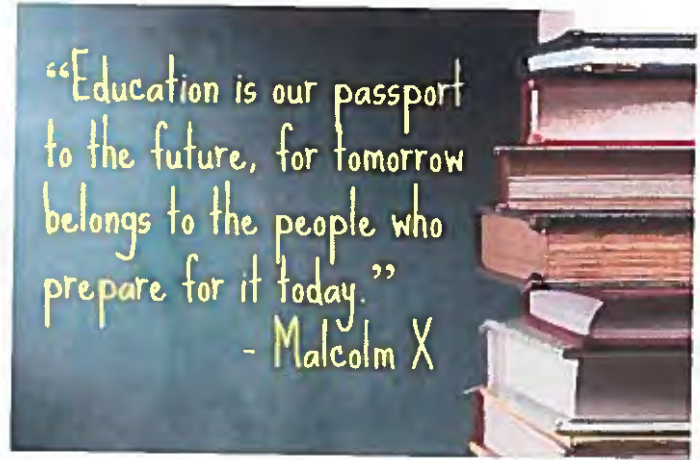


Henvey Inlet First Nation Newsletter



September



Look inside for info on H.C. Programs!!!





Henvey Inlet First Nation Staff

Chief and Council

~Chief Wayne McQuabbie~

~Lionel Fox~

~Patrick Brennan~

~Brenda Contin~

~Genevieve

Solomon-Dubois~

~Tony Solomon~

~Carl

Ashawasagai~

Daycare Centre

~Supervisor~

Charlene Ashawasagai

~ Assistant ~

Erin McQuabbie

~Cook/Relief Worker~

Carrie-Lynn Bennett

Health Centre

Edward Panamick ~ Health Director

Kara Harkness ~ Community Health Educator

Darcy Ashawasegai ~ Program Supp. Clerk/Receptionist

Deborah Newton ~ Membership/Medical Van Driver

Kerri Campbell ~ Native Child and Family Worker

Louise Ashawasegai ~ NNADAP Worker

Brenda Contin ~ Community Health Nurse

Valerie Ashawasagai ~ Home Making Worker

Jonathon Contin ~ Home Maintenance Worker

Luana McQuabbie~ Community Wellness Worker

Administration

Millie Pawis ~ Director of Finance/Administration

Carla Noganosh ~ Executive Assistant

Doris Contin ~ Financial Assistant

Patty Walsh ~ Financial Assistant

Marianne Dunn~ Housing/Financial Assistant

Lyndy McQuabbie ~ Administrative Assistant

Dorothy Contin ~ Social Services

Debbie Fox ~ Librarian

Judy Contin ~ Economic Development Officer

Greg Newton ~ Maintenance

Janice McQuabbie ~ Custodian

Genevieve Solomon-Dubois ~ Education Councillor

Raymond Kagagins ~ NRF Point Person

Angele Dubois ~ Community Mentor/YLP



Henvey Inlet First Nation Contact Info

Band Office Contact Info

Phone Number: (705)857-2331

Toll Free: 1-800-614-5533

Fax: (705)857-3021

EXTENSIONS

Dorothy- 222 Mary Anne-223

Raymond-224 Patty-225

Wayne-226 Doris-227

Judy -228 Genevieve-229

Millie- 230 Carla- 232

Health Centre Contact Info

Phone Number: (705)857-1221

Toll Free: 1-866-252-3330

Fax: (705)857-0730

EXTENSIONS

Darcy- 221 Kara- 222

Eddy- 223 Debbie- 224

Kerri- 225 Brenda- 226

Luana- 227 Louise- 228



Henvey Inlet First Nation

Lands Office

Sherry Contin-Lands Manager

Email: lands@henveyinlet.com

Amanda Barbe- Lands Assistant

Email: barbe_amanda@yahoo.ca

Located at: 25 West Road

Pickerel, ON

Mailing Address: 295 Pickerel River Road

Pickerel, ON

PoG 1J0

Phone Number: (705) 857-5211

Fax Number: (705) 857- 3021



September Birthdays

Jennifer Ashawasegai	- September 4th
Keeva Ashawasegai	- September 4th
Elsie Ashawasagai	- September 10th
Alfreda Nettagog	- September 10th
Derek Panamick	- September 12th
Doreen McKenzie	- September 17th
Nicole Contin	- September 18th
Cheyenne Contin	- September 18th
Edward Panamick SR.	- September 19th
Marcel Larmarche	- September 21st
Myra Contin– McQuabbie	- September 22nd
Dorothy Contin	- September 25th
Matthew G. Newton	- September 25th
Doris Contin	- September 28th
Mischa Ashawasagai	- September 28th
Fern Panamick	- September 29th

If anyone is missed, sorry, please call the Health Centre to add your name to list.

Band Council

Meeting on

Tuesday September 1,

2015

@6:00pm- Firehall

NOTICE

Offices Closed

Monday September 7,
2015 for Labour Day
holiday.

REMINDER!!

There have been changes in The Medical Van Transportation Policies and Procedures that are in effect immediately! Appointment times MUST be between 10:00am

And 3:00 pm!

If not, a community submission can be used even if the van is travelling that direction.

Thank You!



Friendly Reminder!!

**The Health Centre will not
reimburse for Medical
Trips on the days the
Medical Van travels that
direction unless the
appointment times are
before 9:00am and after
3:00pm.**

Miigwetch

Medical Van Schedule

Monday	Sudbury
Tuesday	Parry Sound
Wednesday	Britt
Thursday	Sudbury
Friday	Emergency Only



NOTICE

This is a reminder that if you make an appointment at Britt Nursing Station and for any reason you cannot make it to your appointment. YOU must call Cathy/Marlene at the Nursing Station to cancel your appointment as soon as possible! As there will be a Missed Appointment Fee if you do not.

Thank You Kindly!

Friendly Reminder

For the Community Members who use their own vehicles for Medical Appointments (Community Submissions).

It is very important that you hand in your submissions to The Health Centre the same month as the appointment date! As this affects our data input for the Medical Transportation Charts Quarterly Reports. Your co-operation would be greatly appreciated!

Miigwetch!





**In the Event of an
Emergency Please call
the Parry Sound or
Sudbury Ambulance
first. As the Health
Centre can only
accommodate you if
there are NO Booked
appointments.**

Thank You!

Notice



**The Health Centre
doesn't pay or
reimburse for
prescription pick up.**

**Thank You Kindly,
Health Centre**

Friendly Reminder

3 days notice is required to
have your name and
appointment put into the
Medical Van Transportation

Book. Effective

Immediately-Missed
Appointment charges/late
fees are the responsibility of
the Band Member.

Thank You Kindly,

Health Centre





Henvey Inlet First Nation
Gas Bar Hours

Monday-Friday 7:00am-7:00pm

Saturday 9:00am-7:00pm

Sunday 9:00am-7:00pm



Henvey Inlet First Nation Library Hours

Closed during lunch hours 12-1:00PM

Monday - 8:30am -4:30pm

Tuesday - 8:30am -4:30pm

Wednesday - 8:30am - 4:30pm

Thursday - 8:30am - 4:30pm

Friday - 8:30am - 12:00N



Henvey Inlet First Nation Library
Debbie Fox- Librarian

295 Pickereel River Road
Pickereel, ON
PoG 1J0

Phone:(705)857-2222
Email: maheengun12@hotmail.com





Henvey Inlet First Nation First Response/Fire Rescue

**THE FOLLOWING ARE NUMBERS TO CALL IN THE
EVENT OF AN EMERGENCY:**

O.P.P.

1-888-310-1122

SUDBURY AMBULANCE

705-673-1117

PARRY SOUND AMBULANCE

705-746-6262

HENVEY INLET FIRE DEPT.

705-857-2121

BRITT FIRE DEPT.

705-383-2411

CRISIS LINES

B'SAANIBIMAADSIWIN

1-800-461-5424

HEALTH SCIENCES NORTH

705-675-4760



**KEY RIVER LANDFILL SITE HOURS OF
OPERATION**

WINTER HOURS 2013

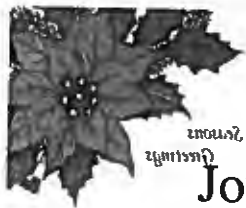
Effective Tuesday October 21, 2014

Tuesday 11 a.m. – 4 p.m.

Saturday 11 a.m. – 4 p.m.

These hours are effective to May 16th, 2015.

*Note: For further information call Municipality of
Killarney Public Works Department
(705) 287-1040*



Joyeuses Fêtes



Seasons Greetings



**PHARMACIE
NOËLVILLE
PHARMACY LTD.**

**Tél : 705- 898-2999
Fax : 705- 898-1096**

Heures d'ouverture :

Lundi à jeudi
09h00 à 17h30

Vendredi 09h00 à 18h00

Samedi 09h00 à 16h00

Business Hours :

Monday to Thursday
9am to 5 :30pm

Friday 9am to 6 :00pm

Saturday 9am to 4 :00pm

Pharmacien en devoir :

Lundi, mardi, jeudi et vendredi
10h00 à 17h30

Mercredi 14h00 à 17h00

Pharmacist on duty :

Monday, Tuesday, Thursday,
Friday 10am to 5 :30pm

Wednesday 2pm to 5 :00pm

Heures des Fêtes :

09h00 à 15h00 Dec 24
fermé Dec 25
fermé Dec 26
09h00 à 16h00 Dec 27
closed Dec 28
09h00 à 17h30 Dec 29
09h00 à 17h30 Dec 30
09h00 à 15h00 Dec 31
fermé Jan 1
10h00 à 17h00 Jan 2

Holiday Hours :

9am to 3 :00pm
closed
closed
9am to 4 :00pm
closed
9am to 5 :30pm
9am to 5 :30pm
9am to 3 :00pm
closed
10am to 5 :00pm



Prescription Deliveries!

Noelville Pharmacy will be
delivering Meds Thursdays @
10:00AM

If you wish to have Meds
delivered to the Health Centre,
You must fax the prescription in
by Wednesday at the latest!!



Need **help** with your child's **dental care?**

We can help kids who are 17 years of age
and under if their families:

- do not have employee dental benefits and find it hard to afford dental care
- receive social assistance support
- receive disability income support
- or have Non-insured Health Benefits for First Nations people

Call to find out if your child is eligible for free dental care.

Dental Clinic
705.474.1400 ext. 2328
or 1.800.563.2808

www.healthunit.biz

North Bay Parry Sound District

Health Unit

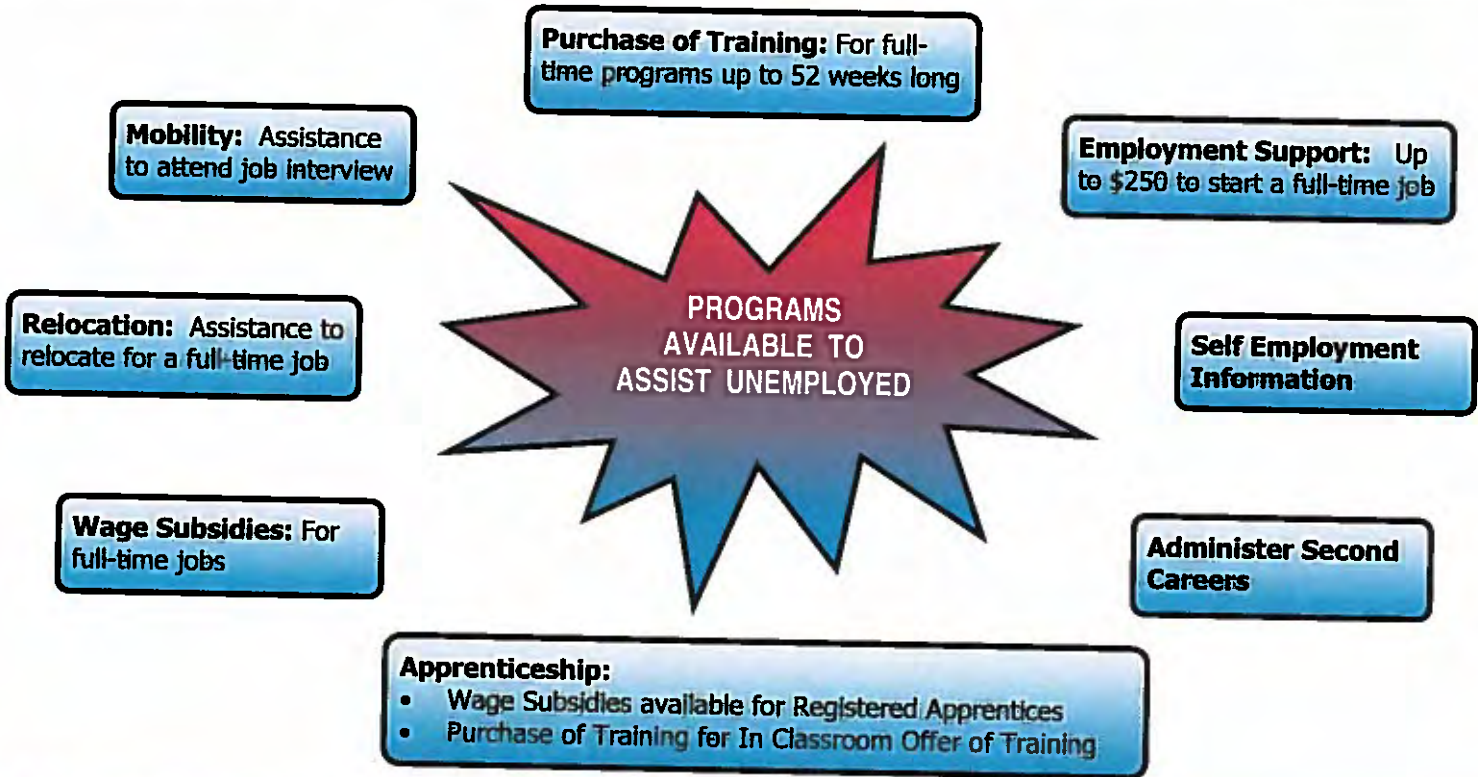


DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

JULY to SEPTEMBER HENVEY INLET FIRST NATION OUTREACH DATES

WHERE	DATES & TIMES			ESO
Henvey Inlet Council Chambers	Thursday JUL. 2/15 2:15—3:00pm	Wednesday AUG. 5/15 2:15—3:00pm	Wednesday SEPT. 9/15 2:15—3:00pm	Sandra Martin of Gezhtoojig is available to meet with you



Wind Farm Project Information Packages (2) Planned for Immediate Release

Layman's Language Summaries


- In June 2015 Information Packages on Land Laws, Leasing and Environmental Assessments for the Wind Farm were released to the Membership.
- In August 2015 a vote was conducted on the draft Lease and the draft Environmental Assessment Process was Approved

A Binder of Legal Documents was released to the Membership in June 2015 to fulfil legal disclosure obligations on proposed land laws, the wind farm project lease and environmental assessment standards.

A Community Input Meeting for the Lease and the Enactment of the Environmental Stewardship Regime occurred on August 2, 2015

The Enactment of Land Laws occurred on August 11, 2015. The draft Lease was approved on August 17, 2015

- Land Laws - needed to update the Land Code for the Wind Farm
- Draft Lease – allows general band use of the lands not dedicated to the project after construction is complete - Only 500 acres of the 20,000 acres will be taken up by the project.
- The Environmental Stewardship Regime Document - fulfils commitments made in 2009 and since to meet or exceed “existing” Federal and Provincial Environmental Assessment Standards.



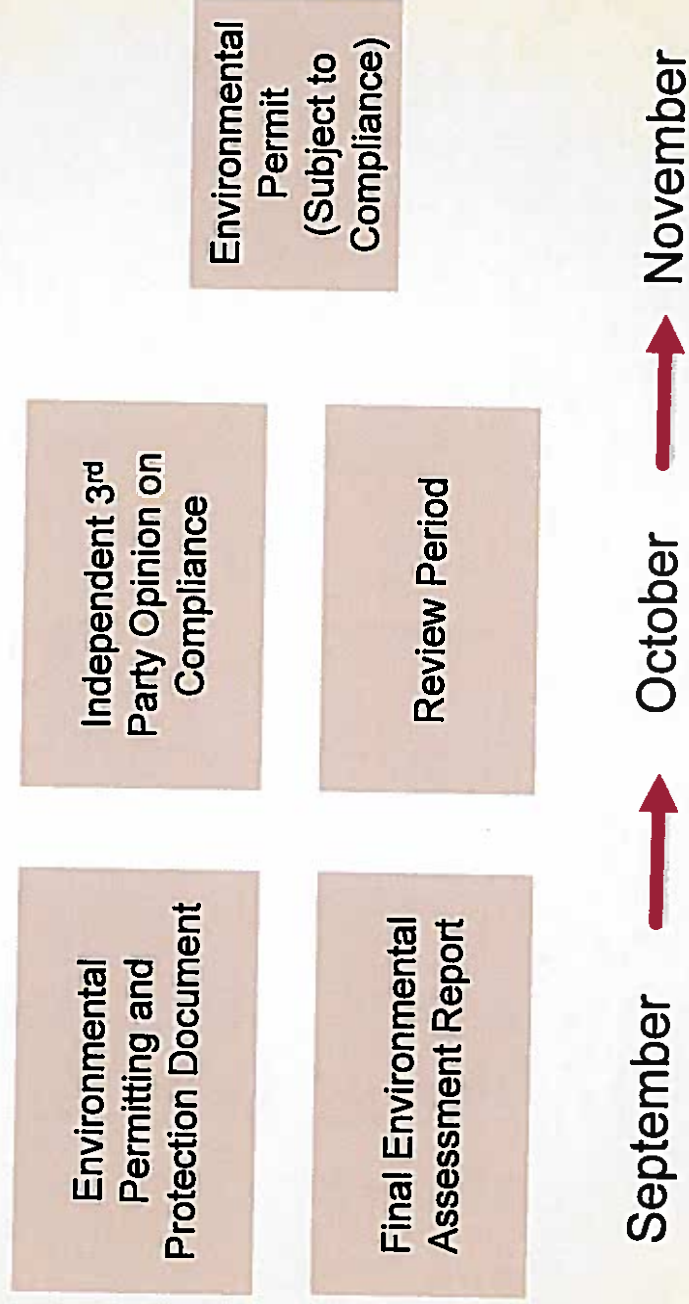
Chief and Council recognize that layman's language summaries of the Legal Documents released in June 2015 would help build awareness of the process going forward.

Plain language summaries for current and future process will be provided.

An information package is planned for release next week to provide answers to questions and will include summaries of the legal documents.

2) What Happens Next? - September - November 2015:

A second information package will be released that explains the following:



ONTARIO WORKS SCHEDULE

MONDAY 8:30 a.m. to 2:30 p.m.

TUESDAY 8:30 a.m. to 2:30 p.m.

WEDNESDAY 8:30 a.m. to 2:30 p.m.

THURSDAY 8:30 a.m. to 2:30 p.m.

PLEASE ENSURE YOUR INCOME STATEMENTS ARE SUBMITTED BY SEPTEMBER **16TH**

FOR INCOME REPORTING PERIOD AUGUST 16TH TO SEPTEMBER 15TH

RE: OCTOBER 2015 ONTARIO WORKS PAYMENT



FOOD BANK

BINGO Wednesday @ Firehall 6 p.m. (Till further notice)

FOOD BANK OPENS

FRIDAY, SEPTEMBER 18TH



11:00 A.M. TO 12:00 NOON

FOOD BANK NOTICE

Ahnee!

- **Date:** Friday, September 18th
- **TIME:** 11:00 a.m. to 12 noon

Families, Couples and Single Adults eligible to receive assistance from the Food Bank **must only be in receipt** of the following **fixed low incomes**:

- ◆ Ontario Works
- ◆ O.D.S.P. (Ontario Disability Support Program)
- ◆ O.A.S. (Old Age Security)
- ◆ C.P.P. (Canada Pension Plan)
- ◆ E.I. Benefits (Employment Insurance)
- ◆ Post-Secondary Student Allowance



HENVEY INLET FIRST NATION
COMMUNITY NOTICE

BINGO IS FACING CANCELLATION ☹️
DURING THE WINTER MONTHS DUE TO
LACK OF SPACE AND FACILITY



EFFECTIVE NOVEMBER 2015
UNLESS WE HAVE A MILD WINTER

Welcome

Welcome to the Three New Staff we have here in HIFN.

Attached is letters from them introducing themselves to the Community!

We look forward to having them work in our Community.



Hi my name is Angèle Dubois and I'm your new Community Mentor. Dmitri Ashawasegai has been kind enough to help me transition into the new role and I'm really looking forward to working with all of you. I am a member of Henvey Inlet First Nation but I grew up in Sudbury so I'm just getting acquainted with the community. Everyone is so nice!



Before this job I worked in childcare at All Nations Children's Centre in Sudbury and before that I lived in Yellowknife for 6 years, where I was working as a reporter. While up north, I did a lot of camping and canoeing and I also learned that I love being part of a small community. I'm a patient, fun loving and easy going person and I'm excited to meet the youth of Henvey Inlet and their parents. I think we're going to have a lot of fun this year!

Introductions

My name is Marianne Dunn and I am of Aboriginal/Jamaican Ancestry and I am a Registered Band of Member of Magnetawan First Nation. I am currently employed in the position of Housing/Finance Assistant for Henvey Inlet First Nation. I will be collecting rent and dealing with matters relating to housing. You can find me in Millie's old office!

My Educational background is in Finance and Politics/Public Administration, I have an Accounting Diploma, Bachelor of Arts: Politics/Public Administration and am currently enrolled in the Certified Public Accountants Association of Ontario program.

I have been employed by the Magnetawan First Nation for 2 years and prior to that have worked as a self-employed bookkeeper.

I am looking forward to working in your community!

Thank you,

Marianne Dunn

Introductions

My name is Carla Noganosh and I am of Aboriginal Ancestry and I am a Registered Band Member of Magnetawan First Nation. I am a wife and mother of four children. I am currently employed in the position of Executive Assistant for Henvey Inlet First Nation and I will be assisting Millie Pawis director of finance/administration.

My Educational background is a combination of both Finance and Social, I have an O.S.S.D. Diploma, Accounting and Payroll Diploma, Certified Canadian Payroll Administrator, and Social Service Worker Diploma.

I possess excellent firsthand knowledge of First Nation funding agencies and organizations, I have been employed within First Nations for more than 10 years and also employed off reserve in Non- Profit Organization for 2 years and worked for Near North District School Board for 1 school year.

I am very pleased and excited to be working for Henvey Inlet First Nation as Executive Assistant and look forward to assisting your First Nations Administration.

Thank you,



Carla Noganosh
Executive Assistant of HIFN



Education News!

Genevieve Solomon-Dubois
HIFN Education Councillor

VALLEY DRIVER TRAINING STUDENTS

G Licence Written TEST

Please bring your Driver Handbooks with you.

When: **Thursday September 3rd**

Transportation: **Bus leaves Beckanon @ 7:30**

Leaves Band Office @ 7:45 am

Where: Driver Test Centre, Montrose Mall, Sudbury

**Anyone who does not take the bus will need to provide their own transportation at their own cost.*

You must bring the following pieces of identification:

- A Valid Status Card with your picture, date of birth and signature on it
- Identification with your signature on it (eg. Ontario Photo Card)

OR

- An original Birth Certificate
 - (not laminated and has no missing numbers)
- Valid Passport

If you do not have ID with your full name, date of birth and signature on it call Genevieve immediately @ 705- 857-2331.

BRING: glasses or contacts; you will be need them for your eye examination.

Arrangements will be made to begin the Driving portion of your training once you have received your G1 (Learners Permit).

* Students who need to re-write their test will be responsible to pay \$15.25

2015 - 2016 Near North District School Board School Year Calendar



Near North
District School Board

This calendar provides a quick reference for examination days, statutory holidays, school holidays and professional development days as approved by the Near North District School Board and the Ontario Ministry of Education. A directory of schools and senior administration is also included.

LEGEND * First School Day * Last School Day ■ Professional Development Day ■ Secondary Exam Day ■ Statutory / School Holiday

Month	1st WEEK					2nd WEEK					3rd WEEK					4th WEEK					5th WEEK										
	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F						
SEPTEMBER		1	2	3	4	5	6	7	8*	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
OCTOBER					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
NOVEMBER	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
DECEMBER		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	31
JANUARY					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
FEBRUARY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29		
MARCH		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
APRIL					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
MAY	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
JUNE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

Our mission is to educate learners to their fullest potential in preparation for life-long learning. Visit our website at: www.nearnorthschools.ca



Near North
District School Board

CONTACTS

ELEMENTARY SCHOOLS

Alliance	Gisele Lynch.....	705-475-2326
Argyle	Sandi Johnson	705-475-2316
Britt	Dawn Buckland	705-773-7999
Chippewa Intermediate	Lucio Pavone	705-475-2341
Dr. MacDougall	Scott Dunn.....	705-472-5382
E.T. Carmichael	Lisa Collins.....	705-472-5502
E. W. Norman	Gay Smylie.....	705-472-5534
Evergreen Heights	Elizabeth Simser	705-636-5955
Ferris Glen	MaryAnn Yarlasky.....	705-475-2323
F.J. McElligott Intermediate	Sean Ruddy.....	705-472-5720
Humphrey	Stephen Krause	705-732-4801
J. W. Trusler	Bronwyn Sands.....	705-472-5459
King George	Julie Beaudoin.....	705-472-5448
Land of Lakes	Todd Gribbon.....	705-475-2324
M. A. Wittick	Erinn Hansman	705-382-3038
M. T. Davidson	Jim Burrows.....	705-472-5970
MacTier	Wade Burrows.....	705-375-2720
Magnetawan Central	Shannon Mahon	705-387-3939
Mapleridge	Patti Fairfax	705-472-5751
Mattawa District	Yves Boulanger	705-472-5241
McDougall	Jennifer Nicholas.....	705-773-7971
Nobel	Dawn Buckland	705-773-7988
Parry Sound Intermediate	Jim Douglas	705-773-7979
Parry Sound Public	Laurie Payne.....	705-773-7985
Phelps Central	Laurie Forth.....	705-472-5567
Silver Birches	Karen Waller	705-475-2322
South River	Michele Burrows	705-475-2325
South Shore	Sandi Johnson	705-475-2317
Sundridge Centennial	Kim Pauli	705-472-5101
Sunset Park	Tammy Melnyk.....	705-475-2330
Vincent Massey	Gord Daniels.....	705-475-2340
West Ferris Intermediate	Andy Gagné	705-475-2333
W. J. Fricker	Heather Taylor	705-472-5612
Whitestone Lake	Shannon Mahon	705-389-2590
White Woods	Christine Tranter	705-472-5224

SECONDARY SCHOOLS

Almaguin Highlands	Donna Breault.....	705-472-5563
Chippewa	Lucio Pavone	705-475-2341
Laurentian Learning Centre	Larry Lancot.....	705-472-5419
F.J. McElligott	Sean Ruddy	705-472-5720
Northern	Laurent Paquette.....	705-472-5322
Parry Sound	Jim Douglas.....	705-773-7979
West Ferris	Andy Gagné	705-475-2333
Widdfield	Lisa O'Kane	705-472-5711

ADDRESSES & PHONE NUMBERS

NORTH BAY HEAD OFFICE

963 Airport Road, P.O. Box 3110, North Bay, ON P1B 8H1
705-472-8170 or 1-800-278-4922, Fax: 705-472-9927

NIPISSING - PARRY SOUND TRANSPORTATION CONSORTIUM

685 Bloem Street, Suite 201, P1B 4Z5
705-472-8840, Fax: 705-472-3170
(Parry Sound 705-773-7970)

TRUSTEES 2014-2018

David Thompson, Chair.....	705-474-0442
James Beatty, Vice Chair	705-746-6186
Michelinea Beam.....	705-495-3196
Alan Bottomley	705-384-5267
Corine Green	705-342-1947
Kathy Hewitt	705-472-2101
Paul Mofat.....	705-497-9537
Randy Sheppard	705-223-3538
Carol Stevens	705-346-0800

SENIOR ADMINISTRATION

Jackie Young	Director of Education
Roslyn Bowness	Superintendent of Schools
Tim Graves.....	Superintendent of Schools
Jeffrey Hewitt.....	Superintendent of Support Services
Craig Myles	Superintendent of Student Success
Elizabeth Therrien.....	Superintendent of Business
Amanda Meighan	Executive Officer

**CHILD & FAMILY
& COMMUNITY
HEALTH
EDUCATOR
PROGRAMMING**



September

back to
School



**Henvey Inlet
Health Centre**

354-A Pickernel River Rd.
Pickernel, ON
POG 1J0

Phone: 705)857-1221 or 866-252-3330
Fax: (705) 857-0730
Email: kerrl.campbell@henveymedicalcentre.com

CHILD & FAMILY PROGRAM SEPTEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 Family Court	1 In Office	2 Program Shop- ping	3 Ladies Day 12 pm	4	5
6	7 Office Closed	8 Out of Office	9 Program Shop- ping	10 Cupcake Work- shop	11	12
13	14 Family Court	15 Program Shop- ping	16 In Office	17 Parenting Workshop 10 am	18	19
20	21 In Office	22 Program Shop- ping	23 Program Shop- ping	24 Nutrition Bingo	25	26
27	28 In Office	29 In Office	30 In Office			

LADIES DAY PRIZE BINGO AGES 18-54



You Do Need To Call To Sign Up Because Limited Space Is Available

Come join us Thursday, September 3 at the Health Centre for a Ladies Day. We will be having Lunch followed by a prize Bingo.

Starting at 12:00

Please Call Darcy to sign up or if you have any questions.

354-A Pickering River Rd.
Pickering, ON
POG 1J0

Phone: (705)857-1221 or 866-
252-3330
Fax: (705) 857-0730

CUPCAKE DECORATING WORKSHOP



Please Join me Thursday, September 10, at 1pm at the Health Centre for a Cupcake Decorating Workshop. Come try out something new & Fun!

Please Call the Health Centre to sign up with Darcy, spaces are limited.

354-A Pickereel River Rd.
Pickereel, ON
POG 1J0

Phone: (705)857-1221 or 866-252-3330
Fax: (705) 857-0730

Parent Workshop Making Routines Work



Where: Health Centre

When: Thursday, September 17

What: Making Routines that work for your family!

Please call the Health Centre to sign
up

354-A Pickering River Rd.
Pickering, ON
POG 1J0

Phone: (705)857-1221 or 866-
252-3330
Fax: (705) 857-0730

*If transportation is needed please contact the Health Centre 3 days prior to the event to make arrangements

**Guess who's
Back!!**

Massage Therapist Ann MacDonald



Limited spots available! So call to book
as spots fill up fast.

Ann will be back in the community on
two separate dates!

Thursday September 10, 2015

♀

Thursday September 17, 2015

Henvey Inlet First Nation Health
Centre

354A Pickerel River Road
Pickerel, ON
PoG 1J0

Phone: 705-857-1221
Toll Free: 1-866-252-3330
Fax: 705-857-0730



Please contact Darcy @ Health Centre
to book an appointment.



Louise Ashawasegai
NNADAP



September 2015

NNADAP

sunday	monday	tuesday	wednesday	thursday	friday	saturday
30	31	1 Office Support 5 pm	2 Office	3 Office Home visits	4 Office	5
6	7 Office Fasting Camp Sweats	8 Office Fasting Camp	9 Harry Snow- boy/ medicine walk Fasting Camp	10 Harry Snow- boy/ Shake tent Fasting Camp	11 Harry Snow- boy/ counsel- ing	12
13	14 Office	15 Office Support	16 Office Home visits	17 Office	18 Office	19
20	21 Office	22 Office Support 5 pm	23 Office Home visit	24 Office	25 Office	26
27	28 Office	29 Office Support	30 Office Home visits	1	2	3
4	5	6	7	8	9	10

**When you were born, you cried
and the world rejoiced.
Live your life
so that when you die,
the world cries and you rejoice.White Elk**



September 8th is

World suicide prevention Day

At 8 pm light a candle near your window

To show support for suicide prevention

To remember a lost loved one

And for Survivors of Suicide

Fasting Camp September 8 to the 11th

Where: Henvey Inlet First Nation where the Sundance grounds are.

Please do come on September 6 or 7 as to get your camp ready. You also have to choose a fasting spot, we will help you if you need help in choosing. Please do bring helpers with you, to help keep this fire going from Sunday on to Friday. We always are appreciative of volunteers. A feast will be provided for everyone on the last day by family and friends. If you have donations of food or money to help us out in the coming out feast we will rejoice, LOL . Also all are responsible for their food while there. We will provide portables.

Sweat lodge will also be there for people to go pray.

You will need: A pipe, a small tent, your bedding, tobacco to put around your fasting area, a feather, please make sure you make an offering to Harry before you go out, toilet paper and a small pail to do you know what, a bit of wood chopped small, sage, sweet grass or cedar. A knife is always needed.

If there are things you need please let us know. You can reach me at work at 705-857-1221 ext. 228. After hours you can also text me at 705-919-8307 but please make sure you put your name on text

Louise Ashavasegai

Schedule Henvey Inlet Fall Fasting

Tuesday, Sept 8th	Wednesday, Sept 9 th	Thursday, Sept 10th	Friday, Sept 11th
<p style="text-align: center;"><i>Morning</i></p> <ul style="list-style-type: none"> • Build Sweat with Trainees 	<p style="text-align: center;"><i>Morning</i></p> <ul style="list-style-type: none"> • Training and information session 	<p style="text-align: center;"><i>Morning</i></p> <ul style="list-style-type: none"> • Bring Fasters out • Sweat & feast 	<p style="text-align: center;"><i>Morning</i></p> <ul style="list-style-type: none"> • Training and information session • Women's Council meeting
<p style="text-align: center;"><i>Afternoon</i></p> <ul style="list-style-type: none"> • Men's bundle meeting & Pipe ceremony with men • Sweat Fasters • Last meal (Feast) • Take fasters out 	<p style="text-align: center;"><i>Afternoon</i></p> <ul style="list-style-type: none"> • Sweat 	<p style="text-align: center;"><i>Afternoon</i></p> <ul style="list-style-type: none"> • Training Sweat (men) • Training Sweat (women) 	<p style="text-align: center;"><i>Afternoon</i></p> <ul style="list-style-type: none"> • Preparation for Yuwipi

Starting Tuesday lighting of sacred fire prior to faster going out (preferably inside a teepee and one faster to take care of it until end of fast), location of fire to be at Sundance ground

feasts to be discussed who will organize these and fasters to bring food



HENVY INLET FIRST NATION

Jake & Mary Pine Schedule

April 13 & 14,2015

June 25 & 26,2015

August 26 & 27,2015

October 7 & 8,2015

December 2 & 3,2015

COMMUNITY
HEALTH NURSING
PROGRAM



September 2015

Brenda CONTIN, C.H.N.

Henvey Inlet Community Health Nursing Program

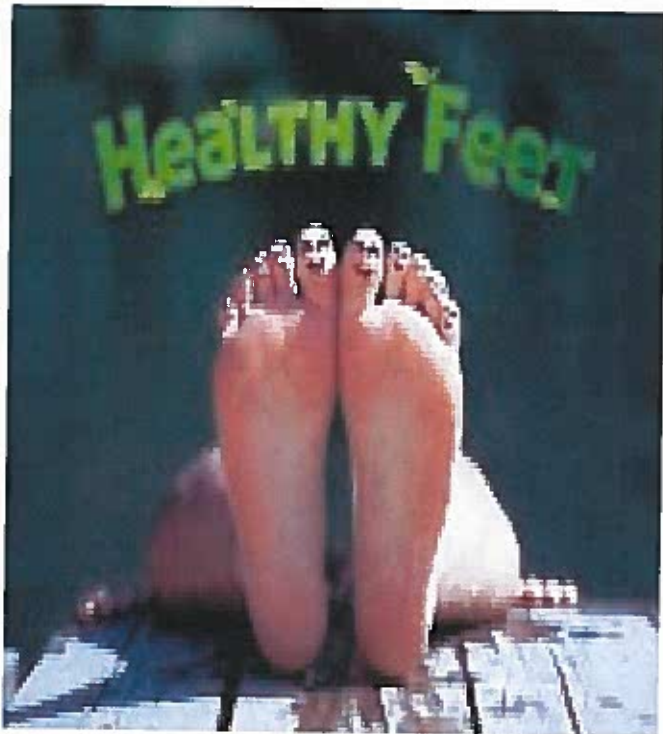
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 OFFICE/BAND COUNCIL 6 PM	2 HOUSING MTG	3 C&C MTG	4 OFFICE	
	7 STAT HOLIDAY	8 OFFICE	9 HOME VISITS	10 SUDBURY: Pro-gram Shopping	11 OFFICE	
	14 STAFF MTG; LUNCH N LEARN; CHIROP- ODIST CLINIC	15 OFFICE/HOME VISITS	16 SUDBURY: NEASCN MTG	17 SKHC BOARD MTG	18 TORONTO: Med transporta- tion	
	21 OFFICE/HOME VISITS	22 SEWING CLASS	23 M.H.F. MTG	24 OFF FOR LIEU HRS	25 OFF FOR LIEU HRS	
	28 STAFF MTG OFFICE	29 SEWING CLASS	30 FINANCE			

Chiropodist Clinic with Tony Choi

Date: September 14, 2015

Time: 1:30–3:00 pm

Location: Health Centre



CONTACT: Brenda
Contin, CHN

Your feet have to last you a lifetime...please let us help you to take care of them...clients with diabetes who would like an appt, please call the Health Centre

LUNCH N LEARN

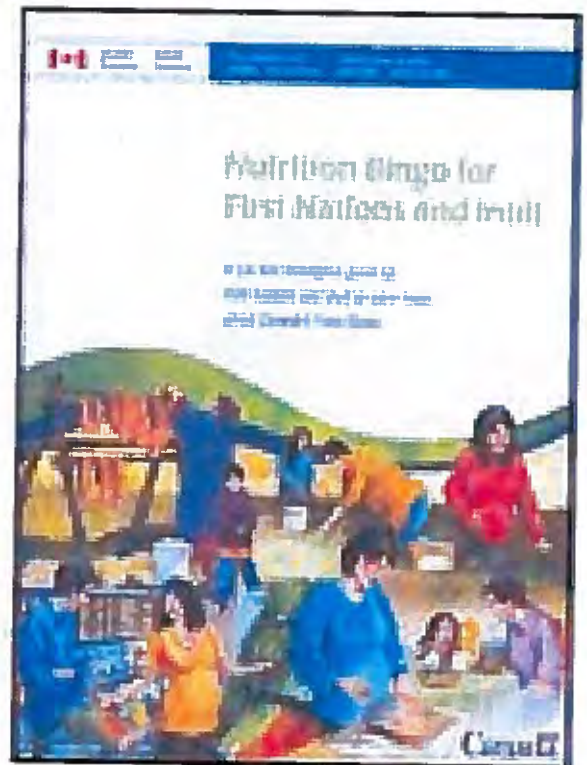
Location: Henvey Inlet Firehall

11:45-1:00

September 14, 2015

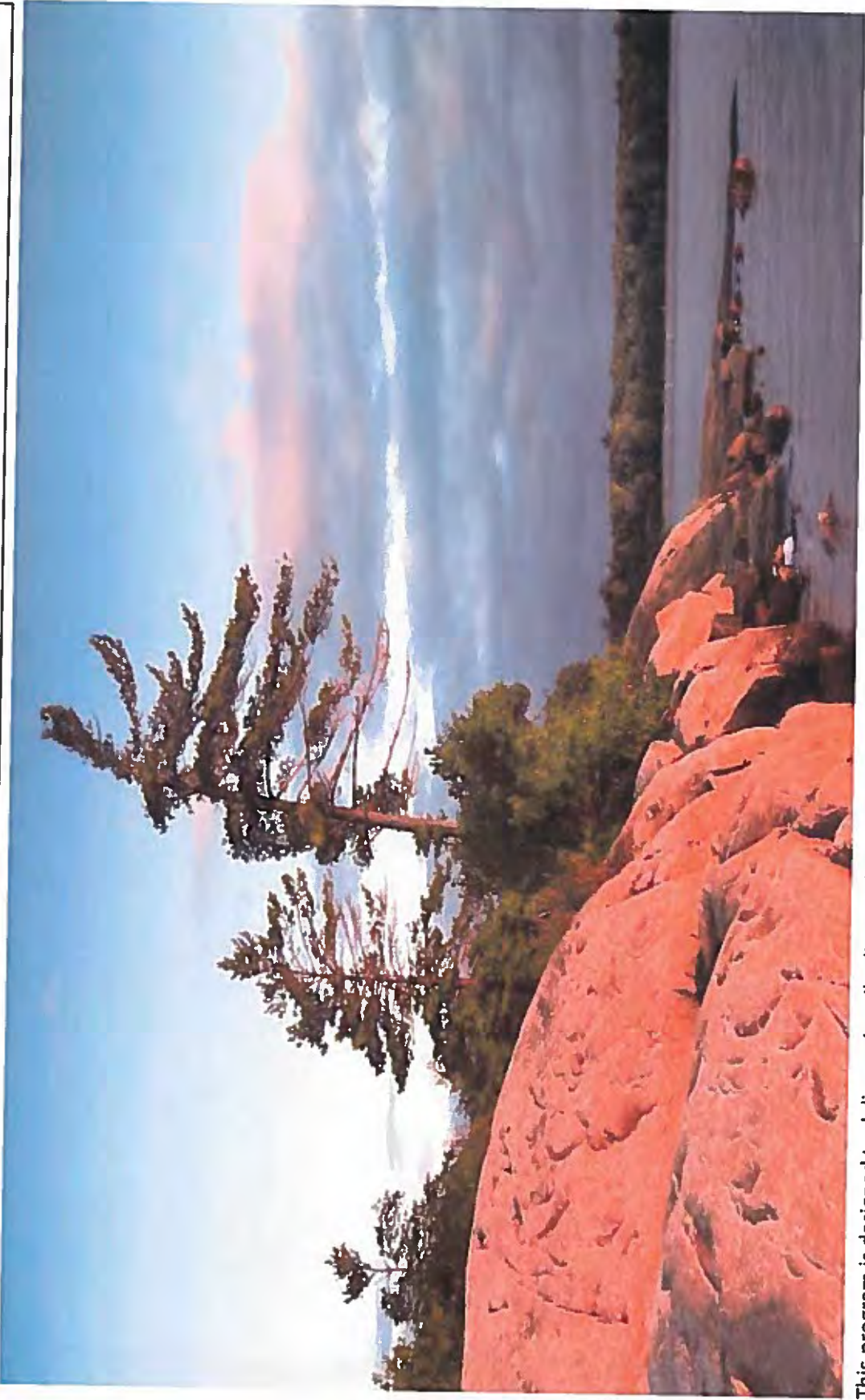
Diabetes Bingo

Please note that
this program is
open to mem-
bers 18+ years
only!!!



This program is open to a maximum of 20 participants
ONLY!!!

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

"LOVE YOURSELF ENOUGH TO LIVE A HEALTHY LIFESTYLE"

SEPTEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5
	STAFF MEETING	PROGRAM PREPPING	2 WALKING PRG PROGRAM SHOPPING	GENEOLOGY & CEMETERY RESEARCH/ PARRY SOUND	ELDERS YARD SALE	
6	7	8	9	10	11	12
	LABOR DAY OFFICE CLOSED	PROGRAM PREPPING	WALKING PRG PROGRAM PREPPING	PROGRAM SHOPPING	ELDERS BREAK-FAST & BINGO	
13	14	15	16	17	18	19
BUZGUM COUPLES CIRCLE	STAFF MTG COURT/P.SOUND LEAVING FOR SSM	"THE COMMUNITY IS MEDICINE" GRIEF & TRAUMA HEALING AND WELLNESS WORKSHOP-SAULT STE. MARIE	OUT OF OFFICE	OUT OF OFFICE	OUT OF OFFICE	
20	21	22	23	24	25	26
ELDERS BINGO & BBQ	WALKING PRG.	COMMUNITY CLEANUP DAY BASIC SEWING & DESIGN CLASS #1	WALKING PRG COMMUNITY CALENDAR INTERVIEW I am a Kind Man Prg CLASS #1	CULTURAL ARTS	HOME VISITS	
27	28	29	30	1	2	3
BUZGUM COUPLES CIRCLE	STAFF MTG WALKING PRG. FULL MOON CEREMONY	BASIC SEWING & DESIGN CLASS #2	WALKING PRG COMMUNITY CALENDAR INTERVIEW I am a Kind Man Prg CLASS #2	CULTURAL ARTS CLASS #2	OUT OF OFFICE	

THE VAN WILL BE LEAVING HIFN HEALTH CENTRE @ 4PM

Henvey Inlet First Nation Health Centre



WEDNESDAY

SEPT

23 & 30

2015

~TIME~

5-7:30pm

PARRY SOUND

Friendship Centre

I am a Kind Man Program with Dave Rice

Kizhaay Anishinnaabe Niin: I am a Kind Man

Kizhaay Anishinaabe Niin (an Ojibway phrase) translates to "I Am a Kind Man". At a time when violence is invading whole communities "I Am a Kind Man" reminds us that violence has never been an acceptable part of Aboriginal culture. It embraces the [Seven Grandfather Teachings](#) which show us how to live in harmony with Creation through wisdom, love, respect, bravery, honesty, humility and truth.

We are Aboriginal men from across Ontario who are very concerned about the problem of men's violence and abuse against women in Aboriginal communities. The overall purpose of the [Kizhaay Anishinaabe Niin Initiative](#) is to engage the men of our communities to speak out against all forms of abuse towards Aboriginal women.

1. To provide education for men to address issues of abuse against women;
2. To re-establish traditional responsibilities by acknowledging that our teachings have never tolerated violence and abuse towards women;
3. To inspire men to engage other men to get involved and stop the abuse;
4. To support Aboriginal men who choose not to use violence.

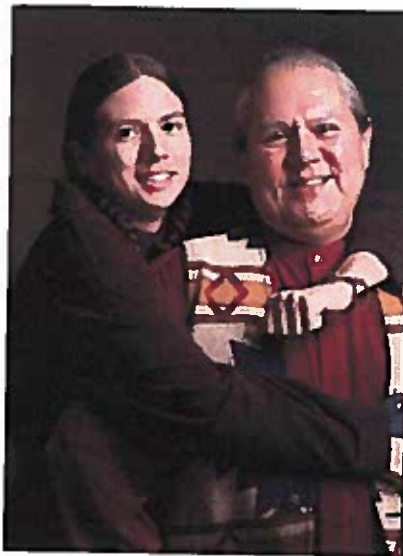
FOR FURTHER INFORMATION
OR TO SIGN UP PLEASE
CONTACT SEPTEMBER 21:

CWW Luana McQuabbie

354-A Pickereel River Road
Pickereel, ON
PO6 1J0

Phone: (705) 857-1221 Ext 227
Fax: (705) 857-0730
E-mail:

luana.mcquabbie@henveymedicalcentre.com



DEVAN KICKNOSWAY & HIS FATHER VINCE



SEPTEMBER WALKING PROGRAM

EVERY MONDAY AND WEDNESDAY @ NOON

IT'S A GENTLE, LOW-IMPACT FORM OF EXERCISE THAT'S EASY, FREE AND SUITABLE FOR PEOPLE OF ALL AGES AND MOST ABILITIES. ON SEPTEMBER 2nd, CHN BRENDA CONTIN WILL GIVE A DEMONSTRATION ON HOW TO USE THE NORDIC WALKING STICKS. LIGHT SNACKS PROVIDED.



STRENGTHENS
YOUR HEART

LOWERS HEART
DISEASE RISKS

KEEPS WEIGHT IN
CHECK

TONES YOUR LEGS,
BUM AND TUM

GIVES YOU ENERGY

HIFN HEALTH CENTRE

705 857-1221

CWW LUANA MCQUABBIE

NCFW KERRI CAMPBELL

CHN BRENDA CONTIN

ELDERS BREAKFAST & BINGO

FRIDAY, SEPTEMBER 11, 2015

9 AM



Henvey Inlet First Nation Health Centre Board Room

CWW LUANA MCQUABBIE

Phone: (705) 857-1221 ext 227

email: luana.mcquabbie@henveymedicalcentre.com

BUZGUM CIRCLE

WITH DAVE RICE



BUILDING HEALTHY RELATIONSHIPS

ALL BEHAVIOUR IS A RESULT OF OUR RESPONSES TO THE EXPERIENCE OF OUR PAST, BUT THE PAST DOESN'T EQUAL THE FUTURE. WE ARE ALL ENDOWED WITH THE ABILITY TO CREATE POSITIVE CHANGE WITHIN OURSELVES.

*OPEN TO ALL
INTERESTED
COUPLES*

September 13 & 27, 2015 5-7PM

HIFN HEALTH CENTRE BOARDROOM w/Light
Supper

PLEASE SIGN UP BY SEPTEMBER 10.



COMMUNITY WELLNESS PROGRAM

CWW LUANA MCQUABBIE

705 857-1221 EXT 227

BASIC SEWING & DESIGN PROGRAM

CLASSES BEGIN SEPTEMBER 22nd
HENVEY INLET LIBRARY



EVERY TUESDAY (10 WEEKS)

10:00-3:00

NOTE: 1ST CLASS ON TUESDAY,
SEPTEMBER 22 WILL BEGIN @ 1PM DUE
TO COMMUNITY CLEANUP DAY.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This course is designed to teach basic hand sewing skills, sewing machine operation, decorative techniques of applique work and embroidery. Skills will be developed by working through a number of projects in which participants will research and develop their own designs. Participants will become familiar with the many types of tools and supplies and how these can be used to enhance their work. A light lunch will be served. A maximum of 10 participants. Priority will be given to non employed participants. Sign up by Sept 18.



For More Information Contact:
CWW Luana McQuabbie
OW Dorothy Contin
EDO Judy Contin

THE VAN WILL BE LEAVING HIFN HEALTH CENTRE @ 4PM

Henvey Inlet First Nation Health Centre



WEDNESDAY

SEPT
23 & 30

2015

~TIME~

5-7:30pm

PARRY SOUND
Friendship Centre

I am a Kind Man Program with Dave Rice

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3. To inspire men to engage other men to get involved and stop the abuse;
4. To support Aboriginal men who choose not to use violence.

FOR FURTHER INFORMATION
OR TO SIGN UP PLEASE
CONTACT SEPTEMBER 18:

CWW Luana McQuabbie

354-A Pickerel River Road
Pickerel, ON
PO6 1J0

Phone: (705) 857-1221 Ext 227
Fax: (705) 857-0730
E-mail:

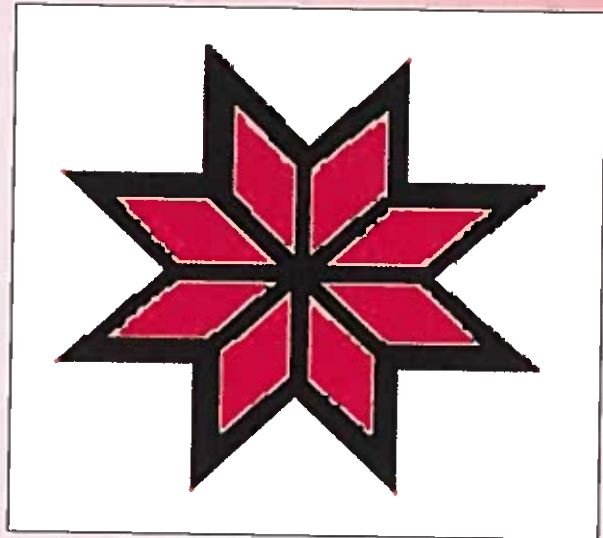
luana.mcquabbie@henveymedicalcentre.com



DEVAN KICKNOSWAY & HIS FATHER VINCE

BASIC CULTURAL ARTS PROGRAM

CLASSES BEGIN SEPTEMBER 24th
HENVEY INLET LIBRARY



EVERY THURSDAY (10 WEEKS)

10:00-3:00

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This program is open to all learners interested in developing artistic skills in traditional and contemporary Native arts and crafts. Participants will learn from hands on instruction including Beadwork, Footwear, Decorative Arts, Nature Crafts & Small Crafts. A light lunch will be served. A maximum of 10 participants. Priority will be given to non-employed participants. Sign up by Sept 18.



For More Information Contact:
CWW Luana McQuabbie
OW Dorothy Contin
EDO Judy Contin

SATURDAY
SEPT 28
2015

FULL MOON CEREMONY
with JUDY CONTIN

184 PICKEREL RIVER

10:00 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

If you need a ride please call CWW at the Health Centre

Phone: (705) 857-1221 Ext 227

Fax: (705) 857-0730

E-mail: luana.mcquabbie@henveymedicalcentre.com



A HERITAGE PRESERVATION PROJECT

All photos will be returned to their original owner after a scanned copy has been made for the Heritage Collection.

Same day return.

Please come with your photographs to the CWW office for scanning.

Thanks,



HERITAGE COLLECTION

OLD PHOTOGRAPHS ARE STILL NEEDED



In 2013, I have started to compile a small collection of photographs from Community Members for the purpose of using them in the 2014 Community Calendar and to begin a Heritage Collection. Copies of the original photographs will be made into 8"x10" copies and will be permanently displayed along the long hallway at the Band Administration Office once I have gathered enough to start a photo gallery. I need your help! The success of this project cannot be made possible without the help of its Contributors. This collection is such an important part of our heritage as well as our connection to one another.



COMMUNITY WELLNESS PROGRAM

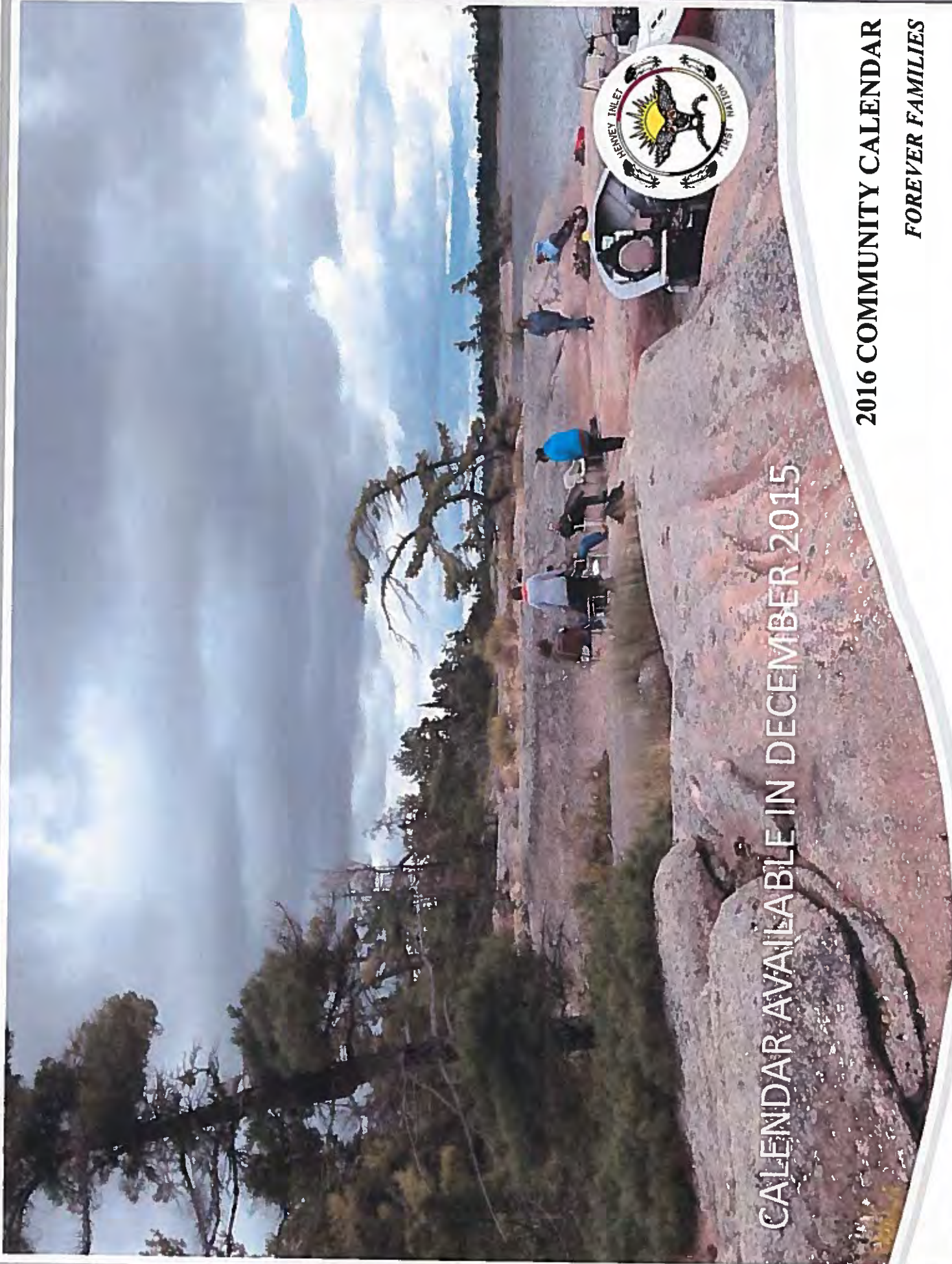
**LUANA MCQUABBIE
COMMUNITY WELLNESS WORKER**

Phone: 705 857-1221 EXT 227

E-mail: luana.mcquabbie@henveymedicalcentre.com



TO DATE, COMMUNITY MEMBERS HAVE NOT SUBMITTED PICTURES SINCE THIS REQUEST WAS FIRST POSTED



CALENDAR AVAILABLE IN DECEMBER 2015

2016 COMMUNITY CALENDAR

FOREVER FAMILIES



TRIP TO OLD THE SETTLEMENT @ HENVEY AUGUST 2015

AUGUST 5, 2015

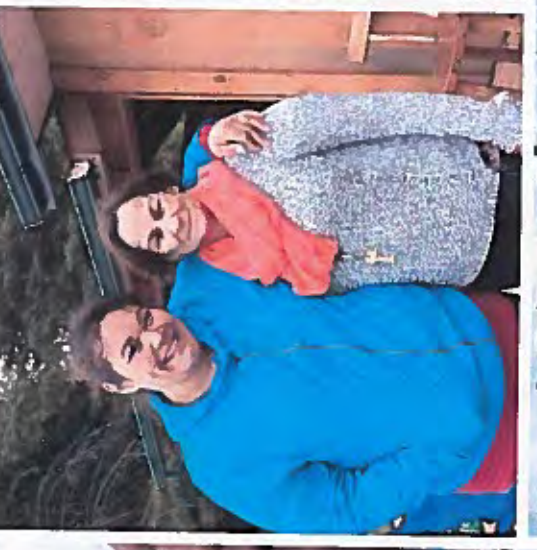
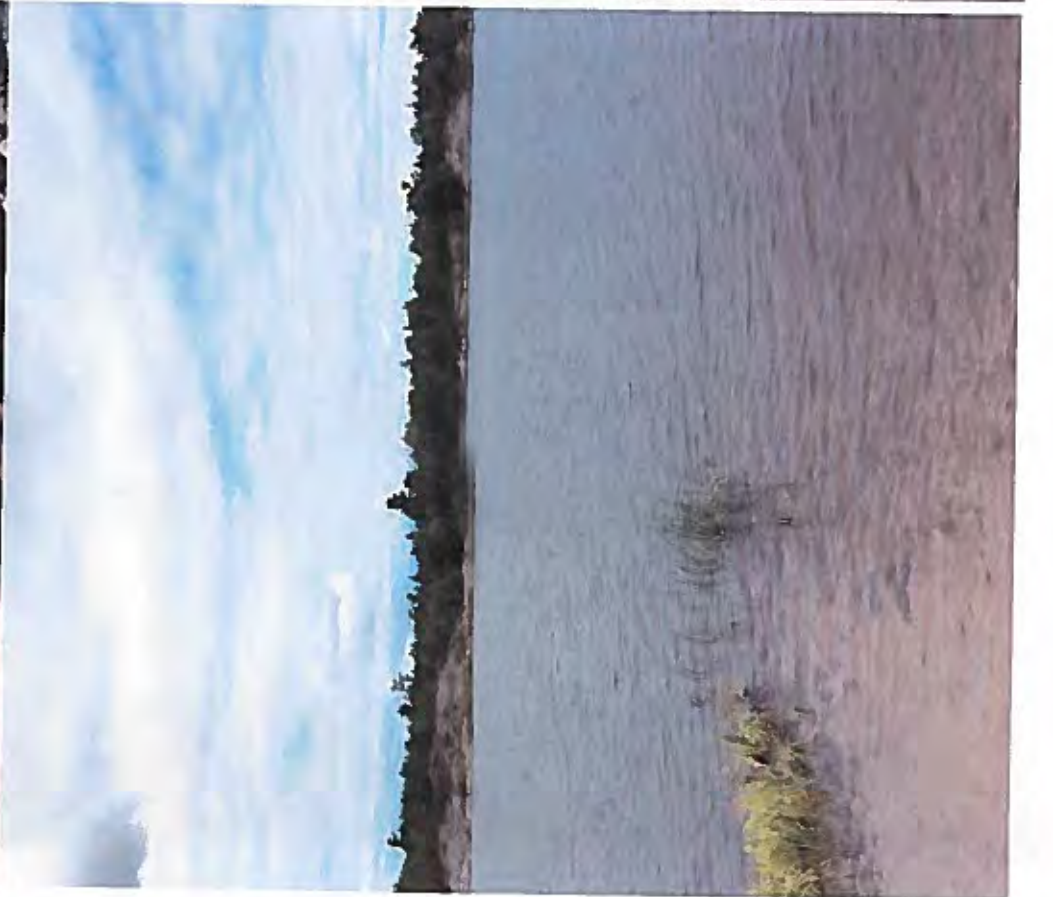
On Tuesday, August 5th, our community members had an opportunity to visit the old village grounds in Bekaanon Bay. Many thanks to NiGIG Power Corporation and HIFN Council for arranging this gathering. And, special thanks to Joe Herbert and his team of workers for hosting a delicious lunch for us at his cottage.

~CWW Luana McQuabbie









MANY THANKS TO OUR 3 BOAT DRIVERS
JOE HERBERT, KEN NOBLE & PERCY ASHAWASAGAI





YARD SALE

SEPT 4, 9AM-1PM

FIREHALL

ALL PROCEEDS WILL GO TO THE HOST COMMUNITY OF HENVEY INLET FIRST NATION FOR
THE 2017 ELDERS CHRISTMAS LUNCHEON AND ANNUAL REGIONAL PICNIC.
FOR FURTHER INFORMATION CONTACT: COORDINATOR GRACE CONTIN

RE-SCHEDULED NEW DATE



PRIZE BINGO & BBQ

SUNDAY, SEPTEMBER 20, 2015

HIFN FIREHALL

1:00PM

All proceeds from this fundraiser will go the KITCHI-KITIGANING ELDERS FUND for the upcoming 2017 Elders Annual Regional Picnic and the 2017 Annual Elders Christmas Luncheon that Henvey Inlet First Nation Elders will be hosting.
WE LOVE YOUR CHILDREN BUT NO CHILDREN PLEASE AT THIS BINGO!

HIFN Daycare
September newsletter
2015



The whole purpose of education is to turn mirrors into windows.
~Sydney J. Harris

Where has the summer gone? The season is starting to change already. You can feel the chill in the air, the leaves are changing colors the nights are getting longer. And the one clear notice is the children going back to school. I hope this summer was one filled with memories, laughter, family and friends. Along with the return to school is the return to schedules and regular time for bed, and homework. But every child needs an education, to move ahead in this world. So I wish all the children that are starting this year, a year of learning that will expand their minds, spirits and their souls! Here at the Daycare it is the usual daily schedule. The themes are as follows:

August 31 to September 4, 2015:	Review Week
September 7 to 11, 2015:	Review Week
September 14 to 18, 2015:	Apple Week
September 21 to 25, 2015:	Fall Trees
September 28 to October 2, 2015:	Collage week

REMINDERS: September 14 to 25, 2015 Erin and Carrie will be away at SCHOOL! There will be placement workers here to cover the 2 weeks they are away. Also if parents can start sending inside shoes for the kids to wear, the floors are starting to get cold in the morning. The outing this summer were amazing for all who attended. There was a lot of memories for all the children and parents. There will be one more outing here at the daycare before it get to cold and that will be sometime near the end of September or beginning of October. So keep an eye out for information.

Thank you

C. Ashawasegai

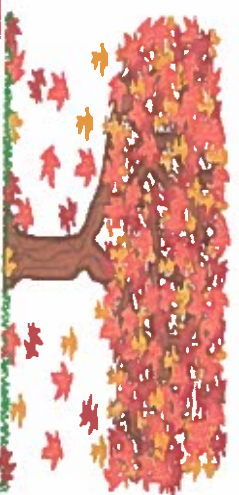
Charlene Ashawasegai
HIFN Daycare Supervisor

Erin McQuabbie
HIFN Daycare Worker

Carrie Bennett
HIFN Relief Worker/ Cook

WAATEBAGAA-GIIZIS 2015

SEPTEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Note: Erin/ Dee away	Sept 14 to 25, 2015	1 Theme:	2 Review	3 Week	4 	5
6	DC CLOSED 7 	8 Theme:	9 Review	10 Week	11 	12
13	14	15 Theme: Apple Week	16	17	18 	19
20	21	22 Theme: Fall Trees	23	24	25 	26
27	28	29 Theme:	30 Collage	31 Week		

What Is Your Child's Learning Style?

Understanding how your child learns can reduce frustration and improve achievement.
by Emily Graham



Related Content

- [How Girls Learn](#)
- [How Boys Learn](#)
- [Parents Are Teachers, Too](#)
- [Print & Use Tools](#)

If your child constantly squirms and fidgets when he's doing math homework or insists on listening to music while studying vocabulary words, take heart. Although it may seem like he's trying to drive you crazy, he's probably just using the strategies that help him learn.

"I like to study at a desk in silence, and my daughter can't think that way. She likes to bounce around on a ball with music in the background," says author Maureen McKay, whose website, [Optimistic Outcomes](#), provides tips for parents based on a child's learning style. "Sometimes kids are just doing what works for them."

Educators have long been aware that learning is not one-size-fits-all. In a typical classroom, some kids process information best by hearing the teacher explain it, some learn by seeing what's on the chalkboard, and others learn through hands-on exercises. Colleges have increasingly begun teaching new students about learning styles so they can develop effective study habits. And many primary and secondary schools conduct surveys to give teachers insight into the learning styles of their students. Three basic learning styles are *auditory*, *kinesthetic*, and *visual*.

Auditory learners prefer listening to explanations over reading them and may like to study by reciting information aloud. This type of learner may want to have background music while studying, or they may be distracted by noises and need a quiet space to study.

Kinesthetic learners learn by doing and touching. They may have trouble sitting still while studying, and they are better able to understand information by writing it down or doing hands-on activities.

Visual learners process new information by reading, looking at graphics, or watching a demonstration. Children with this learning style can grasp information presented in a chart or graph, but they may grow impatient listening to an explanation.

Most people use a combination of styles but have a clear preference for one. Understanding your child's learning style can reduce homework frustrations and make it easier for families to communicate, says McKay. She observed different learning styles while working as a teacher's aide, and she started researching strategies for working with different learning styles when her daughter began having trouble in elementary school.

Because her daughter had difficulty listening in class, McKay looked for exercises to strengthen listening skills. Her daughter especially enjoyed one approach, listening to an audio book and reading the book at the same time. She's now doing well in middle school, and McKay attributes her success in part to the fact that her teachers and parents came to understand her unique style of learning.

Once you know your child's primary learning style, it's a good idea to let his teacher know what kind of approaches help him learn best. "I find that educators are much more willing to work with you if you're giving them ideas that work for your child," McKay says. "The great thing is that the things that benefit your child are really going to benefit all the kids, so you're not asking for the moon."

Although it may be tempting to stick with what works, keep in mind that a child's preferred learning style may change as she grows and that people who can learn in a variety of ways can more readily absorb information. McKay advises parents to help their children practice using different kinds of skills.

"Really well-balanced students will be able to be comfortable learning in all ways. Knowing that and working on that when they're young gives them a competitive edge," she says.

Parents can use a variety of approaches to help kids learn math facts, for example. When a kid gets bored with flash cards, a visual and auditory strategy, McKay suggests letting him play a family board game that uses two dice and asking him to count how many spaces each player

should advance. This is a more kinesthetic approach but may also appeal to visual and auditory learners.

"Being able to tap in to different styles allows you a lot of novelty and adds a lot of fun to homework and chores and interactions at home," McKay explains. For example, if a child resists studying her spelling words, you can ask her to spell the words on a table using Scrabble tiles.

Being aware of your child's learning style can reduce homework battles and strengthen parent-child relationships. "It's very empowering for families to really understand each other and how they learn and how they think to work out problems," McKay says. "This kind of involvement is a great way to bond with your kids and to impart knowledge, and it's really fun."

Homework Tips for Each Learning Style

Auditory learners are typically good at absorbing information from spoken words. Strategies that work well for auditory learners include:

- Talking to themselves or with others about what they're learning
- Reciting important information aloud, perhaps recording it and playing it back
- Reading a book and listening to the audio book at the same time
- Using word associations
- Setting information to a tune and singing it to help remember it
- Limiting distracting noises

Kinesthetic learners prefer to be active while studying and may not be able to focus while sitting still. Strategies for kinesthetic learners include:

- Reading aloud and tracking words on a page with a finger
- Writing things down multiple times to commit them to memory
- Highlighting and underlining
- Playing with a stress ball or toy while studying
- Moving around or taking frequent breaks
- Doing hands-on activities, such as building models or playing games

Visual learners benefit from seeing information on a chalkboard or in an illustration and may grow impatient listening for long periods of time. Strategies for visual learners include:

- Using flash cards
- Studying charts, tables, and maps
- Drawing illustrations
- Writing things down and reviewing notes
- Highlighting and underlining
- Color-coding information

Emily Graham is a senior editor for School Family Media. She lives with her family in Oklahoma.