



MARCH

Daylight Savings Time Begins  
March 12 - Spring Forward!



May your  
pockets be  
**HEAVY**  
and your  
**heart**  
be light.  
May good  
**luck**  
pursue you each  
morning and night...





# March Birthdays!

|                           |                |
|---------------------------|----------------|
| Calvin Nettagog-          | March 1, 2017  |
| Wanda McQuabbie-          | March 2, 2017  |
| Jayden Grosbeck-          | March 2, 2017  |
| Paige Myke-               | March 7, 2017  |
| Joanne Barbe-             | March 11, 2017 |
| Stacy McQuabbie-          | March 13, 2017 |
| Jason Fox-                | March 13, 2017 |
| Isadore Ashawasegai-      | March 15, 2017 |
| Alex Ashawasagai-         | March 15, 2017 |
| Maureen Kagagins-         | March 15, 2017 |
| Millie Pawis-             | March 16, 2017 |
| Kyle Contin-              | March 18, 2017 |
| Tanisha Ashawasega-       | March 22, 2017 |
| Edward Nettagog-          | March 22, 2017 |
| Adam McQuabbie-           | March 24, 2017 |
| Genevieve Solomon-Dubois- | March 26, 2017 |
| Crystal Deleskie-         | March 28, 2017 |
| Marcus Panamick-          | March 28, 2017 |
| Morris Ashawasagai-       | March 31, 2017 |

Sorry if anyone was missed! Please call the 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~

## Daycare Centre

~Supervisor~

Charlene  
Ashawasagai

~ NECE  
Worker~

Erin McQuabbie

~NECE 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

Rachel Kagagins ~ Housing 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  
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**



# Medical Van Schedule

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



# **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**



# 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

### Lands Office

**Sherry Contin-Lands Manager**

**Email: [lands@henveyinlet.com](mailto:lands@henveyinlet.com)**

**Amanda Barbe- Lands Assistant**

**Email: [barbe\\_amanda@yahoo.ca](mailto: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

## 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!



## 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

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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

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295 PickereI River Road  
PickereI, 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!!!

# **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**

Pickeral, ON P0G 1J0

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

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

Day Care  
354B Pickeral 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

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The Medical Transportation Vehicle may be used by Non-Band Members. However, The Non Band Member must 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 after the First appointment in the book and before 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.

/DA



**Henvey Inlet  
First Nation**  
Pickeral, ON P0G 1J0

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

Health Centre  
354A Pickeral River Road  
T 705-857-1221  
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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

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This is in regards to Prescription pick-ups/reimbursements to remind Band Members that Henvey Inlet First Nation Health Centre does not pick-up 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



**Henvey Inlet  
First Nation**

Pickeral, ON P0G 1J0

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

Health Centre  
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Brenda Contin  
Genevieve Solomon-Dubois  
Tony Solomon

# Memorandum

**To:** Band Members of Henvey Inlet First Nation  
**From:** Darcy Ashawasegai-P.S.C./Reception  
**Date:** 11/14/2016  
**Re:** **Community Submission Forms**

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This memo is to remind Community Members who utilize the Community Submissions that **all spaces on the form**; Name of Client, Date of appt, Date of Birth, Time of appt, Status Number, Client Signature, Reason for appt, Doctor/Nurses Name, Destination, Stamp/Signature of receiving office, and Drivers Signature are to be filled out before handing in to the Henvey Inlet Health Centre.

This info is needed for reporting purposes to First Nations and Inuit Health Branch. We **WILL NOT** process a community submission unless all fields are filled out.

Appointments booked before 10:00 am or after 2:30 pm on days the van travels that direction will qualify to use a Community Submission (ex: an appointment in Sudbury on a Monday/Thursday at 9:30am will qualify) We at the Health Centre would appreciate your cooperation.

/DA

# CALLING ALL HIFN YOUTH!! PLEASE JOIN EARL FOR AN IN- SPIRING DAY OF POSITIVITY!!!

MARCH 15, 2017

10:30 am—4:30 pm

Henvey Inlet Firehall

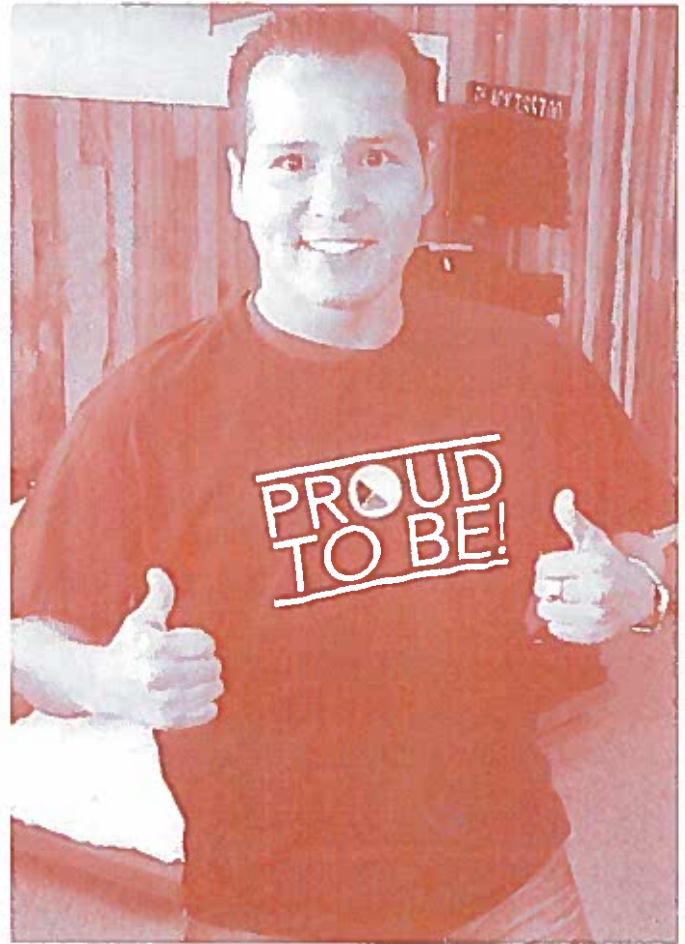
PLEASE CALL

GENEVIEVE

AT THE BAND OFFICE

FOR QUESTIONS or to

SIGN-UP.



 **Live into Confidence!**



Believing in yourself is not conceit, it's called confidence, and confidence is what gives you the courage to make your dreams come true!

Earl's aware how many of today's youth are shy, hindered by social anxiety or too nervous to take risks. Confidence isn't something that just comes to them... it's

a character strength they need to live into! Putting himself in their shoes, Earl understands. For him it took an everyday commitment to step through the falsehood of fear and a firm willingness to overcome every challenge with courage. Here he motivates them with his words and introduces them to a few confidence-building activities which will combine to create a recipe for personal success. After hearing his inspiring stories, learning important life lessons and participating in some great energizing activities, they'll be motivated to live into confidence, seize the opportunities available to them and make life an absolutely fulfilling experience!



## **EARL LAMBERT**

*Motivational Speaker and Inspirational Storyteller*



*SHARING TRUTH: SHARING SOLUTIONS!*



**Earl Lambert is a Cree/Métis Warrior who continues to live out his passion as a motivational speaker and inspirational storyteller!**

**His dynamic and entertaining way of combining music, magic, hip-hop, humor and uplifting energizers with inspirational life-lessons has made him popular with First Nations and organizations across Canada.**

Earl's a certified Life-Coach who attended the University of British Columbia, where he majored in General Business with a double minor in First Nations studies and Political Science. He's worked as an Executive Director of a First Nations non-profit organization providing educational, cultural and recreational support to families. He's also been employed as an Advocate and Fundraiser for the homeless, a College Instructor, a Life-Skills, Business and Employment Facilitator, an HIV/AIDS Educator and lastly, a Programs Developer for a Métis Child & Family services organization.

He lives with a great sense of pride as a warrior walking upon the Red Road. He continues to gain strength from the spiritual teachings of his elders and is well-known for not only his powerfully upbeat energy, but for his positive and optimistic outlook on life. Driven by his passion to motivate others toward making positive life choices and living out their dreams, he remains committed to inspiring others with the gift of his words!



***"Whether it's a keynote speech, a community presentation, a day of emceeing or a series of workshops, Earl has an exciting and impactful way of delivering a fun and unforgettable experience!"***

Thursday, March 30<sup>th</sup>, 2017 Time: 9:30 am to 3:30 pm



## Overview of SAIL Feather Program

SAIL is a strategic learning process designed to enhance professional development competencies throughout the human services sector to achieve program and organizational excellence.

The five areas of competency in the SAIL curriculum are:

- Coaching
- Communicating
- Engaging
- Problem-Solving
- Applying Models of Employability.

SAIL feather is a First Nation Cultural Awareness Program using these competency concepts within a First Nation context.

*"The most important thing I learned was the perspectives... and how to connect..."*

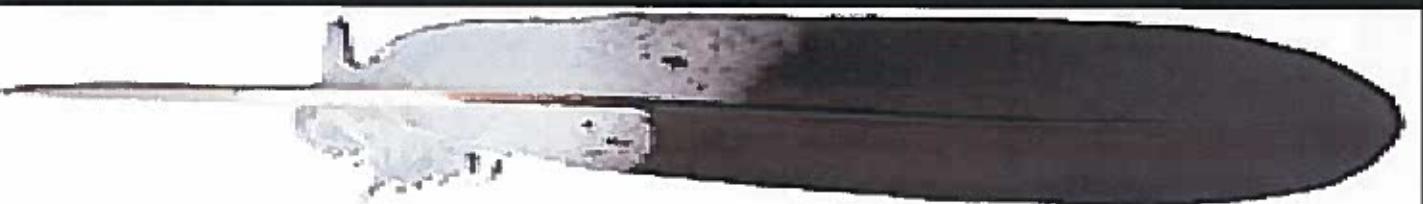
*"Greater understanding of the impact of Canadian historical events on Indigenous peoples"*

*"It was not at all what I expected, it was inspiring"*

*"Best cultural training that I've ever had..."*

*"A very informative & helpful course..."*

*"The reading information provided was interesting..."*



### Spend a week at the University of Toronto!



## Aboriginal Scholarships

### Introduction

The Faculty of Medicine's Youth Summer Program (MED YSP) is a unique university-led science program based at the University of Toronto (UofT) and run by the Division of Teaching Laboratories (DTL) in the Faculty of Medicine. Since 2008, MED YSP has been offering Canadian and International high school students an opportunity to explore the excitement of scientific inquiry as well as career opportunities in medicine, medical research, and other health-related fields.

Over the last 6 years MED YSP provided over 30 fully-funded scholarships for Aboriginal youth to attend the program. In order to provide this opportunity to even more Aboriginal youth from urban, rural and remote communities, we are looking to work with individuals/schools/organizations that can help by: a) be the contact point for their community b) disseminate information about this opportunity and c) together provide a financial means for Aboriginal youth to explore medical careers and post-secondary education.

### Overview

The program runs from July 10 to August 4th, 2017 and is open to students currently enrolled in Grade 10, 11, or 12.

A unique modular-based approach has been used to provide students with a diverse set of subject areas and flexibility. The program consists of four distinctive one-week long modules centered along the following disciplines: physiology, molecular genetics and forensics, pharmacology & toxicology, and microbiology. Each module features lectures by world-renowned professors, clinicians and researchers, tours of research facilities, and an array of "hands on" activities among many other components. Sample of laboratories that students conduct include DNA extraction from buccal cells, spirometry, genotyping, antibiotic resistance tests, caffeine clinical trials, DNA fingerprinting, HPLC, blood pressure and many more. DTL in collaboration with the Basic Science Departments (Departments of Physiology, Pharmacology and Toxicology, Biochemistry, and Microbiology) designed the MED YSP program. Further, students participate in the exploration of medicine, medical research, career opportunities, and what they should be thinking about and doing in high school to prepare themselves for post-secondary admission and education.

Deadline to apply is April 2nd 2017

Each one week, fully-paid scholarship for First Nations, Inuit and Métis students includes:

- Academic Content
- Program Materials (equipment, supplies)
- Supervision by highly trained instructors
- Career talks with professionals in their respective fields
- Opportunities to learn about university life and admissions

*\*Transportation, accommodations, and meals are not included.*

Learn more:

<http://uoft.me/schol>

## APPLY NOW!

<http://uoft.me/schol>

(Deadline: April 2nd 2017)

Contact Us:

✉ [med.ysp@utoronto.ca](mailto:med.ysp@utoronto.ca)

☎ +1.647.554.3977

Stay Connected:

🌐 [www.ysp.utoronto.ca/med](http://www.ysp.utoronto.ca/med)

🐦 @MedYSPatUofT

📘 [www.facebook.com/ysp.utoronto](http://www.facebook.com/ysp.utoronto)

Sign up for our Scholarship Mailing List to stay informed:  
<http://eepurl.com/cx9E6L>



Indigenous and Northern Affairs Canada

Affaires autochtones et du Nord Canada

February 6, 2017



4058-3-231

Chief and Council  
Henvey Inlet First Nation  
295 Pickerel River Rd.  
PICKEREL, ON P0G 1J0

**Re: 2017 Treaty Annuity Payment**

I am writing to inform you that Treaty Payments will no longer be administered out of Indigenous and Northern Affairs Canada – Sudbury Business Centre. The administration of Treaty Payments to Ontario First Nations will now be the responsibility of the **Indigenous and Northern Affairs Canada – Thunder Bay Business Centre.**

Contacts for Treaty Payment inquiries at the Thunder Bay Business Centre are as follows:

|   |  |
|---|--|
| <p><b>Crystal Silvaggio</b><br/>Treaty Payment Officer<br/>INAC – Ontario Region<br/>101 – 100 Anemki Place<br/>Fort William First Nation, ON<br/>P7J 1A5</p> <p>Ph: 807-624-1504<br/>Fax: 807-623-3536<br/>Email: <a href="mailto:Crystal.Silvaggio@aandc.gc.ca">Crystal.Silvaggio@aandc.gc.ca</a></p> | <p><b>Lenaya Grassia</b><br/>Jr. Treaty Payment Officer<br/>INAC – Ontario Region<br/>101 – 100 Anemki Place<br/>Fort William First Nation, ON<br/>P7J 1A5</p> <p>Ph: 807-624-1516<br/>Fax: 807-623-3536<br/>Email: <a href="mailto:Lenaya.Grassia@aandc.gc.ca">Lenaya.Grassia@aandc.gc.ca</a></p> |
|---|--|

As we are now in the planning stages of our 2017 Treaty Payment schedule to 105 Ontario Treaty First Nations, the date we have scheduled for Treaty Payments at your First Nation is as follows:

**DATE: Wednesday, August 23, 2017**  
**TIME: 1:30 p.m. to 3:00 p.m.**

.../2

Please confirm the date as well as location in writing no later than Wednesday, February 22, 2017. Your confirmation can be sent to the attention of the INAC Thunder Bay Business Centre Treaty Officers either by mail, fax or email.

Should you have any further questions please feel free to contact me.

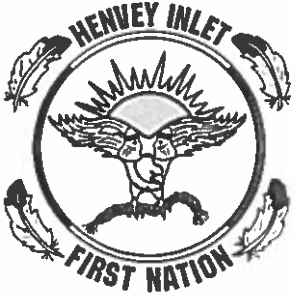
In partnership,

A handwritten signature in black ink that reads "Corinna Depotier". The signature is written in a cursive style with a large initial 'C'.

Corinna Depotier  
Manager, Treaty, Indian Monies and Band Governance  
INAC Ontario Region

Tel: (647) 274-8662  
Fax: (416) 954-3189  
E-mail: Corinna.Depotier@aandc.gc.ca

cc: Debbie Newton, Indian Registration Administrator



## MEMORANDUM

### 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

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F 705-857-1369

Chief  
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Patrick Brennan  
Carl Ashawasagai  
Brenda Contin  
Genevieve Solomon-Dubois  
Tony Solomon

To: Gas Bar Attendants  
Fr: Millie Pawis, Director of Finance/Administration  
Dt: February 17, 2017  
Re: Gas Cards

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Effective immediately be advised you are no longer to accept the responsibility of keeping anyone's gas card at the Gas Bar.

As per our policy, in order to be eligible for a rebate as a Native Status sale, the customer is to produce their respective card.

This is to be enforced by all staff.

Thank you.

Millie Pawis  
Director of Finance/Administration

/MP

Increase your members' optical benefits,  
at no cost, without switching your current plan.

**+ \$35/\$70 Gift Card\***

One card per customer per purchase.

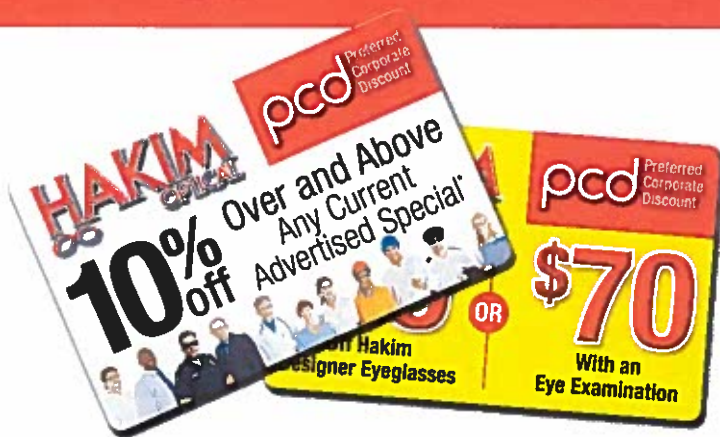
**+ 10%** Over and above any  
current advertised special\*\*

**+ NO Switching**

**+ NO Fees**

**= Exclusive Ongoing  
Savings for all  
Your Employees**

\* Some restrictions apply. Cannot be used along with safety contracts.



# Enroll Now!

There is absolutely no  
cost to join this program.

Hakim Optical offers companies and organizations such as yours a Preferred Corporate Discount (PCD) on prescription eyeglasses, sunglasses and most contact lenses.

Your members will enjoy saving on all their family's eyewear needs for years to come. You can increase your members' optical benefits without switching your current eyewear plan. **It's a win-win for all!**

## It's Quick, Easy and Free to Join:

1. Click the link to subscribe: [pcd.hakimoptical.ca](http://pcd.hakimoptical.ca)
2. Fill in your company name, address, etc. and number of packages you need. No fees, no commitments, no personal member information required.
3. Click 'Enroll' – a confirmation email will be sent to you, and your membership kits will be shipped shortly.

### Each Membership Kit Includes:

1. A 10% Hakim Optical PCD Card – this is an additional 10% savings over and above any currently advertised special including all contact lenses.\*\*
2. A \$35/\$70 gift card that can be used instantly towards eyewear at any one of our stores.

\*\*This includes all Hakim designer frames, sunglasses and safety eyewear.

**HAKIM**  
OPTICAL

**pcd** Preferred  
Corporate  
Discount

# DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

## ***MARCH 3 2017—Community Outreach***

***Unemployed? Looking for Options?***

***Are you a member of one of these First Nations?***

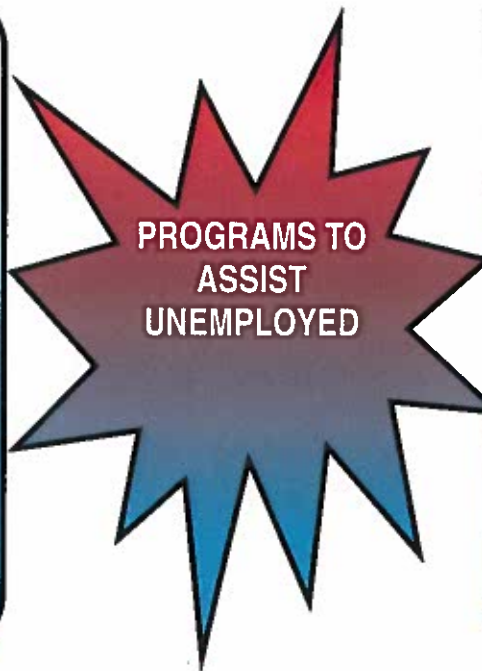
- ***Henvey Inlet First Nation***
- ***Magnetawan First Nation***
- ***Shawanaga First Nation***
- ***Wasauksing First Nation***
- ***Dokis First Nation***
- ***Wahnapiatae First Nation***
- ***Temagami First Nation***

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

| WHERE                       | DATE & TIME                                     |
|-----------------------------|---|
| <b>Henvey—Health Centre</b> | <b>Friday, Mar. 3/17</b><br><b>9:00—10:15am</b> |

### **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 full-time job

### **Employment Support:**

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

**Self Employment Information**  
**Administer Second Careers**







# FRI., APR. 7TH. ELDERS GATHERING

## TRADITIONAL ECOLOGICAL ELDERS KNOWLEDGE GATHERING

TEK Elders believe that glyphosate and the additives that enhance its potency are harming the health and well-being of the water, soil, birds, plants, fish, amphibians, invertebrates, humans and other mammals.

**TEK ELDERS GROUP**  
TRADITIONAL ECOLOGICAL KNOWLEDGE  
[www.tekelders.weebly.com](http://www.tekelders.weebly.com)



CALLING ALL  
ELDERS!!!

HELP STOP AERIAL  
SPRAYING IN YOUR  
TERRITORY

CONTACT HEALTH  
CENTRE TO SIGN UP

GATHERING TAKES  
PLACE AT OJIBWAY  
CULTURAL  
FOUNDATION IN  
M'CHIGEENG

10 AM START

**TEK ELDERS GROUP**

P.O BOX 682  
MASSEY, ONTARIO  
(705) 507-2729

[www.tekelders.weebly.com](http://www.tekelders.weebly.com)

April 7th, 2017 @ 10am.

# RIGHT TO PLAY

**WHEN CHILDREN PLAY, THE WORLD WINS.**

There will be no After School programming during the March Break (March 13-17<sup>th</sup>) as not to conflict with Family activities and outings taking place that week during the day.

Evening programs will still run Monday, Wednesday, Thursday 7-9 pm

## Scheduled Outings:

The Youth Leadership Program YLP (13+) has a trip on March 4<sup>th</sup> in Barrie

The After School program ASP (6-12) will also have an outing on March 25<sup>th</sup> to either the Jungle Gym or the indoor playground KUPPS in Sudbury. More details and permission forms for the ASP March 25<sup>th</sup> outing will be delivered in mailboxes soon. There will also be room for parents who interested in chaperoning that day.

## Right to Play ASP & YLP Program Cancellations:

No After School Programs on: -March 8<sup>th</sup>

-March 30<sup>th</sup> (Tuesday March 28<sup>th</sup> instead)

-April 12<sup>th</sup>

No Youth Leadership Programs on: -March 8<sup>th</sup>

-March 29<sup>th</sup>

-March 30<sup>th</sup>

-April 12<sup>th</sup>

I am currently taking a class in Aboriginal law but it ends April 12<sup>th</sup> and after that afternoon and evening programming will resume Monday, Wednesday and Thursdays with no scheduled interruptions.

Any questions or concerns you can reach me, Angele Dubois at 705-918-1590



## FUNDRAISING SUCCESS!!! Thanks to YOU!!!

The Right to Play Youth Leadership program (ages 13+) has fundraised enough money through their Christmas wreath raffle, bake sale, scone dog sales and print raffle to cover the cost of a snow tubing trip in Barrie on Saturday, March 4<sup>th</sup>.

Thank you to everyone who bought tickets and food! Also a big thank you to the parents who volunteered to make goodies and scone dogs for youth to sell at bingo and to artist, Russell Noganosh for donating a print of his original artwork for youth to raffle off.

Through the support and generosity of community members the youth were able to raise just over \$620.

With that money and some funds from Right to Play they will be going tubing at Snow Valley Ski Resort, then for lunch in Barrie and have enough money for a game of laser tag before heading back to Henvey Inlet in the late afternoon.

**RIGHT TO PLAY**  
WHEN CHILDREN PLAY, THE WORLD WINS.

**\*\*The draw for Russell Noganosh's print will take place on March 3<sup>rd</sup> at 11:30am\*\***

The winner will be contacted and announced in a poster that day at the band office

## NOTICE

### Field Work and the Detail Design of Pickerel River Road and Sub Road in Henvey Inlet First Nation

#### What's Happening?

At the request of Henvey Inlet First Nation Chief and Council, the Ministry of Transportation (MTO) has retained Planmac Engineering Inc. to undertake the field work and complete the detail design for the future reconstruction of Pickerel River Road and Sub Road in the Henvey Inlet First Nation.

The project limits are from the future interchange at Highway 69, easterly to the end of Pickerel River Road for a distance of approximately 4.6 km. The purpose of the project is to identify deficiencies and to design improvements to the ride quality of Pickerel River Road and Sub Road.

Work will include the collection of field data (geotechnical, foundations, environmental) to assist the team in completing the design. The design could include future work such as the processing/removal of existing RAP (reclaimed asphalt pavement), grading and surfacing of Sub Road and Pickerel River Road. Drainage improvements, including replacement of centreline culverts, ditching and culvert cleanout may also be part of the completed recommendations. Guiderail on Pickerel River Road north of the CP railway crossing may be replaced.

Field work is expected to begin in Spring 2017 and the recommended design should be completed in early 2018.

#### COMMENTS

If you wish to obtain additional information or provide comments, please contact the Consultant Project Manager or MTO Senior Project Engineer listed below.

Mike Neumann  
Project Manager Planmac Engineering Inc  
80 North Queen Street, Suite 302  
Toronto, ON, M8Z 2C9  
Tel : (416) 626 5300  
Fax : (416) 622-6710  
Cell : (705) 443 1721  
Email to: mneumann@planmac.com

Bonnie Murphy, Senior Project Engineer  
Planning and Design Section  
Ministry of Transportation, Northeastern Region  
447 McKeown Avenue  
North Bay, ON, P1B 9S9  
Tel: (705) 497-6877  
Fax: (705) 497-5499  
Email to: Bonnie.Murphy@ontario.ca

If you have any accessibility requirements in order to participate in this project, please contact one of the Project Team members listed above. Information will be collected in accordance with the Freedom of Information and Protection of Privacy Act (FOI/PPA). With the exception of personal information, all comments will become part of the public record.





Civil  
Structural  
Environmental  
Transportation  
Project Management

February 19, 2017

## Job Posting – Field Labourer

**Job Title:** Field Labourer

**Number of Positions:** Two (2) individuals will be employed during active field work on the assignment. The duration of work will be dependent upon weather and the various project activities but is estimated to last between 1 and 2 months beginning spring 2017. The work will be completed in various weather conditions, doing moderately strenuous work at times.

**Job Type:** Contract Position to Planmac Engineering Inc. for Ministry of Transportation Detail Design of Pickering River Road and Sub Road

**Reports To:** Project Manager

**Work Location:** Pickering River Road and Sub Road

**Wage:** \$15/hr per person inclusive of wages and expenses including any meals, fuel, accommodation, etc. Applicants should have their own safety boots, but Planmac will provide any vests or hardhats.

**Response Date:** If interested in applying to this position, please provide your response by March 9, 2017.

**Contact:** Mike Neumann, Project Manager

[mneumann@planmac.com](mailto:mneumann@planmac.com)

(416) 626 5300 ext. 204

**Address:** 80 North Queen Street, Building A, Suite 302, Toronto, ON M8Z 2C9

**Website:** [www.planmac.com](http://www.planmac.com)

### Company Description

Planmac Engineering Inc. is an award-winning engineering consulting firm, providing a broad range of engineering and environmental services in the Province of Ontario, across Canada, and internationally for over 50 years in the civil, municipal, structural, and transportation fields.

### Responsibilities

- Assist with data collection and guided participation in field activities
- Assist with verifying existing site conditions of infrastructure as it applies to the project

### Desired Qualifications & Skills

- Strong interest in learning new skills and working in a team environment
- Strong interest in working in the field with various staff
- Enjoy working outdoors, doing moderately strenuous work at times

- Previous field investigation and outdoor experience would be an asset, but not absolutely necessary



Civil  
Structural  
Environmental  
Transportation  
Project Management

February 19, 2017

## Job Posting – Project Coordinator

**Job Title:** Project Coordinator

**Number of Positions:** One (1) individuals will be employed on a part-time basis (up to 15 hours per week) for the duration of the assignment to fulfill the role of Project Coordinator (Dec. 31/17)

**Job Type:** Contract Position to Planmac Engineering Inc. for Ministry of Transportation  
Detail Design of Pickering River Road and Sub Road

**Reports To:** Project Manager

**Work Location:** Pickering River Road and Sub Road

**Wage:** \$20/hr inclusive of wages and expenses including any meals, fuel, accommodation, etc. Applicants should have their own safety boots, but Planmac will provide any vests or hardhats. Applicants should have access to a computer.

**Response Date:** If interested in applying to this position, please provide your response by March 9, 2017.

**Contact:** Mike Neumann, Project Manager

[mneumann@planmac.com](mailto:mneumann@planmac.com)

(416) 626 5300 ext. 204

**Address:** 80 North Queen Street, Building A, Suite 302, Toronto, ON M8Z 2C9

**Website:** [www.planmac.com](http://www.planmac.com)

### Company Description

Planmac Engineering Inc. is an award-winning engineering consulting firm, providing a broad range of engineering and environmental services in the Province of Ontario, across Canada, and internationally for over 50 years in the civil, municipal, structural, and transportation fields.

### Responsibilities

- Assist with liaison with members of the community and Band Council, when required
- Assist with data requests and exchange of information
- Assist with verifying existing site conditions of infrastructure as it applies to the project
- Provide administrative design and drafting assistance when possible

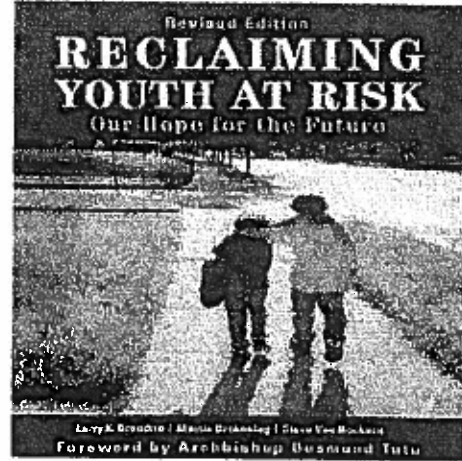
### Desired Qualifications & Skills

- Strong interest in learning new skills and working in a team environment

- Strong interest in working in the field with various staff
- Knowledge of Microsoft Office software including Word, Excel, Power Point etc
- Aptitude towards civil drafting and design (ie: roads, sewers, watermains)
- Aptitude towards technical design software such as AutoCAD



**March 8<sup>th</sup> 2017**  
**Strengthening our Families through Resiliency**



**Guest Speaker: Dr. Martin Brokenleg**

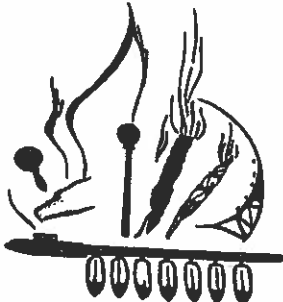
The Log Cabin Inn

10-5pm

**Topics:**

The Effect of Family Experience on Resiliency, Growing Your Own Kids, and Reclaiming Youth at Risk

Dr. Martin Brokenleg is co-author of the book *Reclaiming Youth at Risk: Our Hope for the Future* and co-developer of the Circle of Courage model and provides training worldwide for individuals who work with youth at risk. He holds a doctorate in psychology and is a graduate of the Anglican Divinity School. He is a retired professor and was most recently Director of Native Ministries and Professor of First Nations Theology at the Vancouver School of Theology. For thirty years, Dr. Brokenleg was Professor of Native American studies at Augustana University of Sioux Falls, South Dakota. He has also been a director of The Neighborhood Youth Corps, chaplain in a correctional setting, and has extensive experience as an alcohol counselor. Dr. Brokenleg has consulted and led training programs throughout North America, New Zealand, Europe, Australia, and South Africa. He is the father of three children and an enrolled member of the Rosebud Sioux Tribe.



*Shawanaga  
 First Nation  
 Healing Centre*

**Free Event! Door Prizes! Lunch Provided!**

Contact the Shawanaga Healing Centre to register 705-366-2378

# ADULT WELLNESS WORKSHOP

# YOUTH WELLNESS WORKSHOP

## WHEN

**Fri. March 10<sup>th</sup> (Ages 18+)**

**&**

**Sat. March 11<sup>th</sup> (Ages 13-18)**

**8:30am – 4:30pm**

## WHERE

# Log Cabin Inn

9 Little Beaver Boulevard Seguin, ON P2A 0B2

**FEATURING** · Michaela DeCarlo and staff of Waa Zah Zaa ·  
Heather (Chierici) MacDonald of OAHAS (Ontario  
Aboriginal HIV/AIDS Strategy) ·

Contact: Anita Tabobondung or Joshua Pawis @

705.366.2378 x 223 or 231

[nnadap.hc@shawanagafirstnation.ca](mailto:nnadap.hc@shawanagafirstnation.ca)

[child\\_youth.hc@shawanagafirstnation.ca](mailto:child_youth.hc@shawanagafirstnation.ca)

## FREE EVENT

### ADULT WKSP DAY 1

- > “Life Rocks”  
Suicide Awareness  
Training.
- > “Walk a Mile in My  
Moccasins”
- > Reducing stigma of  
HIV & Hep C in our  
communities
- > Interactive Games

### YOUTH WKSP DAY 2

- > #YOLO “You Only  
Live Once” Power of  
Positive Thinking
- > “Sex in the City and  
on Da Rez” Healthy  
Sexuality

~SELF-CARE  
APPOINTMENTS~

~DOOR PRIZES~

~CATERED LUNCH~

~LIMITED SEATING~

# ABORIGINAL CANADIAN RELATIONS **Certificate**



**Contact North | Contact Nord**

Ontario's Distance Education & Training Network  
Le réseau d'éducation et de formation à distance de l'Ontario



# Aboriginal Canadian Relations Certificate

## About the program

The Aboriginal Canadian Relations Certificate is a five (5) credit college certificate program. This certificate will provide you with a basic understanding of the historical context that affects current Aboriginal and Canadian relationship building processes. This developing intercultural dialogue between Aboriginal people and Canadians will inform new social, political, economic and legal landscape(s) in Canada.

## Learning outcomes

You will be provided with specialized knowledge to help understand and appreciate the history of Canada with a view to improving relationships between Aboriginal and Canadian people. You will learn how to navigate cross cultural communication processes in a diverse workplace where Aboriginal people are participants in creating inclusive work practices. You will gain career related skills and expertise to enhance the workplace in which Aboriginal and Canadian people work together within established and emerging economic sectors.

## Method of delivery

- Many flexible delivery methods (online, in real time or online anytime)
- Full-time or part-time

## Tuition

- 2017-2018 part-time fees are approximately \$400-475 per course.

## Job opportunities

This certificate anticipates graduates working in fields that have partnerships, businesses, and client service delivery with and amongst Aboriginal populations. This certificate will be of particular interest to those working in government, human resources, social services, law enforcement, municipalities, First Nation, Métis and Inuit organizations, economic development, resource industries, and other businesses. This will enable those interested in building positive relationships between Aboriginal and Canadian societies to develop the appropriate skills to facilitate dialogue between communities while contextualizing the historical experience of Aboriginal people.

## Program requirements

- 19 years of age or older, or
- Ontario Secondary School Diploma (or equivalent) with courses from the College (C), University (U), University/College (U/C), or Open (O) preparation levels with Grade 12 English (E/C/U) Level,

- Or successful completion of the Mature Student Assessment,
- Or successful completion of the General Education Development Test (GED),
- Or appropriate credits from the Academic and Career Entrance (ACE) program - LBS level 5 Communications and LBS level 4 Mathematics.

## Prior Learning Assessment and Recognition (PLAR)

<http://www.confederationcollege.ca/recognized-prior-learning/prior-learning-assessment-recognition-plar>

### For more information

Confederation College  
 Distance Education  
 1450 Nakina Drive  
 Thunder Bay, ON P7C 4W1  
 Phone: 807-473-3846  
 Fax: 807-473-3702  
 e-Mail: [de@confederationcollege.ca](mailto:de@confederationcollege.ca)

### Program of studies

#### First Semester

#### Aboriginal Canadian Context – One of the following:


- LV 100 History of Aboriginal-Canadian Relations (OL843)
- HU 024 Historical Impacts of Colonialism

#### Indigenous Knowledge and World View – One of the following:

- LV 109 Indigenous Identity and Relationship to Land (OL848)
- LV 210 Traditional Knowledge and Ethics
- OL - Online Learning Course Equivalencies

#### Three of the following:

- LV 110 Government, Law and Aboriginal Peoples
- GE The History of the Ontario Métis (OL Course TBA)
- LV 202 Aboriginal Law and Self-Government
- LV 212 Governance and Leadership
- LV 213 Community Development Processes
- LV 310 Aboriginal Women: Issues and Advocacy
- LV 315 Aboriginal Land and Environment
- LV 340 Mediation and Negotiation in Aboriginal Communities
- LV 412 Advocating for Children and Youth

- 
- NC 124 Aboriginal Language and Culture
  - NC 230 Contemporary Aboriginal Society (OL Course TBA)
  - NC 404 Affecting Change: Advocacy and Community Development
  - PF 117 Human Diversity/Aboriginal People
  - SY 066 Sociology of Community: The Aboriginal Context
- 

For more information, call **Michelle Gauthier**,  
Online Learning Recruitment Officer, at **1-855-352-1531**  
or e-mail [parrysound@contactnorth.ca](mailto:parrysound@contactnorth.ca).

**Contact North | Contact Nord**

Ontario's Distance Education & Training Network  
Le réseau d'éducation et de formation à distance de l'Ontario

# Get a certificate in ABORIGINAL CANADIAN RELATIONS

Online learning with personalized support in your community



Confederation College's Aboriginal Canadian Relations Certificate is a five (5) credit college certificate program.

This certificate will provide you with a basic understanding of the historical context that affects current Aboriginal and Canadian relationship building processes. This developing intercultural dialogue between Aboriginal people and Canadians will inform new social, political, economic and legal landscape(s) in Canada.

The program is offered

- Part-time or full-time
- Online anytime or online, in real time
- Start dates: Spring 2017, Fall 2017, or Winter 2018

For more information contact

**Michelle Gauthier,**

Online Learning Recruitment Officer,  
at **1-855-352-1531**

or e-mail [parrysound@contactnorth.ca](mailto:parrysound@contactnorth.ca).



Student Information Hotline  
1-877-999-9149



[Facebook.com/ContactNorth](https://www.facebook.com/ContactNorth)

[studyonline.ca](http://studyonline.ca)

**Get your degree, diploma or certificate or upgrade your skills online** from Ontario's 24 public colleges, 22 public universities, 76 district school boards and 250 literacy and basic skills and training providers, **without leaving your community.**

**Contact North | Contact Nord**

Ontario's Distance Education & Training Network

Funded by the Government of Ontario

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







## Henvey Inlet Health Centre

354-A Pickering River Rd.  
Pickering, ON  
P0G 1J0

Phone: 705)957-1221 or 866-252-3330  
Fax: (705) 957-0730  
Email: [kerni.campbell@henveymedicalcentre.com](mailto:kerni.campbell@henveymedicalcentre.com)

# CHILD & FAMILY PROGRAM MARCH 2017

| Sun | Mon                                   | Tue                                  | Wed                    | Thu  | Fri                      | Sat         |
|-----|---------------------------------------|--------------------------------------|------------------------|--|--------------------------|-------------|
|     |                                       |                                      | 1<br>In Office<br>GYM  | 2<br>HC Staff Talking Circle Info Session 11am | 3<br>Parry Sound         | 4           |
| 5   | 6<br>In Office                        | 7<br>Service Canada/CRA Info Session | 8<br>In Office<br>GYM  | 9<br>Program Prep For March Break              | 10<br>Program Prep PSA's | 11<br>PSA'S |
| 12  | 13<br>March Break Prize Bingo         | 14<br>Parry Sound                    | 15<br>Out Of Office    | 16<br>In Office                                | 17<br>Sudbury            | 18          |
| 19  | 20<br>Steering Committee Meeting 10am | 21<br>In Office<br>GYM               | 22<br>Program Prep     | 23<br>Parenting Program Spring Cleaning        | 24                       | 25          |
| 26  | 27<br>Program Prep                    | 28<br>Bread Venture                  | 29<br>In Office<br>GYM | 30<br>In Office                                | 31                       |             |



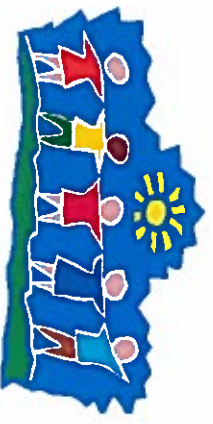
# Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy Children  
For A Healthy Future"

354A Pickernel River Road  
Pickernel ON P0G 1T0

Phone: 705-857-1221  
Toll Free: 1-866-252-3330  
Fax: 705-857-0730  
E-mail:  
kara.harkness@henveymedicalcentre.com

# MARCH 2017



| Sun                                  | Mon   | Tue   | Wed  | Thu                                      | Fri                         | Sat                                  |
|--------------------------------------|---|---|--|--|-----------------------------|--------------------------------------|
|                                      |   |   | 1<br>ISABELLE MEAWASH-<br>GE RE-BIRTHING<br>CEREMONY | 2<br>HC STAFF TALKING<br>CIRCLE MTG 11AM | 3<br>IN OFFICE              | 4                                    |
| 5<br>IN OFFICE                       | 6<br>SERVICE CANADA/<br>CRA INFO SESSION<br>ALL DAY | 7<br>HEALTHY FOOD<br>PROVIDER TRAIN-<br>ING | 8<br>PROGRAM PREP<br>MARCH BREAK                     | 9<br>PROGRAM PREP<br>PSA'S               | 10<br>PROGRAM PREP<br>PSA'S | 11<br>PSA FIMING<br>ALBAN<br>ALL DAY |
| 12<br>MARCH BREAK<br>PRIZE BINGO 1PM | 13<br>IN OFFICE                                     | 14<br>NOT IN OFFICE                         | 15<br>NOT IN OFFICE                                  | 16<br>IN OFFICE                          | 17<br>IN OFFICE             | 18                                   |
| 19<br>NOT IN OFFICE                  | 20<br>IN OFFICE<br>Well @aby<br>Clinic              | 21<br>PROGRAM PREP                          | 22<br>PARENTING WKSHIP<br>SPRING CLEANING            | 23<br>IN OFFICE                          | 24<br>IN OFFICE             | 25                                   |
| 26<br>PROGRAM PREP                   | 27<br>BREADVENTURE                                  | 28<br>ANNUAL STAFF<br>PLANNING              | 29<br>ANNUAL STAFF<br>PLANNING                       | 30<br>IN OFFICE<br>GYM                   | 31<br>IN OFFICE<br>GYM      |                                      |





# SERVICE CANADA & CANADA REVENUE AGENCY

## *INFORMATION SESSIONS*

Service Canada & Canada Revenue Agency will be here at the Henvey Inlet Health Centre on March 7 to provide Community Members with information & training. Please see below Agenda.

*9:30 am: Canada Pension Plan & Old Age Security Information Session*

*10:30 am: Break*

*10:45 am: Child Tax Benefit & Tax Credits Information Session*

*12:00: Break*

*1:00-3:00: Training for Tax Program & Social Insurance Clinic*

***IF YOU ARE ATTENDING THE SOCIAL INSURANCE  
CARD CLINIC YOU WILL NEED TO PROVIDE  
YOUR ORIGINAL BIRTH CERTIFICATE & STATUS  
CARD***

***Snacks &  
Refreshments will be  
provided.***

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

**Please Contact The Health Centre  
to Sign up for the Session/Sessions  
you wish to attend**

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

**If you have any additional questions  
please contact Kerri at the Health  
Centre**

**Guess who's  
Back!!**

# Massage Therapist Ann MacDonald



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

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

Thursday March 23, 2017

±

Thursday March 30, 2017

Henvey Inlet First Nation Health  
Centre

354A Pickerel River Road  
Pickerel, ON  
PoG 1J0

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



Please contact Darcy @ Health Centre  
to book an appointment.

**PARENTING  
WORKSHOP**

**THURSDAY  
MARCH 23, 2017**

# Spring

Join us at the Health Centre to discuss  
fun and creative ways to get your Spring  
Cleaning started before the thaw!!!

Please call Darcy at the Health Centre to  
sign up!

Space is limited!!!

**spring  
cleaning**



DATE: MARCH 28, 2017

TIME: 8:45 AM

Janice Campbell will be back  
to teach those in the Com-  
munity, how to make Real  
Homemade Bread from  
scratch!!!

Workshop starts at 9:00 am, not one minute  
later, if you are not in the boardroom at  
9:00am, you will not be able to participate!!!

CONTACT DARCY TO SIGN UP  
705-857-1221  
LIMIT OF 5 PARTICIPANTS!!!



THOSE WHOM HAVE  
NEVER PARTICIPATED  
WILL BE GIVEN FIRST  
PRIORITY!!!

BUNNVENTURE

# COMMUNITY WELLNESS PROGRAM COMMUNITY WELLNESS 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

IT IS OUR CHOICES.....THAT SHOW WHAT WE TRULY ARE, FAR MORE THAN OUR ABILITIES.



## MARCH 2017

| Sunday                      | Monday   | Tuesday   | Wednesday  | Thursday  | Friday                 | Saturday  |
|-----------------------------|--|---|--|---|------------------------|---|
|                             |  |   | 1<br>OUT OF OFFICE                               | 2 HEALTH CENTRE<br>STAFF TALKING<br>CIRCLE INFO<br>SESSION 11AM | 3<br>CULTURAL<br>ARTS  | 4   |
| 5                           | 6<br>BASIC/ADVANCE<br>SEWING & DESIGN                    | 7<br>DRUMMING WITH<br>RODNEY                          | 8<br>OUT OF OFFICE                               | 9<br>DRESS TO IMPRESS<br>SUDBURY                                | 10<br>CULTURAL<br>ARTS | 11<br>ANISHINAABEK<br>CLAN TEACHINGS<br>SUDBURY |
| 12<br>FULL MOON<br>CEREMONY | 13<br>BASIC/ADVANCE<br>SEWING & DESIGN                   | 14<br>EARL LAMBERT<br>FOR STAFF                       | 15<br>IN OFFICE                                  | 16<br>OUT OF OFFICE   | 17<br>CULTURAL<br>ARTS | 18  |
| 19                          | 20<br>BASIC/ADVANCE<br>SEWING & DESIGN<br>PROGRAM SHOPP. | 21 ELDERS LUNCH<br>& BINGO<br>DRUMMING WITH<br>RODNEY | 22<br>IN OFFICE                                  | 23<br>IN OFFICE   | 24<br>CULTURAL<br>ARTS | 25  |
| 26                          | 27<br>BASIC/ADVANCE<br>SEWING & DESIGN                   | 28<br>DRUMMING WITH<br>RODNEY                         | 29<br>HEALTH CENTRE<br>STAFF PLANNING<br>SESSION | 30<br>HEALTH CENTRE<br>STAFF PLANNING<br>SESSION                | 31<br>CULTURAL<br>ARTS |   |





*KANAWAYHITOWIN: TAKING CARE OF EACH OTHERS SPIRIT*

SPIRITUAL TEACHINGS WITH

# ELDER PAULINE SHIRT

**COMING  
IN MARCH**

**DATE TO BE  
CONFIRMED!**

**BOARDROOM @ THE  
HEALTH CENTRE**

**9 a.m. - 4 p.m.**

**LUNCH WILL BE PROVIDED**

"The Kanawayhitowin logo reminds us of the sacredness of women according to the teachings of our 13 Grandmother Moons and as caretakers of the earth we have a responsibility to take care of each others spirit."

*~Pauline Shirt, Grandmother*

**Community Wellness Worker**  
354-A Pickering River Road  
Pickering, ON  
POG 1J0

Phone: 705-857-1221 ext 227  
Fax: 705-857-0730

Email: luana.mcquabbie@  
henveymedicalcentre.com



**PAULINE SHIRT**  
Elder  
Plains Cree  
Red-Tail Hawk Clan

Pauline Shirt was born and raised in Saddle Lake Reserve, Alberta. Pauline is greatly recognized for her commitment to the Toronto Native community and for her dedication as a teacher and lecturer since the late sixties. She is a member of the Three Fires Society and the Buffalo Dance Society. Pauline Shirt, a Founder of the First Nations School and the Red Willow, are just two examples of her hard work ethic and perseverance to enhancing the betterment of the Toronto Aboriginal community. Today, Pauline serves as a mentor to many Aboriginal youth and young families as an experienced and trusted Grandmother. She also works in all levels of government conducting Opening Prayers and attending meetings, making sure the Aboriginal community is positively recognized as she offers a voice for her people.

**CREATION STORY**

**SPIRIT LODGE TO THE EARTH LODGE**

**CLANS**

**NAMING CEREMONY**

**SCROLL VISION**

**13 MOON CYCLE**

**SEVEN STAGES OF LIFE**

**MEN & WOMEN ROLES, RESPONSIBILITIES, RELATIONSHIP**

**WHEN THE SPIRIT GOES HOME**

**AND MUCH MORE...**

**OPEN TO EVERYONE. PLEASE CONTACT LUANA AT THE  
HEALTH CENTRE IF YOU NEED A RIDE.**

YOUNG BOYS & MEN

# WEEKLY DRUMMING/SINGING WITH RODNEY STANGER

— EVERY TUESDAY —



MARCH 7

MARCH 21

MARCH 28

---

**HENVEY INLET FIRST NATION LIBRARY**

**6:00 – 8:00 PM**

---

**BROUGHT TO YOU BY THE FAMILY WELL BEING PROGRAM**

FOR FURTHER INFORMATION PLEASE CONTACT

CWW LUANA MCQUABBIE @ 705 857-1221 Ext 227



## From the desk of RODNEY STANGER

I'm writing this letter to show my support for the upcoming drumming program for the community of Henvey First Nation. The work I'll be doing will be teaching drumming, songs and the teaching behind them, learning the Ojibway language, and other cultural related topics. I also promote being drug and alcohol free and healthy living, that is a must in being involved in this drumming program. I try to give them their native identity back and being proud of their native culture again. I believe the drum and songs help with healing, trauma, and self-identity. I've been working with members of Henvey with drumming and other cultural related tasks since 2015. I'm hoping to keep the momentum from last year going, seeing that there is much to learn and requires more than a one year commitment. I'm also looking forward to putting on a hand drum workshop so that community members can have a drum of their own for their personal bundles. Drumming and learning my culture has helped me in my life and I'm hoping it will do the same for others.

To share a little history of myself, I've been singing since the age of 13 years old. I sing with a Grammy award winning drum group name "Midnite Express". Our group was featured on a 2011 Gathering of Nations CD that won a Grammy, which I'm very proud of. I've also won 2 Canadian Aboriginal People's Choice awards as well. These days since 2013 I work for the Near North school board, teaching Jr kindergarten through to grade 12 the ways of the drum and native culture and the importance of staying drug and alcohol free.

FOR MORE INFO PLEASE CONTACT  
CWW LUANA MCQUABBIE

# CULTURAL ARTS PROGRAM

2017

HEALTH CENTRE BOARD ROOM



EVERY FRIDAY MARCH 3, 10, 17, 24 & 31

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, Footwear, Decorative Arts, Nature Crafts & Small Crafts.



**For More Information Contact:**

CWW Luana McQuabbie

OW Dorothy Contin

EDO Judy Contin

# BASIC & ADVANCED SEWING & DESIGN PROGRAM

MARCH 6, 13 20 & 27, 2017  
BOARD ROOM @ H.C.



EVERY MONDAY

9:00A.M. – 3 P.M. or 10:00 on Staff Meeting Days.

## PARTICIPANT INFORMATION ABOUT THE PROGRAM

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



**For More Information Contact:**

CWW Luana McQuabbie

OW Dorothy Contin

EDO Judy Contin

# IMAGE NORTH CONSULTING

Formerly Perceptions Personal Image Consulting

*Dress to Impress!*

EMBRACE WHO YOU ARE  
THROUGH THE POWER OF  
DRESS AND PHOTOGRAPHY

## **Attention all registered PARTICIPANTS who have signed up for the Dress to Impress trip to Sudbury Thursday, MARCH 9th, 2017.**

We will be meeting Image Consultant Dawn Bolduc in Sudbury at the  
Fairfield Inn & Suites for 9:30 a.m.

To meet at the scheduled time, we will be leaving the main community  
from your home at 8 a.m. There will be a stop over at Tim Hortons along  
the way.

Lunch will be provided by Dawn in the food court at the  
New Sudbury Shopping Centre where you will be doing your shopping etc.

Dinner has been arranged by Henvey Inlet First Nation  
Social Services Worker, Dorothy Contin before we return home.

Thank you!

Community Wellness Worker

*Luana McQuabbie*

For further information please contact:

Dorothy Contin, Social Services

Judy Contin, Economic Development Officer

MARCH 12  
APRIL 11  
MAY 10  
JUNE 9

**FULL MOON CEREMONY**  
With Judy Contin

263 PICKEREL RIVER ROAD

7:30 PM



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

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

**Please remember to:**

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

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

Phone: (705) 857-1221 Ext 227

Fax: (705) 857-0730

E-mail: [luana.mcquabbie@henveymedicalcentre.com](mailto: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/FEBRUARY**  
**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](mailto:luana.mcquabbie@henveymedicalcentre.com)



# Anishinaabek Clan Teachings

Saturday March 11th, 2017

N'Swakamok Native Friendship Centre  
110 Elm St. Sudbury, ON (Second Floor Back Room)

Master of Ceremonies: Darren McGregor

9am - Greetings  
2018 Clans Gathering Vision  
Edward George

9:30am - Clans 101  
Gordon Walndubence

3:30pm Overview  
and Closing Remarks  
Edward George

3:45pm Acknowledgements  
Door Prize and  
Raffle Draws

12pm Potluck Feast

MARUNJIMU  
Getting Together

1pm - Clan Teachings  
Dr. Edna Manitowabi

Door Prize and Raffle Draws



Wheelchair Accessible

PLEASE SIGN UP WITH

CWW LUANA MCQUABBIE @ THE HEALTH CENTRE.

# ELDERS LUNCH

## & BINGO

---

YOU ARE INVITED TO A  
MONTHLY LUNCH &  
BINGO HERE AT THE  
HEALTH CENTRE.

THIS IS A WONDERFUL  
OPPORTUNITY FOR  
ELDERS TO MEET,  
SOCIALIZE AND HAVE  
FUN.

OPEN TO 55+.



**MARCH 21, 2017**  
**12 NOON**



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**COMMUNITY WELLNESS PROGRAM/CWW LUANA MCQUABBIE**

HENVEY INLET HEALTH CENTRE  
BOARDROOM  
354-A PICKEREL RIVER ROAD  
PICKEREL, ON  
P0G 1J0

Phone: 705-857-1221 EXT 227  
Fax: 705-857-0730  
E-mail: [luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)

**PLEASE CALL THE HEALTH CENTRE IF YOU REQUIRE A RIDE TO  
THE LUNCHEON.**

# COMMUNITY HEALTH NURSING PROGRAM



# March 2017

Brenda CONTIN, C.H.N.

Henvey Inlet Community Health Nursing Program

| Sun | Mon                           | Tue  | Wed  | Thu                                      | Fri                        | Sat |
|-----|-------------------------------|--|--|--|----------------------------|-----|
|     |                               |  | 1<br>FINANCE                                       | 2<br>H.C STAFF MTG.<br>11:00 am/OFFICE   | 3<br>OFFICE/8-PLEX<br>Mtg. |     |
|     | 6<br>OFFICE                   | 7<br>SKHC appt                                 | 8<br>MTO Mtg.                                      | 9<br>SUDZ: Igniting the<br>Spirit Wkshop | 10<br>OFFICE               |     |
|     | 13<br>ANNUAL                  | 14<br>HOLIDAYS<br>*EARL LAMBERT<br>STAFF WKSHP | 15<br>*Medical trans-<br>portation to<br>North Bay | 16                                       | 17                         |     |
|     | 20<br>ANNUAL                  | 21<br>HOLIDAYS                                 | 22   | 23                                       | 24                         |     |
|     | 27<br>HOLIDAY FOR<br>MARCH 15 | 28<br>OFFICE/HC<br>STAFF MTG.                  | 29<br>OFFICE/H.C.<br>STAFF MTG.                    | 30<br>HOME VISITS                        | 31<br>OFFICE               |     |

HIFN Daycare  
Ziissbaakdoke-Giizis  
2017  
March Newsletter

"If a child cannot learn in the way we teach; we must teach in a way the Child can learn."

March! Are you coming in like a lion or a lamb? The weather is so unpredictable this month. Rain, fog, warm temperatures, sunny, than snowing. Mother Nature is always showing us that she is the boss. Sugar Moon Month is always busy here at the Daycare, it's the end of the fiscal year, and time to get ready for the next year coming. **Please make sure to remember the dates that Erin & Carrie are at SCHOOL. During those two weeks the daycare will take 5 children ONLY, and the priority is Working Parents.** Our Topics for the month are as follows:

February 27 to March 3, 2017: Hand print Week: Wreaths, flowers, collages that will encourage hand and eye coordination, small motor skills. The end result will be the children crafts made with pride and joy.

**Erin & Carrie in School North Bay Week #1**

March 6 to 10, 2017: Maple Week: the maple tree made with the children hand prints, trying out some Maple syrup, on pancakes. Making a maple leaf collage. So there will cutting, coloring, pasting all going on this week. Maple syrup taffy!

**Erin & Carrie in School in North Bay Week #2**

March 13 to 17, 2017: March Break Week: During this week parents are encouraged to participate in the March Break Activities with their children. This gives them the chance for interaction, laughter, play and fun.

**Charlene's Holiday Week #6**

March 20 to 24, 2017: Egg carton Crafts: flowers, birds, wreaths, all sorts of crafts with this handy dandy egg carton. There will painting, gluing, stickers, and more during this week.

**Erin Holiday Week #3**

March 27 to 31, 2017: Turtle Week: Turtles! Ninja, sea, painted, symbol. We will make, paint, color, glue and tell stories about turtles.

**Carrie Lynn Holiday Week #3**

Thank you  
HIFN DAYCARE  
Charlene Ashawasegai  
HIFN Daycare Supervisor

# March 2017



Sun      Mon      Tue      Wed      Thu      Fri      Sat

\*STM      Feb. 27      Feb. 28      1 Topic:      2 HAND      3      4  
 Staff Mtg      ERIN & DEE AT SCHOOL IN NORTH BAY      PRINT

ERIN & DEE AT SCHOOL IN NORTH BAY



5      6 STM      7 Topic:      8      9      10      11  
 MAPLE Leaf      ERIN & DEE AT SCHOOL IN NORTH BAY



12      13      14 Topic:      15      16      17      18  

 MARCH BREAK      March Brk      CHARLENE'S HOLIDAY WEEK #6



19      20 STM      21 Topic:      22      23      24      25  
 CPR Training      Egg Carton      ERIN HOLIDAY'S WEEK #3



26      27      28 Topic:      29 Turtle      30 Week      31

Carrie Lynn Holiday's Week #3



# March Wind

March wind is a jolly fellow;  
He likes to joke and play.  
He turns umbrellas inside out  
And blows men's hats away.

He calls the pussy willows  
And whispers in each ear,  
"Wake up you lazy little seeds;  
Don't you know that spring is here?"



## **Seedling Pot**

Get a start on your garden with this Seedling Pot and teach children how food grows and also recycling egg cartons. The kids will be intrigued as the seeds begin to sprout.

### **Supplies**

Bottom of egg carton

Potting soil

Easy-to-grow vegetable, flower or herb seeds

### **Instructions**

Poke small hole in bottom of each egg cup (for drainage).

Fill each egg cup  $\frac{3}{4}$  full with potting soil.

Plant a seed in each egg cup.

Water, put in sunny window & continue to water when dry. Watch plants grow! (They will need to be transplanted to the garden or bigger pots when they outgrow their pots.)

Make sure you have a pan or something underneath to catch any water that may drain through the egg carton.



## Health Benefits of Maple Syrup

[http://www.eatingwell.com/nutrition\\_health/nutrition\\_news\\_information/health\\_benefits\\_of\\_maple\\_syrup](http://www.eatingwell.com/nutrition_health/nutrition_news_information/health_benefits_of_maple_syrup)

By Kerri-Ann Jennings, "Maple on Tap," January/February 2012

### Find out the sweet news about maple syrup for inflammation.

Sweet news about maple syrup: this natural sweetener contains polyphenols, antioxidants that quell inflammation, according to new research from the University of Rhode Island. (Inflammation is linked to a slew of health conditions, from cancer to arthritis.) One polyphenol, quebecol—named for Quebec, a top syrup-making region—was newly discovered during the study and is unique to maple syrup. Researcher Navindra Seeram, Ph.D., says that the darker grades have the highest levels of antioxidants (in the U.S., maple syrup can range from Grade A light, medium and dark amber to Grade B, the darkest). Of course, it's still sugar, so enjoy in moderation. In the next few months, syrup production will crank into full gear in the Northeast and Canada as trees are tapped and daytime thaws cause maple sap to flow. And with sugaring season, when the sap is boiled to make syrup, comes sugar on snow (pictured here), hot, thickened syrup that forms a sweet taffy when poured on fresh snow.

### Ways to Savor Maple Syrup:

- Sweeten a latte
- Drizzle a [maple-mustard vinaigrette](#) over a green salad
- Toss with roasted sweet potato wedges
- Top whole-wheat waffles or pancakes

Photography: [iStockphoto.com](#) / © Sebastien Cote

# PURE CANADIAN MAPLE SYRUP

## Maple Ice Tea

Cool down this summer with a refreshing Maple Ice Tea. Adding maple syrup will give the drink a hint of sweetness, complementing the green tea and lemon flavors in this recipe. Poolside or on your patio, serve it in a pitcher with colorful cups for a tasty refreshment.

### Ingredients

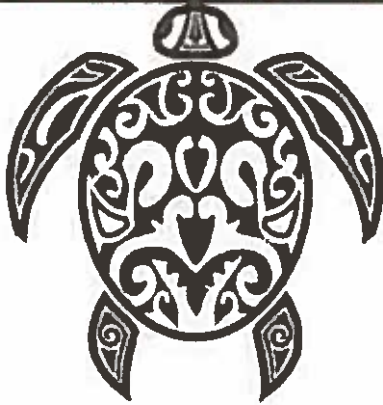
- 1 cup boiling water
- 4 bags of green tea
- ½ cup pure maple syrup
- 6 cups of water
- One lemon
- Mixed fruit for garnish

### Instructions

1. Boil 1 cup of water
2. Steep 4 bags of green tea
3. Add ½ cup of pure maple syrup and let the mixture steep for 5 minutes
4. Remove tea bags and set tea aside
5. In a pitcher, combine 6 cups of water, tea, and the juice of one lemon
6. Mix well
7. Refrigerate
8. Serve in glasses over ice and garnish with a slice of lemon and mixed fruit, such as grapes or kiwi.



# Turtle Symbol



*The Turtle Symbol*

Native American Symbols, like the Turtle symbol, can vary in meaning from one tribe to another and across the culture groups of North America.

Discover facts and information about the meanings of secret and mysterious symbols used by Native American Indians in our [List of Symbols](#) including the Turtle symbol.

>>> [Native Indian Symbol](#) >>>  
[Native American Symbols](#)  
[Native Indian Tribes Index](#)

## Meaning of the Turtle Symbol

Native American Indians were a deeply spiritual people and they communicated their history, thoughts, ideas and dreams from generation to generation through [Symbols and Signs](#) such as the Turtle symbol. Native American symbols are geometric portrayals of celestial bodies, natural phenomena and animal designs. Native American bird and animal symbols and totems are believed to represent the physical form of a spirit helper and guide. 'Turtle Island' is a term used by several Northeastern Woodland Native American tribes, especially the those of the Iroquois Confederacy, as the name for the continent of North America. For additional information please refer to the [Meanings of Animal Symbols](#).

## The Turtle Symbol - Meaning

The turtle is a sacred figure in Native American symbolism as it represents Mother Earth. The meaning of the Turtle symbol signifies good health and long life. The turtle has great longevity living up to 150 years. According to Native American legends and myths of the Eastern Woodland tribes the turtle played a part in their Creation myth. The Earth Diver turtle swam to the bottom of the water that stretched across the world. He surfaced with the mud which the creator used to make the earth. The hard shell of the turtle represents perseverance and protection. For additional information refer to [Power Animals](#). The shell of the turtle is used to dispense medicines because of the association with [Spiritual Healing](#) properties and the shell is also used to make dance rattles. The symbol of the turtle in Southwest tribes such as the Hopi and Navajo represents water - a much sought after commodity in desert regions.



## The Turtle Symbol - Motherhood

The turtle symbol also represents the earth mother. The earth mother features in many Native American myths and legends and is honored for saving mankind from the Great Flood. The turtle symbol of the earth mother represents her stoic ability to carry the heavy burden of man on her shell. Many species of the turtle have 13 sections to their under side believed to represent the cycle of the thirteen moons. The moons are a celestial symbol of motherhood.

## The Turtle Symbol - Meaning

There were so many tribes of Native American Indians it is only possible to generalise the most common meaning of the Turtle symbol or pattern. Native Indian symbols are still used as Tattoos and were used for a variety of reasons and depicted on numerous objects such as tepees, totem poles, musical instruments, clothes and [War Paint](#). Indian Tribes also used their own [Colors for Symbols](#) and designs depending on the natural resources available to make Native American paint.



## Native American Indians - Turtle Symbol

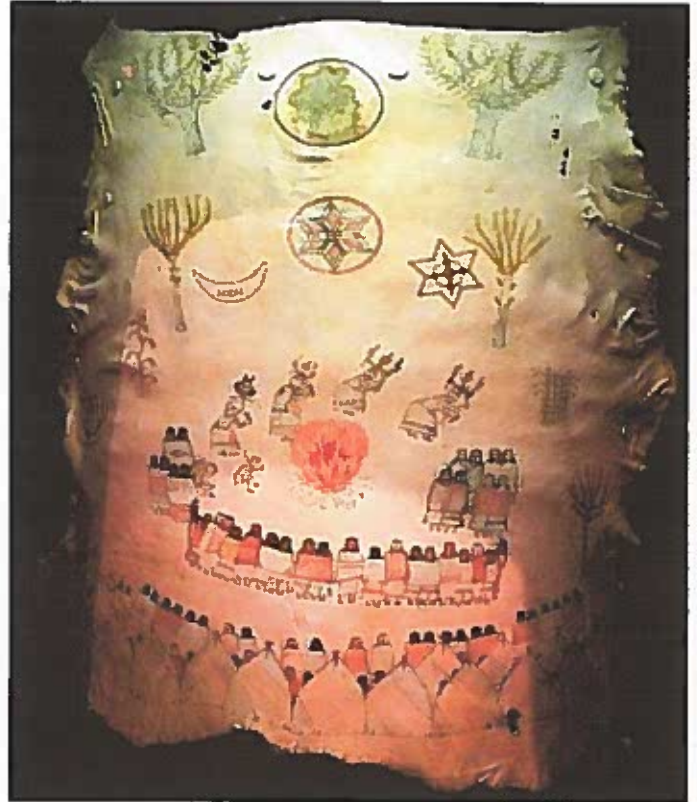
Native American Indians had a highly complex culture, especially those who lived on the Great Plains.

Their religion was dominated by rituals and belief in a spiritual connection with nature and these beliefs were reflected in the various symbols they used such as the Turtle symbol.

The clothes, tepees and all of his belongings was decorated with art and included symbols depicting his achievements, acts of heroism, his various spirit guides or the most important events in his life. Every symbol used by an American Native Indian had meaning which can be accessed from [Symbols and Meanings](#).



**Turtle Symbol**



### Turtle

- The Turtle symbol of Native Americans
- Meaning, symbolism and interpretation of the Turtle symbol
- Interesting facts and info for kids and schools
- Pictures, meanings, patterns and designs of symbols
- Native American Turtle symbol meaning



**Red Path** - Regalia, Jewelry, Artifacts  
Certificate of Authenticity

First People :: American Indian Legends : A-B

|                             |   |
|-----------------------------|---|
| Native American Legends     |   |
| Native American Legends A-B | + |
| Craftwork For Sale          |   |
| Shop - Intro Page           |   |
| Native American Jewelry     | + |
| Dreamcatchers               | + |
| Sealskin Crafts             | + |
| Seed Bead Earrings          | + |
| Authentic Lakota Dolls      |   |
| Greeting Cards              |   |
| Hand Drums                  |   |
| Native American Books       |   |
| Native American Posters     |   |
| Painted Moose Antlers       |   |
| Text and Video Pages        |   |
| American Indian Articles    |   |
| Treaties / Agreements       |   |
| Poems and Prayers           |   |
| Videos                      |   |
| Words of Wisdom             |   |
| Glossary                    |   |
| Web Graphics and Clipart    |   |
| Free Native Clipart         |   |
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| Animal Photographs          |   |
| Arctic Wolves and Pups      |   |
| American Buffalo            |   |
| American Eagle              |   |
| Timber Wolves and Pups      |   |
| Wolf Pictures               |   |
| Wolf Photographs            |   |

## Native American Legends Turtle gets a Shell

### An Anishnabe (Anishinabe) Legend

It was one of those days when Nanaboozhoo was in a strange mood. He had just awakened from a deep sleep the and scolding of the blue jays. He was a bit cranky; his sleep was disturbed and besides that, he was hungry. His fir find something to eat.

Entering the village, he came across some men cooking fish. They had their camp located close to the water and N a fire. Now, being very hungry, he asked for something to eat. The men were happy to give him some, but caution warning, he quickly grabbed the fish and burned his hand. He ran to the lake to cool it off in the water. Still unste stone and fell on Mi-she-kae (turtle) who was sunning on the beach. At that time, Mishekae was not as we know I comprised of soft skin and bone.

Turtle complained loudly to Nanaboozhoo to watch where he was going. Now, Nanaboozhoo felt ashamed of his. He wondered, "what can I do to make it up to her?" He wanted to do something to help his friend. "I'll have to sit followed the path back to his wigwam.

Sometime later, he returned to the beach and called for Mishekae. Turtle poked her head through the soft beach shells from the shore and placed one on top of the other. He scooped up Mishekae and put her right in the midd

Nanaboozhoo took a deep breath and began. "You will never be injured like that again." he said slowly. "Whenever can pull your legs and head into the shell for protection"

Nanaboozhoo sat beside his friend on the beach and told Mishekae his thoughts. "The shell itself is round like M resembles her hills and mountains. It is divided into segments, like martyrizes that are a part of her; each differen

Mishekae seemed very pleased with and listened intently. "You have four legs, each representing the points of dir said. "When the legs are all drawn in, all directions are lost. Your tail will show the many lands where the Anishna in the direction to follow. "You will have advantages over the Anishnabek," he went on. "You will be able to live in be in your own house at all times."

Mishekae approved of her new self and thanked Nanaboozhoo for his wisdom. Moving now in a thick shell, she p disappeared into the water.

So, ever since that accident long ago, Turtle has been special to the Anishnabek. To this day, she continues to grac those two shells.



**BEVERLEY GRAY**

Beverley Gray is the author of the national bestselling book *The Boreal Herbal: Wild Food and Medicine Plants of the North* and the owner of Aroma Borealis Herb Shop, in Whitehorse. Find more about Beverley online at [borealherbal.com](http://borealherbal.com) and [aromaborealis.com](http://aromaborealis.com).

Spruce Resin



# BOREAL PLANTS FOR REMEDIES

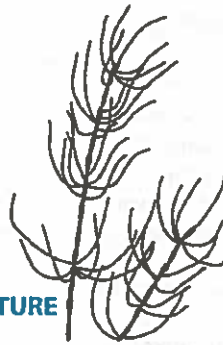
## Essentials for Your Herbal Apothecary

By Beverley Gray

Ancient civilizations believed that for every ailment there is an herbal cure. Cultures throughout the ages have used plants as medicines for healing and maintaining physical, spiritual, and mental health.

When the snow starts melting in the Yukon, I plan my seasonal harvest and determine what I need for my personal apothecary. Once I gather what I need, I create tinctures with alcohol or vinegar, make syrups or elixirs, and dry plants for tea. Here are 10 fundamental boreal-plant remedies along with basic recipes for their preparation.

1



### HORSETAIL TINCTURE (Hair, Skin, Nails)

Horsetail is high in useable minerals, and the high silica content helps bodies form collagen, an important protein found in connective tissue, skin, bones, cartilage, and ligaments. Use topically in a foot soak, as a hair rinse or herbal shampoo, or as a tea or tincture. I prefer making a horsetail tincture with vinegar because there are more useable vitamins and minerals than when using alcohol.

It's best to gather horsetail in the early summer. The plant is prime for picking for medicinal use when its branches are pointing up. Do not gather when the branches are pointing downward; this is an indication it has developed oxalate crystals that can be harmful to the kidneys when consumed.

2



### WILLOW BARK TINCTURE (Pain Relief)

Inner willow bark is best known for its analgesic properties to aid with pain and inflammation. The medicine is strongest in the inner bark and milder in the leaves. I like to prepare willow bark as an alcohol tincture in the spring. It's easy and convenient to use, whether added to a bath or as a topical compress. The tincture can be used for headaches, back pain, sciatic nerve pain, osteoarthritis, tendonitis, bursitis, gout, muscle aches, sprains, strains, and menstrual cramping.

The bark is best harvested in the early spring before the leaves come out. Cut a few small branches and then take a knife and slice through the bark from top to bottom. Peel back the bark, pull it off the branch, and then cut away the inner layer.

# 8

## USNEA TINCTURE (Sore Throat)

Usnea (commonly called old man's beard) is the greenish, hair-like lichen that grows on spruce trees. It's a very valuable medicine containing usnic acid, which has been used as a mild antibiotic for hundreds of years. Usnic acid is reported to have antiviral, antifungal, and antibacterial actions and used to kill streptococcus and staphylococcus bacteria. It can be applied topically as infused oil for skin infections and as an alcohol tincture for colds, lung infections, and sore throats.

Take caution because some people are seriously allergic to usnic acid, so touching usnea can cause a rash and swallowing could be harmful. Lichen can also irritate the kidneys if ingested over a long period of time.



## ALCOHOL OR VINEGAR TINCTURE PREPARATION

Add 10–30 drops of tincture to a cup of water (for an adult).

- 1 Break up fresh plants into a jar.
- 2 Pour vodka or apple cider vinegar over the plants until fully covered with liquid. Use one part plant matter to two parts alcohol or vinegar.
- 3 Cover the jar with a lid and label your preparation. For vinegar tinctures, use a plastic lid or plastic or wax-paper barrier because the acid will cause metal to rust.
- 4 Let the mixture infuse for at least two weeks to a month, shaking it daily.
- 5 When your preparation is ready, strain it through a piece of cheesecloth, wringing out the cloth to get every last drop. Compost the spent botanicals, then bottle and label your tincture.

**NOTE:** Alcohol tinctures have a long shelf life, travel well, and are easy to use. If you don't want to consume the alcohol directly, put drops of the tincture in a cup of boiling water. This causes the alcohol to dissipate, leaving the herbal medicine behind.

# 9

## COLTSFOOT TEA (Cough)

Coltsfoot leaves are best harvested in the summer.

Coltsfoot-leaf tea is anti-catarrhal, antispasmodic, demulcent, diaphoretic, diuretic, and emollient, as well as an expectorant. The tea contains mucilage, which coats and soothes the throat. This helps relieve pain in the intercostal muscles (between the ribs) due to coughing. It also treats symptoms of asthma, bronchitis, whooping cough, dry cough, laryngitis, hoarseness, lung cancer, wheezing, and mouth and throat irritations. Coltsfoot also stimulates the lungs to expel phlegm.



# 10

## WILD CHAMOMILE TINCTURE (Sleeping)

The optimal time to gather wild chamomile is as soon as the tiny fragrant heads appear.

Use the dried flower heads for tea or fresh flower heads for an alcohol tincture. I like to make a tincture because I find it more potent and fragrant than the dried flower heads. The tincture helps relieve gas, heartburn, mild gastrointestinal upset, and menstrual cramping. Drink wild chamomile tea or take 20 drops of chamomile tincture in water before bed to soothe the nervous system and help you get a good night's sleep. **Y**



## HERBAL TEA PREPARATION

Pour boiling water over dried plant matter. For fresh herbs, use 1 tablespoon (15 ml) fresh herb to 1 cup (250 ml) boiling water. For dried herbs, use 1 teaspoon (5 ml) dried herb to 1 cup (250 ml) boiling water. Steep herbal tea for 15–20 minutes. Cooled tea can also be used as a wash or soak.

Wicker baskets are great for drying small amounts of botanicals. In the summer, I always have plants drying in baskets around the house. I prop the basket on top of a cup or mug to create airflow. Be sure to turn the herbs daily and keep out of direct sunlight. When the plants are dry, place them in an airtight jar, label, and store out of direct sunlight.