON Head Lady Dancer: GMEWIN MIGWANS M'Chigeeng FN, ON Special Guest: EMMA MORRISON Chapleau Cree FN, ON

Honorariums to the first 5 Registered Drum Groups
Honorariums to all Dancers
Saturday Feast @ 5pm/Bring your Feast Bundle
Give-a-way on Sunday
Dance Specials throughout the weekend

CRAFT & FOOD VENDORS WELCOME



MISS WORLD CANADA 2022 EMMA MORRISON

Location: French River Indian Reserve No. 13, ONTARIO

45 minutes South of Sudbury off Hwy 69 or 1 hour North of Parry Sound.

Turn off at Pickerel River Road, drive in 4.5 Kms.

Held a the PowWow Grounds on Pickerel River Road.

Watch for POW-WOW signs. Rough camping.

Bring your own lawn chair. No Pets. Everyone is Welcome!

This is a drug and alcohol free event.





SARS-(

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



Niijaansinaanik Child and Family Services

Niijaansinaanik Child and Family Services is a provincially designated Child Well-Being Agency that provides Prevention and Protection, Child and Family services that reflect values, beliefs and principles rooted within the Anishinabek culture. We serve the communities of Wahnapitae, Dokis, Henvey, Magnetawan, Shawanaga, and Wasauksing First Nations.

COMMUNITY CHILD WELLBEING ENGAGEMENT COORDINATOR – 1 YEAR CONTRACT WITH POSSIBILITY OF EXTENSION

Reporting to the Child Wellbeing Standards Development Supervisor, the Community Child Wellbeing Engagement Coordinator is responsible for a varied set of duties related specifically to the development of the Orange Standard initiative that is focused on the redesign of child wellbeing standards that are culturally relevant and appropriate to the First Nation where community engagement is required. Further, the duties will focus specifically on areas that increase awareness and understanding from the perspective of Niijaansinaanik's strategic goals that are focused on Child wellbeing jurisdiction and working as part of a team to make efforts and to implement objectives that promote understanding and awareness of the project and supports the development of a ground-up model of engagement and direction from the First Nation and Niijaansinaanik's Orange Standard project. This position is also charged with specific direction from the project supervisor on matters of providing information and clarity about the jurisdictional pathway of the First Nation as it works toward a core shift away from provincially directed matters as it relates to historical child welfare Child Well-being in the First Nation.

KEY JOB FUNCTIONS

- Ensure that current information on community jurisdictional goals is assessed for integrated project strategies.
- . Document and complete all necessary First Nation-related input that supports agency progress on project goals.
- · Assist community members, First Nation staff, and leadership to understand and recognize project input points.
- · Conduct research around the community that relates to the issue of child wellbeing jurisdiction.
- Conduct outreach at all levels of community, nation, and other regions to socialize the Orange Standard.

Minimum Education

- Bachelor of Social Work degree preferred.
- · Community Development diploma/degree.
- Community College Diploma in Social Services or a Native Child Protection Worker diploma may be considered.

Minimum Experience

. Two (2) years of direct experience in a social services agency

Knowledge Requirements

- . Knowledge and understanding of the Child Youth and Family Services Act
- . Knowledge of First Nation service delivery, customs, and traditions in relation to Child Protection
- Knowledge of external services and service agencies
- Knowledge of First Nation communities and structures

Other Requirements

- Must provide a clear Police Records Check Vulnerable Sector
- Must provide a Class 'G' Ontario Driver's Licence
- Must have \$1M auto insurance liability coverage
- Must provide an acceptable three-year uncertified Driver's Abstract

Work Site Location:

Henvey Inlet Office location

Nijjaansinaanik is committed to providing a barrier-free work environment in accordance with the Accessibility for Ontarians with Disabilities Act and the Ontario Human Rights Code. Accommodations are available upon request for candidates taking part in the recruitment process. Please submit your resume and cover letter along with three work related references to:

Bonnie Reid, Director of Human Resources Niijaansinaanik Child and Family Services 940A Main Street, Dokis First Nation, ON P0M 2N1 Email to: careers@niijcfs.com or fax to (705) 223-7439

Application deadline is:

April 12, 2023, at 4:00 p.m.

Preference will be given to applicants of Native ancestry, please self-identify.

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

For a more detailed job description, please contact

Human Resources at careers@niijcfs.com





INTERNAL/EXTERNAL POSTING: OPEN UNTIL FILLED

INDIGENOUS MENTAL HEALTH AND ADDICTIONS WORKER B'SAANIBAMAADSIWIN PROGRAM

Job Status: 1 Year Contract

Hours of work: 35 hours per week, 1.0FTE

Base office: Parry Sound/Muskoka

Competition: 19-23

Purpose of the Position: To provide mental health and addiction support to the Indigenous population (First Nations, Metis and Inuit) of the Districts of Muskoka and Parry Sound. This position includes participation in after-hours 24/7 on-call service.

Education and Qualifications:

- Minimum qualifications include a Master's level post-secondary degree in Psychology, Psychiatric Nursing, Social Work or equivalent degree, along with current registration in good standing within their respective professional regulatory body/college, including College of Nurses of Ontario, Ontario College of Social Workers and Social Service Workers, College of Registered Psychotherapists of Ontario, or College of Occupational Therapists of Ontario.
- · Registration, membership or application for membership in the college appropriate to your discipline.
- Indigenous culture education and awareness is an asset.
- Ability to be sensitive to and be seen to be sensitive to Indigenous history and its impact on the current health status of the consumers and the communities.
- Sound theoretical and practical knowledge and skills of better practices in the areas of counselling, crisis intervention, trauma informed care and community development.
- Ability to communicate effectively, both verbally and in writing with consumers, colleagues and other members of the community.
- Clear Criminal Records Check, including Vulnerable Sector Screening.
- Willingness to travel with the districts of Muskoka and Parry Sound.
- A valid G or G2 license and a safe and reliable means of transportation.

Major Responsibilities:

- Establish and maintain appropriate working relationships with key players in each First Nations community and externally as dictated by the needs of the program.
- Provide assessments, referrals, follow-up and treatment planning for individuals, couples and families in collaboration with community workers as agreed upon by consumers.
- Provide crisis intervention, crisis support and consultation to consumers and community stakeholders to stabilize the current situation.
- Participate in an after-hours on-call crisis service and assist with the team's implementation of the 24/7/365 crisis service.
- Provide individual, family and group counselling which utilizes both cultural and mainstream approaches in the treatment of mental health, addiction and concurrent issues.
- Provide case management support as needed.
- Participate in community education and community development activities as required.

Salary scale: \$34.19 to \$42.15 per hour commensurate with qualifications and experience **Benefits:** Optional Registered retirement plan with HOOPP

Please note that we are scent-free organization.

You are invited to submit your application quoting competition #19-23 to:

The Hiring Committee Canadian Mental Health Association, Muskoka-Parry Sound Branch 173-202 Manitoba Street Bracebridge, Ontario P1L 1S3

Telephone: (705) 645-2262 Fax: (705) 645-7473 Email: jobs@cmhamps.ca

Please note: CMHAMPS is committed to achieving 100% compliance with its COVID-19 Vaccine Policy. Eligibility for new employment with the CMHAMPS is full vaccination against COVID-19 prior to commencing employment or documentation of accommodation obligations pursuant to the Ontario Human Rights Code or a medical exemption from a primary care or specialist health care provider resulting in a non-vaccination status.

To be considered fully vaccinated, an individual must have received the full series of a COVID-19 vaccine, or a combination of COVID-19 vaccines approved by the World Health Organization (e.g. two doses of a two-dose vaccine series or one dose of a single-dose vaccine series) and received the final dose of the COVID-19 vaccine at least 14 days prior to commencement of employment.

Canadian Mental Health Association Muskoka – Parry Sound (CMHAMPS) is an equal opportunity employer, and we value the importance of diversity, dignity and worth of every individual in the workplace.

Qualified consumers/survivors and/or family members are encouraged to apply

We retain all applications submitted for one year after the closing date of this posting for consideration in any future postings.

As part of our commitment to Accessibility, if you wish this information in a different format, please contact our office at 705-645-2262 or email feedback@cmhamps.ca.

If you are contacted regarding a job opportunity, please let us know prior to the interview if you require accommodation.

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

Happy Easter Mno-gchi-name-giizhgad



A language resource booklet developed by the Kinoomaadziwin Education Body for Participating First Nations

Contents

03 Introduction

04 Easter Sayings

05 Fortune Teller

O6 Blank Fortune Teller

O7 Colouring Page

08 Maze Challenge

09 1 Spy

Picture Match

Picture Match - Answer Key





In preparation of the upcoming Easter celebration, the Kinoomaadziwin Education Body (KEB) is pleased to share this Anishinaabe language resource with all Participating First Nations of the Anishinabek Education System.

As part of our ongoing efforts to support communities in language revitalization, the KEB will continue to develop resources and tools that may be used by the Participating First Nations at your convenience.

In the following pages, you will find several activities and word lists that may be used to support students in creating messages related to Easter through games, activities, and artwork, etc.

Teachers are welcome to use the resource for in-class lessons or extra-curricular activities. For in-class lessons, we recommend beginning by working through the words as a group and sounding them out together to practice speaking Anishinaabemowin.

Students may then move into working with the words to create their own arts and crafts related to Easter. These can be for themselves, or they can create something for their classmates, friends, and family.

Included in this resource package you will find several activities that may be used at your convenience in the days leading up to Easter. The resources include:

- 1 list of common Easter sayings
- o 1 Easter fortune teller activity
- · 1 blank fortune teller activity
- 1 colouring page
- 1 Easter maze challenge
- 1 Easter "I Spy" activity
- 1 Easter picture word match accompanied with an answer key

To encourage the use of oral language, students can say the words they find in the pages out loud, while doing the activities. This may help them to practice speaking Anishinaabemowin.

The activities enclosed in the following pages were developed using the Nbisiing dialect of Anishinaabemowin. They are geared to support students in grades JK to 6, but they can be used and enjoyed by language learners of all ages!

As the KEB continues to develop language resources for Participating First Nations, we welcome your feedback on ways to enhance products to meet your needs. If you are interested in translating the following resources to another dialect of Anishinaabemowin, or to Lenape, please connect with Zachary Beaudette at the contact information below.

Miigwech! Anushiik! Thank you!

Zachary Beaudette Language & Culture Lead Kinoomaadziwin Education Body zachary.beaudette@a-e-s.ca 705-845-3634 ext. 210 705-816-1900 (cell)

Easter Sayings



Mno-Gchi-name-giizhgad Happy Easter

Mnwaasge Sunshine

Baakwan-waabooz Easter Bunny

Gdoo-zaagin I love you

Shki-maajtaa New Beginnings

Tisge Paintings

Nwiichkiwenh My friend

Waawan-kokbinaagan Easter Basket

Waawaasgone Flower/bloom

Ziigwan Spring

Waabooz / Gchi-waabooz Bunny / rabbit

Nawemaaganag Family (relatives)

Gchi-name-giizhgad Easter

Zaagidwin Love

Ndawendaanan waawnoon Egg hunt / Easter egg hunt

Ziisbaaktoonhs Candy

Enji-shangeng Feast (where people are fed)

Zegaachge Decorating

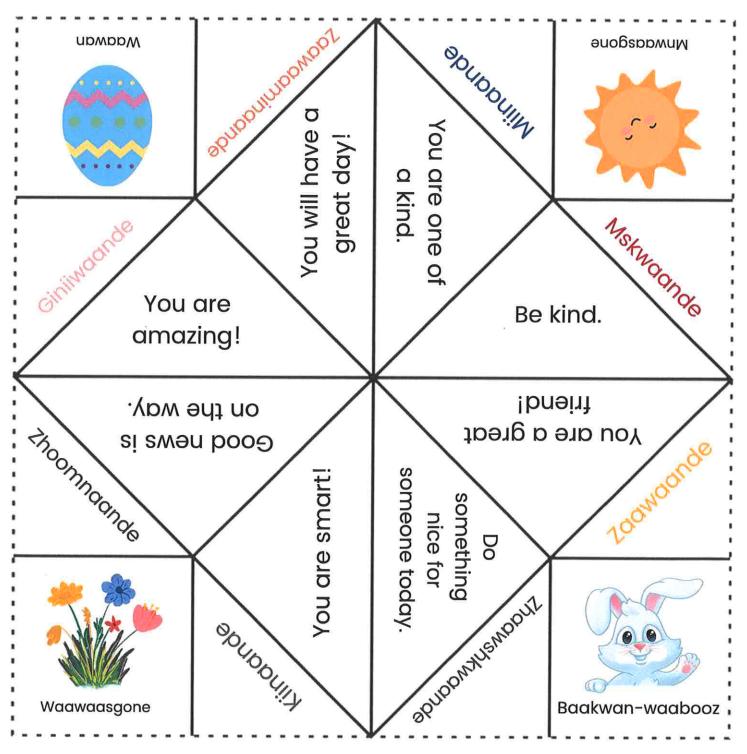
Nmebin Giizis Sucker moon (April)

Memingwaa Butterfly

Fortune Teller



Cut along the dotted lines to make your own fortune teller. Practice speaking in Anishinaabemowin to reach your fortune!



Follow these steps to fold your fortune teller!







corners to

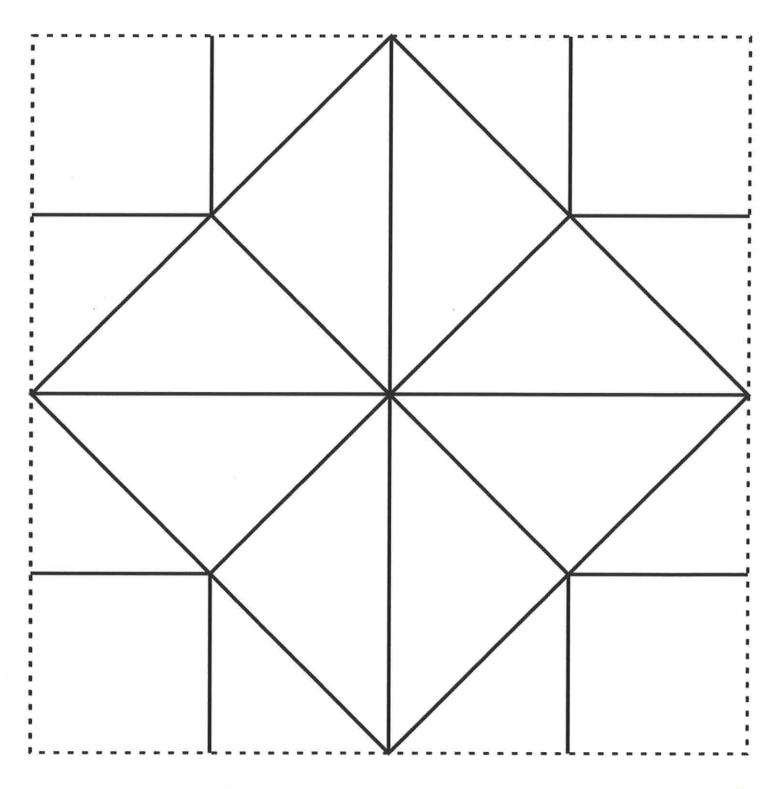




Fortune Teller

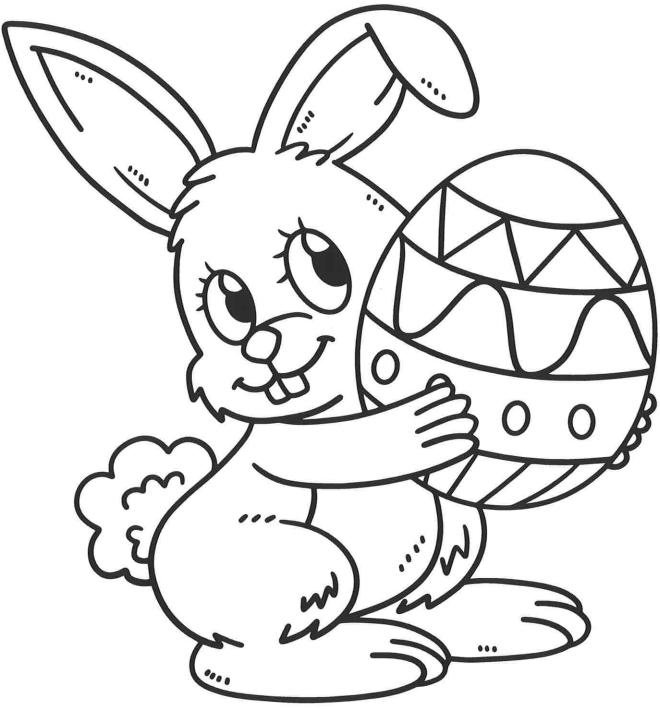


Cut along the dotted lines to make your own fortune teller.



Colouring Page





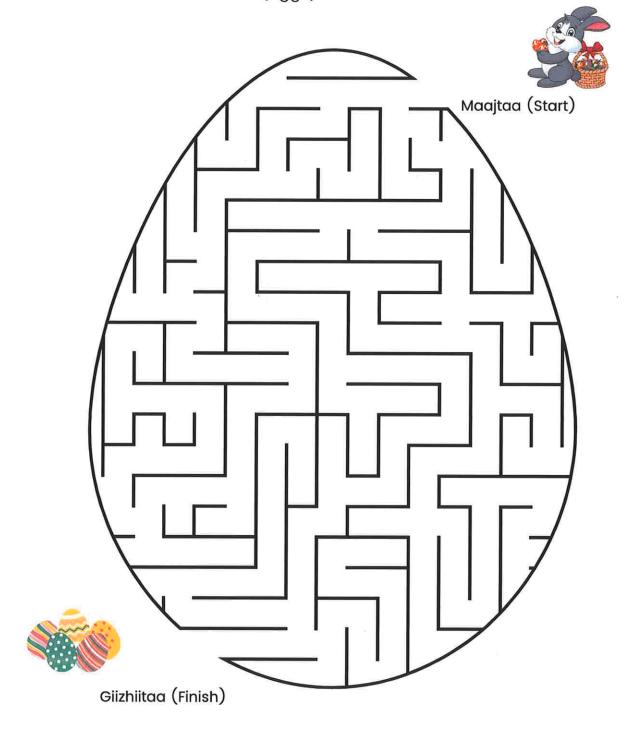
Name:

Date:

Maze Challenge



Help the Baakwan-waabooz (Easter bunny) find their way through the maze to the Waawnoon (eggs)!



I Spy



Search for each item below and write down the number you find for each item. Then practice counting in Anishinaabemowin!



- 1 Bezhig
- 2 Niizh
- 3 Nswi
- 4 Newin
- 5 Naanan
- 6 Ngodwaaswi
- 7 Niizhwaaswi
- 8 Nshwaaswi
- 9 Zhaangswi
- 10 Mtaaswi









































Picture Match



Match each image with the correct name in Anishinaabemowin.



Waabooz



Bakaakwaanhs



Memingwaa



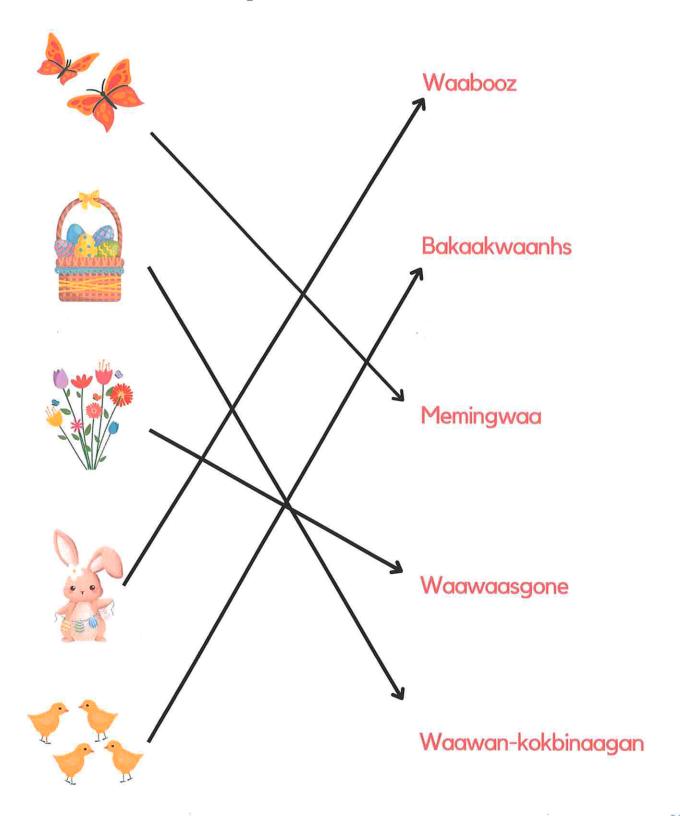
Waawaasgone



Waawan-kokbinaagan

Picture Match Answer Key





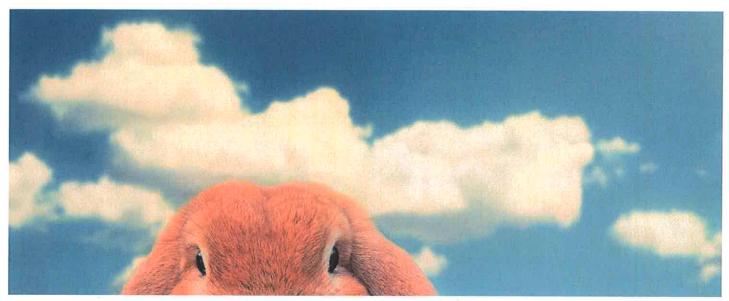


Band Reps & Community Health Educator

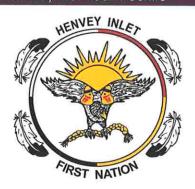


April 2023

KERRI CAMPBELL - Band Rep Lead



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	3			6		
	Not In Office	Walking Program	Family Court Espanola	Family Court North Bay	7 Office Closed	
	Office Closed	Walking Program	Family Court North Bay	CCA Meeting	Mother's Day Photos	
	17	18 Walking Program 1pm	19	Community Adult Bingo	21.	
	24	25 Walking Program 1pm	Not In Office	Parenting Program	28	29
¥e.						



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 P [ogra	m P	ann	ing 7	8
9	7	inuc	12	13 [[]	O []	1.5
16	17	18	19	20 Community Adult BINGO	21	22
23	24	25	26	27 Parenting Program	28	29
30						

Phone: 705-857-1221 ext. 222 Fax: 705-857-0730

E-mail: kara.harkness@henveymedicalcentre.com

For further information on the various programs, please contact me at one of the above options!

Dates of scheduled events may change at a moment's notice to accommodate emergencies or conflicts of scheduling.

Band Representative On-Call Schedule

Staff Member	Start Date	End Date
Jodi	2023-02-24 16:30	2023-02-28 8:30
Kerri	2023-02-28 16:30	2023-03-20 8:30
Naomi	2023-03-20 16:30	2023-03-27 8:30
Jodi	2023-03 27 16:30	2023-04-03 8:30
Naomi	2023-04-03 16:30	2023-04-10 8:30
Kerri	2023-04-10 16:30	2023-04-17 8:30
Jodi	2023-04-17 16:30	2023-04-24 8:30

All On-Call Shifts are from Monday @ 4:30 PM to the following Monday @ 8:30 AM

Contact Numbers:		
Kerri	(705) 921-5202	
Naomi	(705) 690-6829	
Jodi	(705) 690-9146	2

^{*} On-Call is for emergencies ONLY *

Hand Drum Feast

We will be Feasting the
Hand Drums
that were made on
March 24, 2023.

Date: April 6, 2023

Time: 2:30pm-4:00pm

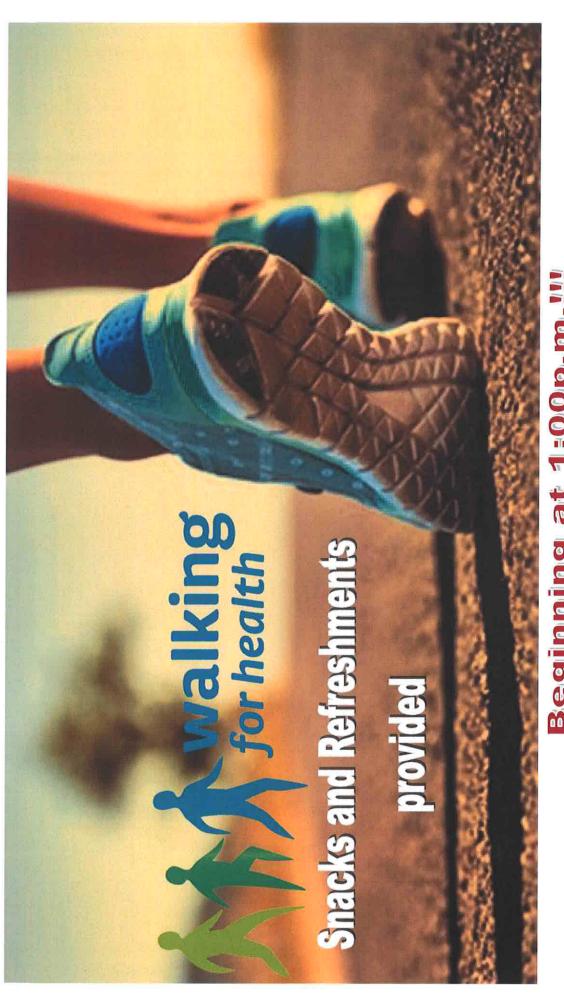
Place: Learning Centre

For morning information contact

Jodi Contin

1-705-690-9146

Jodi.Contin@henveyinlet.com



The more you attend, the more ballots you Weekly and monthly prizes to be won! Weather permitting, please see attached calendars for dates!!! Beginning at 1:00p.m.W

will have enteredill

COMMUNITY ADULT BINGO!!!





Date:

THURSDAY

April 20, 2023

Time: 12:00pm

705 857 1221



Location TBA



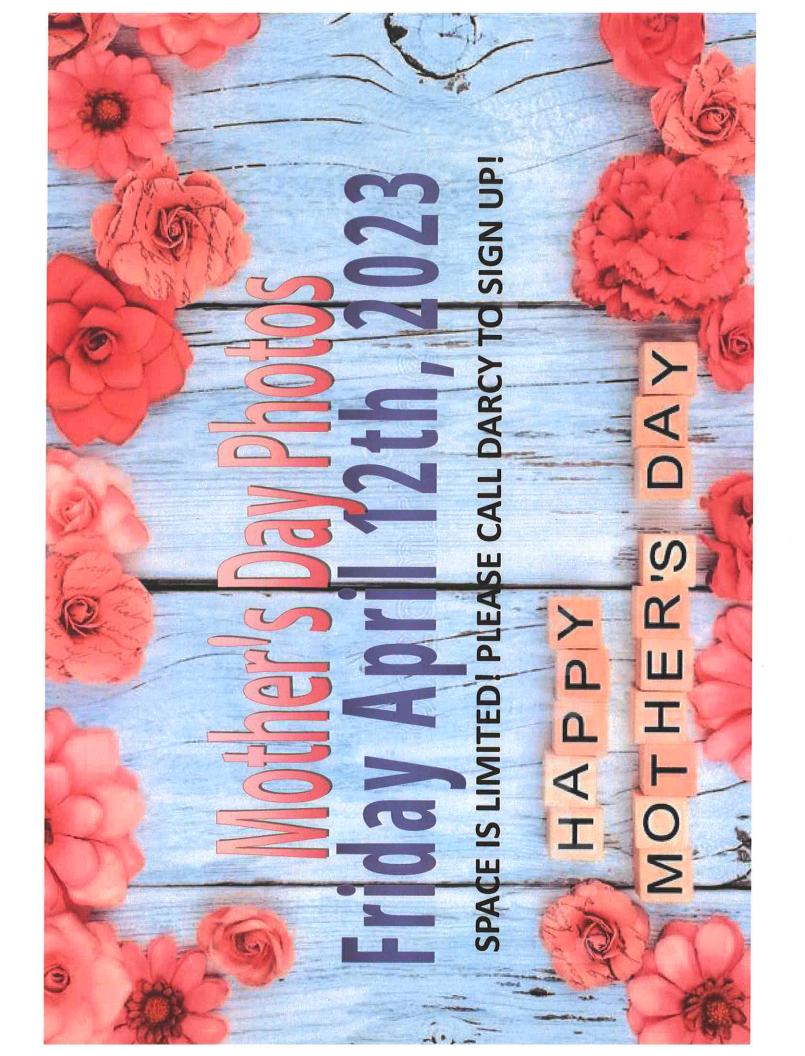
For parents, guardians, and caregivers of children ages 0-6 years!!!

Thursday April 27, 2023
1pm @Program Trailer



Miigwetch!!

The first 5 people to sign up will receive a special kit, call Darcy to sign up!





Henvey Inlet First Nation Health Centre 354A Pickerel River Road- Pickerel, ON PoG 1Jo

(705)857-1221 EXT: 229



TUESDAY APRIL 4, 2023

MEN'S CIRCLE

WITH STAN MOSES, DAVE RICE, ARLEN TULLOC

TRAILER 4

5:00PM- 7:00PM

PLEASE CALL HEALTH CENTRE IF INTERESTED IN ATTENDING.

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

CULTURAL COORDINATOR- STAN MOSES 705-857-1221



TUESDAY APRIL 18, 2023

MEN'S CIRCLE

WITH STAN MOSES, DAVE RICE, ARLEN TULLOC

TRAILER 4

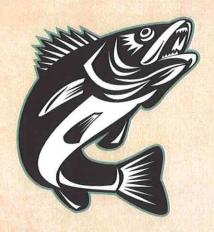
5:00PM- 7:00PM

PLEASE CALL HEALTH CENTRE IF INTERESTED IN ATTENDING.

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

CULTURAL COORDINATOR- STAN MOSES 705-857-1221







OVERNIGHT SPEAR FISHING OUTTING FOR AGES 12 & UP - 14 SPOTS ONLY

APRIL 28 TO 30TH

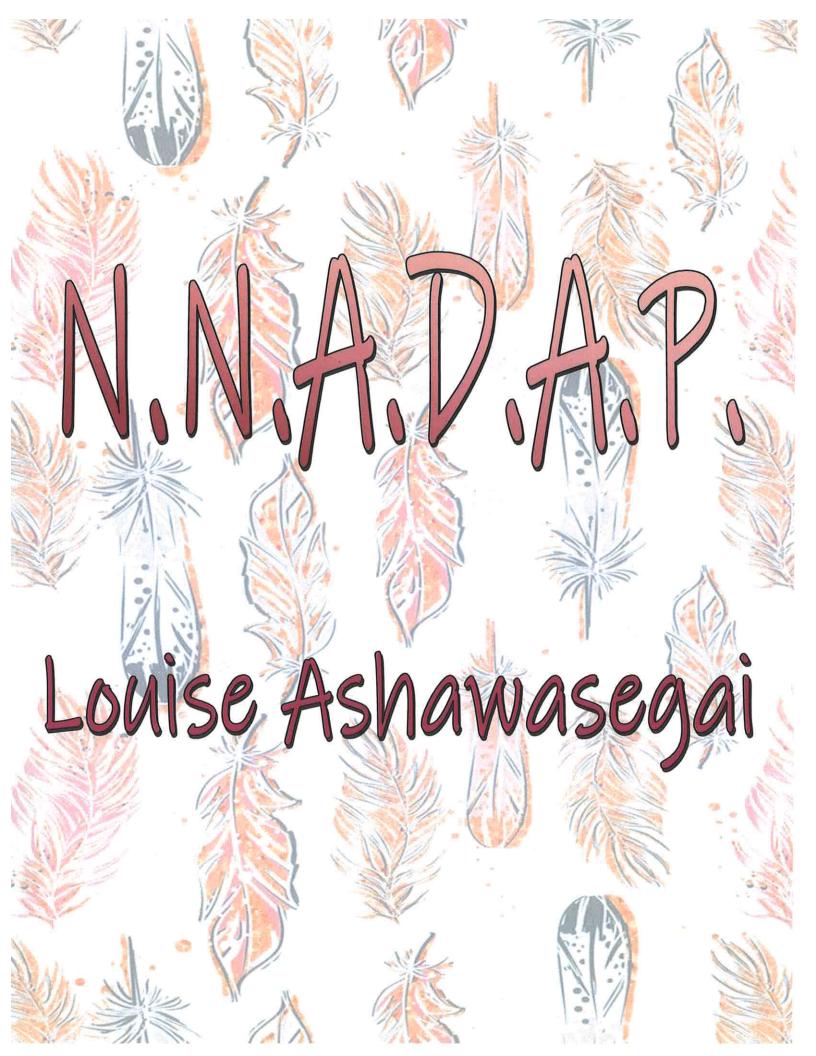
DRINKS, FOOD, MEALS, COOKING SUPPLIES & SHELTER PROVIDED. PARTICIPANTS MUST BRING OWN SLEEPING BAGS/BLANKETS, PILLOWS, CLOTHES FOR THE WEATHER, RUBBER BOOTS, OWN SPEAR IF YOU HAVE, IF NOT THERE WILL BE SOME TO SHARE!

DEADLINE TO SIGN-UP IS APRIL 21, 2023



TO REGISTER CALL DARCY AT THE HEALTH CENTRE! CONTACT PERSON: STAN MOSES 705-857-1221





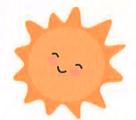


April 2023

30	23	16	9	2		Sun
	24 Meet- ing,	17 Meeting, shopping	10 Meeting	3 Shop- ping Meeting		Mon
	25 Office Home visit	18 Office Home visit	11 Office Home visit	4 Office Home visit		Tue
	26 Pipe ceremonies 6 to 9	19 Break- fast 8 to 10	12 Pipe cer- emonies 6 to 9	5 Break- fast		Wed
	27 Office Home visit	20 Office Home visit	13 Office Home visit	Office, Home visits		Thu
	28 Office	21 Office	14 Office	7 Office		Fri
	29	22	15	œ	APRIL Leols JOHY	Sat



Louise's



Community Breakfast

Wednesday April 5th & 19th @ 8am Health Centre Program trailer No Sign-up Needed!



PIPE CEREMONY

EVERYONE IS WELCOME!

Wednesday April 12th & 26th 6:00pm - 9:00pm @ Louise's Trailer #4



Contact Info: Louise Ashawasegai- 705-857-1221

Aboriginal Sentencing Factors ("Gladue" Factors)

See also: Pre-Sentence Reports

In sentencing aboriginal offenders, the sentencing judge must:[1]

consider "Gladue factors" unless the offender "expressly waives the right" to have them considered;[2] and

provide "transparent and understandable reasons" as to how, if at all, the "identified Gladue factors impacted" the sentence.

This duty requires the judge to "address explicitly an aboriginal offender's circumstances, and the systemic and background factors that contributed to those circumstances."[3]

Purpose of s. 718.2(e)

The purpose of s. 718.2(e) is the "identification of relevant factors" of the offender's aboriginal heritage that may have played a part in bringing the particular offender."[4]

The factors are not to work as "an excuse or justification for the criminal conduct." They "provide the necessary context to enable a judge to determine an appropriate sentence."[5]

When Factors Apply

The mere assertion of aboriginal heritage is not sufficient to engage s. 718.2(e). As otherwise, it would create a "race-based discount on sentence."[6] It is also insufficient to merely point to the "systemic and background factors affecting Aboriginal people in Canadian society."[7]

The factors apply to all offences, no matter how serious they may be.[8]

Gladue factors are only "one of a group of factors that can affect the level of moral blameworthiness". [9]

Gladue does not "create an entire new system of sentencing" for aboriginal offenders.[10]

There is no "easily ascertained or articulated" test to determine when background should influence the ultimate sentence.[11]

Failure to apply the Gladue principles on a case involving an Aboriginal offender violates the court's statutory obligations.[12]

Linking Factors to Offence

There is no need of proving a "causal connection" between the offence and the accused's aboriginal background.[13] There is no need to "draw a straight line" between their roots and the offence.[14]

The only linkage needed is by considering which factors "may have played a part in bringing the particular offender before the courts."[15]

Accused's Connection to Aboriginal Heritage

It is an error of law to rely on "limited" role of Gladue principles on account of a "disconnection" with his aboriginal heritage.[16]

Burden

The offender does not have any burden of persuasion.[17] The judge must consider all factors "which may have played a part in bringing the particular offender before the courts."[18]

Effect of Factors

Where Gladue factors are identified they "will not dictate an automatic reduction in the sentence."[19] The factors "do not operate as an excuse or justification for the criminal conduct. Rather, they provide the necessary context to enable a judge to determine an appropriate sentence."[20]

The factors will only have an impact on penalty where "the unique circumstances of the particular offender bear on his or her culpability for the offence or indicate which sentencing objectives can and should be actualized."[21]

Considerations

The aboriginal heritage factors must be considered in light of how they may have played a part in bringing the accused before the Court. [22] There is no discretion on whether to consider these factors. They must be considered in every sentencing hearing relating to an aboriginal offender. [23] Failure to undertake the duty to apply Gladue principles to an aboriginal offender is a reversible error. [24]

The Court must consider:[25]

the unique systemic or background factors which may have played a part in bringing the particular aboriginal offender before the Courts (such as systemic disadvantages, discrimination and other factors) and

the effectiveness of the sentencing by looking at the types of sentencing procedures and sanctions which may be appropriate in the circumstances of the offender because of his or her particular aboriginal heritage or connection.

The systemic factors can be evinced in the following statistics: [26]

In 1988, aboriginal persons were only 2 percent of the national population but 10 percent of federal inmates

In some provinces, 32 percent of the federal inmates were aboriginal persons

In one province, 60 percent of the provincial inmates were aboriginal persons

Despite the disproportionate numbers of imprisoned aboriginals, courts are not to artificially reduce the aboriginal prison population for its own sake.[27]

The aboriginal heritage factors include:[28]

family circumstances

support network

residential schools

unemployment

lack of educational opportunities

dislocation from aboriginal communities, loneliness and community fragmentation

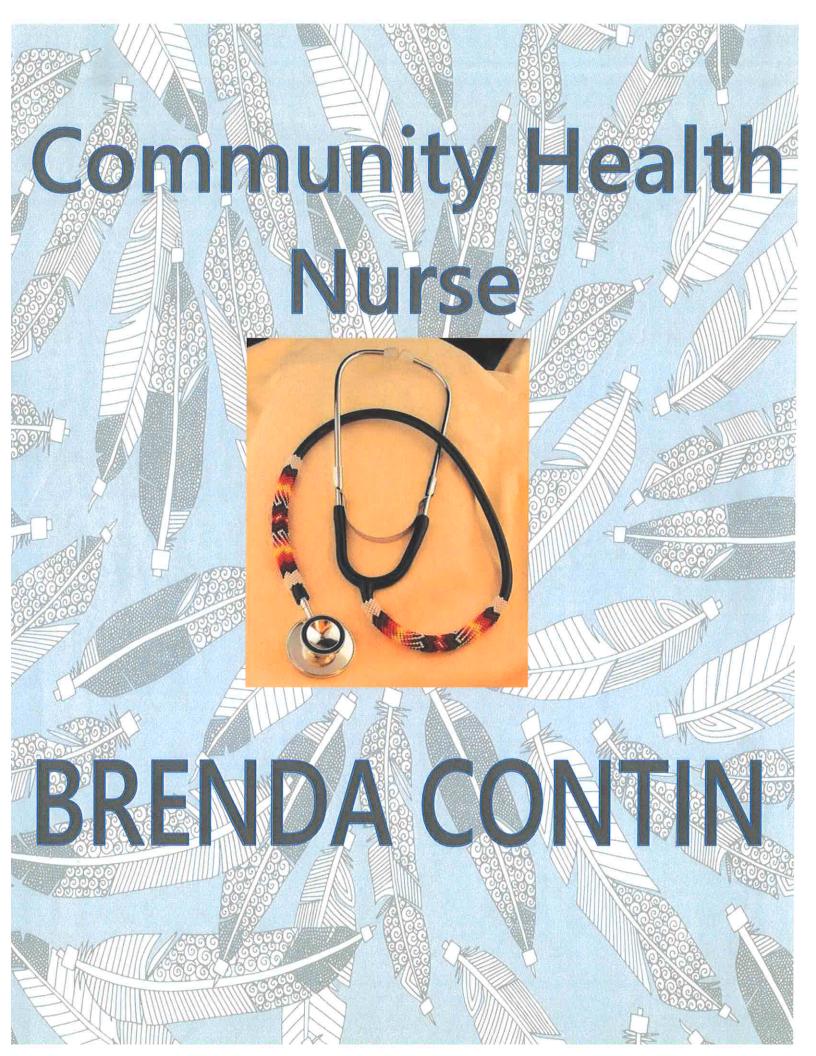
family involvement in a criminal environment

loss of identity, culture and ancestral knowledge
substance abuse
poverty
racism
abuse

witness to violence

Courts must take judicial notice of the "history of colonialism, displacement and residential schools" and how it has translated to lower education and income, and higher rates of unemployment, suicide and incarceration.[29]

Factors such as poverty, substance abuse, lack of education, loneliness, community fragmentation, and the lack of employment opportunities" create an unbalanced ratio of imprisonment of aboriginal offenders.[30]



Brenda CONTIN, CHN

April 2023

SCHEDULE SUBJECT TO CHANGE!! Methadone Clinic Amethadone Clinic Clinic/OFFICE Methadone Clinic/OFFICE Methadone Clinic <	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Methadone 4 Methadone 5 Methadone 6 STAT HOLIDAY OFFICE 7 OFFICES CLOSED Methadone Clinic 10 Methadone 11 Methadone 12 Methadone Methadone Clinic P.S.: Pick up vaccine Methadone Clinic P.S.: Pick up vaccine Methadone Clinic 17 Methadone Methadone Clinic / OFFICE Clinic/OFFICE Clinic/OFFICE Clinic/OFFICE Methadone Clinic 24 Methadone 25 Methadone Methadone Clinic Methadone Clinic Methadone Clinic 1C Clinic/OFFICE Clinic/OFFICE P.D. Methadone Clinic Methadone Clinic 1C Clinic/OFFICE Clinic/OFFICE P.D. Methadone Clinic Methadone Clinic	= 2 = =					1 Methadone Clinic	2
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EVENTS

COVID CLINIC

APRIL 17TH 1:00 pm – 5:00 pm APRIL 24TH 9:00 AM – 12:00 PM

METHADONE CLINICS

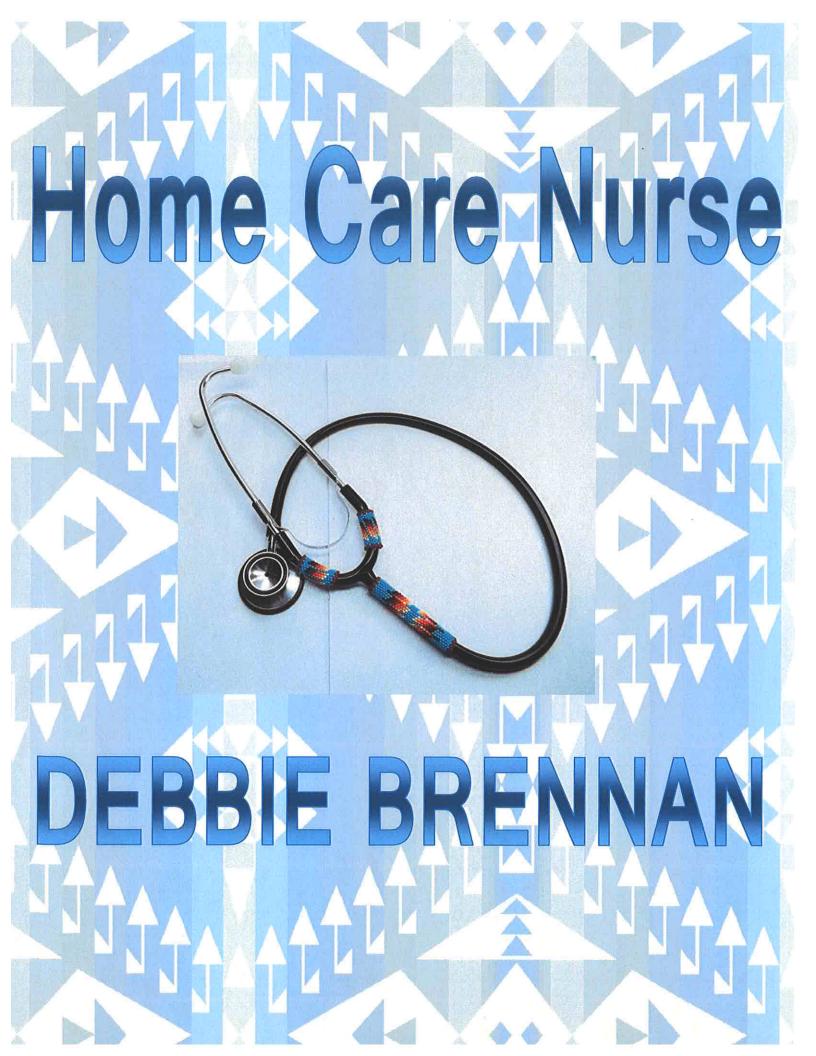
This clinic runs from 8:30 am – 12:00 pm daily. Saturdays are from 9:00 am – 11:00 am unless notified of a different time!!





WORLDHEALTHDAY 7 A P R I L

Health is like money we never have a true idea of its value until we lose it happy world health day



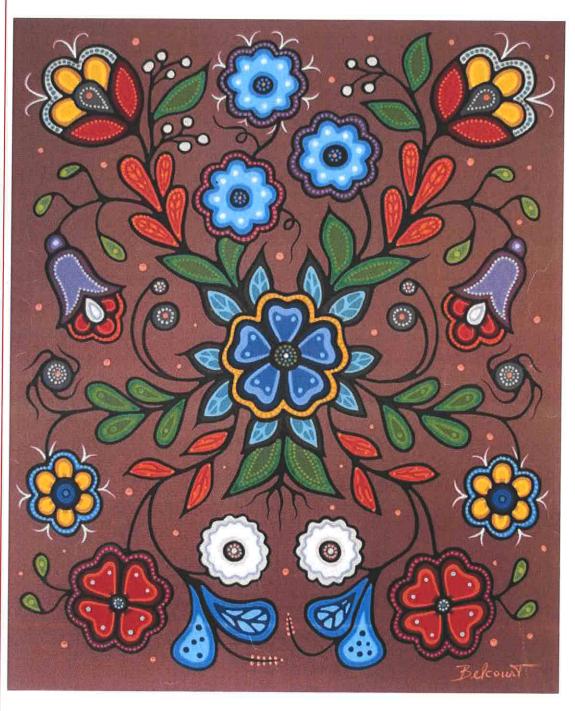
April 2023



DEBBIE BRENNAN HCN

	The same of the sa				
24 Methadone Clinic	17 Methadone Clinic	10	3 Methadone Clinic		Sun
Methadone Clinic Office Admin.	18 Methadone Clinic Office Admin.	0FFICES CLOSED EASTER MONDAY!	4 Methadone Clinic Office Admin.		Mon
26 OFFICE Medical Consultations	19 OFFICE Medical Consultations	12 OFFICE Medical Consultations	5 OFFICE Medical Consultations		Tue
27 OFFICE H.V. T/C Follow-ups NP/Cits	OFFICE H.V. T/C Follow-ups NP/Cits	13 OFFICE H.V. T/C Follow-ups NP/Cits	6 OFFICE H.V. T/C Follow-ups NP/Cits		Wed
Methadone Clinic Office Admin.	Methadone Clinic Office Admin.	Methadone Clinic Office Admin.	7 Methadone Clinic Office Admin.		Thu
29 Methadone Clinic	22 Methadone Clinic	15 Methadone Clinic	8 OFFICES CLOSED Methadone clinic	1 Methadone Clinic	Fri
30	23	16	9	N	Sat

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.

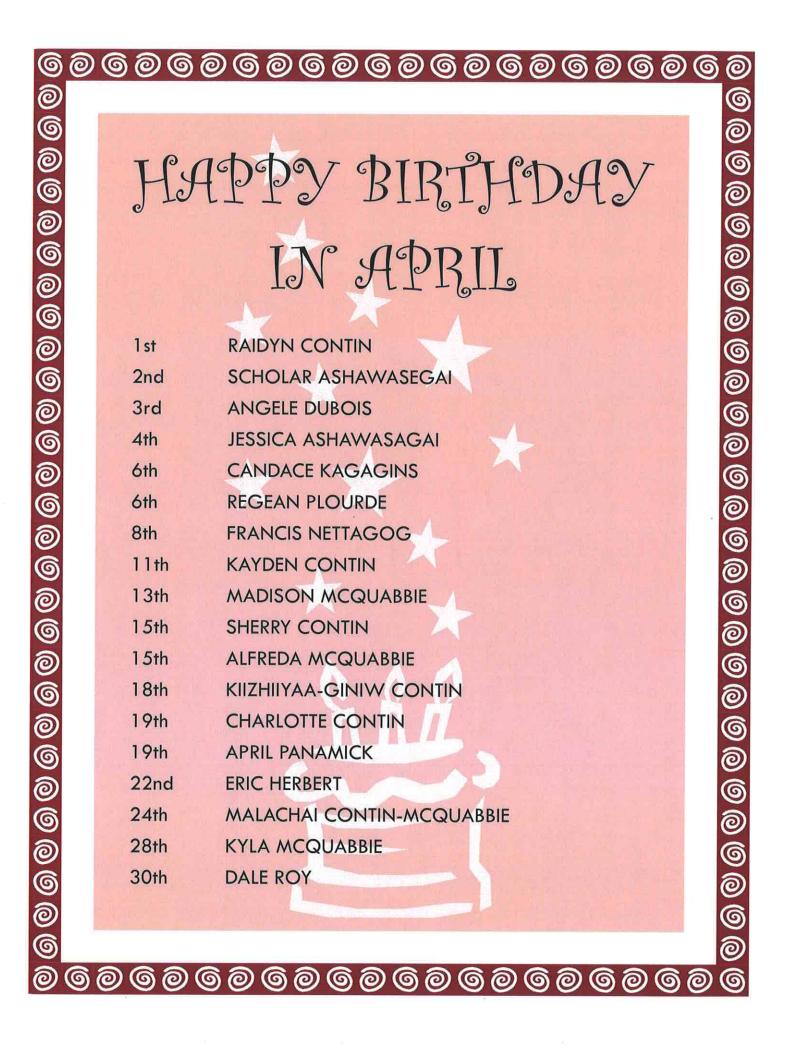


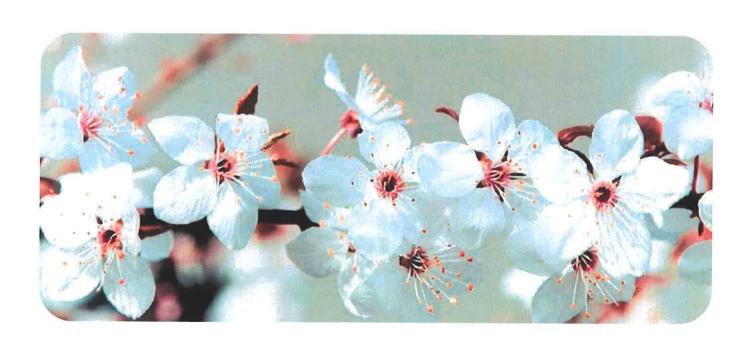
COMMUNITY WELLNESS PROGRAM

We are not human beings having a spiritual experience...we are spiritual beings having a human experience.

APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 STAFF MEETING	4 IN OFFICE	5 HOME VISITS	6 IN OFFICE	7 GOOD FRIDAY	8
	10 EASTER MONDAY	II IN OFFICE	12 HOME VISITS	13 IN OFFICE A.M. OUT OF OFFICE P.M	14 Regalia Making Registration Deadline @ 12 Noon HIFN BAND COUNCIL MEETING	5
	17 STAFF MEETING	18 REGALIA MAKING CONSULTATION	19 HOME VISITS	20 FULL MOON CEREMONY	21 GENELOGY INDIVIDUAL MEET	22
	24 IN OFFICE	25 REGALIA MAKING CONSULTATION	26 HOME VISITS	27 IN OFFICE	28 GENEALOGY INDIVIDUAL MEET	29





There is still time to tell your children:

- "I did not have the proper tools, and I apologize that you didn't get what you needed."
 - "I love you."
- "Your opinion matters to me."
 - "I made a mistake."
- "I'm listening. Please tell me how you feel."
- "I am here for you; please tell me what you need."
 - "I'm proud of you."
- "I don't know. Let's find out together."
- "I wasn't listening then, but I am listening now."
 - "I'm sorry."
- "My behavior wasn't okay."



Registration is now open!



Deadline to Register:

April 14th, 2023 @ Noon

Regalia Making Registration Packages can be picked up at the Health Centre.

Please contact Darcy to Register.

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

APR 20th 2023

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 <u>Tobacco</u> for an offering.
- Bring <u>Yellow cloth</u> to make a tobacco tie offering.
- Bring a <u>Chair</u> 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

CREATING YOUR OWN PERSONAL FAMILY TREE

"GENEALOGY INDIVIDUAL MEET"

APRIL 21, & 28, 2023 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. Please bring with you any information that could help with the start of building your family tree.

AncestryDNA Testing kits are available if you would like one.

A big thank you to S & N Convenience and Gen7 Fuel for their kind donation of 20 kits to my CWW Program.

TO SIGN-UP PLEASE CONTACT DARCY AT THE HEALTH CENTRE TO BOOK A TIME.

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

2023 HENVEY INLET FN COMMUNITY

DOREEN'S TORTIERE (Mother's Recipe)

INGREDIENTS

I lb pork, minced
I lb beef, minced
I tbsp vegetable oil
'4 cup celery, diced fine
I tsp salt
'2 tsp garlic salt
I medium onion, diced fine
I garlic clove, crushed
I/8 tsp pepper
'4 tsp ground cloves
I tsp sage
'2 tsp poultry seasoning

4 mashed potatoes, no butter or milk added
I pkg salted crackers, crushed
Set aside until meat mixture is cooked.

METHOD

Cook onions in oil until transparent, add meat, spices, celery, garlic, stir well. Cook until pink is gone from meat stirring often so meat mixture does not stick to bottom of pan. Now: add water in pot until it covers meat mixture by ½ inch, bring to a soft boil, simmer for 8 hours (stirring occasionally) remove from heat let stand overnight in fridge.

Remove some of the grease that has risen to the top of meat mixture. (not all)

Add potatoes and crackers to meat stir well.

Add mixture to pastry dough-top/bottom. (I always grease the bottom pie pan before I add dough).

Cook at 350°F for approximately I hour or Freeze. Do not thaw frozen meat pie, cook from frozen state at 325°F for an hour plus.

Submitted by Doreen McKenzie

DOREEN'S GOULASH

INGREDIENTS

I lb beef
I/2 lb ground pork-make meat balls
by adding legg, I leave mine as just
loose meat.
Salt & pepper to taste
I small onion, chopped
2 garlic cloves, minced, mix well
I tbsp of oil
I/4 cup of margarine

Brown meat.

Add I can green beans, drained. Add I can yellow beans, drained. Add I can tomato soup. Add water to consistency of thickness desired. Bring to a soft boil then simmer.

Cook 3-4 potatoes quartered. Separately add to mixture.

Simmer.

Serve with scones.

Submitted by Doreen McKenzie

DAN'S SWISS STEAK

BBQ RIBS

INGREDIENTS

I-28oz. can stewed tomatoes Red pepper Green pepper I clove of garlic I small onion Steak/Venison/Moose

METHOD

Preheat oven to 300°

In a baking dish layer onion, peppers, garlic and steak.

Add the tomatoes to cover the top.

Cover with foil and bake for 2 hours.

Serve over mashed potatoes rice or noodles.

INGREDIENTS

I 1/2 tbsp salt

1 1/2 tbsp brown sugar

2 ½ tsp dry mustard

2 1/2 tsp paprika

1/2 tsp onion salt

1/2 tsp garlic salt

1/2 tsp black pepper

METHOD

Preheat oven to 350°

Remove silver skin from ribs.

Mix all dry rub ingredients in a small bowl.

Line a baking sheet with foil to make a packet.

Rub all ingredients all over the ribs.

Seal tightly and bake for I hour.

Note: Remove ribs carefully and finish on the BBQ-in direct heat, turning every 5 mins. Brush on your favorite BBQ sauce.

THE BEST POTATOE SOUP 3X

INGREDIENTS

15 slices of bacon, diced

9 tbsp (reserved) bacon grease

3 cups diced onions (white)

3/4 cup all-purpose flour

6 cups chicken stock

6 cups milk

4 ½ lbs of Yukon gold potatoes,

diced

3 cups shredded cheese

I 1/2 cups sour cream

3 tsp sea salt

I 1/2 tsp black pepper

Optional toppings:

Green onions, chopped

Sour cream

Bacon

Cheese

METHOD

- Heat in large stock pot over mediumhigh heat. Add diced bacon and cook until crispy. Stirring occasionally. When done, transfer the bacon to a separate plate leaving bacon grease in the pot.
- Add onions to the bacon grease. Cook approximately 5 mins. Stir in the flour. Cook for 1 min. Add chicken stock, potatoes and milk.
- Continue cooking until the mixture just reaches a simmer. Before it begins to boil. Then reduce to medium-low, cover and simmer 10-15 mins or until potatoes are soft. Stir soup every few mins.
- Once potatoes are nice and soft stir in sour cream and cheddar cheese, salt, pepper and cooked bacon bits. Taste and season with extra salt and pepper if needed.
- Serve warm, garnish with desired toppings such as green onions, bacon, cheese.

Submitted by Dannielle Shukster

BROCCOLI CHEDDAR SOUP

INGREDIENTS

5 tbsp unsalted butter

I yellow onion

1/3 cup all-purpose flour

I 1/2 cups whole milk

2 cups low sodium chicken broth

I 1/2 cups heavy cream

4 cups broccoli florets cut into small

pieces

1/3 cup peeled carrots, grated

I tsp salt

½ tsp pepper

1/2 tsp onion powder

1/2 tsp garlic powder

1/2 tsp ground mustard

8 oz. sharp cheddar cheese

METHOD

- Melt the butter over medium heat, then add onion and cook until softens.
- Sprinkle flour over onion and whisk until smooth, then slowly whisk in the milk.
- Add broth, cream, veggies and seasoning. Stir.
- Increase heat to medium high and bring to a boil. Then reduce heat to a simmer.
- Once thickened, blend soup as much as you would like. (Some people like chunky soup)
- 6. Stir in cheese until melted.

Submitted by Dannielle Shukster

CLASSIC CHEESE OMELET

INGREDIENTS

2 large eggs
Salt
Pepper
I tbsp butter
½ cup shredded cheese
Parsley, chopped

METHOD

Step 1. Combine eggs and milk in a bowl. Beat with a fork or whisk until well mixed. Season with salt & pepper. Step 2. Melt butter in 8 inch non-stick skillet over medium high heat until sizzling. Pour egg mixture into hot skillet. Cook until bottom is set. Run heat proof spatula around edge of pan, lifting edges and allowing uncooked portions to flow underneath. Tilt pan, if necessary. Continue cooking. Step 3. Remove from heat. Sprinkle cheese over half of omelet, carefully fold other side of omelet over cheese. Carefully slide omelet onto serving plate. Sprinkle with parsley if desired.

BAKED CHICKEN BREAST & RICE

METHOD

Chicken Breast and Shake n Bake. Place in oven, bake 35 minutes and after done pour two cans of Chicken Corn Chowder over chicken breast.

Cook 3 cups of rice for 30 minutes Let water soak up rice. Put rice on a plate and add chicken breast on rice. Add Chicken Corn Chowder over chicken and rice. Enjoy.

Note: Enjoy this meal with family or a friend. A meal is a way to People's Hearts.

EASY LASAGNA

INGREDIENTS

I lb ground beef 1/2 lb sweet Italian sausage I tsp minced garlic I can and a 1/2 of spagnetti sauce (your favorite sauce) Tub of ricotta cheese (or cottage cheese) 475 grams 3 cups of shredded mozzarella cheese 2 large eggs 3/4 cup grated Parmesan cheese 2 tsp dried parsley or 4 tbsp freshly snipped 1/4 tsp salt 1/4 tsp ground pepper 12 lasagna noodles-oven ready 1/2 cup water**

METHOD

- I. Preheat oven to 350°
- In a large skillet over medium heat brown the ground beef and sausage together. Drain off and discard any fat.
- Add the minced garlic and spaghetti sauce. Simmer for 5 minutes.
- In a large bowl, mix together the ricotta, 2 cups of the mozzarella cheese, eggs, ½ cup of grated Parmesan cheese, dried parsley, salt and ground black pepper. Mix well.
- 5. To assemble, spray a 9x13 baking pan with cooking spray.
- Spread ³/₄ cup of sauce on the bottom of the baking pan.
- Cover the bottom with 3 uncooked lasagna noodles.
- 8. Top with 1/3 of the cheese mixture and 1/4 of the sauce.
- Repeat layers (noodles, cheese, sauce, noodles, cheese, sauce).

- Top with 3 noodles, remaining sauce, remaining I cup of mozzarella and Parmesan cheese.
- 11. **If your sauce is thick, hearty sauce, add ½ cup of water to the edges of the pan. If your sauce is runnier like Old World Style Ragu, you won't need as much water.
- 12. Spray a sheet of aluminum foil with cooking spray. Cover with the pan with aluminum foil (sprayed side down). This prevents the cheese from sticking.
- Bake for 50 minutes. Uncover and bake an additional 10 minutes.
- Let the lasagna stand for 10 minutes before cutting and serving.

BROCCOLI SALAD

BREAD

INGREDIENTS

8 cups of broccoli florets
(bite size pieces)
1/3 cup red onion, diced
½ cup dried cranberries
¼ cup sunflower seeds
½ cup bacon bits
1 ½ cup shredded cheddar cheese

Dressing:

I cup mayonnaise
3 tbsp cider vinegar or regular vinegar
2 tbsp sugar
Salt & pepper to taste

METHOD

Whisk together dressing ingredients in a medium bowl. Set aside.

In a large bowl, combine broccoli, onion, cranberries, sunflower seeds, bacon bits and shredded cheese.

Pour prepared dressing over and mix well.

Refrigerate for at least I hour before serving.

Note: Can be made up to 24 hours before serving time, leftovers will last 4-5 days in fridge. Dry broccoli well so moisture doesn't water down dressing. Can garnish with more bacon bits if preferred.

INGREDIENTS

2 cups of warm water
1/4 cup of sugar
1.5 tbsp yeast
1.5 tsp salt
1/4 cup vegetable oil
5.5 cups all-purpose flour

METHOD

Dissolve sugar in warm water. Add yeast and let proof. Mix oil into yeast mixture once proofed.

Mix flour and salt in separate bowl.

Add dry mixture to wet mixture one cup at a time and stir/mix until soft dough forms.

Knead for 3-5 mins

Place in oiled bowl, turn over to coat both sides. Let rise one hour.

Punch down, shape into loaves. Place into greased bread pans. Let rise 30-40 mins

Bake at 350°F for approximately 30 minutes. Brush tops with butter while warm.

Note: Makes 2 loaves.

ONE HOUR DINNER ROLLS

INGREDIENTS

I cup water To activate your yeast. 2 tbsp butter Ensure that your butter is at room temperature before beginning this recipe. ½ cup milk Milk enhances the flavor and texture profile of your bread. 4 cups flour One of the most essential and base ingredients in every bread recipe. I tsp salt Salt impart the delectable flavor that a dinner roll requires. 1/4 cup sugar Sugar helps in the raising of the yeast and tenderization of the dough. 2 tbsp yeast Instant/rapid yeast simplifies this recipe considerably.

METHOD

- Stir butter and milk into the water in a large microwave-safe bowl and heat until hot but not hotter than boiling. If it's hotter, let it cool before continuing. Alternatively, you can perform this step over medium-high heat in a saucepan.
- In a large bowl or the stand mixer bowl, whisk 3 ½ cups flour, salt, instant yeast, and sugar.
- Add the liquid mixture to the dry ingredients and knead for 6 to 8 mins until the dough comes together into a soft ball and doesn't stick to the sides of the bowl at all. If needed, add some additional flour.
- Put dough into a greased bowl. Cover the bowl with cling film or a clean kitchen towel for about 15 mins. Grease a baking tray/dish (9x13 inch) and set it aside.

- 5. Punch the dough down and divide it into 12-15 equal-sized balls after 15 minutes. Arrange them in the prepared baking dish and cover them again with cling film and a towel for an additional 15 minutes. Preheat the oven to 400° while your wait.
- Remove cling film or towel from the baking dish. Bake the rolls in the preheated oven for 15-20minutes, until it's puffed up and golden brown on top.
- Brushing with melted butter is totally optional, but it should be done twice: halfway through baking and once more after they've finished baking. Enjoy.

Note: The leftovers can be stored at room temperature for up to a week if kept properly covered with plastic wrap.

Submitted by Jackie Pearce

FRIED SCONE

FRIED BANNOCK

INGREDIENTS

4 cups of flour

3 tbsp of baking powder

1/2 tsp of salt

2 eggs

3 cups of water

METHOD

Mix together flour, baking powder and salt together. Mix well.

Mix 2 eggs and water together and beat well.

In a large bowl, blend dry and wet ingredients together with hands. Do not play with dough too much.

Fry on each side until golden brown, 3-4 minutes. When done, enjoy.

Turn stove on to 7.

Start to heat Corn Oil in a deep pan or pot about 10 mins before mixing ingredients.

INGREDIENTS

2 cups flour
I heaping tbsp baking powder
I ½ tbsp sugar
Pinch of salt
I cup of very warm water

METHOD

Mix all dry ingredients together.

Make a well in the center of flour mixture. Pour water in center.
Mix slowly until dough is pliable.
(don't knead or handle too much)
Pinch off and shape piece to the size you need or flatten dough and cut to desired sizes.

Place in heated oil and once your Bannock has turned golden in center and sides, takes around 1-2 minutes FLIP ONCE and do the other side for about another minute.

Note: I use Mazola Corn oil. Hard to find now.

Enjoy.

BANANA NUT LOAF

3 INGREDIENT NUTELLA BROWNIES

INGREDIENTS

I ½ cups all-purpose flour
½ cup chopped walnuts
¼ cup sugar
2 tsp baking powder
I tsp salt
¼ tsp baking soda
I cup mashed ripe bananas
I/3 cup corn syrup or maple syrup
I/3 vegetable oil
2 eggs, beaten

METHOD

Preheat oven to 350°F. Combine flour, nuts, sugar, baking powder, salt and baking soda in a large bowl. In another bowl, mix remaining ingredients together. Make a well in the center of the dry ingredients, pour in liquid and stir only until flour is moistened. Pour into a greased loaf pan. Bake in a moderate oven. Cool 10 minutes before removing from pan; cool on rack completely before wrapping in aluminum foil. Store at least 6 hours before serving.

Cook at 350°F for approximately 50-60 minutes.

Note: Makes I loaf.

INGREDIENTS

I ¼ cup of Nutella 2 eggs ½ cup flour

METHOD

Bake at 350° for 15 minutes.

DOREEN'S REFRIDGERATOR COOKIES

(From old Companion Cookbook)

INGREDIENTS

2 cups white sugar ½ cup milk ½ cup butter 10 tbsp Fry's Cocoa I tsp vanilla

METHOD

Mix sugar, milk, butter, cocoa. Stir well. Boil for 5-7 mins. Add vanilla, stir for 1 minute.

Add to Coconut/Rolled oats.

2 ½ cups Rolled Quick Quaker Oats I cup coconut, mix well.

Drop by spoonfuls onto greased cookie sheet.

Cool.

NO BAKE PEANUT BUTTER BAR

INGREDIENTS

I cup salted butter
2 cups Graham Crackers crumbs
1/4 cup brown sugar
I 3/4 cup powdered sugar
I cup peanut butter
1/2 tsp vanilla
Chocolate chips

METHOD

Mix all together until creamy. Put into a 9" x 9" square pan. Then melt chocolate chips. Use a spatula to spread over Peanut butter mixture. Set in fridge for I hour. Cut into squares and enjoy.

Note: You can also double batter to make a larger bar. From my loving kitchen to yours.

RAISIN PIE

INGREDIENTS

2 cups of raisins
2 cups of water
½ cup packed brown sugar
2 tbsp cornstarch
½ tsp ground cinnamon
¼ tsp salt
I tbsp vinegar
I tbsp unsalted butter
I refrigerated pie crust

METHOD

Preheat oven to 350°

In a sauce pan, combine the raisins and water and bring to a boil. Boil for 5 minutes. In a small bowl, whisk together the brown sugar, cornstarch, cinnamon and salt. Add to the hot raisin mixture. Continue to cook stirring regularly until the syrup is clear and the mixture has thickened. About 7-10 mins. Remove the saucepan from the heat. Stir in the vinegar and butter. Let the pie filling cool slightly, approximately 10 minutes.

Pour the filling into a pie crust-lined pie dish. Cover with the top crust. Seal the edges and cut a couple of small slits in the top crust for venting. Bake for 30-35 minutes or until the top is golden brown.

Submitted by Charlene Ashawasegai CHERRY DUMPCAKE

INGREDIENTS

I 20oz. can of crushed pineapple I 21oz. can of cherry pie filling I cup sweetened coconut flakes I cup chopped pecans I box yellow cake mix 1/2 cup butter (I stick) melted

METHOD

Preheat oven to 350°

Spray the bottom and sides of a 9x13 baking pan with non-stick cooking spray. Pour crushed pineapple with juice into the pan and spread evenly. Pour cherry pie filling over. Sprinkle with coconut and pecans. Sprinkle the cake mix over the pecans and coconut.

Drizzle the melted butter over the cake mix.

Bake uncovered for 50-55 minutes or until golden brown.

Note: This cake serves more like a cobbler and is absolutely delicious a la mode. If you don't like pineapple double up on the cherries. For flavor variations you can switch the cherry out for blueberry, apple, peach or strawberry.

If you don't like pecans try chopped walnuts, or sliced almonds.

The melted butter will not cover the whole top of the cake mix but just do your best when drizzling it. It will all come out just fine.

This can be assembled in the crock pot and cooked on high for 2 hours or low for 4 hours.

Submitted by Charlene Ashawasegai **DONUTS**

INGREDIENTS

4 cups flour
I cup sugar
½ cup cocoa
2 tsp baking powder
½ tsp baking soda
½ tsp salt

2 eggs ½ cup milk I cup sour cream

METHOD

Roll I inch thick. Cut. Deep fry.

Submitted by Shirley McQuabbie HOMEMADE SOFT CARMELS

INGREDIENTS

I cup light corn syrup
I cup packed light brown sugar
I can sweetened condensed milk
½ lb butter

METHOD

Combine corn syrup, brown sugar, milk and butter in sauce pan. Bring to a boil over medium heat. Cook for 20 minutes stirring constantly. Pour into a buttered pan.

Cut into squares when cool.

Enjoy.

Submitted by Shirley McQuabbie STRAWBERRY POKECAKE

INGREDIENTS

I box of white cake mix
I box of strawberry jello
I cup boiling water
I 8oz. container of cool whip
(thawed)
2 cups sliced strawberries
(you can use more)
I container of Betty Crocker
Whipped Icing in (Fluffy White)

METHOD

Prepare cake mix according to package and bake as instructed for a 9x13 pan.

Let cool completely.

In a small bowl combine jello mix and boiling water until all jello has dissolved. Use the handle of a wooden spoon or wooden skewer to poke holes in the cake. Pour jello mix over the top of the cake, cover and chill for at least 4 hours.

Before serving, in a bowl fold together whole container of cool whip together with the container of icing. Top the cake with icing. Slice fresh strawberries and top the cake to your liking.

Submitted by Darcy Ashawasegai BUTTERSCOTCH CONFETTI

INGREDIENTS

1/4 cup butter
1/2 cup peanut butter
1 cup butterscotch chips

Marshmallows

METHOD

Melt together the first 3 ingredients. Add Marshmallows. Pat down in a pan.

Submitted by Shirley McQuabbie DAD'S FAVORITE COOKIES

MAGIC COOKIE BAR

Submitted by Shirley McQuabbie

INGREDIENTS

I cup margarine or shortening

(I use shortening)

3 cup brown sugar

2 eggs

I tsp vanilla

2 cup flour

I tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

2 cup coconut

2 cup rolled oats

METHOD

Preheat oven to 350°

Beat margarine (or shortening), sugar, eggs and vanilla until fluffy. Stir in dry ingredients. Mix together.

Drop by the full 3 inches apart on greased cookie sheet and flatten with a fork.

Bake at 350° for 8-10 minutes.

Note: Raise oven rack to top.

INGREDIENTS

1/2 cup butter or margarine, melted
1 1/2 cup Graham Crackers, crumbs
1 cup chopped nuts
1 cup 6oz. semi-sweet chocolate chips
1 1/3 cup flaked coconut
1 1/3 cup (1 can) Eagle Brand sweetened condensed milk

METHOD

Preheat oven to 350°

Pour melted butter or margarine into bottom of a 9x13 inch pan. Sprinkle crumbs evenly over butter or margarine. Sprinkle nuts evenly over crumbs. Scatter chocolate pieces over nuts. Sprinkle coconut evenly over chocolate pieces. Pour sweetened condensed milk evenly over coconut.

Bake in 350° oven for 25 minutes or until lightly browned on top. Cool in pan 15 minutes. Cut into bars. Store in container.

Submitted by Shirley McQuabbie

MERINGUE COOKIES

INGREDIENTS

6 eggs whites
½ tsp salt
½ tsp cream of tartar
I ½ cup sugar
I tsp vanilla

METHOD

Preheat oven to 275°

Put everything but vanilla in a metal or ceramic bowl.

Place over pot of simmering water, whisk well or until sugar is dissolved. Add vanilla. Mix with electric beater until the whites are glossy and stiff.

Put the mixture into a Ziploc bag. Cut out a corner of the bag. Squeeze mixture onto a cookie sheet.

Bake for 30-35 minutes. Turn off oven and leave in the oven for an additional hour.

Many thanks to all the contributors who made this little recipe book possible.

Community Wellness Worker
Luana McQuabbie
Henvey Inlet First Nation Health Centre

REGALIA MAKING REGISTRATION PACKAGE

INSTRUCTOR: CWW LUANA MCQUABBIE

PARENTS/GUARDIANS MUST REGISTER THEIR CHILDREN IF INTERESTED.
MUST BE ABLE TO COMMIT TO CLASS TIME.

DEADLINE TO REGISTER IS APRIL 14th, 2023 at 12:00 NOON



HENVEY INLET FIRST NATION HEALTH CENTRE

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

YOUR NAME:
YOUR AGE:
GENDER:
ADDRESS:
PHONE NUMBER:



HENVEY INLET FIRST NATION HEALTH CENTRE

- MACHINE SEWING
- HAND SEWING
- USE OF TOOLS



HENVEY INLET FIRST NATION HEALTH CENTRE

- PHOTO
- DRAWING
- SKETCH
- PRINT OUT

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

NAME:				



HENVEY INLET FIRST NATION HEALTH CENTRE

- CLAN
- COLORS

WHAT IS YOUR CLAN?

WHAT ARE YOUR PERSONAL COLOURS?

NAME:____



HENVEY INLET FIRST NATION HEALTH CENTRE

DANCE STYLE

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

NAME:____



HENVEY INLET FIRST NATION HEALTH CENTRE

CLOTHING SIZE

WHAT IS YOUR CLOTHING SIZE

PANTS:	
SHIRT:	
DRESS (IF APPLICABLE):	
SHOE:	
NAME.	



HENVEY INLET FIRST NATION HEALTH CENTRE

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

WHAT IS YOUR NECK MEASUREMENT? (CIRCUMFERNCE)
WHAT IS YOUR BUST MEASUREMENT?
WHAT IS YOUR WAIST MEASUREMENT?
WHAT IS YOUR CALVE MEASUREMENT?(CIRCUMFERENCE)
WHAT IS YOUR NECK TO WAIST MEASUREMENT?
WHAT IS YOUR WAIST TO CALVE MEASUREMENT?
PLEASE TRACE YOUR FOOT PATTERN ONTO THE NEXT PAGE PROVIDED
PROVIDE ALL MEASUREMENTS IN INCHES PLEASE!

NAME:



HENVEY INLET FIRST NATION HEALTH CENTRE

LEFT FOOTPRINT

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

NAME:____



HENVEY INLET FIRST NATION HEALTH CENTRE

RIGHT FOOTPRINT

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

NAME:____



HENVEY INLET FIRST NATION HEALTH CENTRE

 WHAT ARE YOUR NEEDS FOR YOUR REGALIA?

PLEASE CHEC	K WHAT APPLI	IES TO YOUR N	EEDS?	
FABRIC	COLOUR		PRINT	
LEATHER	_COLOUR		===	
PATTERN	_WHAT TYPE			
THREAD	COLOUR			
SINEW				
GLOVER NEED	DLES			
HAND SEWING	NEEDLES	_		
RIBBON	COLOURS			
HEAT N' BOND)			
ZIPPER(COLOUR	HOW MANY		
INTERFACING.				
ELASTIC	- 3			
CANVAS				
GLUE				
JINGLES				
BIAS TAPE				
NAME:				



HENVEY INLET FIRST NATION HEALTH CENTRE

 WHAT ARE YOUR NEEDS FOR YOUR REGALIA?

PLEASE CHECK WHAT APPLIES TO YOUR NEEDS?

RIC RACK	
TRIM	
FEATHERS	
BEADSCOLOUR	
OTHER (PLEASE DETAIL)	

THANK YOU!

CWW LUANA MCQUABBIE

NAME:			
111111111111111111111111111111111111111	 		