

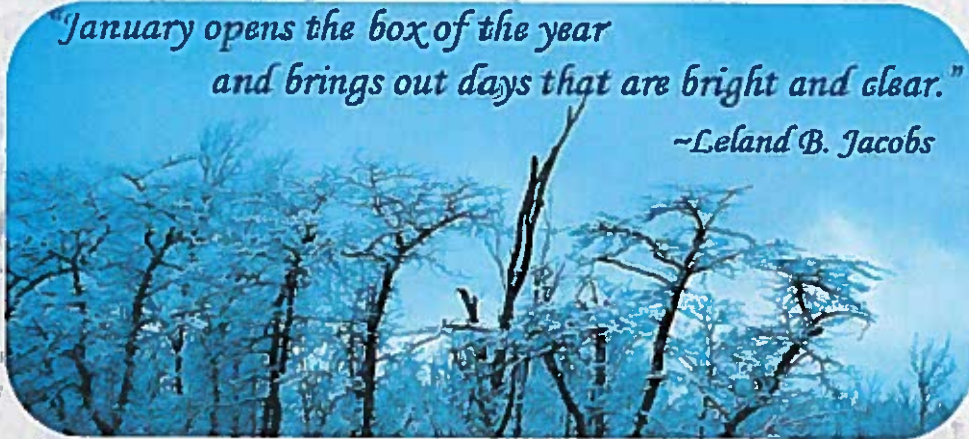


JANUARY

2016

*"January opens the box of the year
and brings out days that are bright and clear."*

~Leland B. Jacobs



Happy New Year
2016





January Birthdays

Murphy Pawis-	January 2, 2016
Lyndy McQuabbie-	January 4, 2016
Jeff Ashawasagai-	January 12, 2016
Judy Contin-	January 14, 2016
Erin McQuabbie-	January 15, 2016
Ashley Zenhenko-Panamick-	January 15, 2016
Bernie McQuabbie-	January 18, 2016
Amanda Barbe-	January 18, 2016
Rachel Kagagins-	January 25, 2016
Zeebin Ashawasegai-	January 26, 2016
Danton Contin-	January 28, 2016
Joram Shawayahamish-	January 30, 2016

Sorry if anyone was missed, Please call the Health Centre to put your name on list.



Henvey Inlet First Nation Staff

Chief and Council

~Chief Wayne
McQuabbie~

~Lionel Fox~

~Patrick Brennan~

~Brenda Contin~

~Genevieve

Solomon-Dubois~

~Tony Solomon~

~Carl

Ashawasagai~

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

Stan Moses ~ Cultural Co-ordinator

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

Daycare Centre

~Supervisor~

Charlene
Ashawasegai

~ Assistant ~

Erin McQuabbie

~Cook/Relief
Worker~

Carrie-Lynn
Bennett



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

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 to see any of the Doctors and for any reason you cannot make it to your appointment. YOU must call/leave a message the morning of your appointment no later than 9:00 am. There will no exceptions!! A \$30.00 late fee could result from not cancelling. This fee is subject to change at any time!

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 Pickerel River Road
Pickerel, 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

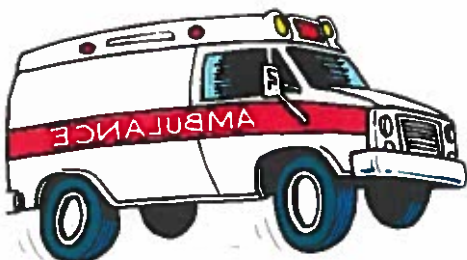
CRISIS LINES

B'SAANIBIMAADSIWIN

1-800-461-5424

HEALTH SCIENCES NORTH

705-675-4760





Joyeuses Fêtes



Seasons Greetings



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 :

Holiday Hours :

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

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!!



The period for reviewing the **Environmental Assessment** reports and **Environmental Protection Land Laws** for the wind project is coming to a close soon. There have been informational mail outs which included forms for input and there have been open public meetings.

Community Members still have plenty of opportunity to provide feedback. There are a few more chances to have your say in open forums this month before leadership may issue the environmental permit for the wind project. Please note the dates below:

January 06, 2016 – 1:00 pm @ the Fire Hall on Pickerel River Rd. HIFN Chief and Council will be holding an Open Council Meeting.

January 13, 2016 – 1:00 pm @ the Fire Hall on Pickerel River Rd. HIFN Chief and Council will be holding an Open Council Meeting. Approval of final Environmental Assessment report.

January 24, 2016 – 1:00 pm @ the Fire Hall on Pickerel River Rd. There will be a Community Input Meeting to review Draft environmental protection Land Laws.

January 26, 2016 – 1:00 pm @ the Fire Hall on Pickerel River Rd. Council will be holding another Open Council Meeting on the decision to enact environmental protection land laws related to the wind project and issue an environmental permit.



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
Lionel Fox
Patrick Brennan
Carl Ashwasagai
Brenda Contin
Genevieve Solomon-Dubois
Tony Solomon

NOTICE

REQUEST TO DEFER DISCUSSION OF WINDFARM ENVIRONMENTAL ASSESSMENT FROM WEDNESDAY 06 JANUARY 2016 TO WEDNESDAY 13 JANUARY 2016

On December 15th, AECOM presented its draft final environmental assessment of the windfarm to Council and the Community, and Arcadis and Savanta, retained by HIFN, presented their 3rd party review comments. After those presentations, AECOM met with our experts further and is presently revising its report. I am informed that we will not receive the final version of AECOM's report until Wednesday this week – the same day as our scheduled Open Council Meeting to consider whether to approve the report.

Council will need time to consider the changes AECOM has made and to confer with HIFN's experts, so I will ask Council to defer the discussion of the AECOM Final EA Report for one week to 1:00 pm on Wednesday, 13 January 2016. Please take notice of this change of date.

Miigwetch!

Chief Wayne McQuabbie



**Henvey Inlet
First Nation**

Pickerel, ON P0G 1J0

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

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

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354B Pickerel River Road
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F 705-857-1369

Chief
M. Wayne McQuabbie
Council
Lionel Fox
Patrick Brennan
Carl Ashawasagai
Brenda Contin
Genevieve Solomon-Dubois
Tony Solomon

MEMORANDUM

To: All CMHC Tenants
Fr: Marianne Dunn, Housing/Finance Assistant
Dt: January 4, 2016
Re: **Home Maintenance Workshop**

During the inspections last year it has been observed that homeowners are either disabling smoke alarms (to avoid the inconvenient sound) or failing to replace the battery. Ensuring that smoke detectors are in working order is a homeowner's/tenant's responsibility.

In the following pages see why working smoke detectors are so important.

A workshop is being planned in the near future (tentatively scheduled for late February) to go over basic home maintenance tips such as testing and maintenance of smoke alarms.

Please stay posted!

/MD

c.c. CMHC Tenant File

OFM HOME	WHAT'S NEW	ABOUT THE OFM	FAQ	FIRE SERVICE
FIRE PROTECTION	FIRE PREVENTION	LEGISLATION	PUBLICATIONS	RESOURCES

Location: [Office of the Fire Marshal Home](#) > [Fire Prevention](#) > [Fire Safety Information](#) > [Smoke Alarm Fact Sheet](#)

Smoke Alarm Fact Sheet

Ontario Statistics (1995 to 1997)

- **Fewer people die in home fires when a smoke alarm/detector is present and activates:**
 - Smoke Alarm Present and Activated: 12 deaths/1000 home fires
 - No Device / Alarm Did Not Activate: 17 deaths/1000 home fires

- **In some cases, people die in fires even though the smoke alarm activated. Here are the explanations:**
 - 13% - suicides/homicides
 - 21% - clothing fires
 - 26% - device not in area of origin
 - 20% - victim is physically challenged
 - 16% - alcohol a factor
 - 1% - victim re-enters fire scene
 - 1% - unattended infant
 - 2% - unknown

- **In some fires where people died, smoke alarms were present but did not activate. In 85% of the cases where the smoke alarm did not activate, it was due to a dead or missing battery/power source.**

- **The leading fire death scenarios continue to be the following:**
 - Home fire caused by smoking materials that ignite upholstered furniture in a living area at night.
 - Home fire caused by smoking materials that ignite bedding in a sleeping area at night.
 - Home fire caused by cooking equipment that is left unattended in the kitchen at night.

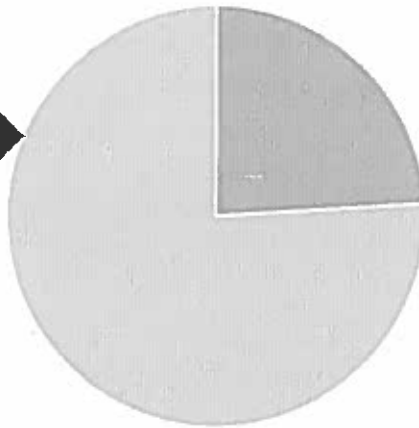
In these scenarios, a working smoke alarm can make a difference between life and death.

The Importance of Smoke Detectors

Over the last decade, 56 per cent of fire fatalities have been due to either a faulty smoke alarm or the absence of a smoke alarm in the home, according to Edmonton Fire Rescue. In 76 per cent of fatal fires, dead or incorrectly installed batteries caused smoke alarm failures.

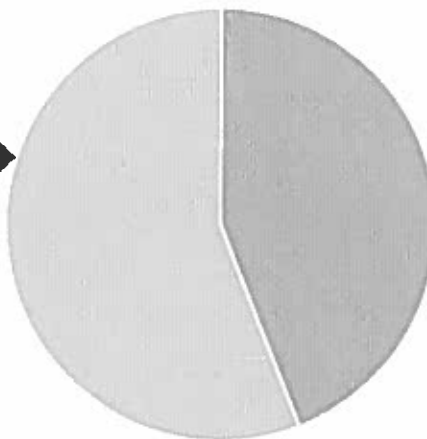
76 %

of fatal fires due to
dead or incorrectly
installed batteries



56 %

of fire fatalities
due to faulty or
absent smoke
detectors



Learn how to properly test and maintain your smoke alarm at a Home Maintenance Workshop planned for February (date to be determined).

For more information you may contact Marianne Dunn (Housing Assistant) at (705)857-2331.

DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

JANUARY 2016—Community Outreach

Unemployed? Looking for Options?

Are you a member of one of these First Nations?

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

Sandra Martin will be available to meet with you in the community—see below.

WHERE	DATE & TIME
Henvey—Health Centre	Wednesday, Jan. 13/16 2:15—3:00pm

Purchase of Training:

- For full-time programs (25+hours/week)
- Must obtain diploma within 52 weeks
- If eligible, funding may be available for tuition, books/supplies, transportation, dependent care, and living allowance

PROGRAMS TO ASSIST UNEMPLOYED

Apprenticeship:

- Wage Subsidies available for Registered Apprentices
- Purchase of Training for In Classroom Offer of Training

Wage Subsidies:

50% of wage for full-time jobs

Mobility:

Assistance to attend job interview

Relocation:

Assistance to relocate for a full-time job

Employment Support:

Up to \$250 to start a full-time job

Self Employment Information

Administer Second Careers



DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

Line Crew Ground Support Training 15 Week Certificate Program

Gezhtoojig Employment and Training in partnership with the Infrastructure Health and Safety Association and Cambrian College are seeking Aboriginal participants for this 15 week job readiness program.

This program will prepare individuals for integration into employment opportunities in the Power Line and Construction sector. As new power grids and infra-structure projects are being developed across Canada, the need for skilled workers in these industries are increasing.

This program is designed to prepare the trainee for entry level opportunities with various power and construction companies seeking safety conscious ready to work employees.

TRAINING MODULES...

- WHMIS
- Construction Health & Safety
- Traffic Control Temp. Work Zones
- Defensive Driving-Commercial
- Hoisting & Rigging-Basic Safety
- Mobile Crane Operator 0-8 Ton Anchors
- Elec. Safety-Hydrovac Operators
- Equipotential Grounding & Bonding
- Pole Line Construction ...
1) Climbing 2) Framing 3) Theory
4) and Transformers
- Introduction to Electrical Theory
- Electrical Safety High Voltage
- Working at Heights-Fundamentals of Fall Prevention
- Propane in Construction
- Confined Space Hazard Awareness for construction
- Ladder Handling
- MSD Prevention Workshop-Trades
- Safe Pole Handling
- Hydraulic Aerial Equipment
- Rescue Practices
- Conductor Stringing Methods
- Chainsaw Operation and Maintenance

Entrance Requirements:

- Grade 12 or equivalency
- Valid Driver's License

Location:

CAMBRIAN COLLEGE
Sudbury Campus

START DATES: SPRING 2016

NOW ACCEPTING RESUMES

For more information or to apply contact:

Ron Sarazin – Special Projects Coordinator
Gezhtoojig Employment & Training
705.524.6772 (rons@gezhtoojig.ca)

FINANCIAL ASSISTANCE IS AVAILABLE



Ontario Ready.Set.Work.



Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3
Tel: 705-524-6772 or 1-800-361-9256 Fax: 705-524-5152
www.gezhtoojig.ca



**Henvey Inlet First Nation
Employment Opportunity
Is accepting applications for
Short-term employment position for
Community Energy Liaison**

Job Summary

The Henvey Inlet First nation has successfully obtained funding from Independent Electricity System Operator. The successful candidate will report to the Director of Finance, Administration and will be responsible for reviewing reports. The Community Energy Liaison is undertaking the development of a Community Energy Plan and will be a part-time position for 26 weeks, at approximately 25 hours per week.

Responsibilities

- ✦ This person will be given an orientation which will include Cambium staff and Administration staff;
- ✦ Work with (Cambium) Aboriginal Conservation Energy program and represent the community as a Community Energy Liaison to gather hydro data costs from community buildings/homes for the process of collecting input and information gathering;
- ✦ Organizing and coordinating the delivery of community consultation activities, including administering interview based surveys, if required;
- ✦ Will be required to complete each building on an individual basis to record and report hydro consumption on a yearly basis.
- ✦ Gather information and review hot water consumption for buildings, cost on a monthly basis vs the electrical costs for lighting and heat;
- ✦ Assist in organization and delivery of community energy education activities to create awareness of the consumption of hydro costs in your home, buildings;
- ✦ Assist with review of Hydro One billing process gather information from Finance department.
- ✦ Input of data gathered, to be recorded in a spreadsheet format to present to community and leadership.
- ✦ Coordinate upcoming meetings, workshops with the Conservation Energy staff and community;

- ✦ Assist with costs of energy conservation and renewable energy initiatives that will assist community members and staff; eg. Solar panelling
- ✦ Assist with implementation and future needs of saving energy consumption within the community gathering all data and seeing where the highest cost of hydro is drawn from within buildings and homes;
- ✦ Other support activities as required by Cambium Consultant and Energy Plan Liaison;
- ✦ Consult with Cambium Conservation energy staff if any consultation is required;
- ✦ Attend staff meetings every two weeks;
- ✦ Submit timesheets on a weekly basis to Administration office;

Skills & Experience:

- ✦ Experience in community consultation;
- ✦ Knowledge and understanding of energy conservation strategies is definite asset;
- ✦ Strong interpersonal and skills - ability to communicate effectively orally and in writing;
- ✦ Demonstrated interest in energy conservation;
- ✦ Initiative and ability to work independently
- ✦ Proficient with Microsoft word, Excel, publisher.
- ✦ Driver's license would be an asset;

Education:

- ✦ A post-secondary education would be an asset
- ✦ A minimum of Grade 12

Salary: \$15.00/hr

Duration of Employment: January 19, 2016 – July 15, 2016

Resumes to be submitted by: January 15, 2016 @ 4:30 p.m
Interviews scheduled for: Monday, January 18, 2016 @ 9:00 a.m.

Tentative Start Date: January 19, 2016
Attention to: Millie Pawis, Director of Finance/Administrator

Administration office
 295 Pickerel River Road
 POG 1J0
 (705) 857-2331
 (705) 857-3021

Only those candidates selected for an interview will be contacted.

Henvey Inlet Ontario Works
Community Placement

SNOW REMOVAL

January 2016/February/March 2016

Anyone requiring assistance for Snow removal in driveways over the holidays if it starts snowing.

We have a community member that is willing to come and shovel your driveway and steps.

If interested please call Judy at Band office.

Sign up if you wish to have driveway shoveled. This excludes elders receiving home maintenance.

_____	_____
_____	_____
_____	_____
_____	_____

Miigwetch

Merry Xmas and Happy New year.



ONTARIO WORKS SCHEDULE

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

PLEASE SUBMIT YOUR INCOME STATEMENTS BY

JANUARY 18THTH @ 12 NOON

**FOR INCOME REPORTING PERIOD DECEMBER 16TH TO
JANUARY 15TH**

RE: FEBRUARY 2016 ONTARIO WORKS PAYMENT



FOOD BANK

FRIDAY, JANUARY 15TH



12 NOON TO 1:00 P.M.

HENVEY INLET FIRST NATION

ONTARIO WORKS MEMO

Date: January 5, 2015
To: Millie Pawis, Finance
C.c. Posted
Fr: Dorothy Contin, Ontario Works
Re: **ONTARIO ELECTRICITY SUPPORT PROGRAM**

We will be rescheduling for Andrew Belieu from the Ontario Native Welfare Administrators Association to visit our community for one day to assist anyone with completion of the OESP application forms.

Applicants to the Energy Program may qualify for a monthly reduction on their electricity bill through the Ontario Energy Support Program (OESP).

Based on income and number of people in household.



Ontario Energy Board

Are you a low-income household and want to lower your hydro bill?

If you have filed your taxes in the last year you can apply online or by filling out a papercopy of the application located online at www.ontarioelectricitysupport.ca

If you have not completed your taxes, your circumstances have changed since filing taxes or you need assistance, you will need to visit an intake agency.

What is the ONTARIO ELECTRICITY SUPPORT PROGRAM program?

What is OESP? - If you are a customer of an electricity utility and in a lower-income home, you may qualify for a reduction on your electricity bill through the Ontario Electricity Support Program (OESP).

An OESP intake worker from ONWAA will be in your community.

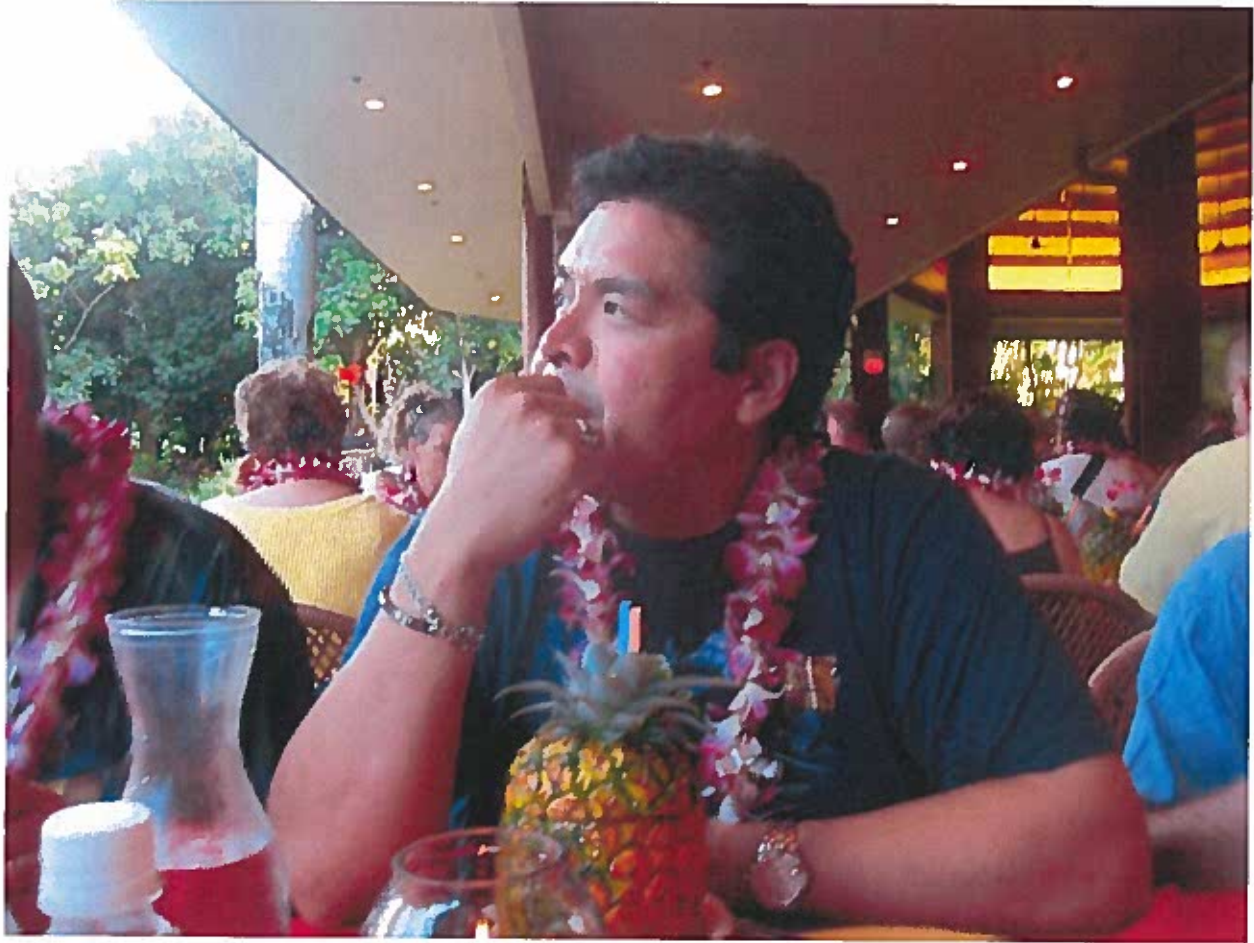
WHEN: Tuesday, January 19th from 9 a.m. to 4:00 p.m.

WHERE: Health Ctr.

Please book an appointment with Darcy at 857-1221. **Make Sure to Bring – Copy of your current electricity bill and Social Insurance Number for all household members between 18 and 74, stubs verifying all income coming into your household.** If you wish to complete your application sooner and are having problems, we would like to help you complete the OESP application. For further questions about OESP call ONWAA's toll free number at 1-844-885-3157 (8:30-4:30), or OESP's toll free (8am-9pm) at 1-855-831-8151.



Louise Ashawasegai
NNADAP



January 13, 14 & 15/2016

Harry Snowboy's schedule will be as follow.

January 13/2016

9 am to 11:30 am: Counseling & Readings

11:30 to 1:00 pm: Lunch

1:00 pm to 4 pm: Counseling & Readings

January 14/2016

1:00 pm to 4 PM: Counseling & Reading

4:00 pm to 6:30 pm: Supper and break

6:30 pm and on: working with Youth

January 15/2016

9:00 am till done, Pipe carrier's gathering Pipe ceremony

All are welcome, Please if you carry a pipe come and join us, if not come and join us anyway.

If you need more information please let Darcy and I know

Louise

5 Rules to live a happier life



Love
Yourself



Do
Good



Always
Forgive



Harm
No One



Be
Positive

laughingcolours.com

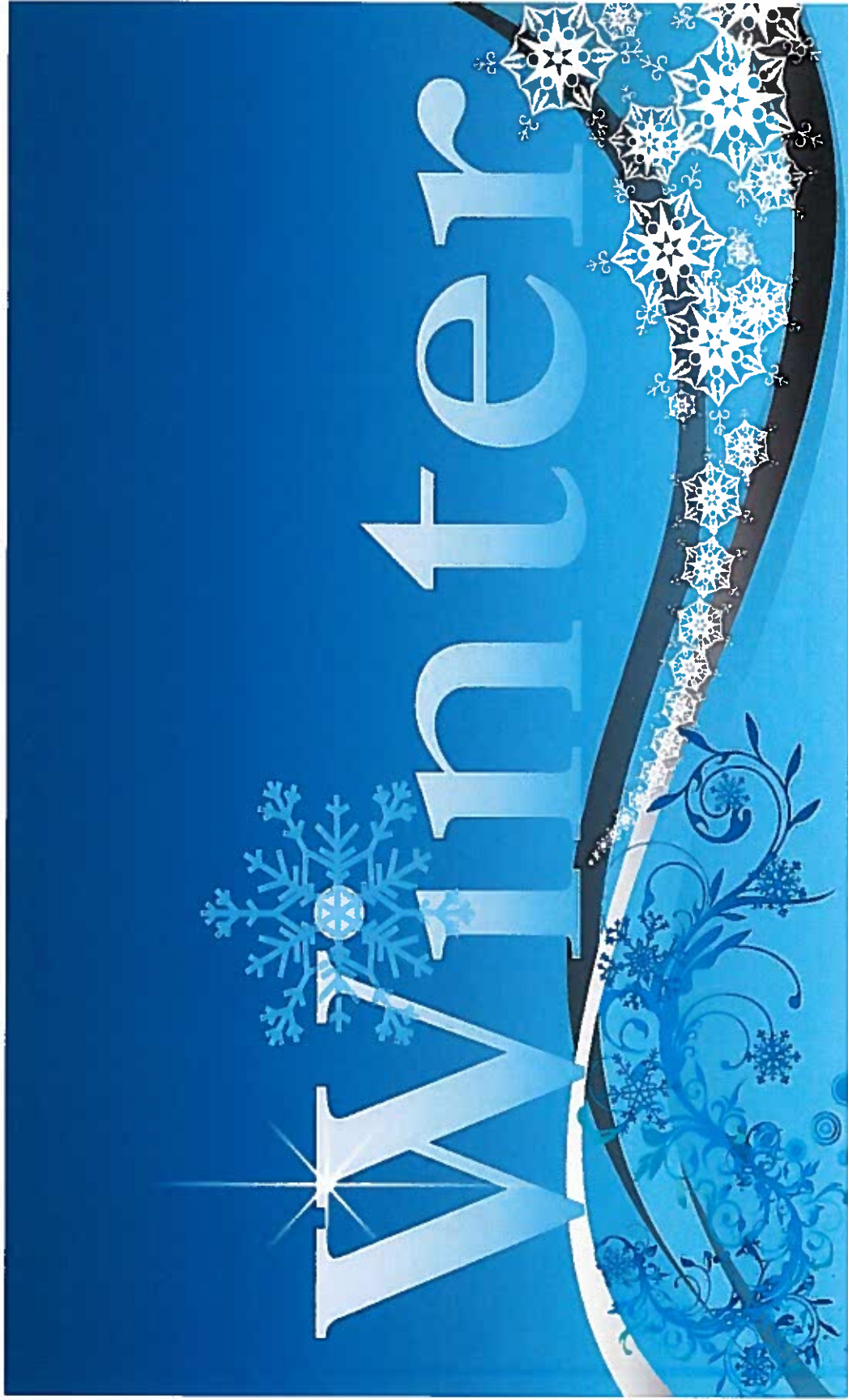


Weedless Wednesday

January 21st/2016

January 19 – 25, 2014 is National Non-Smoking Week, a week designed to raise awareness, prevent individuals from starting to smoke, help smokers quit and promote smoke-free environments. This year's theme is "Truth in Advertising".

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

ALZHEIMER AWARENESS MONTH

JANUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CHRISTMAS HOLIDAYS	2
3	4 STAFF MEETING IN OFFICE	5 COURT HOUSE HOME VISITS IN OFFICE P.M.	6 IN OFFICE A.M. HIFN MTG/F.HALL	7 PROGRAM SHOP- PING	8 ELDERS BREAK- FAST & BINGO	9
10	11 OUT OF OFFICE	12 HOME VISITS	13 IN OFFICE	14 IN OFFICE	15 MEETING IN SHA- WANAGA	16
17	18 STAFF MEETING LEAVE FOR SSM	19 AWAKENING THE NATION-RENEWING THE SPIRIT CONFERENCE UNION OF ONTARIO INDIANS	20	21	22 EXAMS OUT OF OFFICE	23 FULL MOON CEREMONY
24/31	25 EXAMS INTERMEDIATE SEWING & DESIGN	26 EXAMS HOME VISITS	27 EXAMS IN OFFICE	28 EXAMS IN OFFICE	29 P.A. DAY CULTURAL ARTS PROGRAM	30

ELDERS BREAKFAST & BINGO

FRIDAY, JANUARY 8, 2016

9 AM



Henvey Inlet First Nation Health Centre Board Room

CWW LUANA MCQUABBIE

Phone: (705) 857-1221 ext 227

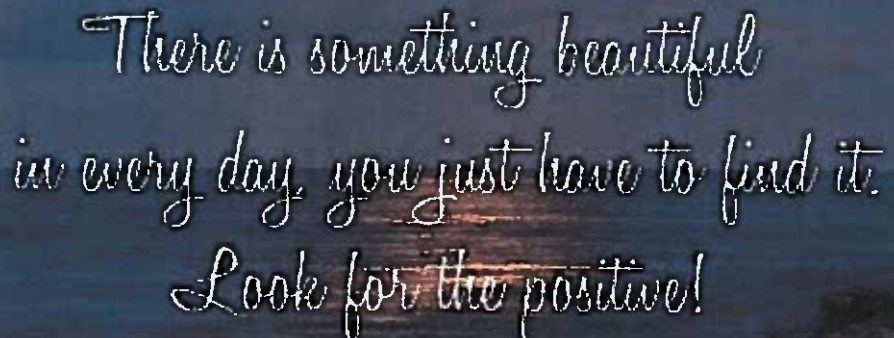
email: luana.mcquabbie@henveymedicalcentre.com

JANUARY
23rd
2016

FULL MOON CEREMONY
with JUDY CONTIN

184 PICKEREL RIVER ROAD

7:00 PM



*There is something beautiful
in every day, you just have to find it.
Look for the positive!*

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

INTERMEDIATE SEWING & DESIGN

CLASSES BEGIN JANUARY 25, 2016
BOARD ROOM @ H.C.



EVERY MONDAY

9:00A.M.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This course is the next level from the Basic Sewing & Design Program offered in 2015. It is designed to teach intermediate 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. **Please note: Another Basic Sewing & Design Program will offered in April.**

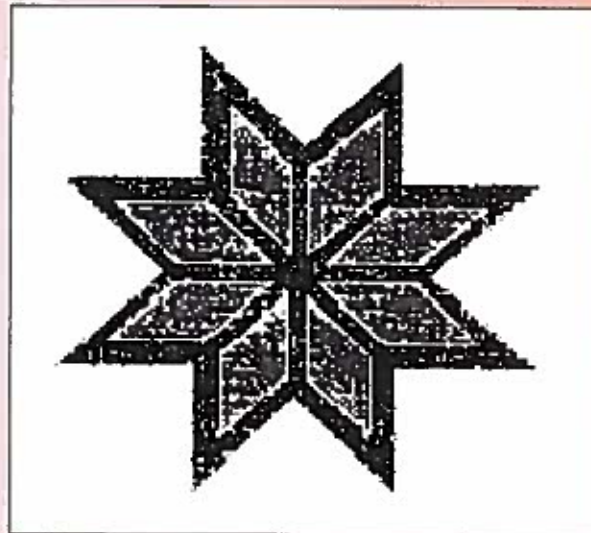


For More Information Contact:
CWW Luana McQuabbie
OW Dorothy Contin
EDO Judy Contin

BASIC CULTURAL ARTS PROGRAM

CLASSES BEGIN JANUARY 29, 2016

HEALTH CENTRE BOARD ROOM



EVERY FRIDAY

STARTING @ 9:00 A.M.

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, Decorative Arts, Nature Crafts & Small Crafts. A light lunch will be served. A maximum of 8 participants. Priority will be given to non-employed participants. Sign up by January 25th, 2016.



For More Information Contact:

CWW Luana McQuabbie

OW Dorothy Contin

EDO Judy Contin



A HERITAGE PRESERVATION PROJECT

All photos will be returned to their owner 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 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.



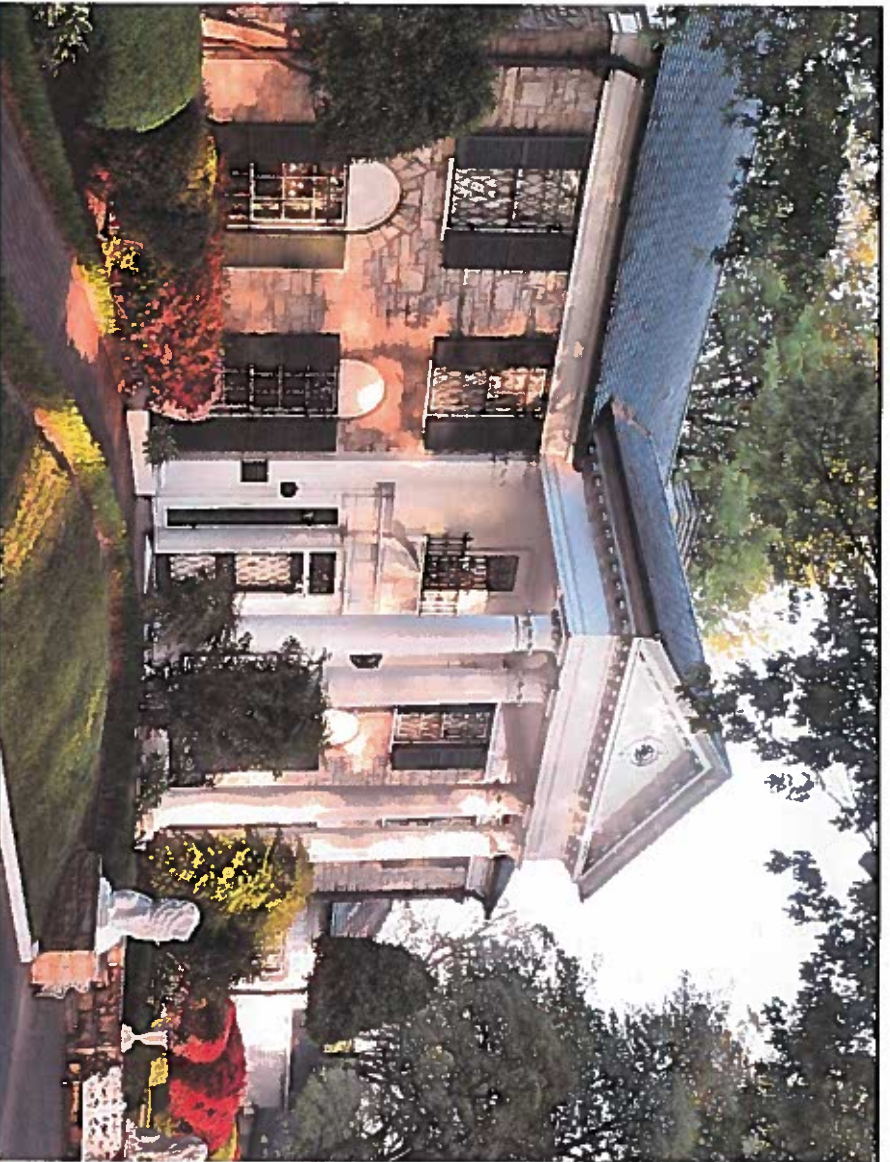
NO NEW PICTURES THIS MONTH TO DISPLAY.

COMMUNITY WELLNESS PROGRAM

**LUANA MCQUABBIE
COMMUNITY WELLNESS WORKER**

Phone: 705 857-1221 EXT 227

E-mail: luana.mcquabbie@henveymedicalcentre.com




Graceland
THE HOME OF ELVIS PRESLEY

ELDERS TRIP TO TENNESSEE JUNE 2016

- *GRACELAND/MEAPPHIS
- *SUN STUDIO/MEAPPHIS
- *LORETTA LYNN'S RANCH/HURRICANE MILLS
- *GRAND OLE OPRY TOUR/NASHVILLE
- *COUNTRY MUSIC HALL OF FAME/NASHVILLE
- *POSSIBLY DOLLYWOOD/NASHVILLE



TRIP

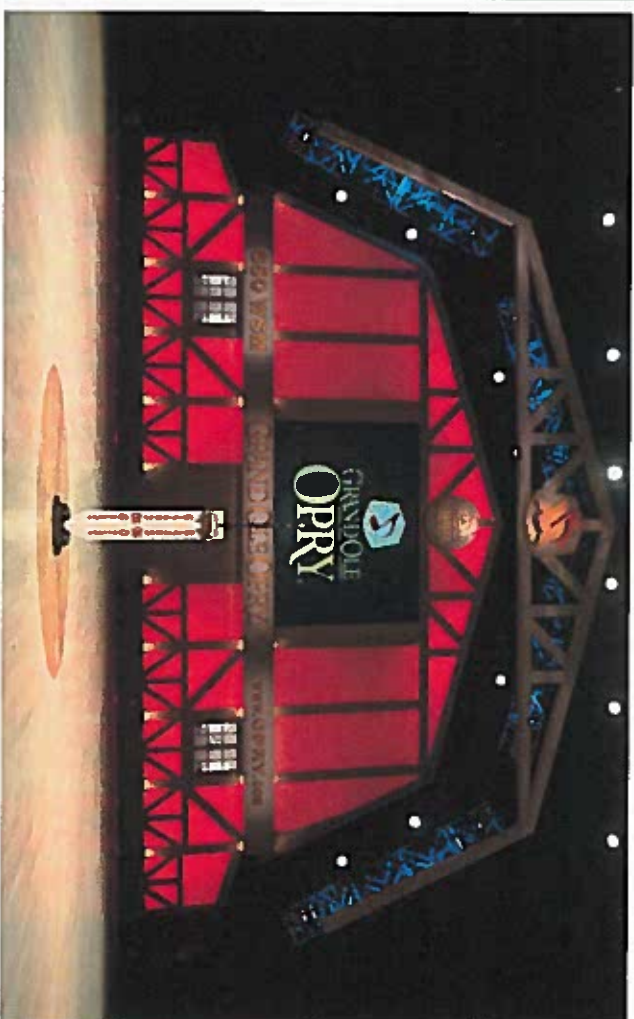
Shawanaga First Nation is planning an Elder's trip to Tennessee for June of 2016.

Shawanaga First Nation have extended an invitation to area First Nations to participate in this trip also. They have opened up 28 seats (ie. 7 seats per FIRST NATION).

To register, please submit a non-refundable \$100.00 cash deposit along with the attached Medical Declaration Form to HIFN Community Wellness Worker Luana McQuabbie by January 14th, 2016. We will be fundraising for the balance of \$1000.00 per participant in the upcoming months. Participants must participate in fundraising activities. Open to 50+ participants.

*For further information please
contact HIFN CWW @
705 857-1221 Ext 227*

— Luana McQuabbie





**NOTICE TO AREA FIRST NATIONS
ELDERS TRIP TO NASHVILLE, TENNESSEE**

December 4, 2015

Dear Area First Nations & Elders;

The Shawanaga Elders have agreed to plan a trip to Nashville, Tennessee. This trip would include stops in Nashville and Memphis Tennessee. Identified activities will include: Tours of the Grand Ole Opry, the Country Music Hall of Fame, Graceland, Sun Studios, Loretta Lynn's Ranch and possibly Dollywood.

The cost for a 7-day trip with transportation, hotel, meals, incidentals and the activities will be an estimated \$60,000 (\$1000 per person). A fundraising committee has been started and we have set monthly targets for fundraising.

Eligibility will be open to all Elders 50+ who are members of an area First Nation. We are extending an invitation to area First Nation elders to participate. Area communities would be responsible for fundraising their community portion (\$1000 per person).

To participate in the trip, the elders are volunteering time in the form of fundraising, cooking, baking and donating.

If you would like to register elders from your community, please sign this registration form and deliver it along with your \$100 each deposit to the Healing Centre by Monday, January 11th 2016. No deposits will be returned. Please feel free to call us at the number provided should you have any questions or concerns.

Miigwech,

Harmony Redsky
Executive Director
Shawanaga Healing Centre

1. I, _____, the undersigned, am registering to participate in the Elders Trip to Nashville, Tennessee.
2. I am providing my deposit for \$100. I understand that my deposit is non-refundable.
3. I will contribute to the fundraising for the trip and understand I must donate my time in order to be eligible for the trip.

Signature: _____ Date: _____



CAA TRAVEL INSURANCE MEDICAL QUESTIONNAIRE

Effective September 1, 2014

DEFINITIONS*:

Cancer* or Carcinoma refers to any malignant tumor or abnormal new cell growth or rapid growth in any organ of the body, which has a probability of spreading to other organs through direct extension or through the lymphatic system (lymph nodes), and is usually treated by surgical resection, radiation therapy, and chemotherapy. Metastatic cancer is when the **cancer*** has spread from the originating place to another place in the body.

Cardiovascular Condition* means any structural or functional abnormality related to the heart, blood vessels (arteries or veins) and the circulating blood.

Heart Condition* means any abnormality of any part of the heart (including the blood vessels supplying the heart, heart valves, and pericardium) that impairs the heart's normal functioning. Examples include atrial fibrillation, coronary artery disease and congestive heart failure.

Lung Condition* means any structural or functional abnormality involving your lungs (including COPD - Chronic Obstructive Pulmonary Disease).

Medical Check-up* means an annual physical exam, personal health visit or a routine visit to a physician or nurse practitioner where a complete medical examination is conducted, your medical history is updated, a physical examination is done, any symptoms were diagnosed, and any screening or relevant tests were recommended.

Medical Condition* means sickness or injury (or condition related to that sickness or injury) that required or requires medical advice, consultation, investigation, treatment, care, service or diagnosis by a medical professional.

Medical Emergency* means the unforeseen and emergent occurrence of symptoms for a sickness or injury which, unless treated immediately by a physician, may lead to death or to serious impairment of your health.

Medical Treatment* means any reasonable procedure which is medical, therapeutic or diagnostic in nature, which is medically necessary and which is prescribed by a physician. **Medical treatment*** includes hospitalization, basic investigative testing, **surgery***, prescription medication(s) (including prescribed as needed) or other treatment directly related to the sickness, injury or symptom.

Neurological Condition* means any structural or functional abnormality of the central nervous system (brain) and the peripheral nervous system (nerves).

Respiratory Condition* means any structural or functional abnormality of your airways, lungs, and chest muscles or bones supporting breathing.

Smoker* means a person who uses nicotine, including cigarettes, cigars, chewing tobacco, a nicotine patch and nicotine gum.

Surgery* means any **surgery*** in which the patient requires anesthesia. Examples include knee or hip replacement, cardiovascular **surgery***; gastric bypass and gastric banding.

To receive a list of expanded definitions, see your CAA Travel professional.

ELIGIBILITY:

You are not eligible for any coverage under this policy if:

- you have been diagnosed with a terminal illness for which a physician has estimated you have less than 6 months to live;
- you have been advised by a physician against travel at this time;
- you require kidney dialysis;
- you have ever had a bone marrow or organ transplant (except cornea transplant);
- you have been diagnosed with and/or received **medical treatment*** for metastatic **cancer*** in the last 5 years;
- you have been prescribed or taken home oxygen for a **lung condition*** in the last 12 months.

INSTRUCTIONS TO THE APPLICANT:

IT IS IMPORTANT THAT YOU READ THESE INSTRUCTIONS CAREFULLY BEFORE COMPLETING YOUR MEDICAL QUESTIONNAIRE.

1. Only YOU, the applicant, can complete and sign your Medical Questionnaire, not your spouse or agent. **Mistakes cannot be initiated. Please complete another Medical Questionnaire.**
2. You must answer each question truthfully. Your prior medical history will be reviewed at time of claim and if any of your answers are found to be untruthful or inaccurate you will be responsible for the first \$5,000 of any claim. You will also be required to pay the additional premium necessary based on true and accurate answers to the Medical Questionnaire, otherwise no future coverage will be provided under the policy. If you are unsure of your **medical condition(s)*** you must consult with your physician before completing the questionnaire.
3. Your policy is subject to a pre-existing medical condition exclusion. Please refer to your policy guide for complete details of the benefits, conditions, limitations, exclusions and definitions applicable to the insurance purchased.

PRIVACY AND CONFIDENTIALITY

The specific and detailed information requested on the Medical Questionnaire is required to process your application for travel insurance and will be used to establish and serve you as our customer. You may call CAA North & East Ontario with any questions relating to the use of your personal information at 1-800-267-8713 or visit www.caaneo.ca/privacy for details.

Name: _____
 Date of Birth: _____ DD/MM/YYYY
 Policy Number: _____
FOR OFFICE USE ONLY

PART A – PLEASE COMPLETE

	YES	NO
1. Has it been more than 18 months since your last regular <i>medical check-up</i> ?	<input type="radio"/>	<input type="radio"/>
2. In the last 12 months have you had more than one visit to a hospital emergency room for a <i>medical emergency</i> ?	<input type="radio"/>	<input type="radio"/>
3. In the last 3 years have you been a <i>smoker</i> ?	<input type="radio"/>	<input type="radio"/>
4. Have you EVER required <i>medical treatment</i> * or taken ANY prescription medications for:		

a. Diabetes?	<input type="radio"/>	<input type="radio"/>
b. <i>Cancer</i> * (excluding basal cell and squamous cell)?	<input type="radio"/>	<input type="radio"/>
c. <i>Cardiovascular condition</i> * (including high blood pressure, high cholesterol)?	<input type="radio"/>	<input type="radio"/>
d. <i>Neurological condition</i> * (including stroke)?	<input type="radio"/>	<input type="radio"/>
e. <i>Respiratory condition</i> * (including COPD or use of puffers/inhalers)?	<input type="radio"/>	<input type="radio"/>
5. In the last 12 months have you had <i>surgery</i> * or required <i>medical treatment</i> * or taken any prescription medications for any other <i>medical condition</i> ?	<input type="radio"/>	<input type="radio"/>

If you answered YES to any part of Question 4 or Question 5, please continue to the appropriate section(s) in PART B, otherwise proceed to PART C.

PART B – DIABETES (Complete only if YES to Question 4a.)

	YES	NO
6. In the last 3 years have you required <i>medical treatment</i> * or taken ANY prescription medications for Diabetes?	<input type="radio"/>	<input type="radio"/>

PART B – CANCER (Complete only if YES to Question 4b.)

	YES	NO
7. Have you required <i>medical treatment</i> * (including <i>surgery</i> *, chemotherapy or radiation) for <i>cancer</i> * in the last:		
a. 12 months?	<input type="radio"/>	<input type="radio"/>
b. 6 months?	<input type="radio"/>	<input type="radio"/>

PART B – CARDIOVASCULAR (Complete only if YES to Question 4c.)

	YES	NO
8. Have you EVER had a heart bypass or heart valve <i>surgery</i> ?	<input type="radio"/>	<input type="radio"/>
9. Have you EVER had angioplasty or a stent inserted?	<input type="radio"/>	<input type="radio"/>
10. In the last 12 months have you been prescribed or taken:		
a. Lasix or Furosemide?	<input type="radio"/>	<input type="radio"/>
b. Coumadin or Warfarin?	<input type="radio"/>	<input type="radio"/>

PART B – CARDIOVASCULAR (continued) (Complete only if YES to Question 4c.)

11. In the last 12 months have you required <i>medical treatment</i> * or taken ANY prescription medications for:		
a. Congestive heart failure?	<input type="radio"/>	<input type="radio"/>
b. <i>Heart condition</i> *?	<input type="radio"/>	<input type="radio"/>
c. High blood pressure (hypertension)?	<input type="radio"/>	<input type="radio"/>
d. Peripheral vascular disease (atherosclerosis or deep vein thrombosis)?	<input type="radio"/>	<input type="radio"/>
e. Aneurysm?	<input type="radio"/>	<input type="radio"/>

PART B – NEUROLOGICAL (Complete only if YES to Question 4d.)

	YES	NO
12. In the last 3 years have you required <i>medical treatment</i> * or taken ANY prescription medications for:		
a. Parkinson's Disease?	<input type="radio"/>	<input type="radio"/>
b. Alzheimer's disease or ANY other form of Dementia?	<input type="radio"/>	<input type="radio"/>
c. Stroke/CVA (Cerebrovascular Accident) or mini-stroke/TIA (Transient Ischemic Attack)?	<input type="radio"/>	<input type="radio"/>

PART B – RESPIRATORY (Complete only if YES to Question 4e.)

	YES	NO
13. In the last 12 months have you been prescribed or taken Prednisone?	<input type="radio"/>	<input type="radio"/>
14. In the last 3 years have you required <i>medical treatment</i> * or taken ANY prescription medications for a <i>lung condition</i> ?	<input type="radio"/>	<input type="radio"/>

PART B – OTHER MEDICAL CONDITION (Complete only if YES to Question 5.)

	YES	NO
15. In the last 12 months have you required <i>medical treatment</i> * or taken ANY prescription medications for:		
a. Gastroesophageal reflux disease (GERD)?	<input type="radio"/>	<input type="radio"/>
b. Diverticular disorder?	<input type="radio"/>	<input type="radio"/>
c. Chronic bowel disorder (including Crohn's Disease or Colitis)?	<input type="radio"/>	<input type="radio"/>
d. Kidney or gall bladder disorder (including stones)?	<input type="radio"/>	<input type="radio"/>
e. Liver or pancreas disorder?	<input type="radio"/>	<input type="radio"/>
f. Osteoporosis?	<input type="radio"/>	<input type="radio"/>
16. In the last 12 months have you had <i>surgery</i> * (including hip or knee replacement, gastric bypass or gastric banding)?	<input type="radio"/>	<input type="radio"/>

PART C – AGREEMENT, UNDERSTANDING AND AUTHORIZATION

I confirm I have read and understood the Eligibility, Instructions to Applicant and Definitions' sections of this Medical Questionnaire prior to its completion. I personally completed this Medical Questionnaire and all information disclosed on it is true and accurate. I fully understand that if any of my answers are not truthful or accurate, I will be subject to the conditions described in Instructions To The Applicant, Item 2.

I understand Orion Travel Insurance Company, its agents, third party administrators or its legal representatives may investigate any claim. I authorize any hospital, physician, other medical service provider, or any other organization or person that has any records or knowledge of me and my health to release to third party administrators, Orion Travel Insurance Company and its reinsurers any such information for the purpose of this application and contract and any subsequent claim.

Applicant's Signature _____ Date of Application _____ DD/MM/YYYY

COMMUNITY
HEALTH NURSING
PROGRAM



January 2016

Brenda CONTIN, C.H.N.

Henvey Inlet Community Health Nursing Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 STAT HOLIDAY OFFICES CLOSED	
	4 ANNUAL	5 HOLIDAYS	6	7	8	
	11 OFFICE	12 HOME VISITS	13 OFFICE	14 OFFICE	15 OFFICE	
	18 OFFICE	19 HOME VISITS	20 OFFICE	21 OFFICE	22 OFFICE	
	25 OFFICE	26 FINANCE	27 OFFICE	28 OFFICE	29 OFFICE	

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

JANUARY



MARTIN



Henvey Inlet Health Centre

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

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

CHILD & FAMILY PROGRAM JANUARY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 In Office Home Visit Britt	5 Program Shop- ping	6 Program Shop- ping	7 Nutrition Bingo 1pm	8	9
10	11 Program Shop- ping	12 Budget Work- shop	13 In Office	14 In Office	15	16
17	18 In Office Parry Sound	19 In Office	20 Program shop- ping	21 Ladies Day	22	23
24	25 Program Shop- ping	26 Youth Night Ages 8-12 4pm	27 Program shop- ping	28 Parenting Workshop	29	30
31						



NUTRITION BINGO

COME TO THE HEALTH CENTRE AND
JOIN US IN A FUN FILLED NUTRITION
BINGO!!! WE'RE SURE TO HAVE
WHAT YOU NEED!!!

Thursday
JANUARY 7, 2016

REGISTERED HIFN BAND MEMBERS
WILL BE GIVEN FIRST PRIORITY!!!
ANYONE ELSE WISHING TO
PARTICIPATE MUST BE PLACED ON A
WAITING LIST UNTIL FURTHER
NOTICE!!!EMPLOYED OR
UMEMPLOYED, COME ON OUT!!!

Adults 18+
Only!!!



SPACE IS LIMITED TO THE FIRST 20 TO SIGN UP!!!
PLEASE NOTIFY DARCY AT THE TIME YOU SIGN
UP IF YOU REQUIRE TRANSPORTATION. SIGN UP
DEADLINE IS TUESDAY JANUARY 5, 2016!!!

Contact person: **KARA OR KERRI 705 857 1221**

AT THE HEALTH CENTRE



Henvey Inlet First Nation Health Centre

**"Healthy Babies Healthy
Children For A Healthy Future"**

Budgeting 101 **"Let's make 2016 Debt-free!!!"**

The Health Centre is putting on a 1 Day workshop to educate our Moms and Dads on how to develop and stick to an appropriate budget for all levels of income.

Please join us on

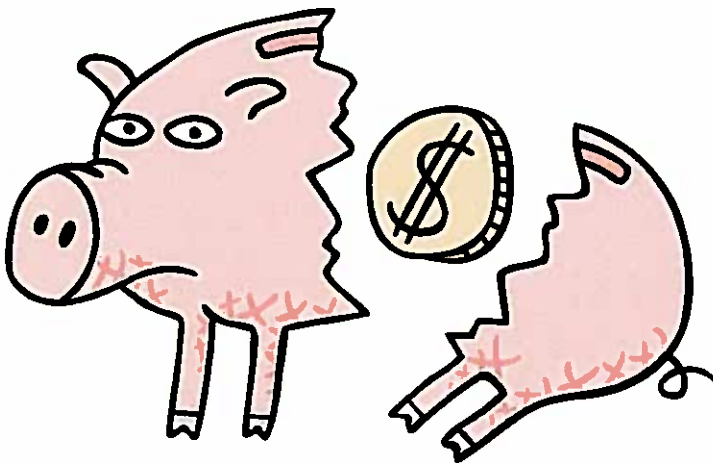
January 12, 2016

At the Health Centre for 10am

Snacks and beverages will be provided to those who attend!

Sign up deadline is January 7, 2016, no other names will be added after this date.

Registered Band Members of Henvey Inlet will be given first priority.



FOR MORE INFORMATION PLEASE CONTACT KARA AT 857-1221

LADIES DAY PRIZE BINGO AGES 18-54



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

**Limit of 15
Participants:
BAND Mem-
bers have 1st
Priority. You
must be pre-
sent to play!**

Come join us Thursday, January 21 at the Health Centre for a Ladies Day. We will be having Lunch followed by a prize Bingo.

Starting at 1:00 pm

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

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

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



Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy
Children For A Healthy Future"

YOUTH NIGHT 8-12 YEARS

INTRO TO PROPER TABLE ETIQUETTE WITH KARA AND KERRI!!!

Please join us on

TUESDAY JANUARY 26, 2016

4:30PM AT THE HEALTH CENTRE



**DRESS CODE IN EFFECT!!! SEMIFORMAL DRESS
ONLY!!!!**

Snacks and refreshment will be available to those who participate.

PLEASE CONTACT DARCY TO SIGN UP!!!

**FOR MORE INFORMATION OR REQUIRE TRANSPORATION PLEASE
CONTACT KARA AT 857-1221**

YOUR INVITED PARENTING WORKSHOP ON BIRTHDAY PARTY PLANNING



Where: Health Centre

When: Thursday, January 28 1pm

What: Birthday Planning

Please call the Health Centre to sign up there is limit of par-

ticipants. Limited Participants. Band

Members get 1st Priority.

354-A Pickerel River Rd.
Pickerel, 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

HIFN Daycare
January / Gichi-Manidoo-Giizis
2016
Newsletter



Happy New Year! Happy and Healthy 2016 to Everyone! Enjoyed the Holiday's, time was well spent with my Family. I hope you all had time for laughter, sharing, good food, and relaxation. It's so hard to come back to work after being able to stay home, relax, not get up early and catch up on Quality time with others. Anyways!! Back here at the Daycare it right back to the daily schedule with the children. **Carrie and Erin are Away at school January 4 to 15, 2016!** Go girls go! And Maureen will be here helping me out for those dates. I have enclosed for your enjoyment some healthy Recipes for sandwiches, two crosswords to get your brains working again. Now here are the Theme's for the month of January 2016.

- January 4 to 8, 2016: The Basics
- January 11 to 15, 2016: It's all about ME!
- January 18 to 22, 2016: Winter Stories
- January 25 to 29, 2016: Snowflakes

*January brings the snow, makes our feet and fingers glow.
- Sara Coleridge*



Gichi-manidoo-Giizis 2016

JANUARY



SUN MON TUE WED THU FRI SAT

NOTE: Away at Jan 4 –15,

Erin/Dee school 2016

3 4 5 6 7 8 9

Theme:

The

Basics



10

11

12

13

14

15

16

Theme:

All

About Me!



17

18

19

20

21

22

23

Theme:

Winter

Stories



24

25

26

27

28

29

30

Theme:

Snowflakes



31



Discovering Work Family Balance

Getting on top of work family balance requires creativity and skill. If you have a family, no doubt you have developed ways to make your life less frazzled. Here of some of the tips that have been posted on our bilingual website, *workfamilytips* (www.wft-ifb.ca).



My tip is to...
get a child to pee in the toilet, put a few drops of blue food-dye in the water so that they can change the colour to green. — *Angie (Calgary, AB)*



My tip is to...
create a special book about my daughter, with her picture, what she likes, ways to communicate with her, health problems and needs. — *Cynthia (Prince Albert, SK)*



My tip is to...
get the kids helping out with house chores. We each make our own "to do" list, which is never too long; it has breaks every 3 jobs and includes a "fun" job. Cleaning the fridge is called "Making Manhattan", because of how the bottles and containers can be arranged to look like a city. With each job checked off, the kids see their progress and have something to be proud of! — *Janet*



My tip is to...
have red wash cloths around for cuts and scrapes so that the child can't see the blood when the cut is wiped. Works great! — *Angie (Calgary, AB)*



My tip is to...
get help with bedtime story reading. Grandma lives in another city but she dictates stories on a tape and then the kids read along with her. They love to hear her voice and she loves to help out. — *Leane (Peterborough, ON)*



My tip is to...
let my two year old play with an old calculator or phone when I have a short task to do in my home office. She feels like she's working too. — *an at home professional*



My tip is to...
call my children's teachers once a month. Getting in the habit of communicating one-on-one with the teacher gives us both the chance to learn what our children are facing in their lives. Some teachers encourage e-mail communication as well, which makes it easier to keep a relationship on busy schedules. — *Janet (Niagara Peninsula, ON)*



My tip is to...
lend my son something I use a lot, like my baseball cap or my favourite pen. until I get back from a business trip. — *Tyler (Halifax, NS)*



My tip is to...
share cooking with a friend. We both cook a main meal on the weekend and double it. She gives me half of hers and I give her half of mine. When we make loaves/muffins we always double it and give each other half. Sunday's meal is always doubled for leftovers for the week. This way my meals are pretty well made for the week. — *Rose Grant-Rennie*



My tip is to...
celebrate birthdays by making the birthday boy or girl in charge of the family activities for the whole day. We do this instead of a party and it actually saves us money. — *Boris (Vernon, BC)*



My tip is to...
let my three year old pick out her clothes for the following day and place them on her chair before she goes to sleep. You'll be surprised how much time it saves in the morning and it encourages independence. — *Jacquie (Oakville, ON)*

For more workfamilytips, visit:

www.wft-ifb.ca



Tips for Parenting Children with Challenging Behaviour

Challenging behaviour is any behaviour that interferes with children's learning, development and success at play, is harmful to the child, other children or adults, or puts a child at high risk for later social problems or school failure.

Parenting a child with challenging behaviour is a challenge – but it is one that parents can overcome with the appropriate strategies. This resource sheet offers ideas that have been proven to work – and which can benefit all children, not just those with challenging behaviour.



- Be sure your child knows that you love him even if you don't always like his behaviour. Every day – perhaps at bath time or when you're walking home from child care – set aside time to have fun together. Give your undivided attention, let the child choose the activity, and make sure he knows you like playing with him. These positive moments nourish self-esteem and point the way to more positive moments.
- Encourage appropriate behaviour, and minimize the opportunities for challenging behaviour. These tactics are important because in the first decade of life, every experience, positive and negative, affects the permanent wiring of the brain. You can build appropriate patterns if you anticipate trouble, prevent the difficult situation from occurring, and help your child to remember what to do instead of correcting mistakes.
- Make your home an environment where your child can succeed. Remove fragile objects, create comfortable play areas, select toys that interest him, and keep them well-organized and within the child's reach.
- Plan activities around your child's needs. If your child has tantrums when he's

hungry, give him a snack before you go shopping. If you serve lunch on the kitchen table, suggest he do his puzzles on the coffee table so he won't have to put them away when it's time to eat.

- Set clear limits and enforce them consistently. Your child needs to know what you expect. Be sure you have the time and energy to carry through. If you are already late for work, it's okay to leave the Lego on the floor.
- Create routines and stick to them. Children feel more comfortable when they know what's coming next. For the same reason it helps to give advance notice of changes in activity ("You can slide down three more times, and then it's time to go home").
- Learn to recognize anxiety in your child. When your child whines, it is your cue to stop sorting laundry, give her a smile, ask if you can help and listen closely. Catching the problem at this early stage can head off challenging behaviour.

- Offer a limited choice when you see trouble coming ("Do you want your milk in the red cup or the blue one?"), and guide your child's behaviour by telling him what to do instead of what not to do ("Ask Paul if you can play" rather than "Don't grab"). Be patient if your child needs exactly the same directions an hour later – he is young, he forgets and he needs to practise.
- Put yourself in your child's shoes and try to figure out what he gets from his challenging behaviour. Does he get your attention (positive or negative)? Does he avoid something he dislikes or isn't good at? Does the atmosphere become calmer (or more exciting)? Once you know what the challenging behaviour brings your child, you can help him to get it in a more acceptable way.
- Stay calm. When things don't go smoothly, take a deep breath and count to five. By showing your child that you can handle the situation with a cool head, you become his best role model.

When Mary is Out of Control

When nothing seems to work and your child loses control, give her space to collect herself.

- Stand between her and the rest of the world – at a safe distance. Don't try to move her.
- Don't confront her. To keep her from feeling trapped, stand sideways, compose your face and don't look her in the eye.
- Don't talk. She isn't ready to listen yet.
- When she's calm, talk to her quietly. Help her to name her feelings ("You were pretty angry") and to distinguish between her feelings and actions ("It's okay to feel angry, but it's not okay to throw chairs").
- Let her know that you love her. Help her think about how she can solve the problem next time.



Understanding Learning Styles

People learn in different ways. Some learn best by seeing, others by hearing, and still others by touching. Knowing our preferred learning style helps us learn and remember new things.

There are three basic learning styles:

- Auditory (hearing the information)
- Visual (seeing the information)
- Kinesthetic-tactile (touching, participating)

When parents know their child's best way to learn, they can help their child learn more effectively. It is just as important for you to know your own learning style. Parents usually teach in their preferred learning style, which may be different from the child's. This can be frustrating for both parent and child. For example, imagine that you are a strong auditory learner and try to verbally explain the rules of baseball to your child who is more visual and really has to *see* the various moves in a diagram!

Even though we have a preferred learning style, we can still learn in other ways. People have varying degrees of preference – some are highly auditory, some are highly visual, some are highly kinesthetic-tactile (k-t), while others seem to have a moderate preference for all three styles of learning.

At any age, your child will learn more easily using his preferred learning style, but this doesn't mean he can't and won't learn any other way. In fact, he should be encouraged to use and improve *all* modes of learning. The more senses we use to learn about anything, the more information we get! A good guideline is to allow your child to use his preferred style when learning essential information (e.g., road safety) and to practise using other learning modes for things that are not as important (e.g., words to songs you sing on car trips). The auditory learner will

enjoy listening to tape-recorded songs; the visual learner will enjoy reading the words as he hears them sung; the k-t learner will enjoy dancing or acting as the music conductor.

Young children are all kinesthetic-tactile learners. Watch your baby put everything in her mouth and your toddler reach out to touch and explore his world. Visual and auditory preferences may emerge later. Schools have traditionally used visual and auditory teaching styles, especially in the upper grades. Children who learn easily through these modes are usually successful in school, while k-t learners often find school difficult. Most of us – not only young children – learn better if we are actively involved in our own learning.

Of course, all future learning is affected by early learning experiences. If these experiences are positive and satisfying, the foundations are formed for enthusiastic lifelong learning. Attention to learning styles when your child is young will help to make learning positive and enjoyable. As she matures, she will better understand and facilitate her own lifelong learning. For example, a visual learner who must remember information given at a lecture (auditory model), will know that she needs to take notes, make sketches or read a book on the topic to reinforce the lecture content.

Observe your child at play. Does she already show a preferred way to learn? Remember that young children are still developing and most are very tactile – they want and need to be actively involved in order to understand things. Make sure your child has many opportunities to use all of the learning styles so that she can develop to her full potential.

Learning Style Checklist

Review the following lists. What do you think is your preferred learning style?

Auditory learners often:

- enjoy oral discussion
- remember by talking out loud
- need to have things explained orally
- have trouble with written instructions
- talk to themselves while learning something new
- repeat a telephone number in order to remember it

Visual learners often:

- remember visual details
- prefer to see what they are learning
- like to have paper and pens handy
- doodle while listening
- have trouble following lectures
- like to write down instructions or telephone numbers

Kinesthetic-tactile learners often:

- prefer activities
- want to actually do whatever is being talked about or learned
- like to move around while listening or talking
- often "talk" with their hands
- like to touch things in order to learn about them
- remember things by recalling who did what rather than who said what

Wild Rice and Chicken Casserole

Posted By *Lauren* On August 20, 2010 @ 1:16 pm In dinner | [19 Comments](#)

This Wild Rice and Chicken Casserole will make you love casseroles again! Easy, fast, delicious and comforting, your whole family will love this recipe!

Sometimes when it's the end of the week and you are left with very few options about dinner, you just have to make a casserole. They are quick, easy and taste good, no matter what you put in them. Whether it be leftovers or just a mishmash of frozen vegetables and rice, they always ALWAYS seem to turn out.

Well, I had one of those days where I had nothing planned for dinner and nothing in my fridge. "Surely..." *I thought* "there must be **something** I can make!" I scoured my freezer and pantry and came up with this quick casserole. Lucky for me I had a box of Uncle Ben's long grain and wild rice and a can of cream of mushroom soup. If you have those two ingredients on hand, you will live to see another day, and your kids will get fed. After you have your basics down, you can change the rest of the recipe how you like. We tend to gravitate towards rice, chicken and broccoli a lot. It's a pretty common and classic combination. However, this time, there was NO broccoli. (*Side note-I hate frozen broccoli. It is the only vegetable I hate to eat after thawing. It always tastes freezer burnt to me. Am I paranoid or do you guys taste that, too?)

Speaking of frozen vegetables, what a great deal! You get a lot of food for a little price and all those vegetables are typically harvested and frozen within the same day so you know they are fresh. I love having them on hand and throw them into anything and everything when I'm feeling spunky or when I'm in a pinch. Seriously, frozen vegetables are where it's at.

For this particular recipe, I used my handy dandy frozen peas and carrots. They worked so well and tasted great with all the other ingredients even before it all was baked. But, use what you have on hand! I also topped my casserole with some swiss cheese and toasted almonds for a creamy crunchy bite. After the first bite my husband said "Wow....this is good!" in a surprised tone. He was skeptical at first, but the casserole won him over and he ate the rest for lunch the next day! How do you like that, Gordon? Haha!

I love using the random ingredients I'm left with at the end of the week to make great food my family will eat. It saves money and gives me a sense of accomplishment. So, don't be afraid to experiment these next few days with the food you think you can't make anything with. You'll be surprised at what you'll come up with! Happy Cooking!

Wild Rice & Chicken Casserole

This Wild Rice and Chicken Casserole will make you love casseroles again! Easy, fast, delicious and comforting, your whole family will love this recipe!

Yield: 4 servings

Ingredients:

- 1 box Uncle Ben's Long Grain and Wild Rice
- 1 can cream of mushroom soup
- 2 cups cooked chicken, cubed (or any other meat)
- 1 1/2 cups frozen vegetables
- 1/2 cup cream or milk
- 1 tablespoon butter
- 1/2 onion, diced
- 1/2 stalk celery, diced
- salt
- pepper
- 5 slices swiss cheese (from the deli; or use about 1 cup grated cheese, any kind you have)
- 1/3 cup toasted slivered almonds

Directions:

Cook box of rice according to packaged directions. In skillet, melt butter and sautee onion and celery over medium heat until softened, about 5 minutes. Once cooked, spoon rice into large bowl. To the rice, add cream of mushroom soup, chicken, vegetables, cream, cooked onion and celery, and salt and pepper. Spread into a casserole dish. Top with cheese and almonds. Cover with foil and warm thoroughly at 300 degrees for at least 30 minutes (and up to 60). Serve with a side salad.

Article printed from Lauren's Latest: <http://www.laurenslatest.com>

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EAT MORE FRUITS & VEGGIES

Tuna and Fennel Sandwich

SERVINGS 1

CARB. PER SERVING 38 g

START TO FINISH 10 minutes

- one 2.6-ounce pouch low-sodium chunk light tuna in water mixed with 2 tablespoons sliced green onion, 1 tablespoon light mayonnaise, and 2 teaspoons tomato paste
- 2 thin slices whole wheat bread
- 2 very thin slices fennel
- $\frac{1}{2}$ cup spinach leaves
- $\frac{1}{3}$ cup shredded carrot

Serve with 1 cup raspberries

LUNCH TOTAL: 260 cal., 8 g total fat (1 g sat. fat), 38 mg chol., 510 mg sodium, 31 g carb. (9 g fiber, 9 g sugars), 20 g pro.



Cucumber-Feta Pita Sandwich

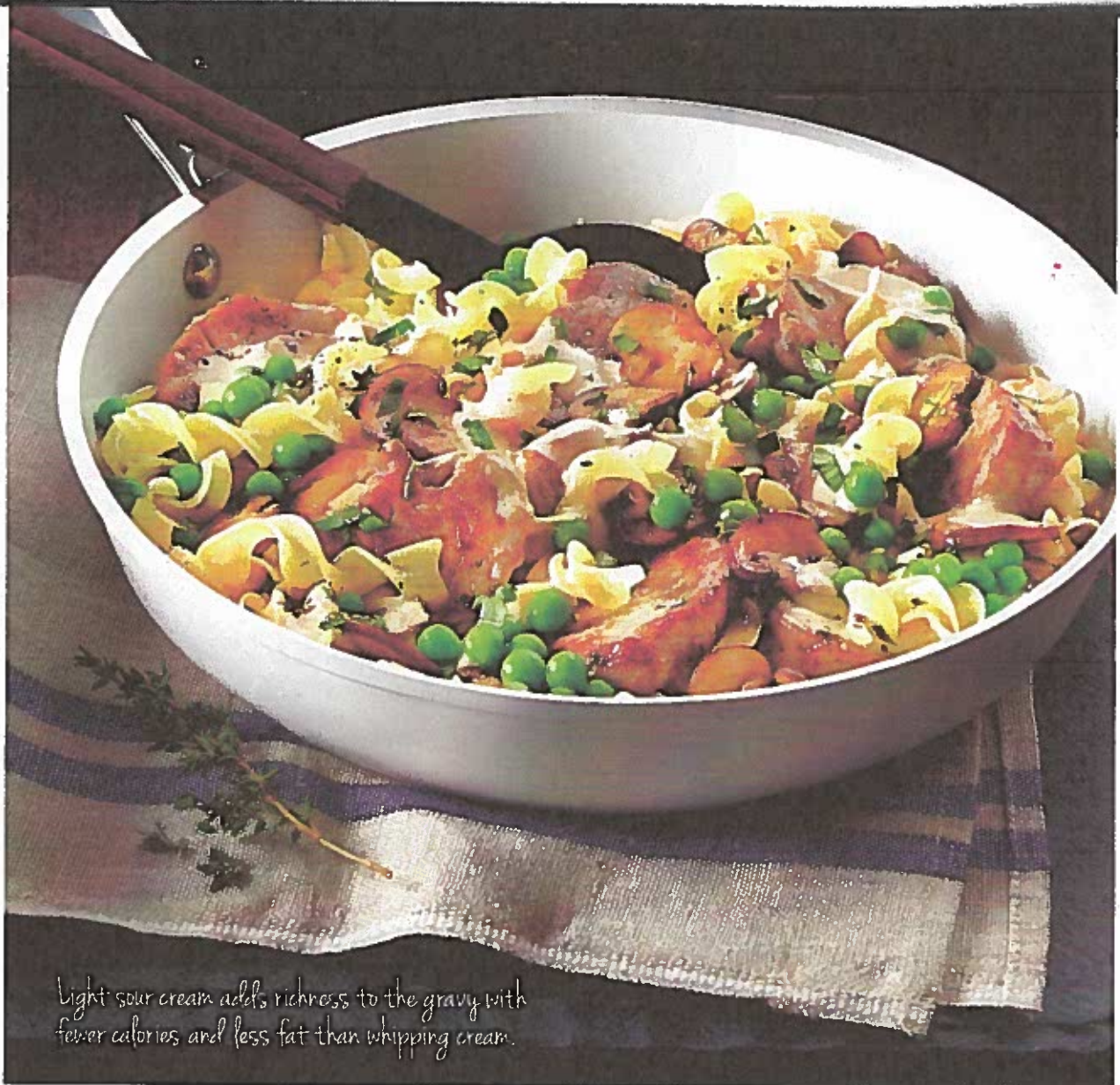
SERVINGS 1

CARB. PER SERVING 41 g

START TO FINISH 10 minutes

- $\frac{1}{4}$ cup cucumber slices mixed with 1 tablespoon plain fat-free yogurt, 1 teaspoon rice vinegar, $\frac{1}{8}$ teaspoon sugar, and dash black pepper
 - $\frac{1}{2}$ of a whole grain pita bread round
 - 2 tablespoons olive-flavor hummus
 - $\frac{1}{2}$ cup fresh baby spinach leaves
 - 2 tablespoons bottled roasted red pepper and caramelized onion
 - 1 tablespoon reduced-fat feta cheese
- Pack cucumber mixture separate from other ingredients. Assemble sandwich just before serving. Serve with 1 kiwifruit

LUNCH TOTAL: 233 cal., 6 g total fat (1 g sat. fat), 3 mg chol., 640 mg sodium, 38 g carb. (6 g fiber, 13 g sugars), 9 g pro.



Light sour cream adds richness to the gravy with fewer calories and less fat than whipping cream.

**PORK TENDERLOIN
WITH MUSHROOM GRAVY
AND EGG NOODLES**

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 4 servings

Pork tenderloin makes a leaner yet flavourful substitute in this lighter take on pork chops and gravy. If you like, use shiitake, oyster or portobello mushrooms in place of the cremini mushrooms.

- 450 g pork tenderloin, trimmed and cut in 1-inch (2.5 cm) thick rounds
- ¼ tsp pepper
- pinch salt
- 1 tbsp olive oil
- 2 pkg (each 227 g) cremini mushrooms, sliced
- 3 cloves garlic, minced
- 2 tsp chopped fresh thyme

- ¾ cup sodium-reduced chicken broth
- 2 tsp cornstarch
- 2 tbsp light sour cream
- 2 tsp Dijon mustard
- 1 tsp balsamic vinegar
- 2 tbsp chopped fresh parsley
- 140 g egg noodles
- ½ cup frozen peas

Sprinkle pork with pepper and salt. In nonstick skillet, heat half of the oil over medium-high heat; cook pork, turning once, until browned, about 5 minutes. Remove to plate; keep warm.

In same skillet, heat remaining oil over medium heat; cook mushrooms, garlic and thyme, stirring occasionally, until almost no liquid remains, about 6 minutes. Scrape into bowl; keep warm.

Whisk together broth, cornstarch and ¼ cup water; stir into skillet. Bring to

simmer; cook, scraping up browned bits, until thickened, about 5 minutes.

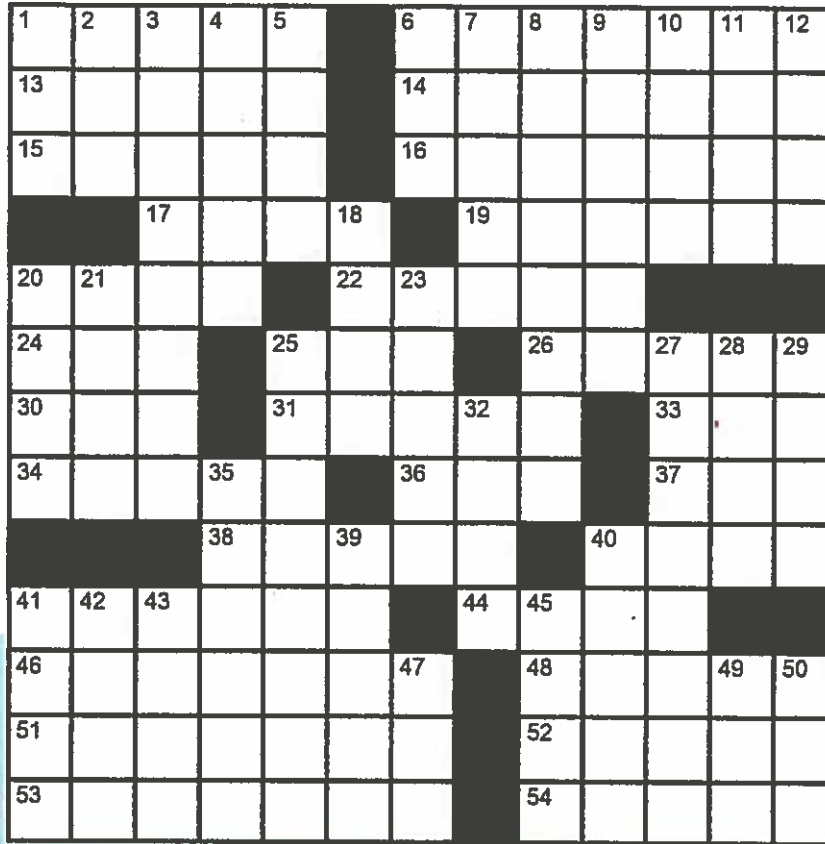
Return pork and any juices and mushroom mixture to skillet; cook, stirring, until sauce is glossy and thickened, about 3 minutes. Stir in sour cream, mustard and vinegar; cook until juices run clear when pork is pierced and just a hint of pink remains inside, about 2 minutes. Stir in parsley.

Meanwhile, in large saucepan of boiling lightly salted water, cook noodles according to package instructions, adding peas in last 3 minutes of cook time. Drain. Serve pork mixture over noodles and peas.

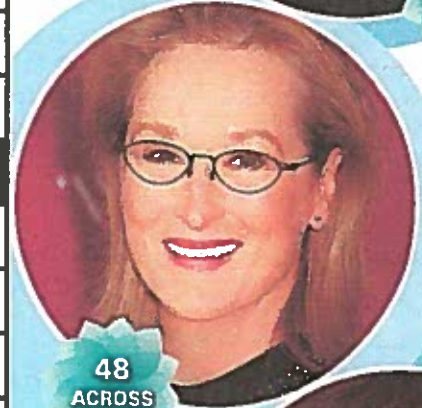
PER SERVING: about 345 cal, 33 g pro, 8 g total fat (2 g sat. fat), 35 g carb (5 g dietary fibre, 4 g sugar), 91 mg chol, 438 mg sodium, 1,011 mg potassium. % RDI: 6% calcium, 29% iron, 7% vit A, 10% vit C, 57% folate.

relax & play

Crossword



13
ACROSS



48
ACROSS



51
ACROSS

ACROSS

- 1 Catherine Zeta-___
- 6 Old-time record
- 13 "Someone Like You" singer
- 14 Greasy spoon dare
- 15 Zigzag in traffic
- 16 Heartpart
- 17 Fully mature
- 19 Jennifer's *Friends* role
- 20 Charitable donations
- 22 Hilary of *You're Not You*
- 24 Miss Piggy's pronoun
- 25 Randy's skating partner
- 26 Borrower's burdens
- 30 Capone and Pacino
- 31 Go one better
- 33 ___ de Cologne

- 34 Wrangler's rope
- 36 Summa ___ laude
- 37 Jelly jar cover
- 38 Honolulu hello
- 40 Masseur's supplies
- 41 Attire for *Grey's Anatomy* cast
- 44 Type of wolf
- 46 Stretched to the max
- 48 2014 Meryl Streep sci-fi flick, with *The*
- 51 *Reviving* ___ (Popular Lifetime movie starring Jane Kaczmarek)
- 52 Lerner's partner in musicals
- 53 Woolen cloth
- 54 Came to a halt

DOWN

- 1 Boxer's target
- 2 Dedicated poem
- 3 Narrow escape
- 4 "Hound Dog" singer
- 5 Trickle through the cracks
- 6 Pod vegetable
- 7 Dern of *The Fault in Our Stars*
- 8 Without rhyme or reason
- 9 Alan of *Growing Pains*
- 10 Word in many college names
- 11 Gardner of mystery
- 12 Rod attachment
- 18 Twin to Jacob
- 20 Recent bride of George Clooney

- 21 *Damn Yankees* role
- 23 *The Blair ___ Project*
- 25 Where to hang a hammer
- 27 Accepted as true
- 28 Kite stabilizer
- 29 Beer, slangily
- 32 Twofold
- 35 Browns in butter
- 39 Davis of *Do the Right Thing*
- 40 Tear producer
- 41 Store securely
- 42 Guitar accessory
- 43 River to the Rhine
- 45 Stare at
- 47 Small amount
- 49 Ram's partner
- 50 Dreaded ink color

Crossword

Across

- 1 ___ and don'ts
- 4 Raised, as horses
- 8 *White Men* ___ Jump
- 12 It orbits the Earth
- 13 Loughlin of *Full House*
- 14 Hawaiian greeting
- 16 2006 Jack Black movie
- 18 Anderson of *Baywatch*
- 20 "... wherefore ___ thou ... ?"
- 21 Chablis or Chianti
- 22 ___ & Jerry's ice cream
- 23 Like jalapeño peppers
- 24 Life story, for short
- 25 Club ___ (resort chain)
- 26 Ran away
- 28 Post-it message
- 29 Big name in mattresses
- 31 Shopaholic's binge
- 33 Texter's "Very funny!"
- 34 Tattooist's fluid
- 36 ___ bran muffin
- 37 Mixer with gin
- 39 "For ___'s sake"
- 42 Belly button buildup
- 44 Hot dog holder
- 45 Faulty firecracker
- 47 Lumberjack's tool
- 48 With 49-Across, 2005 Jack movie
- 49 See 48-Across
- 50 "Honest ___" Lincoln
- 51 ___ Cup

Down

- 52 Advice-giver Landers
- 53 Air freshener scent
- 54 Meg of *You've Got Mail*
- 55 Take a sip of
- 57 Any chess piece
- 58 Fraction of a min.
- 60 Playing hard-to-get
- 61 Michael Jackson's aka
- 63 Hilton of *The Simple Life*
- 67 Dry, like a desert
- 69 Many a karate blow
- 70 Boxer played by Will Smith
- 72 Fruity drink
- 73 Zodiac lion
- 74 Do!-___ (e-business)
- 75 Enjoys the slopes
- 76 Mediterranean or Baltic
- 77 Addict or problem drinker
- 79 2001 Jack movie
- 82 "All kidding ___"
- 83 Skin opening
- 84 Rotary phone feature
- 85 de Matteo of *The Sopranos*
- 86 *Cast* ___ (Tom Hanks movie)
- 87 Go off the deep ___

Across

- 8 *Batman, The ___ Crusader*
- 9 Thicke of *Growing Pains*
- 10 ___ de plume (alias)
- 11 2006 Jack movie
- 12 Donny Osmond's sister
- 15 "Thanks ___"
- 16 Catches red-handed
- 17 Fudge the facts
- 19 Chowd down
- 22 Spelling contest
- 26 ___ Pack (Jack Black, Ben Stiller, Owen Wilson, etc.)
- 27 "... bygones be bygones"
- 28 "Smoking or ___?"
- 30 ___dye T-shirt
- 32 Beer ___ (drinking game)
- 33 Nia of *Love Jones*
- 35 Kevin of *Dave*
- 37 Jukebox selections
- 38 ___ Gooding Jr.
- 39 Host Sajak
- 40 Way off a highway
- 41 Jack's rock band
- 43 Holiday ___ (hotel chain)
- 44 Rock singer Jon ___ Jovi
- 46 Room to relax in
- 48 "Roar" singer Perry
- 49 Garden hose problem
- 53 Prepare for a trip
- 54 ___ Victor (music label)
- 56 Pre-grown lawn
- 57 ___ and cheese (cheap meal)
- 59 Soap or sitcom segment

Across

- 61 Carrey of *Bruce Almighty*
- 62 Sharpshooter Annie
- 64 Phylcia of *The Cosby Show*
- 65 Best possible
- 66 Heidi Klum ex
- 67 Chicken ___ King
- 68 McEntire sitcom
- 69 *M*A*S*H* setting
- 71 Rapper ___ Kim
- 74 Surrender, as land
- 75 ___ Lee cakes
- 78 Mick Jagger title
- 79 Day ___ (for relaxing)
- 80 "... now, brown cow?"
- 81 Take first prize



Jack Black

	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			31	32				33	○			
		34		35		36				37			38	
39	40	41			42	43			44			45	46	
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		60				61			62	63		64	65	66
67	68				69	○			70	71		72		
73	○		74					75		○		76		
77			78					79	80			81		
						83	○					84		○
						86						87		

Word Scramble

Arrange the circled letters found within the crossword puzzle in order to decode this week's celebrity jumble.

2003 Jack Black movie ○○○○○○○○ ○○○ ○○○○○

For answers to this week's puzzles, turn to page 68.

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