



SEPTEMBER 2023

Important Dates/ Workshops/Programs:

- Offices Closed on Monday September 4th
 - First Day of School is September 5th
 - Foot Care- September 6th
 - HIFN Kids Fishing Derby - September 9th
 - Youth & Elder Evening - September 12th
 - Elder's Luncheon Outing in Killarney- September 14th
 - HIFN Ratification Vote Protocol Meeting #1 - September 19th
 - HIFN Ratification Vote Protocol Meeting #2- September 24th
 - Job Opportunities
 - Day Care Newsletter
 - Caterers Needed Flyers
 - Fall Photos- September 16th
 - Elders Appreciation Luncheon- September 19th
 - Beading Workshop- September 21st
 - Orange Shirt Day Community Event! September 30th
 - Sewing & Crafts
 - Skirt Making
- and more.....


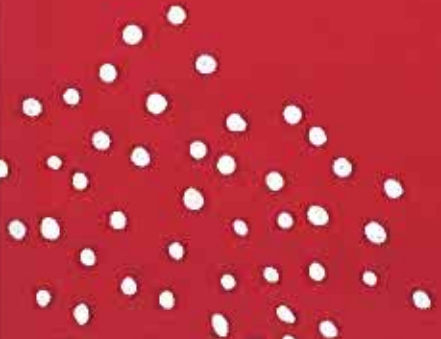




Sorry We Are

CLOSED

Administration,
Health Centre, and
Day Care will be closed on
Monday September 4, 2023
for Labor Day Holiday!



Henvey Inlet First Nation O.A.T.C. Clinic



CLOSED ON SATURDAY & SUNDAYS!

**CLIENTS ARE TO PICK UP CARRIES BY 12 NOON!
FOR THOSE THAT ARE NOT APPROVED FOR
CARRIES THEN A FAMILY MEMBER WHO IS
APPROVED CAN PICK UP FOR THEM**

IF ANY QUESTIONS, PLEASE CALL BRENDA OR DEBBIE AT
THE CLINIC 705-857-3449



As of August 16, 2023 the buzzer system has been reinstated at the Administration Office.

For the security of our employees the Administration Office will remain locked. You will now need to buzz the doorbell and give your purpose to the receptionist.

To be allowed into the band office you will have to state the following:

1. Who you are coming to see
2. What the nature of your visit to the band office is

Thank you

Millie Pawis

Director of Finance/Administration



New Henvey Inlet First Nation Ratification Vote Protocol

Community Meetings will be convened in the Firehall, available online by Zoom, to discuss the Ratification Vote Protocol prior to the vote:

Ratification Vote Protocol Meeting #1

Tuesday 19 September 2023, dinner for those who attend in person at 5:00 pm, meeting starts at 6:00 pm

Ratification Vote Protocol Meeting #2

Sunday 24 September 2023, lunch for those who attend in person at noon, meeting starts at 1:00 pm

Members will receive voting packages within the next few weeks. Please ensure that your address is up to date.



New Henvey Inlet First Nation Ratification Vote Protocol

Many important matters of governance need to be approved by the eligible voters. Typically, federal legislation, Henvey Inlet First Nation's laws or an agreement will specify how many votes must be in favor of a matter for it to be deemed approved. Sometimes, however, there is no prescribed formula.

Henvey Inlet First Nation's 1987 Membership Code is an example. The Code needs amendment, and the amendment must be approved by the eligible voters. But there is no amendment formula in either the *Indian Act* or in the 1987 Membership Code itself.

To remedy this situation, Council is proposing to enact a **Ratification Vote Protocol** which will state that, where no other formula is prescribed by law or by a resolution of Council, a matter will be deemed approved if a majority of the eligible voters vote in favor and a minimum of 10% of the total membership cast votes. This formula is the same as the minimum required on a second vote in Henvey Inlet First Nation's Land Code.

Council has decided that this proposed Ratification Vote Protocol itself to a vote among the eligible voters for approval. **Eligible voters will be able to vote online through OneFeather.ca, by mail-in ballot or at the in-person poll in the Firehall, Pickerel Reserve, open 10:00 am to 5:00 pm on Sunday 15 October 2023**



**HENVEY INLET FIRST NATION
NOTICE OF REFERENDUM
SUNDAY 15 OCTOBER 2023**

**PROPOSED NEW LAW GOVERNING
RATIFICATION VOTES**

THIS NOTICE INCLUDES:

- **Chief's Cover Letter**
- **Notice of Referendum Vote**
- **Draft of Proposed New "HIFN Member Ratification Protocol" Law**
- **Feedback form**

30 August 2023

30 August 2023

TO ALL MEMBERS

Proposed New Law Governing Ratification Votes

As most of you will be aware, HIFN's Membership Code Working Group has developed a new "restated" membership code intended to replace our existing 1987 Code. The Restated Code will complete the process of taking sovereignty over membership, get rid of the old code's reliance on the *Indian Act* and give effect to with our own beliefs about who belongs on our membership list.

However, neither the *Indian Act* nor our 1987 Code contain rules on how to do a membership code amendment. We have encountered this issue in some other matters, such as making environmental laws. We need to adopt our own amending formula, based on our inherent jurisdiction and custom, to address these situations.

The proposed law: A new draft law entitled "**HIFN Member Ratification Protocol**" is included in this Notice, which states that, where no voting formula is prescribed by law, a matter must be approved by a majority of 50% plus one of the votes of the eligible voters AND, to ensure matters are not decided by too small a voter turnout, a vote will only count if a minimum of 10% of the eligible voters cast votes. These rules are the same as for member approval for a land law under our Land Code (2nd try). We want to use this previously-approved standard more broadly.

Community Meetings: Community Meetings to discuss the HIFN Member Ratification Protocol will be held prior to the vote, which you can attend in person or online by Zoom:

Community Meeting #1

Tuesday 19 September 2023, dinner for those who attend in person at 5:00 pm, meeting starts at 6:00 pm

Community Meeting #2

Sunday 24 September 2023, lunch for those who attend in person at noon, meeting starts at 1:00 pm

Voting: You can vote on the new law anytime on-line through OneFeather.ca, by mail-in ballot or in person at the Firehall on Sunday 15 October 2023 between 10:00 am and 5:00 pm.

If the eligible voters approve the "HIFN Member Ratification Protocol", Council will enact it as a law of our First Nation pursuant to our inherent jurisdiction to pass laws governing ourselves on internal matters.

Meegwetch!



Chief M. Wayne McQuabbie



HENVEY INLET FIRST NATION

**NOTICE OF REFERENDUM VOTE
PROPOSED NEW LAW GOVERNING RATIFICATIONS**

1. A referendum vote will be held among the eligible voters on 15 October 2023 with respect to the proposed new Henvey Inlet First Nation law entitled "HIFN Member Ratification Protocol" attached as **Schedule "A"** hereto.
2. The referendum ballot question shall be:

**"ARE YOU IN FAVOR OF THE PROPOSED "HIFN MEMBER RATIFICATION
PROTOCOL"?"
 YES NO".**

3. The referendum shall be conducted under the authority of Scott Jacob, Returning Officer. Eligible voters may cast ballots:
 - a. in person at a poll to be held at the Fire Hall Library, Pickerel River Road, French River Reserve No. 13, on **Sunday, 15 October 2023**, which shall be open for voting between 10:00 am and 5:00 pm on that date;
 - b. electronically through OneFeather.ca on or before the close of the poll at 5:00 pm on **Sunday, 15 October 2023**; or
 - c. by mail-in ballot which must be received by the Returning Officer on or before 5:00 p.m. on **Saturday 14 October 2023**.

Mail-in ballot packages will be sent by ordinary letter mail or delivered personally to each eligible voter on or before Sunday, 03 September 2023, and will include return envelopes addressed to the Returning Officer. There will be no proxy voting.

4. Community meetings open only to members to discuss the proposed law shall be convened at the Fire Hall, Pickerel River Road, French River Reserve No. 13, for in-person attendance and attendance by Zoom on
 - Tuesday, 19 September 2023, dinner available for in-person attendees at 5:00 pm, meeting starts at 6:00 pm
 - Sunday, 24 September 2023, lunch available for in-person attendees at noon, meeting starts at 6:00 pm.
5. If the proposed HIFN Member Ratification Protocol is approved by the referendum vote, Council shall convene a meeting in open session at 10:00 am on Tuesday, 26 October 2023, or as soon thereafter as may be practical, to consider enactment of the law.
6. For further information contact Brenda Contin, Councillor, at 705-857-2331 or by email at brenda.contin@henveyinlet.com

DRAFT LAW

Enacted pursuant to the custom and inherent jurisdiction of Henvey Inlet First Nation

PREAMBLE

Henvey Inlet First Nation, by its Council, hereby enacts a protocol for the ratification of matters by the members where no other approval threshold is prescribed by law or resolution of Council.

DEFINITIONS

1. In this law, "eligible voter" means a person enrolled as a member of Henvey Inlet First Nation who has attained the age of eighteen years.

RATIFICATION APPROVAL THRESHOLD

2. Subject to any law or a resolution of Council which provides otherwise, a matter shall be deemed ratified and approved if:
 - a. a majority of 50% plus one of the votes cast by the eligible voters are in favour of the matter; and
 - b. at least 10% of the total number of eligible voters cast votes.

IN FORCE DATE

3. This law shall take effect and be in force immediately on enactment by Council.



**Henvey Inlet
First Nation**

Pickering, ON P0G 1J0

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

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

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

Chief
M. Wayne McQuabbie
Council
Patrick D. Brennan
Brenda D. Contin
Lionel R.M. Fox
Carl Ashawasagai
Stanley K. Moses
Deborah Newton
Maureen A. Kagagins

MEMORANDUM

To: All Henvey Inlet First Nation Members
From: Samantha Bradley, Human Resources Coordinator
Date: August 28, 2023
Re: Employment Opportunities

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

- 1) Early Childhood Education Worker – 1 Position
- 2) Ontario Works Administrator – 1 Position
- 3) Adult Education Teacher – 1 Position
- 4) Band Representative – 1 Position
- 5) Gas Bar Attendant – 1 Position

See attached job postings for more information.

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

Miigwetch,

Samantha Bradley, PCP
Human Resources Coordinator



EMPLOYMENT OPPORTUNITY
EARLY CHILDHOOD EDUCATION WORKER

***RE-POST ***

POSITION SUMMARY

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

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

MAIN RESPONSIBILITIES

The Early Childhood Education Worker will be responsible to:

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

QUALIFICATIONS

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

HOURS OF WORK

Full Time – 35.5 hrs/week

REMUNERATION

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

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

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

Henvey Inlet First Nation – Human Resources

295 Pickeral River Rd.

Pickeral, 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

ONTARIO WORKS ADMINISTRATOR

RE-POST

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 not 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 – up to 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Open 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
ADULT EDUCATION TEACHER
RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a temporary, part-time **Adult Education Teacher** to join our Administration for a six-month contract. The Adult Education Teacher reports to the Education Counsellor and is responsible for planning, organizing and implementing an appropriate instructional program in a learning environment that guides and encourages adult students to develop and fulfill their academic potential. The Adult Education Teacher is also responsible for supervising and evaluating students' progress and understanding of the school board's curricula while maximizing student-learning experiences. This position requires excellent interpersonal communication skills and strong leadership skills.

MAIN RESPONSIBILITIES

The Adult Education Teacher will be responsible to:

- Maintain a welcoming, safe and healthy learning environment for all staff and students
- Prepare course objectives and outline for course of study following curriculum guidelines or requirements of the school board
- Deliver planned and approved curriculum to students in an age-appropriate manner
- Instruct students using various teaching methods that support the individual learning styles of each student
- Develop realistic learning goals that challenge the student
- Assign lessons and homework to aid and enforce comprehension and retention
- Administers tests to evaluate student's progress, record results and issue progress reports
- Meet with students to discuss progress and counsel students on areas needing academic improvement
- Assist student with establishing routines while providing them with positive guidance and building their confidence
- Keep and maintain attendance records and provide monthly progress reports to the Education Counsellor and Chief and Council
- Update all necessary records accurately and completely as required by laws, district policies and school board regulations
- Develop and maintain current, accurate and confidential student files in a secure location
- Ensure that classroom and teaching areas are clean, organized and safe at all times
- Set up and put away teaching materials needed to facilitate program objectives
- Keep up-to-date with developments in subject area, teaching resources and methods and make relevant changes to instructional plans and activities to incorporate emerging best practices
- Participate in and attend all training, meetings and functions as required for work or requested by supervisor, Director of Finance/Administration or Chief and Council
- Deal tactfully with colleagues, students, membership and the public
- Present a positive and professional image of the organization at all times
- Adhere to all HIFN Policies and Procedures
- Perform other duties as assigned from time-to-time by supervisor, the Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Bachelor's of Education degree from an accredited institution required; University or College degree in a teachable subject preferred
- 1-3 years previous teaching experience in an adult education environment preferred

- Knowledge and understanding of school board policies, curriculum, compliance regulations and appropriate legislation
- Exceptional knowledge of the traditions of the First Nation Community preferred
- Strong knowledge of adult teaching methods and the ability to recognize individual learning styles and the characteristics of learners
- Current satisfactory CPIC Vulnerable Sector Police Check
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle preferred
- Current First Aid and CPR Level C an asset
- Strong working knowledge of Microsoft Word, Excel and PowerPoint
- Excellent interpersonal communication skills and the ability to inspire and encourage students in achievement of academic excellence
- Excellent 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
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proactive approach to problem solving with strong decision-making capability
- Excellent negotiation and mediation skills
- High levels of patience and energy
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Willingness to participate in ongoing learning

HOURS OF WORK:

Part-Time – 16 hours per 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, cover letter, driver's abstract and CPIC in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickereel River Rd.

Pickereel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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

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



EMPLOYMENT OPPORTUNITY

BAND REPRESENTATIVE ADMINISTRATOR

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Band Representative Administrator** to join our Administration. The Band Representative Administrator reports to the Band Representative Lead and is responsible for providing administrative and secretarial support to departmental staff. This position requires strong organization skills and professional integrity.

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 Administrator will be responsible to:

- Assist with the development of a Band Representative program structure for Henvey Inlet First Nation in collaboration with the Band Representative Team
- Assist Band Representative Team with the establishment of a Child Welfare Committee and collaboratively develop Henvey Inlet First Nation child welfare laws, regulations and practices
- Work in collaboration for the Band Representative Team to develop office policies, protocols and procedures
- Present a positive and professional image of the organization at all times
- Greet external clients and guests entering the office and maintain daily visitor logbook
- Create a supportive, safe and welcoming environment for community members, clients and guests
- Notify staff members of clients and guests waiting to see them for meetings and appointments
- Establish and develop an active working relationship with ISC and all child welfare agencies throughout Canada
- Respond to all Child Welfare Agencies when notified of any members being involved with their agency, ensuring that the Band Representative Team is notified and made aware of all activities immediately
- Answer incoming call and direct all inquiries to the appropriate individual, responding to general inquiries where appropriate
- Take and record telephone, e-mail, or written messages for staff members
- Assist departmental staff with managing their schedules by overseeing their calendars and coordinating client meetings, visits and appointments when requested
- Assist with coordinating departmental meetings, workshops, programs and appointments including preparing and distributing agendas, PowerPoint presentations, hand-outs and packages
- Coordinate the logistical aspects of departmental meetings, workshops, programs and appointments by arranging and setting up meeting facilities and ensuring appropriate presentation equipment is available
- Attend departmental meetings and record meeting minutes, distributing completed minutes to all involved parties
- Prepare coffee and ensure reception area is kept in a tidy and presentable manner
- Maintain office supply inventory, re-ordering supplies when needed
- Ensure that band representative team supplies are always in order
- Assist departmental staff in creating and maintaining a secure filing system with gathered information on all clients throughout Canada, including court papers, customary care documents, and other documents filed for disclosure or served to Henvey Inlet First Nation, in accordance with PIPEDA regulations
- Assist departmental staff with all their filing needs
- Create new files, labels and records as necessary
- File correspondence, invoices, receipts, documents and other records in alphabetical, numerical or any other required ordering system
- Receive and date stamp all incoming mail, email, faxes, cheques and deliveries
- Accurately record and distribute all forms of paper correspondence and mail to appropriate party
- Prepare, deliver and/or distribute posters, flyers, notices, and newsletters on behalf of departmental staff as required

- Prepare outgoing mail for distribution using postage meter machine
- Organize, maintain and coordinate accurate and complete office records and files in their proper databases and locations
- Locate and remove materials from files when requested
- Transfer file materials to inactive storage archives according to file maintenance/legal guidelines as required
- Provide general clerical support to departmental staff including making, collating and distributing photocopies or sending faxes as necessary
- Complete initial trouble-shooting of office-equipment malfunctions, escalating to IT department if unsuccessful at resolving issue
- Assist departmental staff with preparing written correspondence, letters, documents and forms as requested
- Assist departmental staff with completing and remitting various reports to the appropriate agency body in a timely manner
- Assist the Band Representative Team with the development of BCR's as needed
- Ensure that all financials expensed through this program are organized and backup records are maintained
- Collect department invoices and receipts and log and remit expenditures to the Finance Department for payment or reimbursement
- Assist Finance Department with financial reporting and auditing by accurately maintaining financial records and adhering to Finance Department policies and procedures
- 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 Office Administration, Business Administration, Finance, Social Services or other related field
- 3-5 years of previous Office Administration experience
- Previous data entry and record-keeping experience 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 an asset
- Working knowledge of the Child and Family Services Act (CFSA), Bill C92, human rights legislation, federal and provincial child welfare laws and regulations and Customary Care Agreements an asset
- Strong working knowledge of financial reporting/practices
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients and affiliates
- Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Ability to work independently and as part of a team
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- Willingness to travel for work when needed
- Willingness to work flexible hours, including on-call, evenings and weekends when requested

HOURS OF WORK

Full-Time – 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

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

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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

GAS BAR ATTENDANT

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is a casual **Gas Bar Attendant** to join our Administration. The Gas Bar Attendant reports to the Gas Bar Manager and is responsible for the sale of fuel and other automotive products and in-store merchandise, including tobacco products. The Gas Bar Attendant is also responsible for processing all point-of-sale transactions via cash, credit or debit card using an electronic scanner and cash register. This position requires a high level of personal integrity and superior customer service skills.

MAIN RESPONSIBILITIES

The Gas Bar Attendant will be responsible to:

- Greet Gas Bar customers and refuel vehicles
- Answer customer inquiries
- Assist with the sale of automotive products, in-store merchandise and tobacco products, ensuring restricted products are sold only to customers that are of the required age by requesting appropriate identification
- Process sales transactions, receive payments and issue correct change and receipts
- Count money in cash drawer at the beginning and end of shifts, dropping end of shift deposits in Finance deposit box
- Maintain clean and orderly checkout areas and Gas Bar exterior by sweeping service station and shoveling, sanding and/or salting service in winter and picking up/removing garbage and debris
- Stock shelves and price merchandise
- Change fuel prices on signage
- Assist with placing and receiving fuel and merchandise orders
- Maintain accurate sales and purchase records
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Must be 18 years of age or older
- Grade 12 diploma or equivalent preferred
- Customer service and/or retail experience preferred
- Current First Aid and CPR Level C an asset
- Excellent customer service and interpersonal communication skills
- Able to deal with people sensitively, tactfully, diplomatically, and professionally at all times
- Professional appearance and manners
- High level of personal integrity and a strong work ethic
- Basic mathematical skills
- Strong attention to detail
- Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours, including occasional weekends, **a must**

HOURS OF WORK

Varies – up to 40 hours per week as needed

REMUNERATION

\$17.82/hour

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.



Pickerel River Trailer Park Parking and Boat Permit Application

Please be advised that a parking and boat permit **MUST** be completed by every band member who wishes to park and dock at the trailer park.

An open spot **MUST** be chosen which is recorded on the application, docking maps and dock slip permit.

The small dock, Dock C, is strictly for pontoons in the slots and as a loading spot on the long side as the current loading dock is not installed due to unfortunate circumstances.

I have given out "see office immediately" tags on a few boats but have not gotten any reply. A few boats have been moved from the loading spots as they are **NOT** docking spots.

There is now a system for acquiring dock slip permits and parking permits.

- 1) Applications are filled noting dock slip number. Dock spots have all been numbered.
- 2) A Dock slip permit, with dock slip number on it and parking permit are issued.
- 3) The dock slip permit is placed on the boat so that staff can see it and the parking permit is placed in vehicle front windshield.

Docking and parking permits are free for band members and it is expected that the same spot will be used in the future.

If you currently have a boat parked on the docks, please come and fill out the application.

Miigwetch,

Amanda Barbe
Pickerel River Trailer Park Manager



Pickernel River Trailer Park Parking and Boat Permit Application

Applicant Information

Applicant:	Licence #:
Address:	
Phone:	Email:

Vehicle Information

License Plate #	Make/Model	Year	Color
-----------------	------------	------	-------

Boat Information

Serial #	Inboard or Outboard	Motor Make	Boat Type and Color
----------	---------------------	------------	---------------------

Vehicle and/or Boat Permit Options

Check mark options that you require

Daily

Daily Vehicle Parking	\$8.00 must vacate by 8:00 pm
Overnight Vehicle Parking	\$12.00 must vacate by 9:30 am
Docking Fee	\$15.00
Pontoon Boat Docking	\$30.00
Boat Launch In/Out, No Docking	\$20.00

Seasonal

Parking in parking lot with Dock Slip	\$700.00
Parking in parking lot with Pontoon Dock Slip	\$800.00
Parking in Parking Lot	\$350.00
Dock Slip	\$450.00
Outside Storage	\$175.00
Bilge Tank Pump Out After Rain	\$200.00

TOTAL

Office Use Only

Date Received:	Received By:
Payment Date:	Dock Slip #:
Vehicle Permit Date:	Dock Slip Date:

Terms and Conditions

1. Parking Permit(s) must be clearly displayed in either vehicle or boat at all times when parking.
2. The vehicle and/or boat must only be parked in authorized designated parking areas and to park only in the lots specified by that permit, if applicable.
3. The vehicle and/or boat must be parked in an orderly manner so as to occupy only the space required by the one vehicle.
4. Only one of the registered vehicles is authorize to utilize the parking permit while parking at one time.
5. All parking and traffic requests made by Henvey Inlet First Nation or other duly appointed officer and all regulatory traffic signs must be obeyed at all times.
6. The vehicle and/or boat owner must promptly notify the Trailer Park Office of any change of a boat, vehicle, license plate, status, address or telephone number, as was provided on the application form.
7. Permits are not transferable.
8. This permit cannot be used to park commercial vehicles, recreational vehicles, trailers, vehicles with trailers or inoperable vehicles, unless otherwise approved.
9. Pickerel River Trailer Park reserves the right to cancel/suspend/revoke any permit for any reason including failing to comply with any condition set out in the vehicle and/or boat parking permit or municipal by-laws, providing 24-hour notice to the permit holder.
10. Pickerel River Trailer Park, its employees or agents are not responsible for loss or damage to your vehicle or its contents, however caused. REMEMBER TO LOCK YOUR VEHICLE AND REMOVE ALL EQUIPMENT FROM BOAT.
11. If a vehicle and/or boat is parked without a valid parking permit or the vehicle and/or boat is not currently listed on the application form or the parking permit is not displayed, in addition to any other remedy, a Pickerel River Trailer Park Employee may cause to have such vehicle and/or boat removed and be stored in a suitable place, and all costs and charges for removal and/or storage thereof shall be a lien upon such motor vehicle.
12. Pickerel River Trailer Park reserves the right to withhold the renewal/issuance of any parking permit where the permit holder or vehicle and/or boat listed on the application form has unpaid arrears to the Park.
13. Pickerel River Trailer Park staff are not responsible for ANY sunken boats, unless a seasonal bilge tank pump out has been paid for. It is the boat owner's responsibility to maintain their own boat, including pumping out rain water. If Pickerel River Trailer Park staff must remove a sunken boat due to negligence, any associated costs will be the responsibility of the boat owner. Once a boat motor has been submerged, if not directly taken to a mechanic, it will cease.
14. The Pickerel River Trailer Park season begins the Victoria Day long weekend in May and ends the Thanksgiving long weekend in October.
15. Chief and Council are responsible to set all rates annually, prior to seasonal opening.

Consent

I hereby understand and agree to the terms and conditions of the parking permit application.

Signature

Date

Seasonal Dock Slip
Permit 2023



Dock Slip #: _____

Date: _____

Signature: _____

Seasonal Parking
Permit 2023



License Plate: _____

Date: _____

Signature: _____



SHAWANAGA FIRST NATION EMPLOYMENT OPPORTUNITY

Position: Finance Clerk

Term: Full Time - Temporary 12 Months

Start date: As soon as possible

Salary: To be determined

Overview of Responsibilities:

Reporting to the Finance Manager, the Finance Clerk manages the First Nations accounts payable/receivables accurately and maintains appropriate financial documentation through an organized system of filing. Successful candidates should have strong working knowledge and experience with QuickBooks accounting software and demonstrated, thorough knowledge of First Nations funding and budget allocation processes.

Duties:

- Organizes filing for all appropriate documentation
- Monthly remittances; data entry; payroll entries; journal entries
- Assist with accounts payable and accounts receivable
- Perform clerical duties such as maintaining filing and record systems
- Process invoices and vouchers for payment
- Prepare budgets, read budgets and maintain budgets
- Other duties as assigned by the Finance Manager

Qualifications & Skills:

- Office administration and/or related field experience would be preferred with additional two years of related work experience in an administrative capacity.
- Minimum grade 12 with secretarial/receptionist or office skills.
- Must have knowledge and understanding of Native Culture, Traditions, Teachings and Community Dynamics.
- High level of integrity, confidentiality and accountability.
- Strong work ethic and positive attitude.
- Work as a team.
- Strong working knowledge of generally accepted accounting principles and practices.
- Perform mathematical computations quickly and accurately.
- Sound analytical thinking, planning, prioritization and execution skills.
 - Well developed sense of diplomacy, including solid negotiation, conflict resolution and people management skills.



Other Considerations:

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

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

Only those who qualify for an interview will be contacted, thank you for your interest. **Please submit a cover letter, resume and three (3) recent work-related reference letters with current contact information 4:00pm on September 16th via email, mail, fax or in person to:**

**Courtney Mullen
HR Administrator
Shawanaga First Nation
2 Village Rd., Nobel, ON P0G 1G0
Tel: (705) 366-2526 * Fax: (705) 366-2740
Email: hadministrator@shawanagafirstnation.ca**

NOTICE

New ERPA - *RECYCLING* program

For

Home/Businesses

Being implemented

For Henvey Inlet First Nation.

Please put your electronics out

Wednesday August 30, 2023

For pick up only on First Nation

(See flyer for accepted items)

Thank you

Your waste management team

SAFE AND SECURE ELECTRONICS RECYCLING MANAGEMENT

RECYCLE
MY
ELECTRONICS



What is Recycled in Ontario



Display
Devices



Drones



Home Audio/
Video Systems



Desktop
Computers



Home Theatre-
In-A-Box (HTB)
Systems



Cameras &
Security Cameras



Vehicle Audio/
Video Systems
(aftermarket)



Portable
Computers



Personal/Portable/
Audio/Video
Systems



Musical
Instruments &
Recording
Equipment



Floor Standing
Printers &
Printer Cartridges



Video Gaming
Systems &
Peripherals



Computer
Peripherals,
Routers, Cables,
Chargers, USB



IT & Telecom Equipment
Hard Drives, Servers,
Microfilm Readers,
Binding Machines,
Postage Franking Machines
& Check Filler Machines



Desktop Printing/
Multi-Function Devices,
3D Printers &
Printer Cartridges



Phones
Telephones, Cellular &
Smart Phone Devices,
Pagers

EPRA 
ONTARIO

BOOK A PICK UP
1-833-FOR-EPRA
EPRAON.ca

RECYCLE ELECTRONICS HERE



The future is in your hands. Don't let it go to waste.™

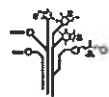
Safe & Secure Recycling

- Wipe your drives. Clear your SIM cards. Protect your privacy.
- Clear all personal information from computers, cell phones and electronics prior to drop off.



Recycle with EPRA/Recycle My Electronics

- Protect health and safety of workers and handlers.
- Divert e-waste, and other materials from Canadian landfills.
- Ensure the safe and secure destruction of personal data stored on hardware.
- Prevent illegal export or handling by irresponsible recyclers, decreasing environmental issues for the planet.
- Recover and recycle resources that can be put back into the manufacturing supply chain, conserving natural resources.



Electronics Accepted Here:

Display devices, computing equipment, printing and copy equipment, other electronic devices.



Look for the Recycle My Electronics LEAF for safe, secure electronics recycling.
Learn more at

recycleMYelectronics.ca



EPRA

RECYCLE ELECTRONICS HERE

RECYCLE
MY
ELECTRONICS



When you recycle your electronics at an EPRA Ontario authorized drop-off point you're helping to:

- Divert e-waste from landfill
- Prevent illegal export & irresponsible handling
- Ensure safe & secure data destruction
- Protect workers' health & safety
- Recover & recycle resources



Look for this leaf when recycling your electronics.
Materials collected at authorized EPRA Ontario drop-off points
are recycled and handled in a safe, secure and environmentally sound manner.

EPRA 
ONTARIO

BOOK A PICK UP
1-833-FOR-EPRA
EPRAON.ca



West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

987 Riverside Drive, Box 75, Britt, ON

705-383-2375

July 2023

Dear Britt Community Member,

We want to thank you for your continued patience during our ongoing recruitment process. We know that the internal coverage we have provided to the Britt Team is not always convenient for our patients. We are pleased to share that we have successfully filled the position permanently starting in September 2023. Melody Portugie, Nurse Practitioner (NP) Intern will be joining us as a new NP. Hannah Smith, our incredible NP Team member who has been providing care in Britt will be departing at the end of July to be closer to her family in Sudbury. Unfortunately, we will not be able to operate at full capacity during the month of August, however we will do our best provide as much coverage as possible.

The West Parry Sound Health Centre Rural Nurse Practitioner Led Clinic (WPSHC Rural NPLC) wants to assure you that care will continue to be available. **Do not hesitate to call and book an appointment if needed.**

WPSHC's Rural NPLC, including the Britt Site (formerly known as the nursing station) receives funding from the Ministry of Health, to provide continuing primary care to people who do not have another primary care provider (i.e., patients without a regular nurse practitioner or family physician). Consistent with this mandate, **priority is given** to patients who:

- Do not have a primary physician or
- Are registered with the Nursing Station (i.e., patients for whom the nurse practitioner is the primary health care provider).

Our clinic sites maintain several same-day or next-day appointments for non-urgent care, regardless of the patient's registration status. However, patients who have a healthcare provider, particularly those with complex health care needs, are encouraged to contact their

family physician, who will be more familiar with their unique needs. The NPLC staff can help patients secure an appointment with their primary care provider if needed. Simple healthcare concerns may be addressed at the NPLC **depending on appointment availability.**

We work hard to prioritize patients in urgent need. As such we do book accordingly and it is helpful for patients to share their reason for seeking care when booking their appointment. Additionally, during our capacity shortage front staff are available to help navigate access to other care centres (e.g., Pointe au Baril NPLC Site approx. 20 minutes from Britt). Please let us know if you face a transportation barrier, we will attempt to make accommodations.

If you are seeking a prescription renewal, please contact your pharmacy. It may be helpful to pay close attention to your medication supply and plan ahead. Please allow for seven days to let us get a prescription renewal to your pharmacy.

If you have a form to be filled out, please let the staff know when you book your appointment or drop it off at the NPLC and it will be reviewed.

We will continue to work hard to ensure that everyone is seen in as timely a manner as possible.

Thank you for your consideration and patience during this process.

Warmly,

WPSHC Rural NPLC Leadership Team

Katie Hogue
Chief Nursing Officer
Director of Primary Care

Ellen Walker
Manager of Operations

Teresa Wetselaar
Nurse Practitioner Lead

HENVEY INLET WIND

KIDS FISHING DERBY



**Saturday
September 9**

**Registration at the landing
8a.m. – 10a.m.**

**PRIZES for BIGGEST CATCH in each category
BBQ lunch at noon
Bait will be provided at the registration table**



Nigg Power Corporation



Please Note:

- Open to all Community Memebers under 17 and participants must be accompanied by an adult.
- A minimum of 4 Participants must sign up for this event to run.
- Last weight in is at 3p.m. at the landing. You must be present to win.



Youth & Elder Evening

TUESDAY SEPTEMBER 12th

4:30PM-8PM

@ TRIBAL IN THE BASEMENT

GUEST SPEAKER*DINNER*PRIZE BINGO

Sign up with Angele Dubois text or call

705-918-1590

YOUTH CAN BRING A GRANDPARENT OR AN
ELDER FROM THE COMMUNITY

Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



SAFETY TIPS

- » **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » **KNOW** at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » **HAVE** an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » **PRACTICE** your home fire drill at night and during the day with everyone in your home, twice a year.
- » **PRACTICE** using different ways out.
- » **TEACH** children how to escape on their own in case you can't help them.
- » **CLOSE** doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, **GET OUT AND STAY OUT**. Never go back inside for people or pets.
- » If you have to escape through smoke, **GET LOW AND GO** under the smoke to your way out.
- » **CALL** the fire department from outside your home.

FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ❗ According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ❗ While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ❗ **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for **SAFETY** Information

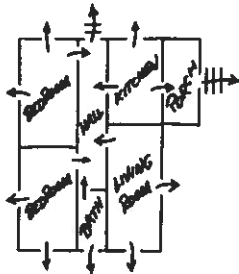
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Develop a home fire escape plan today... It could save your life tonight!

Fire and smoke move quickly. Every second counts when you are trying to escape a fire. Everyone must know what to do and where to go when the smoke alarms sound. Take a few minutes with everyone in your home to make a home fire escape plan, following the instructions below.



1. Draw a floor plan of your home



Use the grid on the back to draw a floor plan of your home. You should draw a plan for each storey of your home.

2. Include all possible emergency exits

Draw in all the doors, windows and stairways. This will show you and your family all possible escape routes at a glance. Include any features, such as the roof of a garage or porch, that would help in your escape.

3. Show two ways out of every room, if possible.

The door will be the main exit from each room. However, if the door is blocked by smoke or fire, identify an alternate escape route, which could be a window. Make sure that all windows can open easily and that everyone knows how to escape through them to safety. If windows have security bars, equip them with quick-releasing devices.

4. Does anyone need help to escape?

Decide in advance who will assist the very young, older adults or people with disabilities in your household. A few minutes of planning will save valuable seconds in a real emergency.

5. Choose a meeting place outside

Choose a meeting place a safe distance from your home that everyone will remember. A tree, street light or a neighbour's home are all good choices. In case of fire, everyone will go directly to this meeting place so they can be accounted for.

6. Call the fire department from outside your home

Don't waste valuable seconds calling the fire department from inside your home. Once you have safely escaped, call the fire department from a cell phone or a neighbour's home.

7. Practice your escape

Review the plan with everyone in your household. Walk through the escape routes for each room with the entire family. Use this walk-through exercise to check your escape routes, making sure all exits are practical and easy to use. Then hold a fire drill twice a year and time how long it takes. In a real fire, you must react without hesitation as your escape routes may be quickly blocked by smoke or flames.

Remember:

- **Plan two ways out of every room, if possible**
- **Hold a fire drill twice a year**
- **Install smoke alarms on every storey of your home and outside all sleeping areas**

If you live in a high-rise apartment building, contact the building management for information on what to do if there's a fire in your building.

Electrical Cooking Appliance Safety

When we think of cooking appliances in the kitchen, we often think of the stovetop, oven, and microwave. However, more and more people are often turning to electrical appliances like air fryers and slow cookers for the convenience of cooking meals quickly. Using these appliances properly is key to keeping safe in the kitchen.

Key Safety Tips

- Always use cooking equipment—air fryers, slow cookers, electric skillets, hot plates, griddles, etc.—that are listed by a qualified testing laboratory.
- Follow the manufacturer's instructions on where and how to use appliances.
- Remember to unplug all appliances when not in use.
- Check cords regularly for damage. Do not use any appliance with a damaged cord.

Slow Cooker

A slow cooker is designed to be left on while you do other things, even things outside of the home. However, there are few safety tips to keep in mind:

- Keep things that could catch fire away from the slow cooker.
- Make sure the slow cooker is in a place where it won't get bumped. If the lid gets dislodged, the liquid could boil away, which could cause the appliance to overheat and create a fire.

Pressure Cooker

A pressure cooker is designed to cook food faster than a stovetop or oven. Because it uses hot steam and pressure to cook food it is important that they are used properly to prevent burns.

- Place the cooker in an open space to give enough room for the steam to ventilate.
- Never cover the steam release valve on the pressure cooker.
- Do not leave the home when using a pressure cooker.

Air Fryers

- Give your air fryer enough space. The air vents release heat and need airflow.
- Do not leave the home when using the air fryer.
- Make sure you clean grease and food debris after every use. Unplug and allow to cool completely before cleaning.

Hot Plate, Griddle and Electric Skillet

- Stay with the hot plate, griddle, or electric skillet when cooking.
- Do not touch the surface of a hot plate, griddle, or electric skillet, as it could burn you.
- Unplug a hot plate, griddle, or electric skillet when not in use and before cleaning. Allow the appliance to cool before cleaning it.



Turkey fryers that use oil and an open flame cannot be used safely. These fryers use a large quantity of cooking oil at hot temperatures, which can lead to devastating burns.

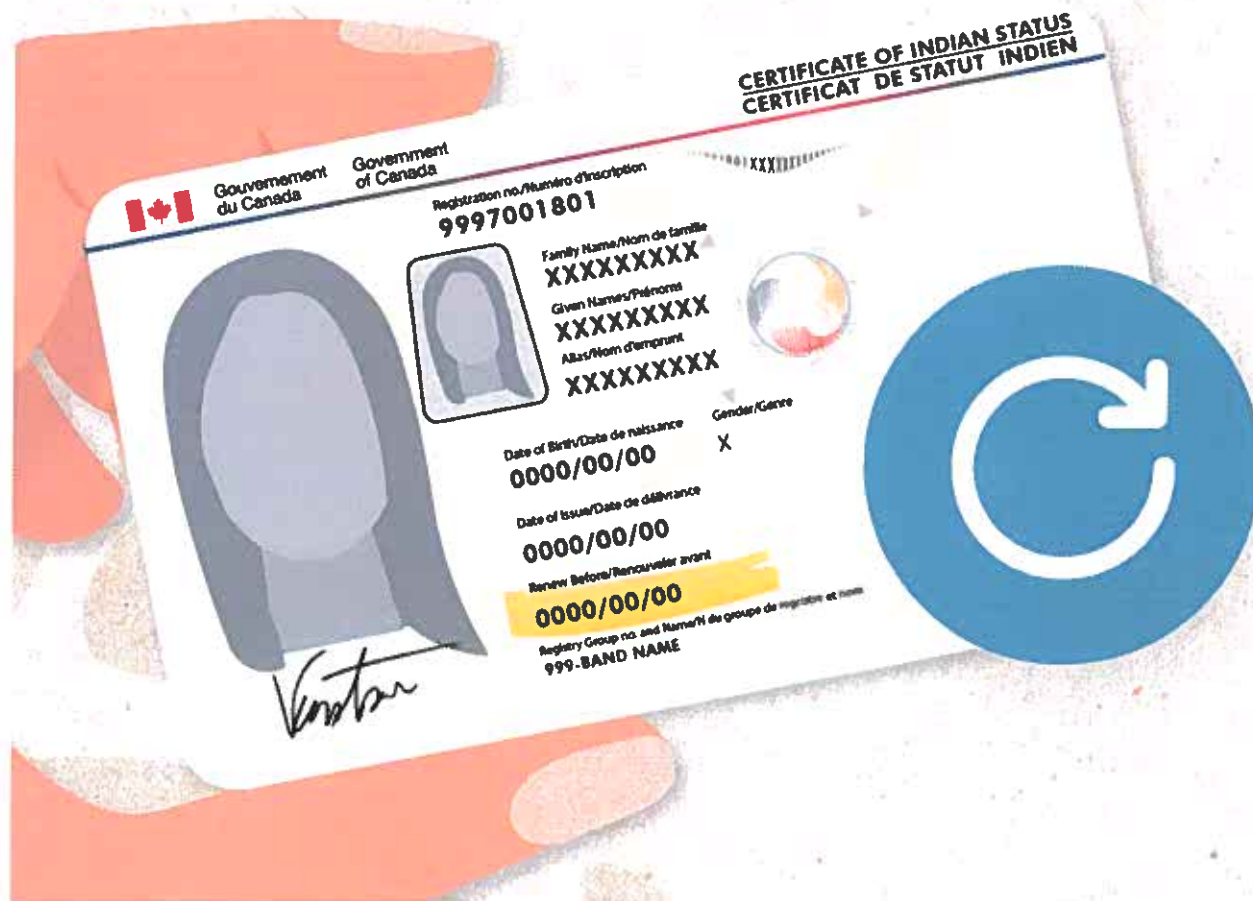
Buy an infrared fryer or electric turkey fryer that has been listed by a qualified testing laboratory. Do not leave fryers unattended when in use.



**FIRE
PREVENTION
WEEK™**

Please make copies and post on your Community Bulletin Board

Status Card Renewal



Has your status card expired? Looking to renew?

Renewing your status card makes it easier to access programs and services.

Take your own photo when applying for a status card and submit it straight from your smart phone free of charge using the SCIS Photo App. Submit your application through the mail, or by visiting any regional or First Nation office.

Renewal processing take 8-12 weeks, so don't delay, renew today!

Learn how.

For more information, we invite you to visit:
GotoInfo.ca/Status-Card



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

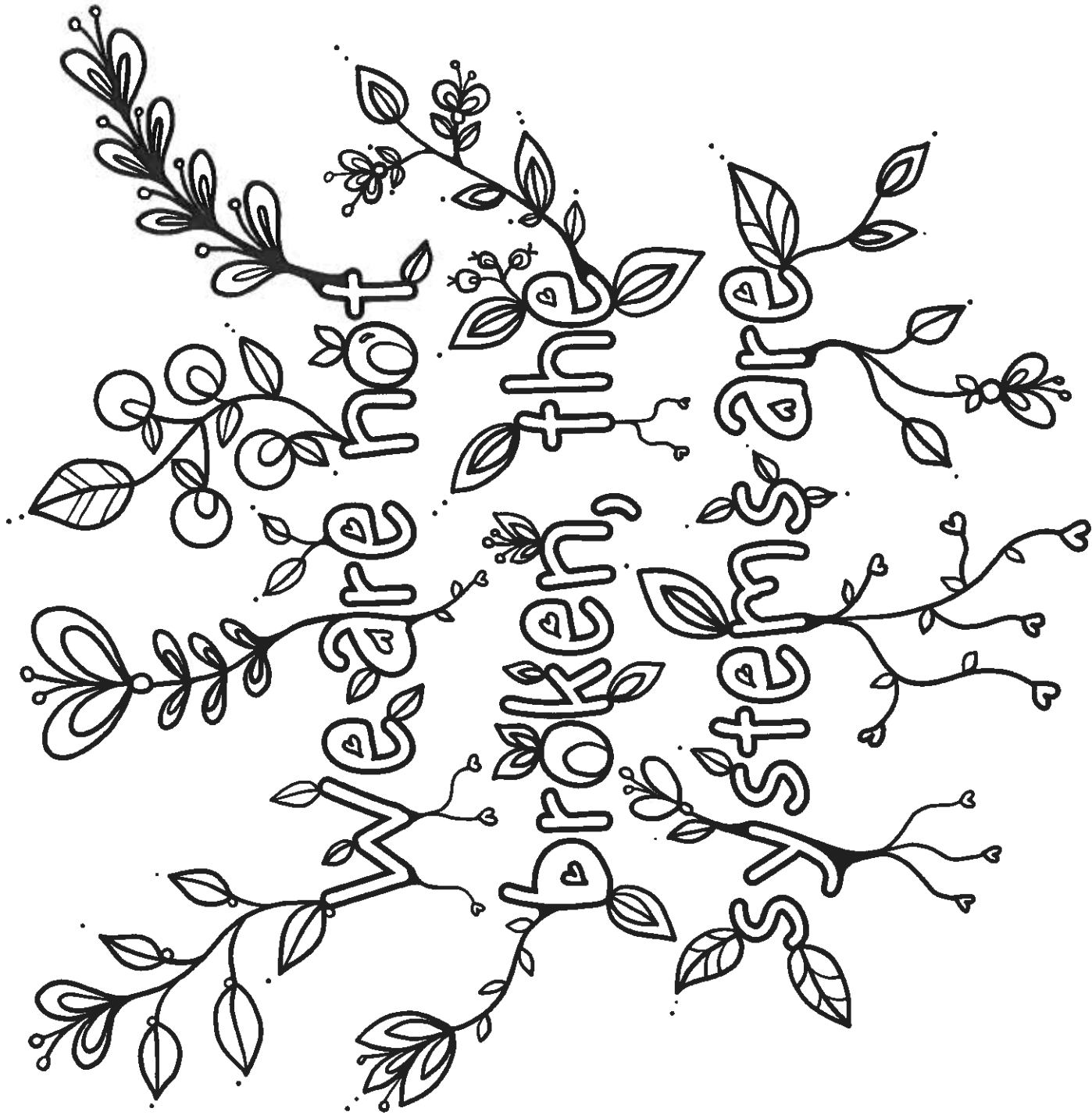


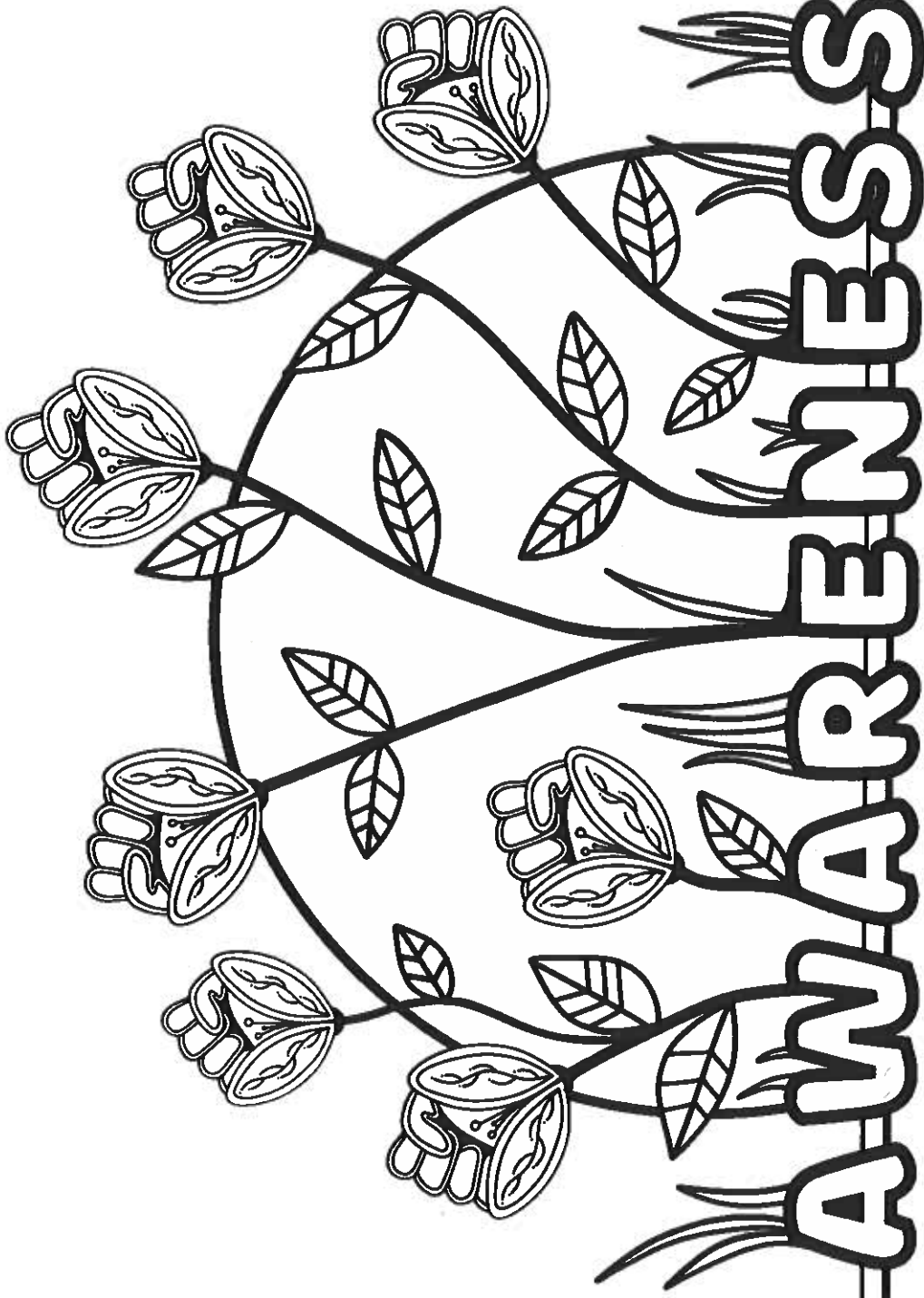
This message delivered by Indigenous Link - Connecting with Indigenous Communities

To be removed from this distribution list, please visit www.opt-out.ca and enter Campaign Code 488

Mail to: Suite 200 - 38 Auriga Drive Nepean, Ontario K2E 8A5 Phone/ Fax: 1-866-440-7257

ID 488





AWA'RENES

INSPIRES

ACTION

Hawlii Pichette

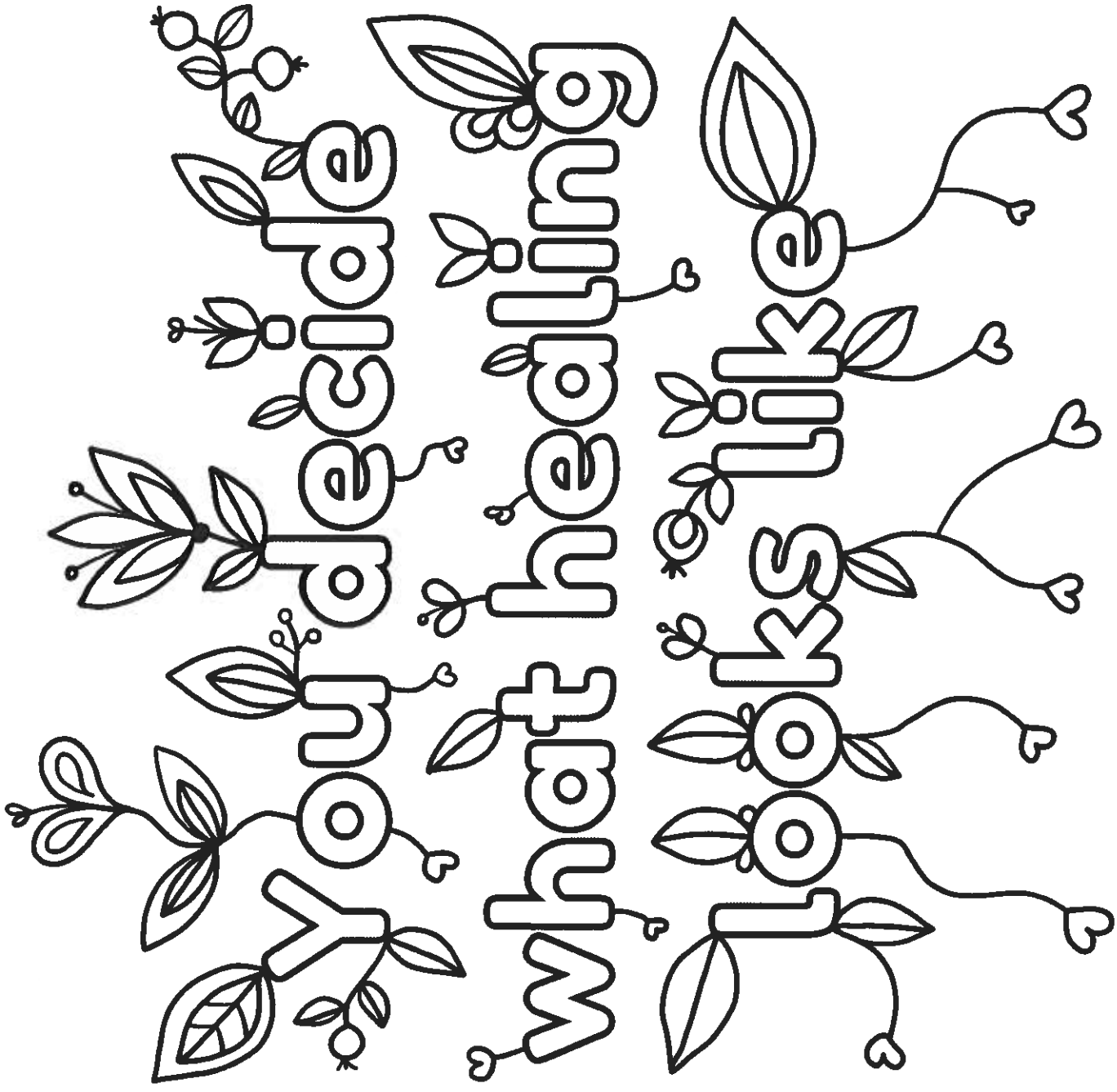
More free coloring pages at www.urbaniskwew.com/coloring-pages

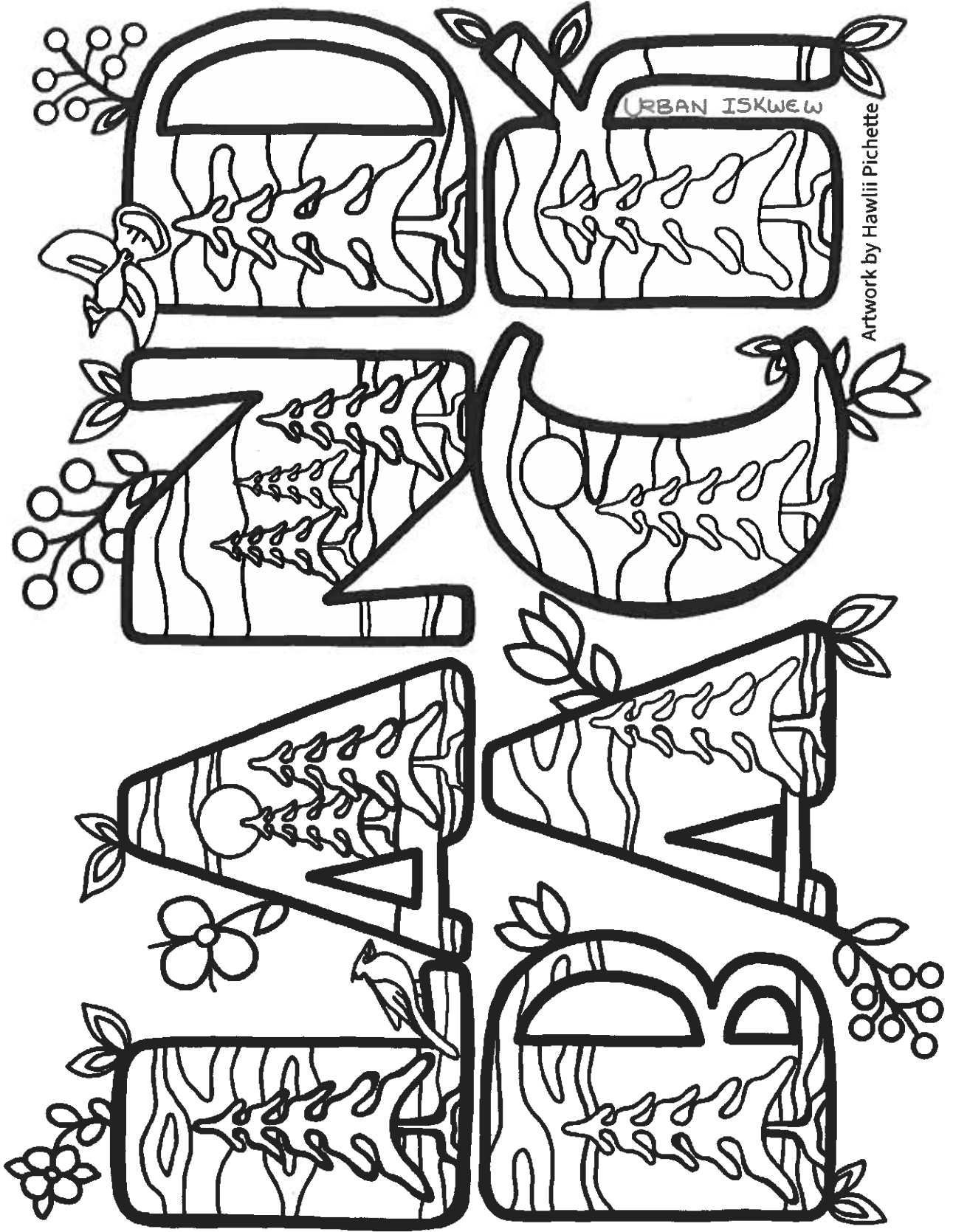


Artwork by Hawlii Pichette







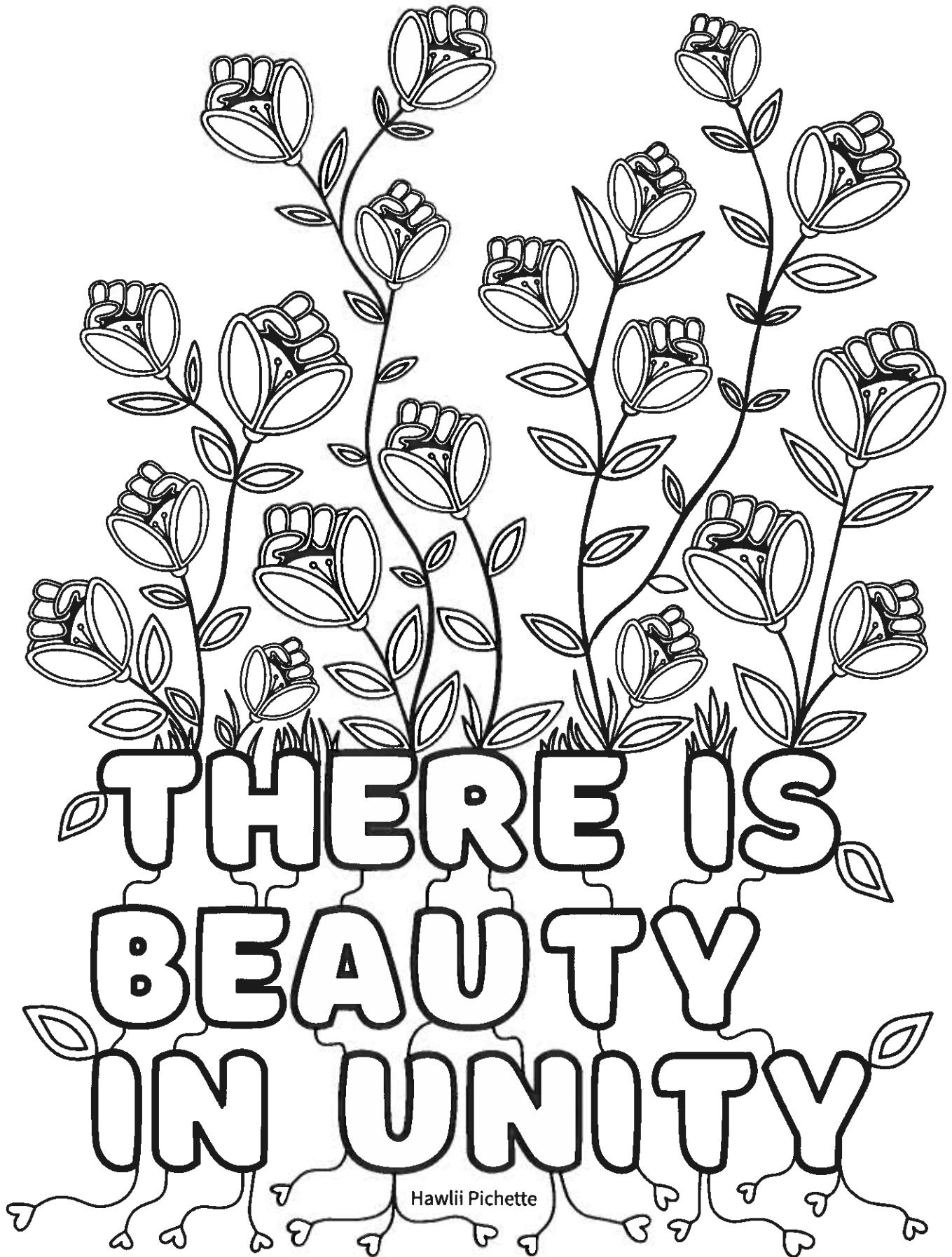


Artwork by Hawlii Pichette



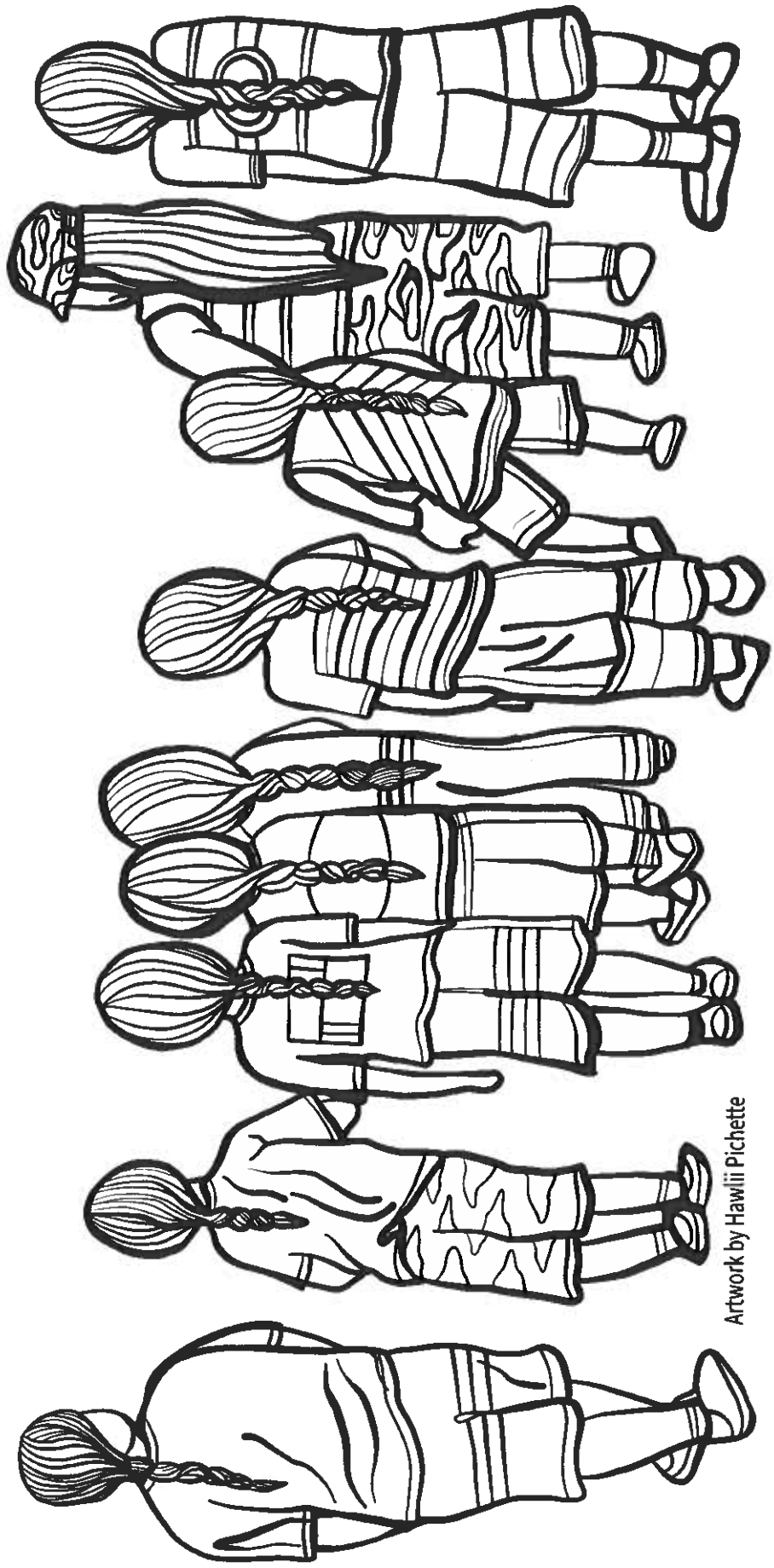
Artwork by Hawlii Pichette

YOU ARE THE LAND



**THERE IS
BEAUTY
IN UNITY**

Hawlii Pichette



Artwork by Hawlii Pichette



Hello SEPTEMBER

Summer has finally come to an end! We'd like to wish our school friends a fun and happy new school year! We had lots of fun this summer. We go to play outdoors on the climber, using the bouncy castle and splashing and running in the sprinklers. We got to go for many walks and got to visit the park where we had a special picnic day. A memorable memory the children like to bring up the most is when we had our visit with the Fire Trucks and Firefighters. They got to all go inside and push the horn and make the lights and sirens go too!

Beginning in September we are going to begin working on our letters and alphabet! Every two weeks we will work on one letter starting at 'A' and doing various activities based on the letter for that week!

The letters for the month of September will be 'A and B', some of the activities for this month may include:

Apple Stamping (Using various size and shapes children will use apples to paint pictures)

Musical Apple Shakers (Making own instrument to shake and move)

Making Apple Pies (Make our own special 'mini' apple pies for snack)

Astronaut Day (Talking about space planets, making own rockets)

Apple Tree Name Craft (Using letters of their name children will create apple tree pictures)

Letter 'A' Stamping (Making pictures using letter stamps)

Banana Party (Children dressed wearing yellow and will make banana butterfies for snack)

Balloon Games (Playing various games using balloons)

Banana Split day (Children will get to make own banana splits)

Balloon Painting (using different sized balloons and colours of paint children will get to create their own pictures by stamping them into the paint and onto paper.)

With Summer ending and cooler weather approaching we kindly ask to ensure you are checking the weather and dressing appropriately for the day and bringing extra coat or sweater for those chiller mornings.

We again are just asking to please CALL the daycare if you are going to be away whether for vacation or due to illness. This will help with meal prepping and planning for the day.

If you have any questions or concerns contact the daycare at : (705) 857-0957

Ashley (RECE), Nancy (RECE), Darlene (Cook).



SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
27	28	29	30	31	1	2			
3	 Labour Day!	4	5	 Apple Stamping	6	7	 Musical Apple Shakers	8	9
10	11	 Making Apple Pie	12	13	 Astronaut Day	14	 Apple Tree Name Craft	15	16
17	 Letter 'A' Stamping	18	19	 Banana Party	20	21	 Balloon Games	22	23
24	25	 Make Banana Splits	26	27	 Balloon Painting	28	29	30	



CHE/HBHC & Band Reps Programming

August

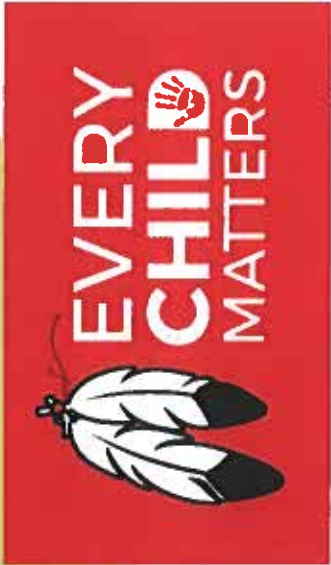
Band Representative On-Call Schedule

Staff Member	Start Date	End Date
Kerri	2023-08-21 16:30	2023-08-28 8:30
Naomi	2023-08-28 16:30	2023-09-04 16:30
Kerri	2023-09-04 16:30	2023-09-25 8:30
Naomi	2023-09-25 16:30	2023-10-02 16:30
Kerri	2023-10-02 16:30	2023-10-09 16:30
Naomi	2023-10-09 16:30	2023-10-23 8:30
Kerri	2023-10-23 16:30	2023-10-30 8:30
Naomi	2023-10-30 16:30	2023-11-06 8:30
Kerri	2023-11-06 16:30	2023-11-27 8:30
Naomi	2023-11-27 16:30	2023-12-04 8:30
Kerri	2023-12-04 16:30	2023-12-18 8:30
Naomi	2023-12-18 16:30	2023-12-25 16:30
Kerri	2023-12-25 16:30	2024-01-08 8:30
Naomi	2024-01-08 16:30	2024-01-22 8:30
Kerri	2024-01-22 16:30	2024-02-05 8:30

All On-Call Shifts are from day of week @ 4:30 PM to day of week @ 8:30 AM,

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

* Our office is open Monday-Thursday from 8:30 - 4:30 and Friday from 12 to provide necessary items (food, diapers, etc.). On-Call is for Welfare emergencies ONLY *



September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 HOLIDAYS	5 Happy FIRST DAY of SCHOOL	6 HOLIDAYS	7 HOLIDAYS	8 HOLIDAYS	9
10	11 HOLIDAYS	12 HOLIDAYS	13 HOLIDAYS	14 HOLIDAYS	15 HOLIDAYS	16
17	18 HOLIDAYS	19 Elder's Appreciation and Bingo	20	21 Beading Workshop	22	23 Fall Photos
24	25	26	27	28 Self-care Workshop	29	30



September

2023

Kerri Campbell Band Rep Lead



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KERRI CAMPBELL BAND REP LEAD					1 NOT IN OFFICE	
	4 OFFICE CLOSED	5 NOT IN OFFICE	6	7 Band Reviews	8	
	11	12 Family Court	13	14	15	Fall Photos
	18	19 Elder's Appreciation Luncheon & Binoo	20	21 Beading Workshop	22	
	25 NOT IN OFFICE	26	27 Family Meeting Sudbury	28 Self Care Workshop	29	Orange Shirt Day



**ELDERS'
APPERCIATION
LUNCHEON**

Caterer Wanted

To Cook For 25 People

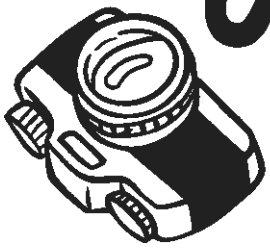
**Menu: Roast Beef, Mashed Potatoes, Roasted
Vegetables, Gravy, Buns, Salads, Strawberry
Shortcake**

September 19, 2023

12:00 PM @ Learning Centre

**Contact Erin @ Health
Centre with Quote by
September 11 @ 12 pm**





Fall Photos



September 16 @ 11 am to 1 pm

Photos will be taken at the
Pow Wow Grounds

Please Contact Darcy to
Register

Alternate Date: September 23

Join us in our

Elders' Appreciation Luncheon and Bingo

September 19 @ 12 pm
Learning Centre

Please contact Darcy to
Register

First 20 to Register will
receive a gift





Join Our Beading Workshop!

September 21 @ 10 am
Learning Centre

Please contact Darcy to Register by
September 14 @ 12 pm

Walk/Demonstration Starts
@ 10 am at the Fire Hall

Walking to Pickereel River
Rd. Bypass

National Day of Truth and Reconciliation

September 30, 2023

BBQ Lunch and Snacks
provided

A Maze N Fun @ Ball Field
starting @ 11 am until 4 pm

Home Care Nurse



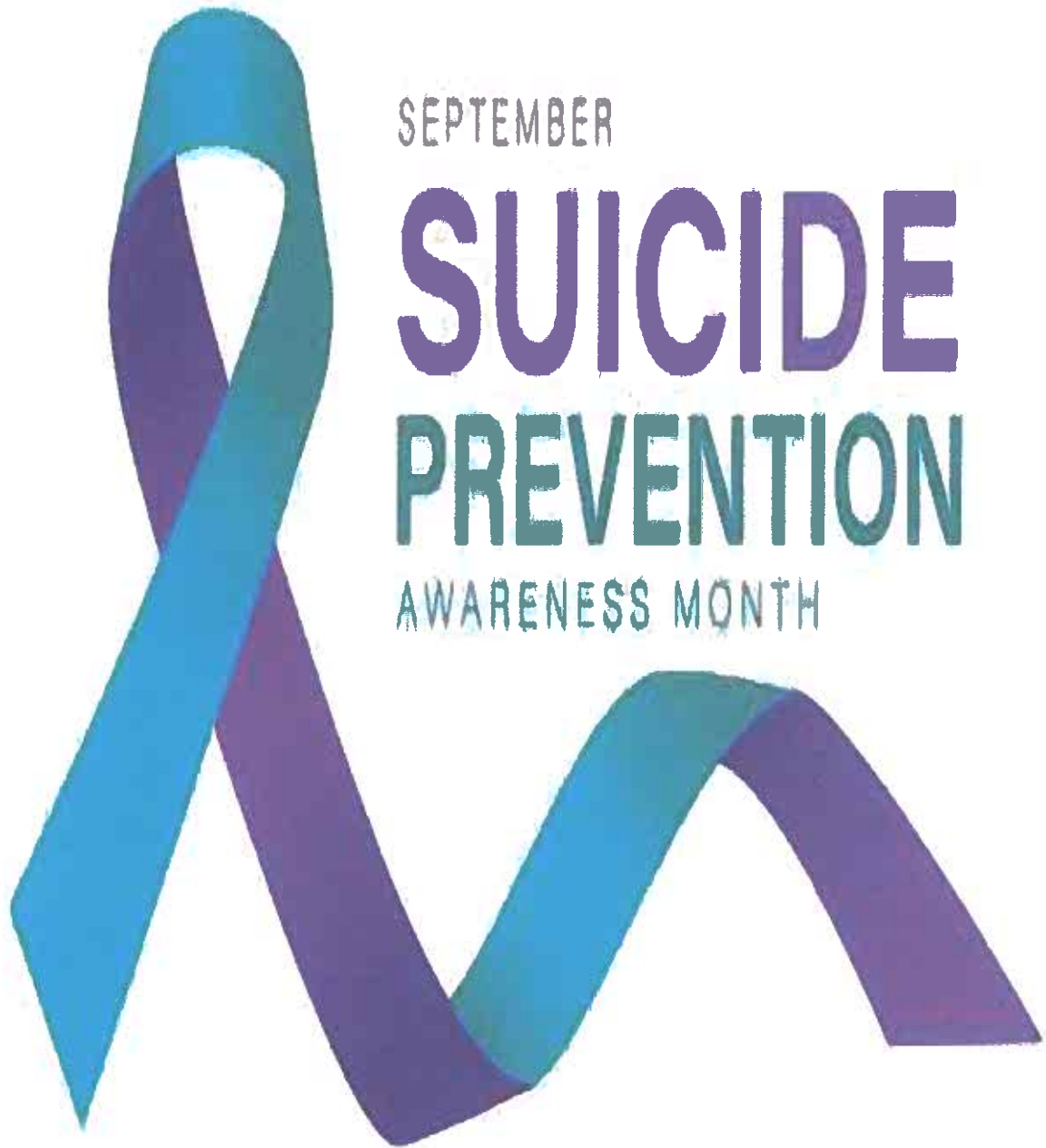
DEBBIE BRENNAN

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Methadone Clinic	2
3	4 Methadone Clinic (stat Holiday)	5 OFF (PTO)	6 OFFICE H.V. T/C Follow-ups NP/Cits	7 OFFICE Medical Consultations Home visits	8 Methadone clinic	9
10	11 OFFICE Medical Consultations Home visits	12 Methadone Clinic Office Admin.	13 OFFICE H.V. T/C Follow-ups NP/Cits	14 Methadone Clinic Office Admin.	15 Methadone Clinic	16
17	18 OFFICE Medical Consultations Home visits	19 Methadone Clinic Office Admin.	20 OFFICE H.V. T/C Follow-ups NP/Cits	21 OFFICE Medical Consultations Home visits	22 Methadone Clinic	23
24	25 OFFICE Medical Consultations Home visits	26 OFFICE Medical Consultations	27 OFFICE H.V. T/C Follow-ups NP/Cits	28 Methadone Clinic Office Admin.	29 Methadone Clinic	30



DEBBIE BRENNAN
HCN



SEPTEMBER

SUICIDE PREVENTION

AWARENESS MONTH



Preventing Suicide

Suicide is a leading cause of death.

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with any intent to end their life, but they do not die as a result of their actions.

Many factors can increase the risk for suicide or protect against it. Suicide is connected to other forms of injury and violence. For example, people who have experienced violence, including child abuse, bullying, or sexual violence have a higher suicide risk. Being connected to family and community support and having easy access to healthcare can decrease suicidal thoughts and behaviors.

Suicide is a serious public health problem.

Suicide rates increased approximately 36% between 2000–2021. Suicide was responsible for 48,183 deaths in 2021, which is about one death every 11 minutes. The number of people who think about or attempt suicide is even higher. In 2021, an estimated 12.3 million American adults seriously thought about suicide, 3.5 million planned a suicide attempt, and 1.7 million attempted suicide.

Suicide affects people of all ages. In 2021, suicide was among the top 9 leading causes of death for people ages 10-64. Suicide was the second leading cause of death for people ages 10-14 and 20-34.

Some groups have higher suicide rates than others. Suicide rates vary by race/ethnicity, age, and other factors, such as where someone lives. By race/ethnicity, the groups with the highest rates are non-Hispanic American Indian/Alaska Native people followed by non-Hispanic White people. Other Americans with higher-than-average rates of suicide are veterans, people who live in rural areas, and workers in certain industries and occupations like mining and construction. Young people who identify as lesbian, gay, or bisexual have higher prevalence of suicidal thoughts and behavior compared to their peers who identify as heterosexual.



Over
48,000
people died by
suicide in 2021



1 death every
11 minutes

**Many adults think about
suicide or attempt suicide**

12.3 million

Seriously thought about suicide

3.5 million

Made a plan for suicide

1.7 million

Attempted suicide

If you or someone you know is in crisis, please contact the
988 Suicide and Crisis Lifeline

- Call or text 988
- Chat at 988lifeline.org

Connect with a trained crisis counselor. 988 is confidential, free, and available 24/7/365. Visit the 988 Suicide and Crisis Lifeline for more information at 988lifeline.org.



Suicide has far-reaching impacts.

Suicide and suicide attempts cause serious emotional, physical, and economic impacts. People who attempt suicide and survive may experience serious injuries that can have long-term effects on their health. They may also experience depression and other mental health concerns.

Suicide and suicide attempts affect the health and well-being of friends, loved ones, co-workers, and the community. When people die by suicide, their surviving family and friends may experience prolonged grief, shock, anger, guilt, symptoms of depression or anxiety, and even thoughts of suicide themselves.

The financial toll of suicide on society is also costly. In 2020, suicide and nonfatal self-harm cost the nation over \$500 billion in medical costs, work loss costs, value of statistical life, and quality of life costs.

Suicide can be prevented.

Suicide is preventable and everyone has a role to play to save lives and create healthy and strong individuals, families, and communities. Suicide prevention requires a comprehensive public health approach.

CDC developed the [Suicide Prevention Resource for Action](#), which provides information on the best available evidence for suicide prevention. States and communities can use the Prevention Resource to help make decisions about suicide prevention activities. Strategies range from those designed to support people at increased risk to a focus on the whole population, regardless of risk.

Strategies to Prevent Suicide



Strengthen economic supports

- Improve household financial security
- Stabilize housing



Create protective environments

- Reduce access to lethal means among persons at risk of suicide
- Create healthy organizational policies and culture
- Reduce substance use through community-based policies and practices



Improve access and delivery of suicide care

- Cover mental health conditions in health insurance policies
- Increase provider availability in underserved areas
- Provide rapid and remote access to help
- Create safer suicide care through systems change



Promote healthy connections

- Promote healthy peer norms
- Engage community members in shared activities



Teach coping and problem-solving skills

- Support social-emotional learning programs
- Teach parenting skills to improve family relationships
- Support resilience through education programs



Identify and support people at risk

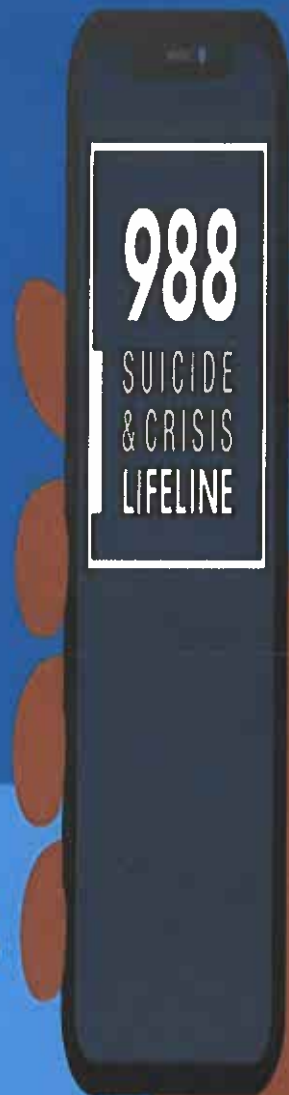
- Train gatekeepers
- Respond to crises
- Plan for safety and follow-up after an attempt
- Provide therapeutic approaches



Lessen harms and prevent future risk

- Intervene after a suicide (postvention)
- Report and message about suicide safely

SAVE THE NUMBER
SAVE A LIFE
CALL OR TEXT 988



Add this number to your phone now.
It could save a life later.



nimh.nih.gov/suicideprevention

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741



nimh.nih.gov/suicideprevention

5 Action Steps for Helping Someone in Emotional Pain



ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



STAY CONNECTED

Follow up and stay in touch after a crisis.



nimh.nih.gov/suicideprevention

Tips for Talking With a Health Care Provider About Your Mental Health



Talk to a primary care provider



Prepare ahead of your visit



Consider bringing a friend or relative



Be honest



Ask questions



nimh.nih.gov/talkingtips

Community Health Nurse



BRENDA CONTIN

FOOT CARE



For Elders &
Diabetics

Wednesday
September 6, 2023

Appointments will be
approximately 30
minutes, First 
appointment at 9am
& last appointment
is 2:30pm

Call Darcy at the
Health Centre to
book your
appointment time!

Brenda Contin-C.H.N. 705-857-1221



MEET THE *Foot Care Nurse*

Billie Hynes

Welcome everyone, my name is Billie Hynes. I am a CMP, Certified Master Pedicurist trained in diabetic foot care and treating foot ailments.

My main service is cut and file nails while also thinning and sculpting thick nails. This helps keep the nail bed attached and fit comfortably in your shoes.

There are other common issues that I work with and treat. Such as:


- Nail fungus
- Athletes foot
- Ingrown nails
- Corns & calluses
- Cracked heels

Sessions are 25mins and your feet will always feel better when I am done!

While you are in the chair, I am searching for any small cuts or objects in your skin. So I take over your Foot Care needs on a regular basis. This allowing you to do things you enjoy!

I so look forward to meeting everyone!

Health & Well Wishes!

 705-857-1221

Call Health Centre to book!



Reminder about Health Cards

Service Ontario is no longer mailing out renewal notices for Driver's License and Health Cards.

You must register online if you wish to receive a reminder via phone call, e-mail or texts at

www.ontario.ca/page/health-card-renewal

Visit www.ontario.ca/page/serviceontario

for more information

What hepatitis B virus?

Hepatitis B (Hep B) virus causes hep B infection, which attacks the liver. It may be lifelong leading to liver disease, cancer and even death.

Symptoms of hepatitis B infection may include:

- stomach pain or discomfort
- fever, joint pain, loss of appetite
- nausea and vomiting
- dark coloured urine
- clay coloured bowel movements
- yellowing of the skin and eyes (jaundice)

Hepatitis B virus is spread through blood and bodily fluids. The virus can live outside the human body for at least seven days.

It can be spread:

- from a mother to baby during pregnancy or birth
- through direct contact with blood or open sores of someone with Hep B infection
- sharing household items such as razors, tooth brushes, or diabetic monitoring equipment
- unprotected sex
- sharing needles or syringes

Immunization is the best way to protect yourself from infection.

What is hepatitis B vaccine?

Hep B vaccine is safe and about 95-100% effective at preventing infection if a complete vaccination series is received.

Depending on age, the series consists of 2 to 3 doses of vaccine given at separate visits.

Hepatitis B vaccine is offered free through the routine vaccine program to students in grades seven to twelve. Individuals at high risk of infection can also receive the vaccine for free.

Who should NOT get hepatitis B vaccine?

Individuals listed below should not receive hep B vaccine:

- severe allergy to this vaccine or any of the ingredients
- high fever or illness worse than a cold
- have already had confirmed hep B infection

What are the side effects from the vaccine?

Side effects are usually mild and improve within a few days and may include:

- redness, swelling, or pain where the vaccine was given
- headache, fever, tiredness, dizziness, nausea and muscle aches

Talk to your health care provider about managing mild side effects after vaccination.

Severe allergic reaction after immunization is rare and occurs in approximately one per one million doses. It is important to stay in the clinic for 15 minutes after all immunizations.

Symptoms of a severe allergic reaction include:

- trouble breathing,
- rash (hives)
- swelling of the mouth, face or throat

Report any side effects or severe vaccine reactions to your health care provider.

If you experience serious side effects after you leave the clinic seek medical attention immediately.

MENINGOCOCCAL VACCINE

What is meningococcal disease?

Meningococcal disease is a serious infection caused by bacteria. When the bacteria enter the body, they can cause infection of the brain and spine (meningitis) and blood (septicemia).

The bacteria is spread from someone who has the infection when they cough, sneeze, kiss or share items that touch your mouth (eg. Drinking cups). Some people may have the infection but not have symptoms. They can still pass the bacteria to other people who are not immunized.

Symptoms may include:

- sudden fever, stiff neck and bad headache
- change in mood, vomiting and dark red-to-purple spots anywhere on the skin
- drowsiness and eyes that are sensitive to light

Complications may include kidney failure, permanent brain damage, hearing loss vision impairment, amputation, skin scarring, and death.

Immunization is the best way to protect yourself and community from infection.

What is meningococcal vaccine?

Meningococcal vaccines are safe and effective at preventing meningococcal disease. There are different kinds of meningococcal vaccines available.

The vaccines work very well at first but the level of protection decreases over time.

Meningococcal vaccine is offered free through the routine immunization schedule.

Children receive a dose of meningococcal vaccine when they turn one year old, followed by a dose when they enter grade seven. Some individuals at

high risk for infection may be recommended to receive additional meningococcal vaccine.

Who should NOT get meningococcal vaccine?

Individuals listed below should not receive meningococcal vaccine:

- severe allergy to this vaccine or any of the ingredients
- high fever or illness worse than a cold
- pregnancy (unless at high risk or had an exposure to someone with infection)

What are the side effects from the vaccine?

Side effects are usually mild and improve within a few days and may include:

- redness, swelling, or pain where the vaccine was given
- headache, fever, tiredness, and muscle aches

Talk to your health care provider about managing mild side effects after vaccination.

Severe allergic reaction after immunization is rare and occurs in approximately one per one million doses. It is important to stay in the clinic for 15 minutes after all immunizations.

Symptoms of a severe allergic reaction include:

- trouble breathing,
- rash (hives)
- swelling of the mouth, face or throat

Report any side effects or severe vaccine reactions to your health care provider.

If you experience serious side effects after you leave the clinic seek medical attention immediately.

HUMAN PAPILLOMAVIRUS (HPV) VACCINE

What is human papillomavirus?

Human papillomavirus (HPV) is a virus that may cause genital warts, and cancer of the anus, penis, mouth, throat, vulva and vagina. HPV causes 70 to 90% of anal and genital cancers. For some people HPV does not cause any health problems.

HPV affects about 3 out of 4 sexually active people at least once in their lifetime. It spreads easily and through skin-to-skin contact or oral sex with an infected person, even if symptoms are not visible.

Immunization is the best way to protect yourself from infection.

What is HPV vaccine?

HPV vaccine is safe and up to 90% effective at preventing HPV types responsible for most genital warts and HPV-related cancers.

The most common HPV vaccine is the Gardasil 9-valent. It protects against HPV types 6, 11, 16, 18, 31, 33, 45, 52 and 58. You must complete the full vaccine series for full protection.

Depending on age, the series consists of 2 to 3 doses of vaccine given at separate visits.

HPV vaccine is offered free through the routine vaccine program to students in grades seven to twelve. Individuals at high risk of infection can also receive the vaccine for free.

Who should NOT receive HPV vaccine?

Individuals listed below should not receive HPV vaccine:

- severe allergy to this vaccine or any of the ingredients
- high fever or illness worse than a cold
- pregnant

What are the side effects from the vaccine?

Side effects are usually mild and improve within a few days and may include:

- redness, swelling, or pain where the vaccine was given
- headache, fever, tiredness, dizziness, nausea and muscle aches

Talk to your health care provider about managing mild side effects after vaccination.

Severe allergic reaction after immunization is rare and occurs in approximately one per one million doses. It is important to stay in the clinic for 15 minutes after all immunizations.

Symptoms of a severe allergic reaction include:

- trouble breathing,
- rash (hives)
- swelling of the mouth, face or throat

Report any side effects or severe vaccine reactions to your health care provider.

If you experience serious side effects after you leave the clinic seek medical attention immediately.

BACK TO

SCHOOL

VACCINES UP TO DATE?

Children are heading back to the classroom, it's time to make sure vaccinations are up to date.

Contact your health care provider, health centre or nursing station for more information

**CHECK
YOUR
RECORD**



DO YOU HAVE A CHILD IN GRADE 7 TO 12?

**They may be eligible for vaccines that
protect against hepatitis B, HPV and
meningococcal disease**

Contact your health care provider, health centre or
nursing station for more information





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

Louise Ashawasegai

Sublocade Treatment: What to Know and Expect

WHAT IS SUBLOCADE?

- Sublocade (or *the shot*) is one way of taking buprenorphine, a medication used to treat addiction to opioids (heroin, fentanyl, or pain pills). Many people know buprenorphine by the brand name Suboxone, which is a tablet taken daily under the tongue.
- Sublocade is buprenorphine taken as a monthly injection. Once injected into the body, the liquid buprenorphine turns into a solid gel, called a depot. The depot gradually releases buprenorphine at a steady rate throughout the month.

WHAT IS IT LIKE TO TAKE SUBLOCADE?

- A health care professional will give you the medication as an injection in your abdomen every four weeks.
- The injection may be uncomfortable. Some people describe a hot or burning feeling when the medication is injected. Using an ice pack on the area before and after the injection usually helps to make it less painful.
- After the injection, the medication forms a small bump under the skin. The bump can last from four weeks up to a few months, but it will gradually go away.
- After the injection, most people feel completely normal, but some people feel a little bit sleepy for a few days. Over the month, most people feel very level and don't notice any withdrawal symptoms. If you do notice withdrawal symptoms, these can be managed by speaking with your health care provider.
- If you miss a dose, it can be given up to two weeks late.

IS SUBLOCADE RIGHT FOR ME?

- Sublocade can be a good choice for people who...
 - ...don't want to attend a pharmacy every day or every week.
 - ...travel frequently.
 - ...don't like the taste or feel of Suboxone.
 - ...experience withdrawal symptoms or cravings on Suboxone. (The concentration of buprenorphine in the blood is higher and more constant with Sublocade than with Suboxone. This means it may be more effective at relieving withdrawal symptoms and cravings, especially in people who have higher opioid tolerance, such as those who use fentanyl.)
- Sublocade can be given to people who take Suboxone 8mg or higher.
- Sublocade has not been studied in pregnancy. Talk to your health care provider about birth control and pregnancy testing before starting Sublocade.

HOW ARE SUBLOCADE AND SUBOXONE DIFFERENT?

	SUBLOCADE	SUBOXONE
How it's taken	Monthly injection.	Daily pill dissolves under the tongue.
Side effects	Can cause soreness and a bump where the needle goes in.	Can cause nausea or dry mouth, may have an unpleasant taste.
Starting	Must be on a Suboxone dose of at least 8mg before starting. Starts working within 1 day.	How it's started and the dose are adjusted based on opioid use. Can take a few days to find the right dose.
Dose	Injections every 28 days. 300mg for the first 1 or 2 injections, then 100mg. No pharmacy pick-up required.	Usually taken once a day. Doses range from 2mg to 24mg. Medication is typically picked up from a pharmacy every 1–4 weeks.
Withdrawal	Mild symptoms may occur in the first month only, usually in the days leading up to the next injection.	Symptoms are often noticeable 24 hours after a dose or when the next dose is due.
Missed doses	If an injection is missed, it can be given up to 2 weeks late without changing the dose.	If more than a week is missed, the dose may need to be adjusted.

WHAT IF I TAKE OPIOIDS WHILE I'M ON SUBLOCADE?

- Taking an opioid while on Sublocade will not make you sick.
- People who use opioids have reported that they get less of a high when they are on Sublocade. Some people appreciate this, because it further helps them to reduce their use.
- Sublocade can be helpful for people who continue to use opioids:
 - Because Sublocade helps to control cravings and withdrawal symptoms, you won't have to keep taking your usual opioid to avoid being sick. You can still take it if you want to, but it becomes your choice.
 - Sublocade makes you less likely to die of an overdose if you keep using opioids.



**CULTURAL
COORDINATOR
Stan Moses**

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

PoG 1J0

(705)857-1221 EXT: 229



Elders Outting

HERBERTS FISH & CHIPS

8 Spots available!

Please call Health Centre to sign up!!!

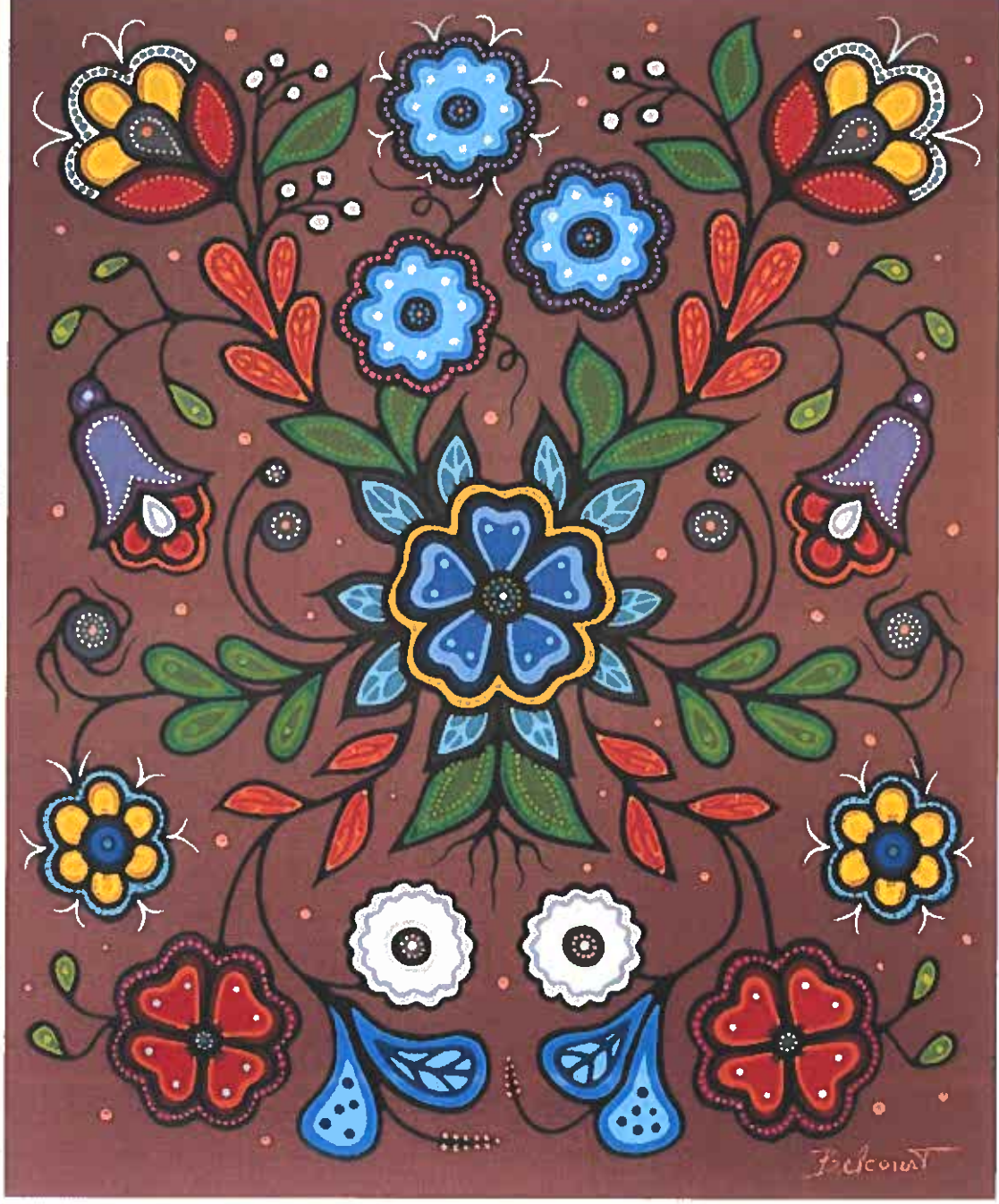
Departing at 12:00 PM for Lunch at 1:00 PM in
Killarney

Contact: Stan Moses–Cultural Coordinator

THURSDAY SEPTEMBER 14, 2023



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

A KIND GESTURE CAN REACH A WOUND THAT ONLY COMPASSION CAN HEAL.

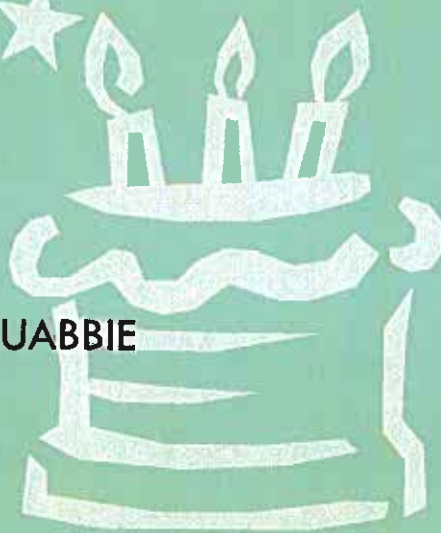


SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 VACATION DAY	29 IN OFFICE TRAILER #1	30 SEWING & CRAFTS MEDICINE BAG	31 FULL MOON CEREMONY @ 9PM 	1 OUT OF OFFICE	2
3	4 LABOR DAY	5 GENEALOGY RESEARCH	6 OUT OF OFFICE	7 IN OFFICE	8 IN OFFICE	9
10	11 HOME VISITS	12 GENEALOGY RESEARCH	13 SEWING & CRAFTS CLASS #1	14 IN OFFICE	15 IN OFFICE	16
17	18 HOME VISITS	19 GENEALOGY RESEARCH	20 SEWING & CRAFTS CLASS #2	21 OUT OF OFFICE	22 IN OFFICE	23
24	25 HOME VISITS	26 SKIRT MAKING CLASS	27 SEWING & CRAFTS CLASS #3	28 FULL MOON CEREMONY @ 8PM 	29 OUT OF OFFICE	30

HAPPY BIRTHDAY in SEPTEMBER

7th CHERYL ASHAWASAGA
10th ELSIE ASHAWASAGAI
10th ALFREDA NETAGOG
12th FRANCIS CONTIN
12th DEREK PANAMICK
17th DOREEN MCKENZIE
18th CHEYENNE CONTIN
19th ED PANAMICK SR.
21st FAYE CONTIN
22nd MYRA CONTIN-MCQUABBIE
25th RANDY NEVEAU
30th ALEX YOUMAN



Classes for September 2023



MORNING CLASSES 8:30 TO NOON

SEPT 13-BEADED BAG CLASS #1

SEPT 20-BEADED BAG CLASS #2

SEPT 27-BEADED BAG CLASS #3

Sign-up with Darcy @ the Health Centre

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

SEWING & CRAFTS

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

SKIRT MAKING

**WITH CWW LUANA
MCQUABBIE**

~8 MAX. PARTICIPANTS~
BRING YOUR OWN SEWING
MACHINE IF YOU HAVE ONE.

SEPT 26TH, 2023

9AM TO 4PM

AT HEALTH CENTRE PROGRAM TRAILER



CONTACT THE HEALTH CENTRE TO SIGN-UP- 705-857-1221

SEPT 28
2023

FULL MOON CEREMONY
With Judy Contin

263 PICKEREL RIVER ROAD

8:00 PM



All Women & Young Women are welcome, no matter what phase of their moon time they find themselves.

Women gather at various phases of the Moon to honor Nokomis, our Grandmother, in order to restore our Feminine Power and to restore the balance between the feminine and masculine sides of ourselves. In our Moon ceremony we learn the teachings of the current moon cycle and share our experiences of these Women's Teachings. Ceremonies are held around each Full Moon

Please remember to:

- Wear a Skirt and warm clothes (be prepared to be outside)
- Bring Tobacco for an offering
- Bring Yellow cloth to make a tobacco tie offering
- Bring a Chair to sit on
- Blanket
- Food to share with the other women

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

CREATING YOUR OWN PERSONAL FAMILY TREE

“GETTING STARTED WITH AncestryDNA”

SEPTEMBER 2023 (ON-GOING),
HIFN HEALTH CENTRE/TRAILER #3

Gathering family history involves tracing a continuous line of descent from a given ancestor. In past times many First Nation people were taught to memorize their genealogy and this data was recited at marriages, funerals and at other feasts and ceremonies. Over time, the ability to trace one's ancestry by memory became a lost art.

Today anyone wishing to trace his or her ancestry must search through vital statistical records such as births, marriages and deaths, and through various government and private records as well as ancestry research through on-line sites and AncestryDNA testing kits to obtain information on their own family lineage. Testing kits available. Come start your family tree today.



Family
like branches on a tree
we all grow in different directions,
but our roots remain as one.

TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT

CWW LUANA MCQUABBIE 705 857-1221 EXT 227

MOOSE DEER POINT
FIRST NATION

Merry
CHRISTMAS
Seniors Celebration

SAVE THE DATE
THURS 16.NOV

More info to come.

Please let us know if your community
wishes to participate & approximate
how many people will be joining

If any Elders are interested, Please call Luana to notify 705-857-1221

cory.tryon@mdnfn.com or melissa.williams@mdnfn.com