

October Birthdays

Debbe Moses - October 7, 2016

Milah Contin - October 12, 2016

Lindy Newton - October 13, 2016

Alyssa McQuabbie - October 14, 2016

Vanessa Flood - October 19, 2016

Jane Ashawasagai - October 20, 2016

Michael M Ashawasega - October 21, 2016

Angel McKoy - October 24, 2016

Kendra Tabobandung-Pawis - October 29, 2016

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

<u>Daycare</u> <u>Centre</u>

~Supervisor~
Charlene
Ashawasegai
~ 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

PoG₁Jo

Phone Number: (705) 857-5211

Fax Number: (705) 857-3021



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





NOTICE TO BAND MEMBERS

If you have utilized an ambulance service and receive a bill. You must call the number on the bill and give them your account number on the bill and also give them your status number and they will bill Non-**Insured Health Benefits!** This is a benefit covered under NIHB!

Medical Van Schedule

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





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!



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

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!





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 1Jo

Phone:(705)857-2222

Email: maheengun12@hotmail.com





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!!

NOTICE TO MEMBERS!!!

When utilizing Community Submissions ALL fields must be filled out! We will not process your payment for medical appointments unless all fields are filled out! Name, Date and time of appointment, Date of Birth, Band Number, Name of Doctor, Destination, Reason, Drivers signature and Printed name also as we cannot make out some signatures, and most importantly the Stamp/Signature of Receiving Officer!!!



Henvey Inlet First Nation Pickerel, ON POG 1J0

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

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

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

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

Memorandum

To: Henvey Inlet First Nation Community

From: Darcy Ashawasegai-P.S.C./Reception

Date: 7/26/2016

Re: Non-Band Members utilizing the Medical Van

The Medical Transportation Vehicle may be used by Non-Band Members. However, The Non Band Member <u>must</u> call and put their name in the Medical Transportation Book. Their name can only be added in the book if there is already Medical Appointments booked for that day for Band Members. Non Band Member appointments must be <u>after</u> the First appointment in the book and <u>before</u> the last appointment in the book and follow the Medical Transportation Schedule in order to be put in the book.

Reminder for Band Members/Non Members, Please book your appointments according to the Schedule which is:

Monday- Sudbury

Tuesday- Parry Sound

Wednesday- Britt

Thursday- Sudbury

Friday- Emergencies Only

ONLY Band Member appointments that do not coincide with this schedule or are not within the acceptable hours will be eligible to utilize a Community Submission. We at the Health Centre would appreciate your cooperation.



BRITT NURSING STATION

NOTICE

ALL PATIENTS ARE ASKED TO BOOK APPOINTMENTS.

WALK INS WILL ONLY BE SEEN AFTER APPOINTMENT PATIENTS ARE SEEN.

LABS ARE DONE ONLY BETWEEN 8:00 – 12:00

THANK YOU



Henvey Inlet First Nation Pickerel, ON POG 1J0

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

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

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

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

Memorandum

To: Henvey Inlet First Nation Members

From: Henvey Inlet First Nation Health Centre

Date: 9/29/2016

Re: Prescription Pick-ups/Reimbursements

This is in regards to Prescription pickups/reimbursements to remind Band Members that
Henvey Inlet First Nation Health Centre does not pickup prescriptions from any Medical offices ie: Britt
Nursing Station as we utilize Noelville Pharmacy for
delivery of Prescriptions. We also do not reimburse
clients for Over the Counter Prescriptions.

If you wish to have your prescriptions delivered to the Health Centre, Please get your prescriptions transferred/faxed to Noelville Pharmacy as they deliver prescriptions to the Health Centre every Thursday.

DA/ep

COMING SOOM

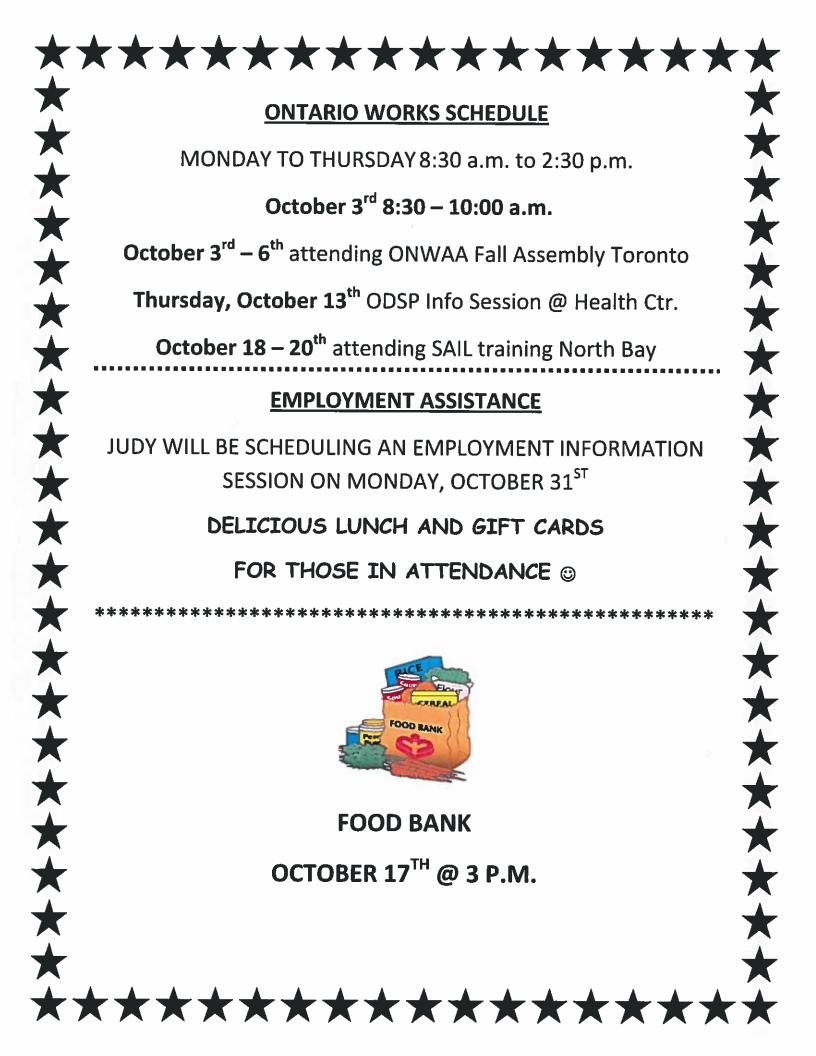
Reep an eye out for

The Halloween Hot Spots Flyer

to be distributed to households.

This will be a list of households

that are handing out CANDY!!



RAFFLE DRAW Proceeds to Food Bank

1st PRIZE: Futon donated by Furniture Mart

2ND PRIZE: Tim Hortons Gift Package

3RD PRIZE: Prize donated by local business

Cost of TICKETS: 10 FOR \$5.00

DRAW WILL TAKE PLACE 11:30 a.m. at the Band Office...Friday, May 11th





OCTOBER 4, 2016—Community Outreach

Unemployed? Looking for Options?

Are you a member of one of these First Nations?

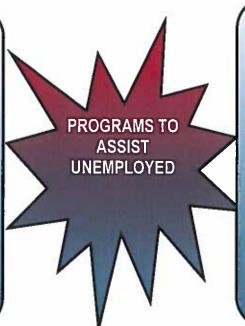
- Henvey Inlet First Nation
- Magnetawan First Nation
- Shawanaga First Nation
- Wasauksing First Nation
- Dokis First Nation
- Wahnapitae First Nation
- Temagami First Nation

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

WHERE	DATE & TIME	
Henvey—Health Centre	Tuesday, Oct.4/16 2:15—3:00pm	

Purchase of Training:

- For full-time programs (20+hours/week)
- Must obtain diploma within 52 weeks
- If eligible, funding may be available for tuition, books/supplies, transportation, dependent care, and living allowance



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:**

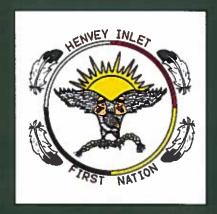
Assistance to attend job interview **Relocation:**

Assistance to relocate for a fulltime job

Employment Support:

Up to \$250 to start a full-time job Self Employment Information Administer Second Careers





Education News!

Genevieve Solomon-Dubois HIFN Education Councillor



Homework Help is TVO's free online math tutoring platform staffed with Ontario Certified Teachers. It is designed to provide math support and encouragement to students within and beyond the classroom. Homework Help has been created to help students excel: to gain a better understanding and build an appreciation for math. The goal is to not only increase math skills, but also increase confidence and improve attitudes towards math. The Homework Help 'Ask a Tutor' chat rooms are open Sunday to Thursday, from 5:30 pm to 9:30 pm, during the school year.

To learn more about the program and how we can partner with you to support student achievement check out the Homework Help Educator's Resource. It provides an excellent overview of the site and the supports that can be found there. The information is provided here.

For any grade 9 classrooms, the Grade 9 Best Session Resource is also available in the Homework Help media tools. This includes a spreadsheet that shows the content, organized by strand, of each Best Session and zip files containing a worksheet for each of the sessions. The link is also provided help-nedia-Tools.

Media Tools

Documents for grade 7, 8 and 10 are coming!

Any Ontario educator can access Homework Help and TeachOntario, TVO's new online community to support sharing, collaboration and knowledge exchange amongst educators across Ontario. If your professional email is not yet on our list of participating districts, please let me know and we will set up your access. For larger groups, only the ending of the email address is needed: for example, all educators in the Toronto District School Board have the email suffix @tdsb.on.ca. Adding email addresses to our system is a straightforward process and can easily be arranged.

I look forward to continuing to serve students in Indigenous communities this year and welcome members of any community who would like to gain access to our tutors and resources. I can also facilitate educator access to TeachOntario. Please don't hesitate to contact me and the Homework Help team will make that happen!

Kind regards

Carolyn

Carolyn Gallagher Manager Homework Help 416.484.2600 x2524 cgallagher@tvo.org



WAGAMAKE LEARNING CENTRE

Please join me in welcoming Carol Froelich as our new Instructor for the Wagamake Learning Centre. Carol has been providing Adult Education to Magnetawan First Nation for the past few years and has recently started at Moose Deer Point First Nation as well. She has come to us highly recommended by the Education Counsellor at Magnetawan. Carol will be at the Learning Centre from 8:30 to 4:30 Monday, Tuesday and Thursday. Although Carol's specialty is adult education she has offered to work with younger students as well so if you would like some assistance for yourself or your child please stop by the Learning Centre to have a chat with her.

Welcome Carol; we hope you will enjoy your time with us!

I'm sure you will find that our students are very dedicated, lots of fun and eager to study and learn.

AZ LICENSE TRAINING

If you are interested in taking the AZ license training please call Genevieve at the band office (705-857-2331 extension 229) and leave a message with your telephone number. College Boreal has agreed to provide prospective students with a tour (date to be determined) to see if driving these big trucks is something you are interested in doing **Requirements:** Students must have a valid G License; must be 18 years of age and qualify as a mature student.

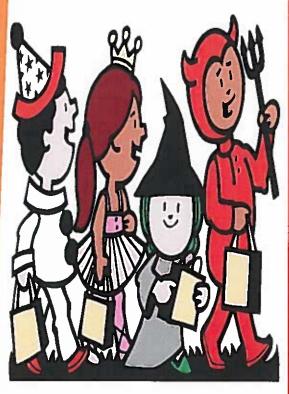






LOOKING FOR VOLUNTEER HALLOWEEN DECORATORS

Looking for at least 5 Volunteers to help Decorate The Fire hall on October 21 at 10 am



WHERE: HENVEY
INLET FIRE HALL
WHEN: FRIDAY, OCTOBER 21 10 am

PLEASE CONTACT
DARCY OR KERRI TO
SIGN UP
Lunch Will be served to
Volunteers





Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy Children For A Healthy Future"

OCTOBER 2016

354A Pickerel River Road Pickerel ON POG 1JO

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

Fax: 705-857-0730 E-mail: kara harkness@henvevn

kara.harkness@henveymedicalcentre.com

					Sunday
30	23	16	9	2	
31 Call (2) (2) (3)	Z Z	17 PROGRAM PLANNING ALL DAY	Howksdirdy 10	3 CPR/FIRST AID TRAINING ALL DAY	Monday
0	25	18 IN OFFICE	11 PROGRAM PLANNING	CPR/FIRST AID TRAIN- ING ALL DAY PROGRAM SHOP EVENING	Tuesday
	28	19 PARENTING WKSHP DIY HALLOWEEN COSTUMES 1PM	12 IN OFFICE PROGRAM PREPARATION	MAN'S DAY 12PM	Wednesday
(H)	27	20 GOOD FOOD BOX	BEING A WOMAN ROCKS WKSHP 10AM	6 HEAL SUDBURY	Thursday
0	28	IN OFFICE	14 IN OFFICE	7 IN OFFICE	Friday
K*					Saturday



Health Centre Henvey Inlet

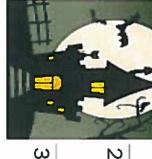
354-A Pickerel River Rd. Pickerel, ON POG 1JO

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

kerri.campbell@henveymedicalcentre.com

CHILD & FAMILY PROGRAM OCTOBER 2016

30	23	16	9	2		Sun
31	24 Program Plan- ning	17 Program Planning Punipkin Shopping	10 Thanksgiving	3 In Office		Mon
	25 Ladies Day	Pick Up your Pump-kins!! Programming all day	11 Program Plan- ning	4 In Office		Tue
	26 Program Plan- ning	19 Parenting Program DIYS Halloween Costumes	12 In Office Program Preparation	5Heal Sudbury Halloween Shopping		Wed
	27 Heal Sudbury Slow Cooker Freezer Meals 1:00pm	20 Last Minute Hallow- een Shopping	13 Being A Woman Rocks!	6 cas sudbury Halloween Shopping		Thu
	28	21 Halloween Dance	14 Parry Sound	7 Halloween Shopping		Fri
	29	22	15	∞	⊢	Sat



HALLOWE



Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy
Children For A Healthy Future"

HOLIDAYS

Please be advised that I will be on Holidays for the following dates:

October 24-28, 2016

I will be back in the office on Monday October 31, 2016

If you need anything from me or the program please contact me as soon as possible so that I can ensure all business has been taken care of prior to taking my Holidays.

Thank You!!!

Kara Harkness Community Health Educator



WHEN WE HEAL OURSELVES...WE HELP OTHERS TO HEAL



We will be going to Heal Sudbury for a 1/2 Hour Spa package on the following Dates: Wednesday October 5, Wednesday October 12, Wednesday, October 19 & Thursday, October 27. We will be leaving the Health Centre promptly at 9:45 & returning to the Health Centre as soon as the spa is over. There will be a limit to 6 participants per outing.

SESSION IN-CLUDES

10 MINUTE IN-VIGORATE 10 MINUTE MEDI-TATE 10 MINUTE STIMULATE Please call Darcy to sign up, Limited Participants per Outing.

If you have any questions about the Outing Please Contact:

Luana McQuabbie

Kara Harkness or

Kerri Campbell

354-A Pickerel River Rd. Pickerel, ON POG 1JO

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





Henvey Inlet First Nation Health

Centre

354A Pickerel River Road Pickerel, ON
PoG 1Jo

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



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

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

Thursday October 6, 2016

<u>4</u>

Thursday October 13, 2016

Please contact Darcy @ Health Centre to book an appointment.

WEDNESDAY OCTOBER 5, 2016

12 P.M. SEATS LIMITED TO THE FIRST 10 PARTICIPANTS

TO SIGN UP!!!

705-857-1221

BEING A WOMAN ROCKS!!!

Hey Gorgeous, Let's Celebrate!

KEEPING WOMEN
EMPOWERED INVITES
WOMEN TO DISCUSS THE
TOPICS OF BEAUTY,
CONFIDENCE & SELF
IMAGE WITHIN THEIR
OWN FIRST NATIONS
COMMUNITY

NO SU NIOL THURSDAY OCTOBER 13, 2016 AT 10 AM—HIFN HEALTH CENTRE SPACE IS LIMITED TO THE FIRST 6 **WOMEN 18+ TO SIGN UP!!!** KEEPING WOMEN EMPOWERED WORKSHOP



BEING A WOMAN ROCKS WORKSHOP

HENVEY INLET FIRST NATION







Welcome to our Being a Woman Rocks Workshop. The whole idea about this workshop is to bring knowledge to the woman in our Community about the missing & Murdered Indigenous woman. This workshop is also about helping our woman with self esteem issues. This workshop came about because of Danielle Campbell (Kerri's Daughter) whom is a Second year Digital Cinematography Student & is making a Documentary for school. Danielle & a few class mates will be joining us that day to film a 5 minute Documentary about these above topics. If you are signing up to participate for the day you will need to sign a waiver on the day of participating to be on film. If you sign up you are agreeing to be on film & possible answer a few questions. This film will only be seen by Danielle's teacher & some of the second year students. If you have any questions please see Kara Harkness or Kerri Campbell.

HENVEY INLET HEALTH CENTRE

354-A Pickerel River Rd. Pickerel, ON P0G 1J0 Phone: 705)857-1221 or 866-252-3330

Fax: (705) 857-0730

Email;:

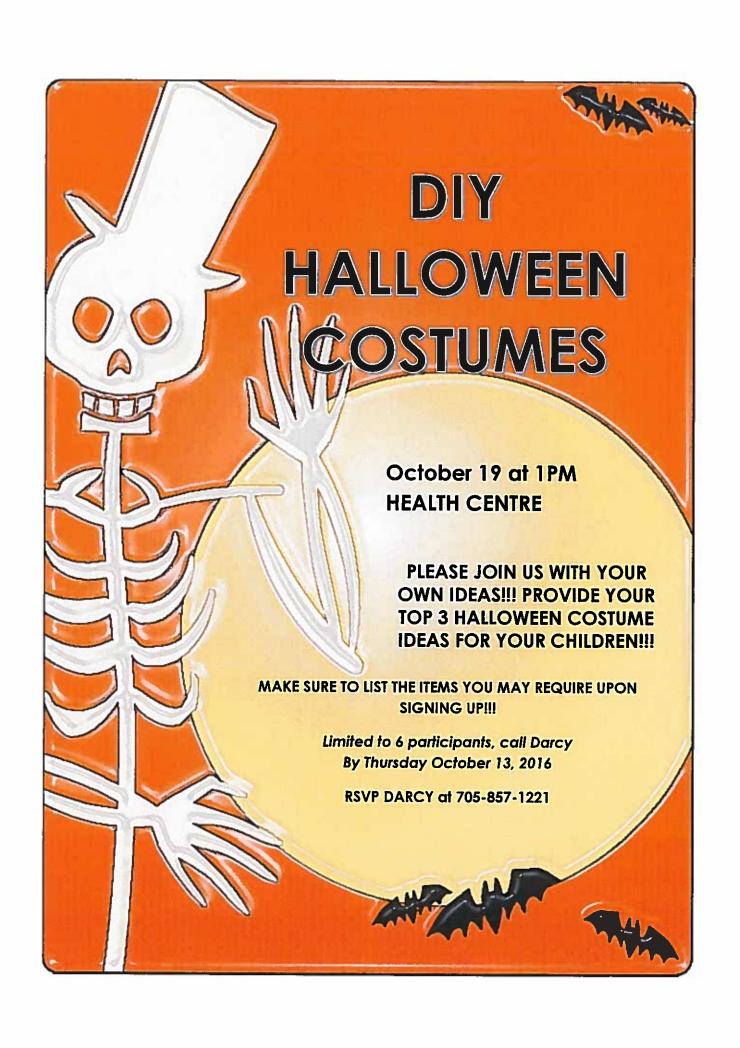
kerri.campbell@henveymedicalcentre.com

Date: Thursday, October 13

10:00 am

Where: Henvey Inlet Health

Centre



GOOD FOOD BOX

ONLY ONE GOOD
FOOD BOX PER
HOUSEHOLD!!! IF
THERE IS MORE
THAN ONE ELDER IN
THE HOUSEHOLD,
THERE WILL STILL
ONLY BE ONE BAG
GIVEN!!!



HENVEY INLET HEALTH CENTRE 354-A PICKEREL RIVER ROAD PICKEREL ON POG 110

> PHONE: 705-857-1221 FAX: 705-857-0730



GOOD FOOD BOX WILL BE OUT FOR DELIVERY TO THE ELDERS IN THE COMMUNITY ON

Thursday October 20, 2016

IN THE AFTERNOON.

PLEASE NOTE!!! IF YOU WILL NOT BE AT YOUR HOME ON THE DELIVERY DATE, KINDLY CONTACT DARCY AT THE HEALTH CENTRE TO ARRANGE A PICK UP ON THE FOLLOWING DAY. ANY LEFT OVER BAGS NOT PICKED UP ON THE FOLLOWING DAY (AUGUST 4, 2016 BY 4PM) WILL BE DISPERSED TO INDIVIDUALS ON A FIRST COME FIRST SERVE BASIS.

MIIGWETCH!



OCT 21
6PM-10PM

HIFN FIREHALL

THIS IS A DRUG AND ALCOHOL
FREE EVENT!!!



ALL THOSE INTERESTED IN PARTICIPATING ARE TO PICK UP YOUR PUMPKINS FROM THE HEALTH CENTRE ON TUESDAY OCTOBER 18, 2016!!!

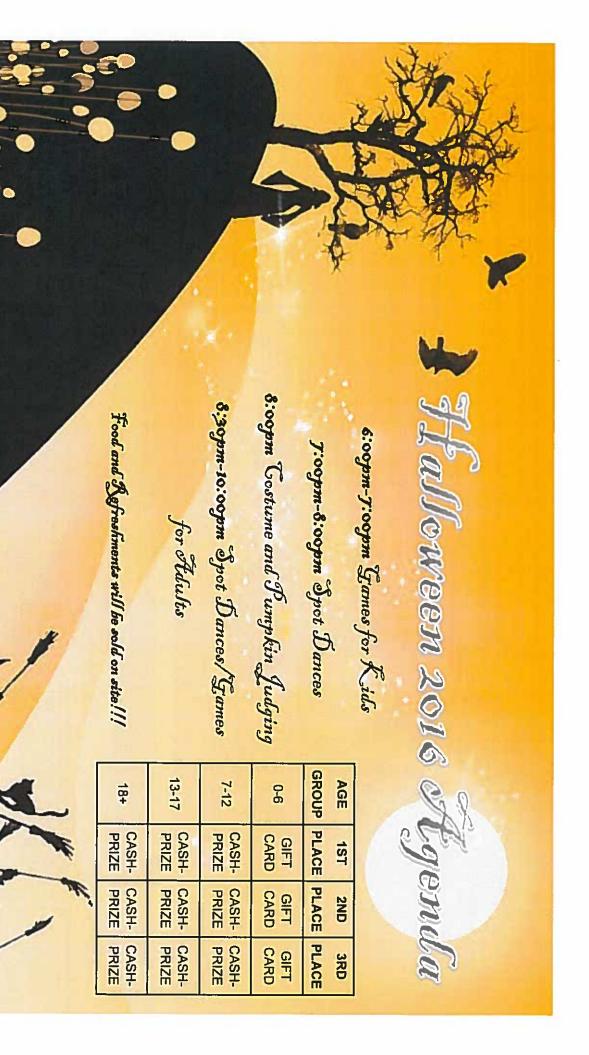
WHAT IS A CONTEST WITHOUT RULES, RIGHT?

WELL, THERE IS ONLY FOUR!!!

- 1. PUMPKINS MUST BE CARVED FREE HAND...NO STENCILS PERMITTED!!!
- 2. PUMPKINS MUST BE CARVED AT HOME
- 3. YOU MUST BRING YOUR PUMPKIN TO THE HALLOWEEN DANCE TO BE JUDGED
 - 4. ONLY ONE PUMPKIN PER PERSON











HEY LADIES!!!

JOIN KERRI AT THE HEALTH CENTRE ON TUESDAY OCTOBER 25, 2016

1-3PM

FOR A BEAUTIFUL MEAL, GREAT COMPANY AND TONS OF LAUGHTER!!!

SPACE IS LIMITED TO THE FIRST 10 PARTICIPANTS TO CALL IN!!!

CONTACT DARCY AT THE HEALTH CENTRE 705-857-1221 TO SIGN

UP!!!



EASY SLOW COOKER RECIPES





Are you always in a hurry? Never know what to cook for supper?

Please join me Thursday, October 27, 2016 at 1pm for our Easy Slow

Cooker Recipes Workshop. There is a limit of 6 Participants so Please

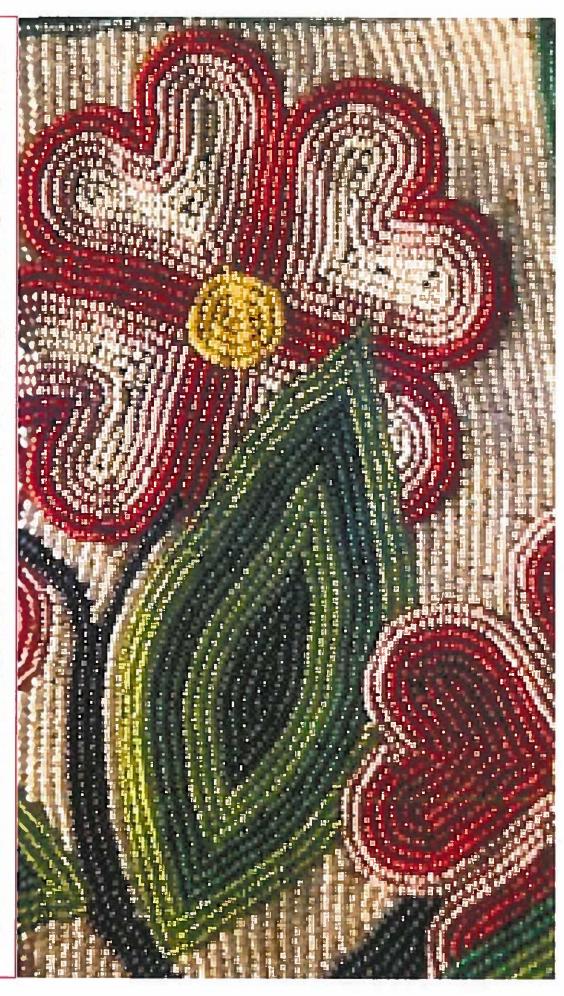
Call to sign up.

354-A Pickerel River Rd. Pickerel, ON POG 1JO

Phone: 705)857-1221 or 866-252-3330

Fax: (705) 857-0730

VELLINESS PROGRAM



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

Nurturing yourself is not selfish-it's essential to your survival and your well-being.

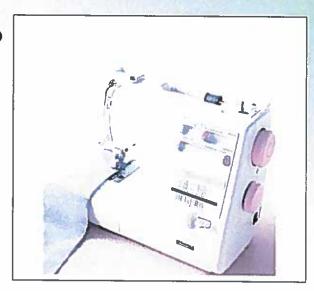


OCTOBER 2016

Saturday	8	1.5	22 Youth sewing	29
Friday	7 BASIC CULTURAL ARTS	14 BASIC CULTURAL ARTS CLASS	BASIC CULTURAL YOUTH SEWING ARTS CLASS	28 BASIC CULTURAL ARTS CLASS
Thursday	6 WASAUKSING ELDERS GATHER- ING & BOAT CRUISE	I3 IN OFFICE	20 Kanawayhitowin- 21 The effects of colonialism and understanding intergenerational violence & AR trauma. CWW training.	27 SUDBURY HEAL INC
Wednesday	5 WALKING PRG SUDBURY HEAL INC	I2 WALKING PRG SUDBURY HEAL INC	I9 WALKING PRG SUDBURY HEAL INC	26 WALKING PRG IN OFFICE
Tuesday	4 IN OFFICE	I.I IN OFFICE	IN OFFICE	25 OUT OF OFFICE
Monday	3 STAFF MTG Basic/Advance Sewing & Design Classes	10 THANKSGIVING OFFICE CLOSED	17 STAFFF MTG Basic/Advance Sewing & Design Classes	24/31 ROBB NASH PRJ. Basic/Advance Sewing & Design Classes
Sunday	2	6	16	23/30

BASIC SEWING & DESIGN CLASSES IN OCTOBER

OCTOBER 3, 17, 24, 2016 BOARD ROOM @ H.C.



EVERY MONDAY

9:00A.M. or 10:00A.M. on a STAFF MTG DAY ©

PARTICIPANT INFORMATION ABOUT THE PROGRAM

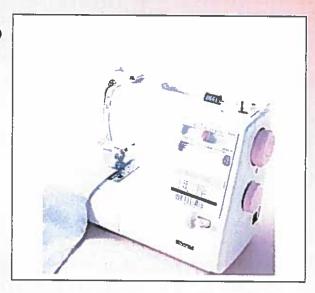
The Basic Sewing & Design Program is designed to teach basic hand sewing skills, sewing machine operation, decorative techniques of applique work and embroidery. Skills will be developed by working through a number of projects in which participants will research and develop their own designs. Participants 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.



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

ADVANCED SEWING & DESIGN CLASSES IN OCTOBER

OCTOBER 3, 17, 24, 2016 BOARD ROOM @ H.C.



EVERY MONDAY

9:00A.M. or 10:00A.M. on a STAFF MTG DAY ©

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This course is the next level from the Intermediate Sewing & Design Program. It is designed to teach Advanced 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.



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



STRENGTHENS YOUR HEART

LOWERS HEART DISEASE RISKS

KEEPS WEIGHT IN CHECK

TONES YOUR LEGS,
BUM AND TUM

GIVES YOU ENERGY

OCTOBER WALKING PROGRAM

OCTOBER 5, 12, 19, 26 @ 8:45 A.M.

IT'S A GENTLE, LOW-IMPACT FORM OF EXERCISE THAT'S EASY, FREE AND SUITABLE FOR PEOPLE OF ALL AGES AND MOST ABILITIES. MEET AT THE HEALTH CENTRE STEPS.

HIFN HEALTH CENTRE

705 857-1221

CWW LUANA MCQUABBIE NCFW KERRI CAMPBELL





Elders © you are invited to:
Wasauksing First
Nation's Annual Boat
Cruise aboard the Island
Queen – Thursday,
October 6th, 2016

We are pleased to announce that our Annual Cruise and Gathering of our area Indigenous Elders will be held on Thursday, October 6th, 2016.

Our day will start aboard the Island Queen Cruise ship, leaving the Parry Sound docks at 9:00 a.m. sharp. Snacks and refreshments will be provided on board. Come aboard and experience the beautiful scenery of Georgian Bay as we cruise around the Sound and Wasauksing First Nation. Our estimated time back is 12:00 p.m.

Everyone is invited back to the Community Complex of Wasauksing First Nation for lunch, more snacks and an afternoon of prize Bingo!

We look forward to hosting you and your helpers for a full day dedicated to you, our area Elders!



PLEASE CONTACT CWW LUANA MCQUABBIE TO SIGN UP!

CULTURAL ARTS CLASSES IN OCTOBER

OCTOBER 7, 14, 21, 28, 2016 HEALTH CENTRE BOARD ROOM



EVERY FRIDAY MORNING

9:00 A.M.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

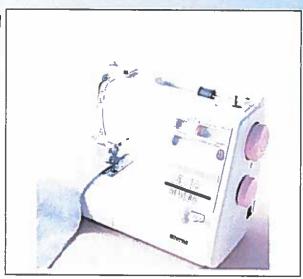
This program is open to all learners interested in developing artistic skills in traditional and contemporary Native arts and crafts. Participants will learn from hands on instruction including Beadwork, Decorative Arts, Nature Crafts & Small Crafts. A light BREAKFAST will be served.



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

YOUTH SEWING & DESIGN CLASSES 6 WEEKS

SATURDAY, OCTOBER 22nd BOARD ROOM @ H.C.



EVERY OTHER SATURDAY

10:00 AM - 3 PM

PARTICIPANT INFORMATION ABOUT THE PROGRAM

The Youth Sewing & Design Program 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. Ages 11 - 17. Please sign up by October 14,2016



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

FREE HAIR CUT DAY

WITH

ANNETTE ASHAWASAGAI-CRISTO

Annette will be in the community for one day to offer haircuts to all ages.

SUNDAY, NOVEMBER 6, 2016 9 A.M. – 5 P.M. Henvey Inlet First Nation Health Centre

NO APPOINTMENT NECESSARY!
WALK-IN & and SIGN the SIGN-IN SHEET.

PLEASE CONTACT THE HEALTH CENTRE TO HAVE YOUR NAME PUT ON THE LIST.



COMMMUNITY WELLNESS PROGRAM

354-A PICKEREL RIVER ROAD PICKEREL, ON Phone 705 857-1221 EXT 227 luana.mcquabbie@henveymedicalcentre.com



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.

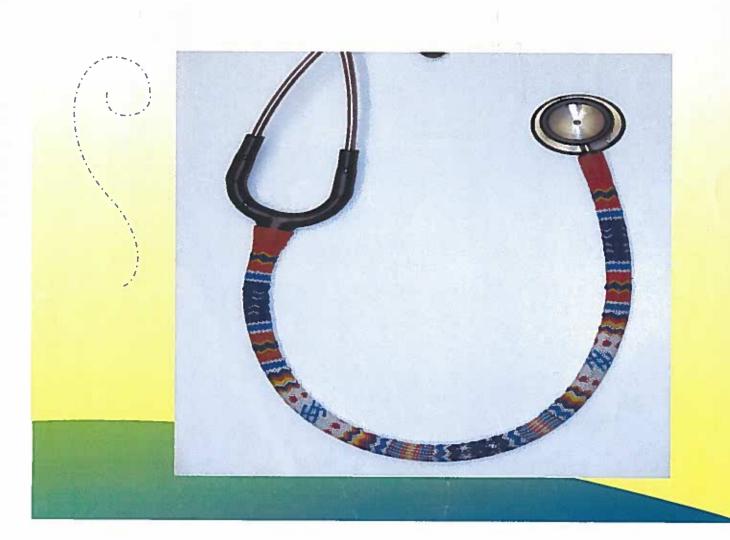
COMMUNITY WELLNESS PROGRAM

LUANA MCQUABBIE
COMMUNITY WELLNESS WORKER

Phone: 705 857-1221 EXT 227

E-mail: luana.mcquabbie@henveymcdicalcentre.com

COMMUNITY HEALTH NURSING PROGRAM



Brenda CONTIN, C.H.N. Henvey Inlet Community Health Nursing Program October 2016

					31 STAFF MTG. OFFICE	
	28 NOT IN OFFICE: OFF FOR LIEU HRS ON 16/10	27 SUDZ: Fall Pre- vention	PINANCE 26	25 FINANCE	24 OFFICE/HOME VISITS	
	21 OFFICE	20 SUDZ: SKHC BOARD MTG	OFFICE	18 HOME VISITS	STAFF MTG. Lunch n Learn	PROGRAM
:	0FFICE	OFFICE	0FFICE	HOME VISITS	10 STAT HOLIDAY	
	G. M. 7	FALL A.	W. A. A. 5	0 N 4	Staff Mtg Leave for TO:	
Sat	Fri	Thu	Wed	Tue	Mon	Sun



PROMOTING TOBACCO EDUCATION, AWARENESS and BENEFITS OF QUITTING.

Course will run for 6-8 weeks.



IF ANYONE IS INTERESTED IN HAVING THIS PROGRAM AVAILABLE IN HENVEY PLEASE CONTACT DARCY OR BRENDA... O YOUR NAME WILL BE PUT ON AN INTERESTED LIST



161 Applegrove Street, Sudbury, Ontario P3C 1N2 www.skhc.ca

LUNCHN LEARN

Location: Henvey Inlet Firehall

11:30 –1:00 pm

October 17, 2016

Diabetes Bingo

Please call Darcy for sign-up!!
You must be present at program
by 11:45 or your name will be
bumped by next person on waiting
list...

You must be 18 years of age and over to play!!





Louise Ashawasegai NNADAP

NNADAP

705-857-1221 Ext 228



October 2016

,	9		2			Sun
į	10		ω			Mon
	II Jake Pine	Sudbury	4 AA & NA			Tue
	12 Jake Pine		5			Wed
			6			Thu
30	2		7			Fri
			ω	Sweat	I New Moor	Sat



New Moon Sweat

October 1, 2016

@456 Pickerel River

Road (Louise's)

Starting around 8 pm

For more info contact

Louise Ashawasegai - 705-857-1221

Fasting Camp

October 11 - 17, 2016

@ Sundance Grounds

Highway 522

Starting around 7pm

Feast 1- October 12 @11:30am

Feast 2- October 17 @ 3:00pm

Feasts will be at the Health Centre

For more info call Louise @ 705-857-1221

HIFN Daycare Newsletter October 2016 Mshkawji-Giizis

Autumn is a second spring when every leaf is a flower. ~Albert Camus

My Oh MY! October has arrived! The changing of the seasons begins, once again. The colors of Fall in all its glory and splendor are upon us once again. Mother Nature in her best dressed form, along with the cooler temperatures and the longer nights. Brings forth a quote that suits this time of year.

If YOU Change the Way YOU Look at Things, the Things YOU Look at Change.

~Wayne Dyer

Now don't take too long to look: Winter will be here in the blink of an eye. The name of the moon for this month is: Mshkawji-Giizis (freezing Moon) and that it is. For the first 3 weeks of October the Daycare is still CLOSED due to the structure and frame of the building being repaired to meet the safety standards of the Ministry of Education. The daycare will open on MONDAY OCTOBER 24, 2016. It will be business as usual. The theme for the week of October 24 to 28, 2016 will be Halloween. Also at this time Erin/ Dee will be at school in North Bay from October 24 to November 4, 2016. Also remember that we are lucky to get another long weekend for Thanksgiving on OCTOBER 10, 2016! HAPPY Thanksgiving! Attached to this newsletter are articles on Halloween Safety, Healthy Nutrition Choices, & Thanksgiving Recipes.

Thank You HIFN Daycare

Charlene Ashawasegai Erin McQuabbie Carrie L. Bennett RECE Daycare Supervisor RECE Educator RECE Educator

OCTOBER 2016 Mshkawji-Giizis

Sat	тH	œ	15	8	58
•rt & L		7	14 /care	21	28
Thu		9	13 truction to Day	20 ards of MOE	27
Wed		DAYCARE CLOSED	21, 2016! Construction to Daycare	19 Safety Stand	26 Halloween Wk
Tue		DAYC/	11 OCTOBER 2	18 19 20 Building to met Safety Standards of MOE	25 Theme:
Mon	October 24 to November 4, 2016	m	10 Thanksgiving Day	17 Bu	24 31 Halloween
Sun	Erin/Dee At School In North Bay 2016	7	O	16	30



Maple Roast Turkey



allrecipes

Prep 1h Cook 3 h 30 m Ready In

Recipe By: Christine L.

"This is the perfect turkey. The maple adds a sweet flavor that is just divine. A family favorite! Substitute 2 teaspoons dried marjoram if fresh marjoram is not available."

Ingredients

2 cups apple cider

1/3 cup real maple syrup

2 1/2 tablespoons chopped fresh thyme

2 tablespoons chopped fresh marjoram

1 1/2 teaspoons grated lemon zest

3/4 cup butter, softened

salt and pepper to taste

1 (12 pound) whole turkey, neck and giblets reserved

2 cups chopped onion

1 1/2 cups chopped celery

1 1/2 cups chopped carrots

3 cups chicken broth

1/4 cup all-purpose flour

1 bay leaf

1/2 cup apple brandy

Directions

- 1 Combine apple cider and maple syrup in a saucepan, and bring to a boil over medium-high heat. Continue cooking until reduced to 1/2 cup, then remove pan from heat. Stir in 1 tablespoon thyme, 1 tablespoon marjoram, and lemon zest. Stir in butter until melted, and season with salt and pepper. Cover, and refrigerate until cold.
- 2 Preheat oven to 375 degrees F (190 degrees C). Place rack in lower third of oven.
- Place turkey on a rack set in a roasting pan. Reserve 1/4 cup maple butter for gravy, and rub the remaining maple butter under the skin of the breast and over the outside of turkey. Arrange onion, celery, carrots turkey neck and giblets around the turkey. Sprinkle 1 tablespoon thyme and 1 tablespoon marjoram over vegetables. Pour 2 cups broth into pan.
- 4 Roast turkey for 30 minutes in the preheated oven. Reduce oven temperature to 350 degrees F (175 degrees C). Cover entire turkey loosely with foil. Continue roasting for about 2 1/2 hours, or until a meat thermometer inserted into thickest part of thigh registers 180 degrees F (85 degrees C). Transfer turkey to platter, and let stand 30 minutes.
- 5 Strain the pan juices into a large measuring cup, and then remove any excess fat. Add enough chicken broth to pan juices to measure 3 cups. Transfer liquid to a saucepan, and bring to boil. In a small bowl, mix 1/4 cup maple butter and 1/3 cup flour until smooth. Whisk flour and butter mixture into broth mixture. Stir in remaining thyme and the bay leaf. Boil until reduced to sauce consistency, stirring occasionally, about 10 minutes. Mix in apple brandy, if desired. Season with salt and pepper to taste.

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Maple-Pumpkin Pie



Recipe By Kraft

Prep Time 20^{min.}

Total Time

Servings

20 min. 12 servings, 1 piece (114 g) each

Wh	at	Voi	ı Ne	ha
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*****	***************************************
	35 Nilla Vanilla Wafers, finely crushed (about 1 cup)
	1/4 cup butter, melted
	1 pkg. (250 g) <i>Philadelphia</i> Brick Cream Cheese, softened
	3/4 cup sugar, divided
	3 eggs, divided
	1 cup canned pumpkin
	3/4 cup evaporated milk
	1-1/2 tsp. pumpkin pie spice
	3/4 cup thawed Cool Whip Whipped Topping

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Heat oven to 350°F.

Mix wafer crumbs and butter; press onto side of 9-inch deep-dish pie plate.

Beat cream cheese, 1/4 cup sugar and 1 ϵ until blended. Spread onto bottom of cru min. Meanwhile, mix remaining sugar, eg milk and spice.

Pour pumpkin mixture slowly over cream

Bake 55 min. to 1 hour or until centre is s completely. Serve topped with remaining

3 Tbsp. chopped walnuts
1/4 cup maple syrup

Kitchen Tips

Creative Leftovers

Refrigerate leftover canned pumpkin and evaporated milk in separate airtight containers up to 3 days. Stir into your favourite pancake batter before using to prepare pancakes.

Size Wise

Enjoy a serving of this rich and indulgent pie on special occasions.

Variation

Prepare using Philadelphia Light Brick Cream Cheese Spread and Cool Whip Light Whipped Topping.

Nutrition

Servings

12 servings, 1 piece (114 g) each

Nutritional Information

Serving Size 12 servings, 1 piece (114 g)

5
280
% Daily Value
16g
9g
85mg
190mg
31g
1g
25g
5g
45 %DV
2 %DV
8 %DV
6 %DV

^{*} Nutrition information is estimated based on the ingredients and cooking instructions as described in each recipe and is intended to be used for informational purposes only. Please note that nutrition details may vary based on methods of preparation, origin and freshness of ingredients used.



Luscious Cherry Pie



Recipe By Kraft

Prep Time	Tota	l Time	Servings
30 ^{min.}	1	40 ^{min.}	12 servings, 1 piece (124 g) each
	hr.		

Wh	at	Y	ou	N	ee	ď
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*****	***************************************
	2 cans (14 fl oz/398 mL each) pitted tart cherries in water, undrained
	1 cup plus 1 tsp. sugar, divided
	1/4 cup corn starch
	1/4 tsp. almond extract
	175 g (3/4 of 250-g pkg.) <i>Philadelphia</i> Brick Cream Cheese, softened
	3/4 cup butter, softened
	2-1/4 cups flour

Make It

Drain cherries, reserving 1 cup liquid. Mix corn starch in medium saucepan. Add ch reserved liquid; stir. Cook on medium-hig until mixture comes to boil and thickens, constantly. Cook and stir 1 min.; cool cor extract.

Heat oven to 375°F. Beat cream cheese a bowl with mixer until well blended. Gradmixing well after each addition. (Mixture Shape into 2 balls; flatten slightly. Roll or on floured surface to 11-inch circle; place plate. Fill with cherry mixture.

Roll out remaining dough to 11-inch circl (1/2-inch-wide) strips. Reserve remaining garnish. Weave strips over filling to make Fold edge of bottom crust over ends of st remaining dough into shapes with small arrange on pie. Sprinkle with remaining s

Kitchen Tips

How to Prepare with Frozen Tart Cherries

Substitute 3-1/2 cups frozen tart cherries for the canned cherries. Thaw cherries; drain, reserving juice. Add enough water to reserved juice to measure 1 cup. Use to prepare filling as directed.

How to Prevent Crust from Overbrowning

To prevent the crust from becoming too brown while baking the pie, cover edge of crust with strips of foil or a pie ring for the last 5 to 10 min. of the baking time.

How to Make a Lattice-Top Pie Crust

Cut second pie crust into 10 (1/2-inch-wide) strips with pastry wheel or sharp knife. Place 5 of the strips over filling. Weave lattice crust with remaining strips by folding back alternate strips as each cross strip is added. Fold trimmed edge of lower crust over ends of strips. Seal and flute edge. Bake as directed.

Nutrition

Servings 12 servings, 1 piece (124 g) each

Nutritional Information

Serving Size 12 servings, 1 piece (124 g) each

AMOUNT PER SERVING	
Calories	340
	% Daily Value
Total fat	16g
Saturated fat	10g
Cholesterol	50mg
Sodium	150mg
Carbohydrate	45g
Dietary fibre	2g
Sugars	24g
Protein	4g
Vitamin A	20 %DV
Vitamin C	2 %DV
Calcium	2 %DV
Iron	15 %DV

^{*} Nutrition information is estimated based on the ingredients and cooking instructions as described in each recipe and is intended to be used for informational purposes only. Please note that nutrition details may vary based on methods of preparation. origin and freshness of ingredients used.



Oven-Roasted Squash, Apples & Onions 🏁





Recipe By Kraft

Prep Time 15^{min.}

Total Time 45^{min.}

Servings

4 servings, 1/4 recipe (265 g) each

What You Need

1 acorn squash
1/4 cup Kroft Extra Virgin Olive Oil Fig Balsamic Dressing
2 Tbsp. brown sugar
1/2 tsp. dried rosemary leaves
2 apples, cut into 8 wedges each
1 red onion cut into 8 wedges

Make It

Heat oven to 400°F.

Pierce squash with sharp knife; place on plate. Microwave on HIGH 2 min.; cool 2 r mix dressing, sugar and rosemary until b

Cut squash lengthwise in half; remove an Cut each half into 4 wedges; place in larg apples and onions; mix lightly. Add dress to evenly coat. Spread onto foil-covered sheet.

Bake 30 min. or until squash is tender, tu min.

Kitchen Tips

Special Extra

For added colour, flavour and texture, prepare using a combination of red and green apples, such as McIntosh and Granny Smith.

Keeping it Safe

For best results, use a large sturdy sharp knife to pierce and cut the squash as directed.

Nutrition

Servings

4 servings, 1/4 recipe (265 g) each

Healthy Living

Healthy Living

Nutrition Bonus

The wonderful flavour of roasted squash makes this easy-to-n to a healthy eating plan. And as a bonus, each serving provide C.

Nutritional Information

Serving Size 4 servings, 1/4 recipe (265 g) each

Calories	160
	% Daily Value
Total fat	3g
Saturated fat	0.4g
Cholesterol	0mg
Sodium	100mg
Carbohydrate	35g
Dietary fibre	4g
Sugars	19g
Protein	lg
Vitamin A	4 %DV
Vitamin C	30 %DV
Calcium	6 %DV
Iron	8 %DV

^{*} Nutrition information is estimated based on the ingredients and cooking instructions as described in each recipe and is intended to be used for informational purposes only. Please note that nutrition details may vary based on methods of preparation, origin and freshness of ingredients used.

Candied Yams





Candied yams, garnet sweet potatoes, glazed with a brown sugar, ginger, cinnamon, orange sauce. Perfect for Thanksgiving and the holidays!

Prep time: 10 minutes **Cook time:** 20 minutes

Yield: Serves 6-8 as a side dish

INGREDIENTS

- 3 pounds garnet or ruby sweet potatoes (yams), peeled and cut into 2-inch chunks
- Salt
- 2 cups orange juice
- 1-1 1/4 cups brown sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 4 Tbsp butter

METHOD

1 Place the cut **sweet potatoes** in a pot and cover with a couple inches of cold water. Bring to a boil and add a generous pinch of **salt**.

Boil the sweet potatoes for 5-10 minutes, or until you can just pierce them with the tines of a fork, but not fully cooked (you will continue to cook in the next step). Drain and set aside.

2 Mix the remaining ingredients (orange juice, brown sugar, ground ginger, cinnamon, butter) in a shallow, wide sauté pan and bring to a boil on high heat. Add the sweet potatoes and coat well with the sauce.

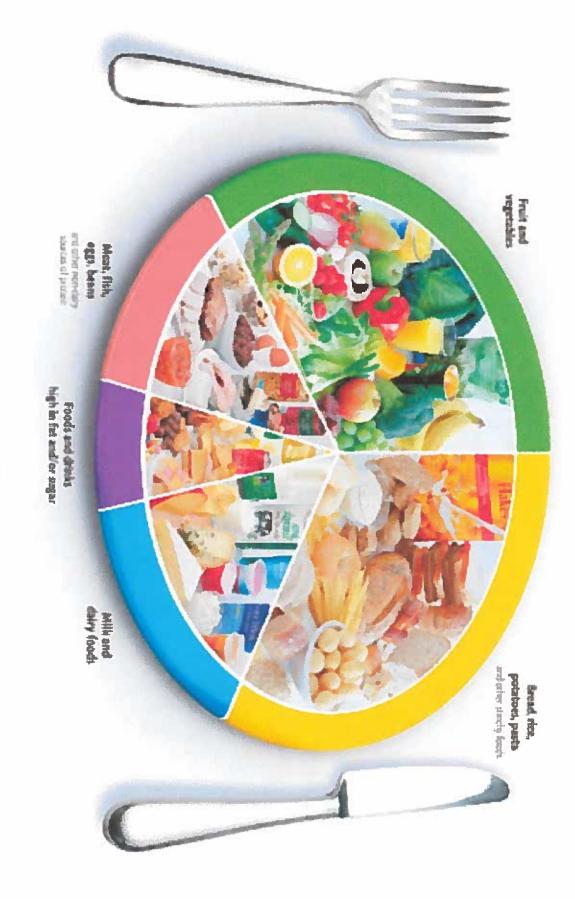
Boil on high heat until the sauce reduces to a syrup, about 10 minutes. Serve hot.

from Simply Recipes ~ http://www.simplyrecipes.com

The eatwell plate

Use the eatwell plate to help you get the balance right, it shows how much of what you eat should come from each food group.





Dairy (2-3 servings)	Meats & (2-3 servings)	Vegetables (3-5 servings)	Fruits (2-4 servings)	Grains (6-11 servings)	Today:
ngs)	Proteins 000	ables 00000	ngs)	s 000000000000	Name:
S M T W T F S	Check off each day of the week as you complete it:		Food Guide Pyremid		Place child's picture here

Water 000000

My reward for the week is...

Healthy To preschoolen

Daily Food Plan



Use this Plan as a general guide.

- These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.
- Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

Choose low-fat or fat-free	Protein Foods	Grains Make half your grains whole	Vegetables	Fruits	Food group
2 cups	2 ounces	3 ounces	1 cup	1 cup	2 year olds
2 cups	3 - 4 ounces	4-5 ounces	1½ cups	1 - 1½ cups	3 year olds
2½ cups	3 - 5 ounces	4-5 ounces	1½ - 2 cups	1-1½ cups	4 and 5 year olds
4 cup of dairy? 4 cup milk 4 ounces yoguit 4 ounce cheese 1 string cheese	1 ounce of protein foods? 1 ounce cooked meat poultry, or seafood 1 egg 1 Tablespoon pearut butter 14 cup cooked bears or peas (kidney, pirto, lentils)	1 such of grains? 1 slice bread 1 cup ready-to-eat cereal flakes % cup cooked rice or pasta 1 tortilla (6 across)	#4 cup of voggies? 45 cup mashed, siked, or chopped vegetables 1 cup raw leafy greens 45 cup vegetable juice 1 small ear of corn	45 cup of fruit? 45 cup mashed, sliced or chopped fruit 45 cup 100% fruit juice 45 large strawberries	What counts as:

Some foods are easy for your child to choke on while eating. Skip hard, small, whole foods, such as popicorn nuts, seeds, and hard cardy. Cut up foods such as hot dogs, grapes, and new carrots into pieces smaller than the size of your child's throat—about the size of a nickel

There are many ways to divide the Daily Food Plan into meals and snacks. View the "Meal and Snack Patterns and ideas" to see how these amounts might look on your preschoolers plate at www.choosemyplate.gov/preschoolers.html.





NEEL ALESYS



Courtesy of Centers for Disease Control and Prevention

*Always WALK and don't run from house to house old a flashlight while trick-or-treating to help you see and others see you.

Hiways test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

sook both ways before crossing the street. Use established crosswalks wherever possible.

bower your risk for serious eye injury by not wearing decorative contact lenses.

anly walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

 $igwedge^2$ ear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Lanter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



Jogether against Violence