



**COMMUNITY
CLEANUP**

May 1st, 2017

**HAPPY
MOTHERS
DAY**

**RABIES
VACCINATION
CLINIC**



May 16th, 2017



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

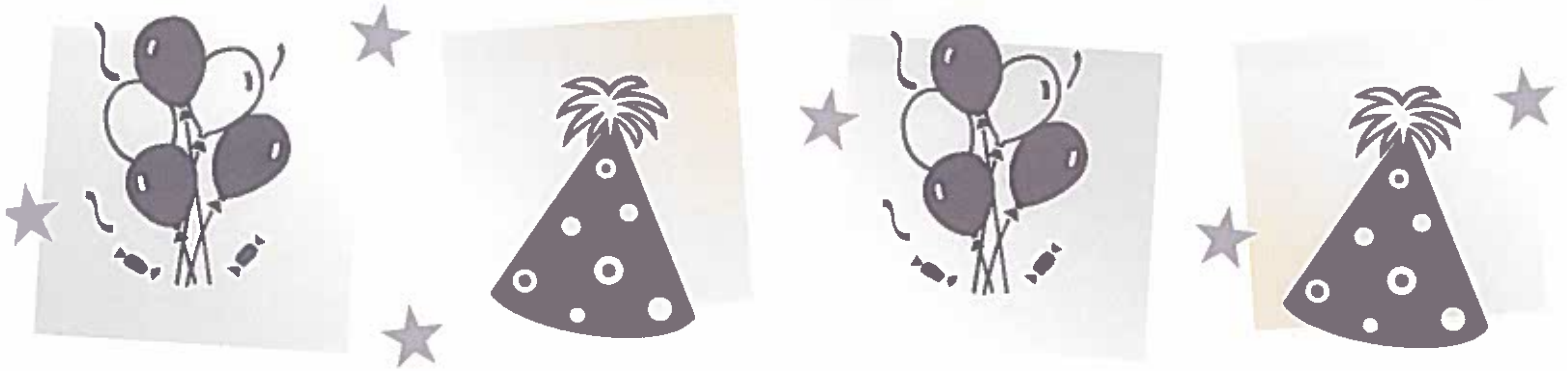
Greg Newton ~ Maintenance

Janice McQuabbie ~ Custodian

Genevieve Solomon-Dubois ~ Education Councillor

Raymond Kagagins ~ NRF Point Person

Angele Dubois ~ Community Mentor/YLP



May Birthdays

- Ally McQuabbie - May 3, 2017
- Dmitri Ashawasegai - May 6, 2017
- Kiana Moses - May 10, 2017
- Grace Contin - May 11, 2017
- Bertha Kagagins - May 13, 2017
- Matthew McQuabbie - May 14, 2017
- D'Andra Pelletier - May 14, 2017
- Brenda Contin - May 17, 2017
- Ed Panamick JR - May 18, 2017
- Quentin Ashawasegai - May 19, 2017
- Wakiya Ashawasegai - May 23, 2017
- Irvin Contin - May 29, 2017
- Earl Contin - May 29, 2017

Sorry if your name was missed, Please call Health Centre to add name to list.



Henvey Inlet First Nation

Pickering, ON P0G 1J0

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

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

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

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

MEMORANDUM

To: Membership
Fr: Millie Pawis, Director of Finance/Administration
Dt: April 26, 2017
Re: **Councillor Portfolios**

Chief Wayne announced at the recent Annual Planning Days meeting the respective portfolios of each Council member during their term effective March 25, 2017 to March 24, 2019.

Councillor Tony Solomon
Daycare
Trailer Park

Councillor Patrick Brennan
Lands

Councillor Lionel Fox
Social Services
WBAFN Representative
Housing
Roads/Infrastructure
CPAC Committee

Councillor Genevieve S Dubois
Education
Governance
Human Resources

Councillor Brenda Contin
Culture and Recreation (Pow Wow committee Member Re Fundraising)
Claims

Councillor Carl Ashawasagai
Roads/Infrastructure
Animal Control

Chief Wayne McQuabbie
MTO Negotiations
Community Members Concerns
Finance
Child Welfare
Government to Government Relations

*The Windfarm project will be a combined effort by all Council.

These portfolios come with the responsibility of addressing related concerns to these topics, if you have any questions or concerns please address the respective Councillor, at your convenience.

MP
/MP



Henvey Inlet First Nation

NEW Gas Bar Hours

EFFECTIVE MAY 8th, 2017

Monday-Friday 7:30am-6:00pm

Saturday 9:00am-5:30pm

Sunday 9:00am-5:30pm





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 Rachel-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

Medical Van Schedule

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





Henvey Inlet First Nation

Lands Office

Sherry Contin-Lands Manager

Email: lands@henveyinlet.com

Amanda Barbe- Lands Assistant

Email: barbe_amanda@yahoo.ca

Located at: 25 West Road

Pickerel, ON

Mailing Address: 295 Pickerel River Road

Pickerel, ON

PoG 1J0

Phone Number: (705) 857-5211

Fax Number: (705) 857- 3021

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
P0G 1J0

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





Prescription Deliveries!

Noelville Pharmacy will be
delivering Meds Thursdays @
11:00AM

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

**Henvey Inlet First Nation
is accepting applications for a
Pickerel River Trailer Park Manger**

General Description

Henvey Inlet First Nation requires an individual to manage the daily operations of the Pickerel R. Trailer Park/Marina. This position is a seasonal position that is available from May to October annually. The work site is the Pickerel R. Trailer Park. This position will be directly responsible to the Director of Finance/Administration.

Duties and responsibilities

1. Keep a daily log of all operations and duties
2. Manage temporary or permanent facilities; i.e. trailers, boat storage facilities, slips, cleaning bathrooms/showers regularly
3. Register all customers interested in temporary boat launching, and or camping
4. Receipt payments from resident campers for site, parking, hydro, or additional fees as required
5. Collect monies from customers and deliver to the Administration office
6. Display public notices as required
7. Maintain dock, making necessary repairs as required
8. Assist with boat launching as required
9. Ensure boats are securely tied at all times
10. Responsible for purchase of supplies
11. Responsible for minor repairs, mechanical, electrical, structural
12. Cut grass in designated areas
13. Maintain current schematic of all camp sites and dock slips
14. Maintain security of all equipment
15. Submit timesheets as required to the Administration office
16. Attend Staff Meetings as required
17. Provide written reports as required

Qualifications

1. Completion of Grade 12
2. Possess a valid Ontario Driver's license
3. Must have a boaters' license
4. Must have some experience in managerial services
5. Good physical condition is a necessity, will be required to do some heavy lifting

Eligibility Requirements

1. Must be 18 yrs or older
2. Not in school
3. Not necessary to be a Band Member of HIFN

Essential Skills

1. Basic carpentry, plumbing and small motor experience
2. Communicate clearly and effectively
3. Ability to follow directions and work well with others
4. Ability to manage priorities; order tasks efficiently
5. Must possess excellent public relation skills
6. Ability to learn new tasks quickly

Hours of work

1. Thursdays ~ Mondays 8:00 – 4:00 p.m.

Rate of pay

\$15/hr

Duration

May 11, 2017 to November 9, 2017 (26 wks)

**Those interested may submit resumes to Henvey Inlet First Nation Administration
Deadline for application is May 9th, 2017 at 4:30 p.m.
Interviews May 10, 2017
Only those selected for an interview will be contacted.**

HENVEY INLET FIRST NATION LANDS OFFICE HOSTS THE:

ANNUAL SPRING COMMUNITY CLEAN-UP & LARGE ITEM PICK-UP



AS FIRST NATION PEOPLES, IT IS AN HONOR AND RESPONSIBILITY TO CARE FOR AND PROTECT THE LANDS. NOT JUST FOR THOSE WHO WALK THIS EARTH NOW, BUT ALSO FOR THOSE WHO ARE YET TO COME. THIS IS A TASK THAT HAS WITHSTOOD THE TEST OF TIME AND WAS GIVEN TO US BY THE CREATOR.

OUR ANCESTORS' TOOK THIS TASK VERY SERIOUSLY; MANY FOUGHT AND DIED IN ORDER TO FULFILL THEIR CONCEPT OF CARING FOR AND PROTECTION OF THE LANDS, THIS TASK GIVEN THEM BY THE CREATOR. NOW, THE CONCEPT OF CARING FOR AND PROTECTION OF THE LANDS IS COMPLETELY DIFFERENT THAN WHAT WAS IN OUR ANCESTORS' TIME; AS SUCH, SO IS THE METHOD OF FULFILLING THE TASK GIVEN US THROUGH OUR ANCESTORS', BY THE CREATOR. CONSERVATION AND LANDS PROTECTION ARE NOW SOME OF THE METHODS FOR FULFILLING THIS TASK AND I FIND THAT MOST OF US DO THIS WITHOUT A THOUGHT.

HOSTING COMMUNITY CLEAN-UPS IS A VERY SIMPLE WAY FOR US ALL TO GET TOGETHER AND CARE FOR THE LANDS. NOT ONLY FOR US HERE NOW BUT FOR GENERATIONS TO COME. THE MORE WE ACHIEVE/INITIATE NOW, THE LESS OUR ANCESTORS TO COME WILL HAVE TO DEAL WITH AND IT IS AN EYESORE TO MOST HAVING GARBAGE CARELESSLY TOSSED AROUND HIFN.

IN APPRECIATION FOR THE WORK THAT GETS DONE DURING THE COMMUNITY CLEAN-UP, A BBQ AND GIVE AWAY WILL BE HELD. NOT AS ANY PAYMENT BUT RATHER IN APPRECIATION AND RECOGNITION OF THE WORK THAT GETS DONE IN ORDER TO CLEAN HIFN. RESPECT IS ALSO GIVEN FOR THE TIME AND EFFORT TAKEN BY THE PARTICIPANTS IN ASSISTING IN CARING FOR THE LANDS. ONLY AS A COORDINATED COMMUNITY CAN THIS CLEAN-UP TAKE PLACE.

DURING THE COMMUNITY CLEAN-UP, THE LANDS OFFICE ALSO OFFERS THE OPPORTUNITY FOR COMMUNITY HOUSEHOLDS TO GET RID OF ANY LARGE ITEMS FREE OF CHARGE. SO PLEASE DO NOT FORGET TO HAVE YOUR LARGE ITEMS OUT BY YOUR GARBAGE BIN BY 8 AM MONDAY MAY 1ST, 2017. GARBAGE BAGS AND GLOVES WILL BE PROVIDED AND THE APPRECIATION BBQ WILL BE HELD AT 12:00 PM AT THE FIRE HALL FOLLOWED BY THE WINNERS ANNOUNCEMENT AND GIVE AWAY. KEEP IN MIND, THE PARTICIPANTS WHO DO NOT RECEIVE A PRIZE WILL RECEIVE A GIFT!!

AGENDA

WHEN: MONDAY MAY 1ST, 2017

MEET: AT THE FIRE HALL

TIME: 9:00 AM – 12:00 PM

BBQ: 12 PM AT THE FIRE HALL FOLLOWED BY WINNERS ANNOUNCEMENT & GIVE AWAY. ELDERS WILL BE PICKED UP AT 11:30.

AS THIS IS A PRIZE COMPETITION, THE NEED FOR SOME RULES AS A GUIDELINE IS REQUIRED, ONLY TO ASSIST IN NAMING THE 1ST, 2ND AND 3RD PRIZE WINNERS AND TO ENSURE EQUALITY.

RULES:

- 1) NO MORE THAN 5 TEAM MEMBERS PER TEAM AND ALL NAMES MUST BE ON THE SIGN-UP SHEET THAT WILL BE POSTED AT THE BAND OFFICE AND HEALTH CENTRE AT LEAST A DAY PRIOR TO THE CLEANUP.
- 2) ALL TEAM MEMBERS MUST ARRIVE AT THE FIRE HALL AT OR BEFORE 9:00 AM ON THE SPECIFIED DATE OR THAT MEMBER WILL NOT BE ELIGIBLE TO RECEIVE A PRIZE, GIVEAWAY GIFT OR LUNCH. THE CLEANUP WILL END AT THE FIRE HALL FOR THE 12:00 PM COMPLIMENTARY LUNCH.
- 3) 1ST, 2ND AND 3RD PRIZES WILL BE TIERED GIFT CARDS. ALL GIFTS FOR THE GIVEAWAY ARE THE SAME. THIS IS DONE FOR FAIRNESS AND SHOPPING EASE. AS AN EXCEPTION, THE CHILDREN'S GIFTS MAY BE GENDER SPECIFIC.
- 4) A PRIZE WINNER DOES NOT QUALIFY FOR A GIVEAWAY GIFT.
- 5) AGE LIMITS ARE AS FOLLOWS:

CHILD:	BABIES TO 16
ADULT:	17 AND UP
- 6) ONLY THE GARBAGE BAGS PROVIDED BY THE LANDS OFFICE WILL BE COUNTED.
- 7) EACH TEAM WILL RECEIVE A SPECIFIC COLORED MARKER TO WRITE THE TEAM NUMBER ON THE GARBAGE BAGS THEY COLLECT. AMANDA BARBE, LANDS ASSISTANT WILL THEN GO AROUND TALLYING UP THE BAGS.
- 8) ANY LARGE ITEMS FOUND SHOULD BE MOVED TO THE SIDE OF THE ROAD FOR PICK-UP.
- 9) THE TEAM WITH THE MOST COLLECTED GARBAGE BAGS WINS.
- 10) HIFN STAFF ARE EXPECTED TO CLEAN OUTSIDE OF THEIR OFFICE BUILDING OR JOIN A TEAM BUT IF THE STAFF MEMBER DOES NOT PARTICIPATE FOR THE FULL MORNING THEY DO NOT QUALIFY FOR A PRIZE, GIVEAWAY GIFT OR LUNCH.
- 11) IF YOU HAVE NOT PARTICIPATED FOR THE FULL MORNING, YOU DO NOT QUALIFY FOR A PRIZE, GIVEAWAY GIFT OR LUNCH. IF THERE ARE LEFTOVERS, NON-PARTICIPANTS WILL BE OFFERED TO JOIN AFTER THE PARTICIPANTS HAVE EATEN.
- 12) AS THIS IS DONE IN FUN BUT WITH THE OVERALL GOAL OF GETTING TOGETHER AS DIFFERENT GROUPS FOR THE BENEFIT OF CLEANING THE LANDS, ANY PARTICIPANTS THAT ARE OUTWARDLY DISGRUNTLED OR INTOXICATED WILL BE ASKED TO LEAVE. AS THIS IS A GROWING EXPERIENCE FOR ALL SINCE INITIATION, EVEN TO US HOSTING THE EVENT.
- 13) ANY IDEAS THAT WOULD HELP TO MAKE THIS EVENT RUN SMOOTHER; PUT FORWARD IN A POSITIVE WAY TO AMANDA BARBE, LANDS ASSISTANT, WILL BE WELL RECEIVED.

LARGE ITEM PICK-UP

ALL ITEMS MUST BE PLACED BESIDE THE GARBAGE BINS BY **8 AM MONDAY MAY 1ST, 2017**. ALL ITEMS PLACED BESIDE THE BIN WILL BE PICKED UP. PLEASE NOTE THAT ITEMS PLACED AT THE BIN AFTER THE DEADLINE WILL NOT BE PICKED UP.

IF YOU HAVE ANY QUESTIONS OR SUGGESTIONS PLEASE CONTACT AMANDA BARBE, LANDS ASSISTANT.

MIIGWETCH,

AMANDA BARBE, LANDS ASSISTANT
HENVEY INLET FIRST NATION LANDS OFFICE
25 WEST RD, PICKEREL ON POG 1J0
(705) 857-5211



HENVEY INLET FIRST NATION POW WOW COMMITTEE



LOONIE AUCTION

Saturday May 27, 2017

Firehall

281 Pickerel River Rd



@ 1:00pm



Auction items value from \$10 to \$2000

All bids are \$1.00 or \$5.00 bids

With the exception of higher priced items will be a \$5.00 bid

DOORS OPEN @ 11am

REGISTRATION @ 12:00 PM



Rules and regulations will be available, everything will be provided for you no need to bring own pen /paper.

ALL PROCEEDS GO TOWARDS OUR ANNUAL TRADITIONAL POW WOW

HIFN LOONIE “LIVE” AUCTION RULES

In a normal auction an item is bid on and the price keeps going up until no one wants to pay any more and the last bidder gets the item. A Loonie Auction doesn't work that way, items and services are donated, in advance by members of the community, businesses etc...they are displayed on a table to be viewed.

Upon entering the hall, you may view the display table and then come and register. Each registered person will be assigned a numbered plate that they will use during the course of the auction, as well as a supply of **HIFN Regulated Auction paper** and something to write with. **Doors will open @ 12Noon.** Viewing & registration can be done between **12 – 1 PM.**

The registered participant will then find a place to sit, organize themselves with their registered numbered plate, supply of paper, pen as well as their own supply of loonies. You will write your chosen # on all the provided pieces of **HIFN Regulated Auction paper** or on as many as you think you will use. A cashier will be on hand to convert your cash over to Loonies.

The auction will begin promptly at 1PM. As the auction begins the volunteer or auctioneer will raise the item up for bid, each participant in the audience if interested will raise their numbered plate to bid, as well as write their registered number on the provided piece of paper, around the room will be several collection people with containers and their job is to collect loonies and paper with your registered number written on it. *(Note: one registered number submission with each bid and any folded or crumpled pieces of paper will not be picked out of the ticket drum)*

The auctioneer will acknowledge each participating bidder with a raised plate and send a collector who will come and collect your loonie and one piece of paper with your written registered number on it. You may bid as many times as you like on that one item as long as you submit a loonie or toonie and numbered paper **each time** you raise your numbered plate. By doing this you *increase your chances* of winning that item. When the bidding stops, all numbered pieces of paper will be collected from the collectors and put into the ticket drum, the auctioneer will then draw **one unfolded, uncrumpled paper!!** Immediately the participant with that registered number will get the item.

Please note: Items in value of \$200.00 or more will be a \$5.00 bid.

The Loonie auction operates by luck of the draw! People have fun and you don't have to be rich to participate. All proceeds will go to the host community of Henvey Inlet First Nation towards the 2017 Henvey Inlet First Nation Annual PowWow. Good luck to all participants😊

For further information please contact: Brenda CONTIN, Auctioneer and Coordinator @ 705-857-1221



Rabies Clinic With Dr. Carolyn Lariviere

\$22.00 per animal for Non-Band members, First two animals free for Band Members. Please let Darcy know if you require the Parvol/distemper vaccines as this is an extra \$10.00/dog

PLEASE LET DARCY KNOW IF YOU REQUIRE TRANSPORTATION!!

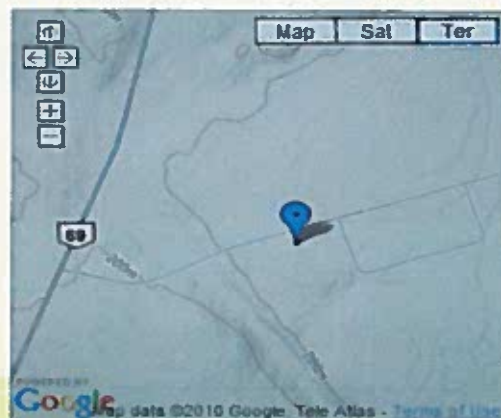
Contact Person: Brenda or Darcy @ HIFN Health Centre 705-857-1221 or toll free 1-866-252-3330.

Date: Tuesday May 16, 2017

Time: From 4:00pm– 7:00 pm

Annual Vaccination Clinic will be taking place at Henvey Inlet Fire Hall! Please contact Darcy to Pre-Register your pet/s. Please have the following info available when you call: Name of animal, weight, age, breed, and color and markings. Your cooperation is appreciated!!

Henvey Inlet First Nation Fire Hall
295 Pickerel River Road
Next to the Gas Bar



HIFN Is located off Highway 69. 1 hour North of Parry Sound and 45 minutes south of Sudbury.

Pet Owners!!!

Please don't forget to call the Health Centre to register your dogs/cats for the Rabies Clinic which is May 16, 2017 4:00pm- 7:00pm at the Firehall!

We need the Name, Sex, Age, Weight, Fur colour, and breed of your animal when calling and also to let us know if you require transportation.

The vet is offering parvol/distemper shots for dogs for \$10.00/dog and Panleukopenia/Rhino/Calici shots for cats for \$10.00/cat. Let us know if you would like these extra shots when calling.

The more information we get earlier will help things run smoothly.

What Is a Canine Distemper/Parvo Vaccination?

While commonly called canine distemper vaccination, this vaccine typically protects your pet against more than just distemper. That's because it is actually a combination of vaccines in one injection that will protect your pet from several serious diseases.

Canine distemper is considered a core vaccine. This means that, because canine distemper is a serious, highly contagious disease with a high death rate, organized veterinary medicine has determined that all dogs should be protected from this disease.

The exact combination of your dog's distemper combination vaccine depends on your dog's age and individual disease-risk profile, but in general, the most important diseases to protect against are canine distemper, canine adenovirus-2 infection (hepatitis and respiratory disease), [canine parvovirus infection](#), and parainfluenza. The abbreviation for this combination vaccine is frequently written as "DHPPV," "DHPP," "DA2PP," or "DA2PPV" on your pet's health records. The letters in these abbreviations are defined as follows:

- **D = Canine distemper virus.** Infection with this virus is serious, with a death rate approaching 50% in untreated dogs. The virus attacks the respiratory, digestive, and brain/nervous systems of dogs.
- **H = Hepatitis.** Since this vaccine protects against canine adenovirus-2 and adenovirus-1, it is often referred to as A2. Canine adenovirus-1 causes canine infectious hepatitis, a serious disease that affects the liver.
- Canine adenovirus-2 causes respiratory disease and is one of the infectious agents commonly associated with canine infectious tracheobronchitis, also known as kennel cough.
- **A2 = Canine adenovirus-2.** This virus causes a respiratory disease in dogs (see above).
- **P = [Parvovirus](#).** Infection with this virus is highly contagious and serious, with a death rate approaching 90% in untreated dogs. The virus attacks the digestive and immune systems of unvaccinated animals, causing debilitating diarrhea and [vomiting](#).
- **P = Parainfluenza.** This is a mild respiratory viral disease in dogs. V = Virus.

Therefore, a notation of "DA2PPV," "DA2PP," "DHPP," or "DHPPV" in your pet's vaccination record generally means that your pet was vaccinated against [canine distemper](#), hepatitis (canine adenovirus-2 and -1), parvovirus, and parainfluenza.

Panleukopenia Fact Sheet for Cat Parents

What is panleukopenia?

Panleukopenia, which is sometimes mistakenly referred to as “feline distemper,” is a parvovirus very similar in structure to canine parvovirus. It is highly contagious and extremely resistant to disinfectants and temperature extremes. Strains of the virus can infect not only domestic cats but also all other members of the feline family as well as raccoons and minks.

What are the signs?

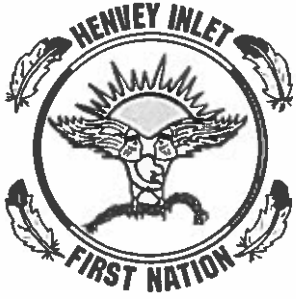
The panleukopenia virus attacks and destroys white blood cells, weakening the immune system and putting the cat at great risk of contracting secondary infections. Rapidly dividing cells in the gastrointestinal tract, lymphoid tissues, and cerebellum can also succumb to the virus. While some cats die suddenly without showing any signs of the disease, others suffer severe symptoms, including fever, fluctuating temperatures, depression, lack of appetite, vomiting, diarrhea, and dehydration. Lethargy is a big warning sign, and infected cats often droop their heads over their water bowls, thirsty but unable to drink.

Which cats get it?

Kittens aged three to five months are the most susceptible to the panleukopenia virus, although it can strike cats at any age. Generally, adult cats are more resistant, having either received vaccinations or developed their own immunity through exposure to the virus in the natural environment. Kittens infected in utero or up to two weeks after birth can suffer permanent damage to their nervous systems; if they survive, they may have difficulty walking and keeping their balance.

How can panleukopenia be prevented?

Vaccination and meticulous disinfection are the best ways to prevent the spread of the panleukopenia virus. While many shelters like to use quaternary ammonium compounds for routine disinfection, experts say the only foolproof way to kill the panleukopenia virus is to apply a dilute bleach solution (1 part bleach to 32 parts water) to food bowls, litter pans, cages, and other surfaces during cleaning. Whenever possible, those items should be made of stainless steel; plastic food bowls and litter pans are too difficult to disinfect after repeated use. Requiring staff, volunteers, and visitors to wash hands before and after the handling of each animal can also reduce the spread of disease.



**Henvey Inlet
First Nation**

Pickeral, ON P0G 1J0

Administration
295 Pickeral River Road
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Chief
M. Wayne McQuabbie
Council
Lionel Fox
Patrick Brennan
Carl Ashawasagai
Brenda Contin
Genevieve Solomon-Dubois
Tony Solomon

MEMORANDUM

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

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



TREATY ANNUITY PAYMENTS

HENVEY INLET FIRST NATION

Wednesday, August 23, 2017

1:30 p.m. to 3:00 p.m.

Health Centre

REMINDER

- **Bring your status card or other ID for yourself**
- **Must have ID for children and your spouse**
- **No third party pickups**
- **Third party notes are not accepted**

Canadian Mental Health Association - Muskoka-Parry Sound

B'SAANIBAMAADSIWIN

Aboriginal Mental Health Program



Client Information and Services Include:

Referral and Advocacy

Intake and Screening

Counselling

Crisis Intervention Prevention

Concurrent Disorder Programs

Facilitation of groups based on Identified Needs and Interest

Henvey First Nation Mental Health Clinic Days are now on Thursdays.

If you require services,

Please contact B'saanibamaadsiwin at 705 746-2512

to schedule an appointment or contact

Henvey First Nation Healing Centre at 705 857-1221 to schedule an appointment.

Meeqwetch-Thank you.

Aboriginal Mental Health Worker—Louise Spence-Mohamed

April 18, 2017

DibAAJIMOOWINAN

GEZHTOOJIG, EMPLOYMENT & TRAINING

MAY 17, 2017—Henvey Inlet 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
Henvey—Health Centre	Wednesday, May 17/17 9:00—10:15am

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





Health
Canada

Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

PRENATAL ESCORTS

NEW FUNDING FOR NIHB

BUDGET 2017

To provide important information regarding new funding for NIHB.

Budget 2017 includes proposals for new funding for NIHB in a number of key areas. This includes expanding the medical transportation benefit to ensure that expecting mothers do not have to travel alone if they require medical transportation outside the community to deliver their babies.

Prenatal Escorts

NIHB will approve requests for non-medical escorts for women travelling for child birth, without requesting additional medical or legal reason for the escort.

Contribution Agreement Recipients may also take advantage of this benefit enhancement.

For more information please call one of the FNIHB Ontario region NIHB contacts:

Heather Larsen
Senior Manager, Program Delivery
Ontario Regional Office
heather.larsen@canada.ca
613-941-6253

Julie Mirau
Manager, NIHB Operations
Ontario Regional Office
julie.mirau@canada.ca
613-952-0139

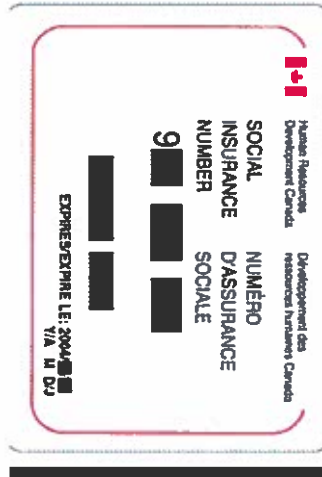
Cynthia Lucier
Manager
Sioux Lookout Zone
cynthia.lucier@hc-sc.gc.ca
1-807-737-5812

Sandra Freund
Manager
Thunder Bay Zone
sandra.freund@hc-sc.gc.ca
1-807-346-3530

Ontario Region Client Information Line
1-800-640-0642

Canada 

Important Reminder



All Summer Students applying for Summer Employment within Henvey Inlet First Nation must have a Social Insurance Number prior to applying for Employment. This will be required to be presented at the Summer Student Orientation on July 4th, 2017.

Thank you

EDUCATION ANNOUNCEMENTS

MAY 2017

HIFN Bus Driver Numbers

Larry Olds: 705-773-2570

Lorne |Contin: 705-774-0954

- Please advise the driver if your child will not be attending school or if s/he will be arriving late. If a child has only attended school for the afternoon please ensure that the driver is aware that they will be getting on the bus to come home. Both Larry and Lorne will check their text and voice messages prior to leaving the schools each day.
- The Near North District School Board Parent Council has arranged several interesting workshops (please see the poster); if you are interested in attending any of these events please let me know as soon as possible so that transportation arrangements can be made. The first session is at Parry Sound High school on Thursday May 4th at 6:30 pm. The Board will be providing a light meal and childcare. The workshops look very interesting!
- Remember: If you are planning to attend a post-secondary program this coming fall you need to complete and submit your application by May 30th. For more information please call Genevieve or stop by the Band Office to get your application.

PARRY SOUND HIGH POW WOW: MAY 19th

This year's theme: 'Seven Generations'

Grand Entry: 10:00 am.

Closing: 2:30 pm.

- All community members are welcome to attend. If you would like to be a Flag Bearer or if you need transportation, please let me know by May 11th.
Chii miigwetch,

Genevieve



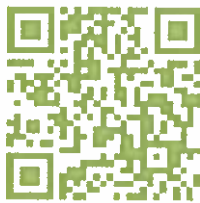
Near North
District School Board

PARENT INVOLVEMENT COMMITTEE *presents*



Resilient Together

*A Family Symposium:
Inclusivity, Mental Health
and Well-Being*



REGISTER NOW



REGIONAL SESSIONS:

RESILIENCE THROUGH MINDFULNESS

Presenter: Sue Lessard, NNDSB Mental Health Leader

The MindUP™ program was developed for teachers in a classroom setting and the NNDSB has been building the capacity of our educators to deliver to learners from grades K to 8. The lessons are anchored in current brain research, are evidenced based practices in social emotional learning, and are designed to cultivate wellbeing and emotional balance. The activities are fun and engaging.

LD MEANS "LEARNS DIFFERENTLY"

Presenter: Angie DeMarco, The Learning Disabilities Association of North Bay and Area (LDANB)

To understand what a learning disability is, what it is not and what it feels like. This workshop is designed to build awareness and empathy regarding the processing differences that affect the academic success of students with a learning disability. Participants will gain an understanding of what a learning disability is and what it feels like.

FIRST NATIONS, METIS, INUIT TREATY RELATIONSHIPS

Presenter: Maurice Switzer

Maurice Switzer is a citizen of the Mississaugas of Alderville First Nation. He was raised in Lakefield and was the first Indigenous student to attend Trent University. A lifelong journalist, he was an editor and publisher at five Canadian daily newspapers -- included the Oshawa Times -- and subsequently served as director of communications for the Assembly of First Nations and Union of Ontario Indians. Maurice Switzer will share a presentation linking historical & contemporary contexts for treaty relationships between First Nations and Canada.

- TAKE-AWAY RESOURCES
- A LIGHT MEAL WILL BE PROVIDED
- CHILDCARE AVAILABLE

**MAY 4TH - PARRY SOUND HIGH SCHOOL
6:30-8:30 p.m.**

PRESENTATIONS:

- *First Nations, Metis, Inuit Treaty Relationships*
- *Resilience Through Mindfulness*

**MAY 9TH - WIDDIFIELD SECONDARY SCHOOL
6:30-8:30 p.m.**

PRESENTATIONS:

- *LD Means "Learns Differently"*
- *Resilience Through Mindfulness*

**MAY 11TH - ALMAGUIN HIGHLANDS SECONDARY SCHOOL
6:30-8:30 p.m.**

PRESENTATIONS:

- *LD Means "Learns Differently"*
- *Resilience Through Mindfulness*

CONTACT MELANIE SIMMONDS:
p. 705.472.8170 ext. 5043

HIFN Daycare 2017 Newsletter

May Flowers, Trees budding, and the new life cycle begins? Between the lawns being cleaned up, the animals starting to wake up and move around: the birds are singing! Thankful for the warmer days and grandfathers' sun for being around more often. Along with the month of May we are celebrating **Mother's day on May 14, 2017**, and we also have a **long weekend coming up on May 22, 2017**. **The daycare will be CLOSED Friday May 12, 2017 the staff will be attending a one day workshop in Huntsville.** Enclosed in the newsletter is information about the new Tiered licensing with the MOE. Included also is helpful articles on fiddleheads, Willow Bark tea, a coloring page for Mother's Day too. Here are the Topics for the month of May 2017:

May 1 to 5, 2017: Topic: Letters
May 8 to 11, 2017: Topic: Moms Week
HIFN DAYCARE CLOSED FRIDAY MAY 12, 2017
May 15 to 19, 2017: Topic: Outside Games
HIFN DAYCARE CLOSED MONDAY MAY 22, 2017
May 23 to 26, 2017: Topic: Birds Week
May 29 to June 2, 2017: Topic: Rock Painting

Reminder to ALL PARENTS! Please stop by and pick up the application forms to be filled out for the summer Program 2017. We have new forms and application for the HIFN Daycare. We are required to update our files and information yearly. We do our before the summer program.
Charlene's First Week of HOLIDAY, s is May 15 to 19, 2017!

Thank you

Charlene Ashawasegai
RECE HIFN Daycare
Program Supervisor

Erin McQuabbie
HIFN ECE Worker

Carrie L. Bennett
HIFN ECE Worker

▶ May 2017

Sun Mon Tue Wed Thu Fri Sat

1 **STM** 2 Topic: 3 Letters 4 5 6

7 8 9 Topic: 10 Mom's 11 Week 12 **HIFN** 13

Daycare
Closed

14 15 **STM** 16 Topic: 17 Outside 18 Games 19 20



CHARLENE 1ST WEEK OF HOLIDAY'S 2017/2018

21 22 **CLOSED** 23 Topic: 24 Birds 25 Week 26 27



28 29 **STM** 30 Topic: 31 Rock 1 Painting 2

JUNE

JUNE

Date of Issue: May 9th, 2016

Effective: August 29, 2016
until revoked or
modified

Subject: TIERED LICENSING

Application: Licensed Child Care Centres
Consolidated Municipal Service Managers
District Social Service Administration Boards

INTRODUCTION

As part of the transformation of Ontario's child care system, the Ministry of Education (the ministry) is implementing a new modernized approach to licensing child care centres called tiered licensing.

The ministry has heard from child care licensees that the current licensing inspection checklist, comprised of 300 requirements, includes many administrative items and leaves little room for important conversations about pedagogy and program approaches.

The new tiered licensing approach addresses this concern while allowing the ministry to maintain its oversight of children's health, safety, and well-being. The approach will enable the ministry to focus resources on working with child care centres that need more support to achieve and maintain compliance and allow for more time during inspections for program discussions.

This policy memorandum provides important information to all child care centre licensees about how the tiered licensing process will work.

LEGISLATIVE AUTHORITY

Section 22 of the *Child Care and Early Years Act, 2014* (CCEYA) provides flexibility for the Director to determine the term of a licence in accordance with the regulations.

Section 85.2 of Ontario Regulation 137/15 now sets out that the term of a licence shall be a period of up to two years.

NEW TIERED LICENSING PROCESS

Beginning on August 29, 2016, the new tiered licensing process will be available to child care centres that have been licensed for three years or more. Eligible child care centres will be assigned to Tier 1, Tier 2, or Tier 3 based on their compliance history over the last three years. A centre's tier will determine the type of inspection the ministry will conduct, as well as the duration of the licence that may be issued.

Tiered licensing, and the maximum two year licence duration, will not apply to child care centres that have been licensed for fewer than three years. After three years, the child care centre would be placed into the appropriate tier at their next licence renewal inspection, depending on their compliance history.

Tiered licensing will not apply to licensed home child care agencies.

For those programs not eligible for tiered licensing, the current licensing process will remain in place.

TIER LEVELS

Each centre's tier will be determined by the Child Care Licensing System (CCLS) at each licence renewal. Licensees will be able to view information regarding the tier determination for the centre(s) it operates in CCLS.

The tier calculation will use licensing data from **three years prior to the licence expiry date up to the licence renewal issue date**, including:

- a. **non-compliances** from all inspections (e.g., renewal, monitoring, etc), taking into consideration:
 - the risk level of identified non-compliances (see appendix A for more information about risk levels); and
 - how recently the non-compliance was identified.
- b. **provisional licence(s)** issued
- c. **enforcement actions** issued (e.g. licence suspensions, compliance orders, and/or administrative penalties, etc)

The table below outlines the criteria a child care centre must meet in order to be assigned a Tier 1, Tier 2 or Tier 3 level:

Tier	Criteria
Tier 1	<p><i>Over the past three years, the child care centre:</i></p> <ul style="list-style-type: none"> • has maintained a regular licence; • has not been subject to any enforcement actions; and • does not have any outstanding non-compliances from the last renewal inspection <p><i>Additionally, over the past three years, the child care centre:</i></p> <ul style="list-style-type: none"> • has had full compliance; or • has had no more than one low risk non-compliance at the last renewal inspection; or • has had no more than two low risk non-compliances or one moderate risk non-compliance prior to the last renewal

Tier	Criteria
Tier 2	<p><i>Over the past three years, the child care centre:</i></p> <ul style="list-style-type: none"> • has maintained a regular licence; • has not been subject to any enforcement actions; • does not have any outstanding non-compliances from the last renewal inspection; and • is not among the bottom 10% of centres in terms of number and severity of non-compliances
Tier 3	<p><i>Over the past three years, the child care centre:</i></p> <ul style="list-style-type: none"> • has received a provisional licence; or • has been subject to an enforcement action; or • is among the bottom 10% of centres in terms of the number and severity of non-compliances

Note: The criteria for tier determinations may be modified in the future as compliance trends change. This memorandum will be updated if the criteria change. CCLS will also include the most up to date criteria.

New licensing requirements under the CCEYA will be exempt from tier calculations for one year from their effective date (e.g. Phase 1 regulations that came into effect on August 31, 2015 will begin to be included in tier calculations as of August 29, 2016).

At this time, tier levels will not be posted on the Licensed Child Care website. Tiers will also not be included on licences or on decals.

Consolidated Municipal Service Managers / District Social Services Administration Boards will be able to view each centre's tier in CCLS for their geographic area.

LICENSING PROCESS AND TERM OF A LICENCE

The type of inspection the ministry will conduct as well as the duration of a licence that may be issued to the child care centre will depend on the centre's tier:

Tier 1 child care centres will have an abbreviated inspection (see page 4 for more information) and based on the results, may be issued a licence for up to the maximum of two years. Centres that receive a two year licence will only be required to submit a licence renewal application and fee in the second year, prior to licence expiry.

Ministry program advisors will conduct an unannounced interim monitoring inspection for Tier 1 centres during the licensed period to review compliance with licensing requirements and provide support for program quality.

Note: the term of the licence may change during the licensed period should the ministry change the licence type from regular to provisional.

Tier 2 child care centres will have an abbreviated inspection and may continue to receive a licence with a term of one year or less.

Tier 3 child care centres will continue to have a full renewal inspection and may continue to receive a licence with a term of one year or less.

The ministry will also provide additional oversight and supports to help Tier 3 centres improve their compliance and ultimately, their tier level. This will involve additional compliance monitoring during the licensed period.

In addition, licensees will be provided with a *Compliance Action Plan* that can be used to reflect on identified non-compliances and specify strategies for maintaining and monitoring compliance with requirements that were not met at inspections.

ABBREVIATED INSPECTIONS

The ministry has developed an abbreviated inspection checklist and licensing process based on consultation with Ontario's child care stakeholders and best practices from across North America.

The abbreviated inspection checklist contains a shorter list of requirements from the regular inspection checklist, including those that:

- have been rated by ministry staff and a sample of child care licensees/ supervisors from across the province as being of the highest risk to children's health, safety and well-being;
- predict overall compliance based on an established statistical methodology; and
- have been newly introduced as a result of regulatory changes under the *Child Care and Early Years Act, 2014*.

Additionally, the abbreviated checklist will include a random sample of requirements that do not fall into the categories listed above.

Where a non-compliance is observed using the abbreviated inspection checklist, the checklist will automatically expand to include additional related requirements that will be assessed for compliance. The ministry may also expand the checklist based on observed non-compliances.

MINISTRY CONTACTS

Should you have any questions about the tiered licensing approach, please contact our Licensed Child Care Help Desk at 1-877-510-5333 or by email at childcare_ontario@ontario.ca.

APPENDIX A – RISK LEVEL DEFINITIONS

In spring 2015, surveys were conducted with ministry licensing staff and a sample of 57 child care licensees/supervisors and Consolidated Municipal Service Managers / District Social Services Administration Boards from across the province to determine the risk levels of Ontario's child care licensing requirements.

Participants were asked to rate each of the licensing requirements in terms of the associated risk to children's health, safety and well-being if it is was not in compliance, among the following four risk levels:

Critical Risk: Non-compliance poses a direct threat to a child which could result in/has resulted in death.

Note: A direct threat includes situations where there is a clear cause-and-effect relationship between the non-compliance and harm to the child.

High Risk: Non-compliance poses a direct threat to a child which could result in/has resulted in serious harm to their health, safety and well-being (e.g. may require professional intervention, such as medical treatment, Children's Aid Society, public health department).

Note: Harm can include: injury/illness requiring immediate or follow up medical treatment or hospitalization; deprivation of basic needs; and harsh/degrading treatment that would humiliate a child or undermine their self-respect.

Moderate Risk: Non-compliance poses an indirect threat to a child which could result in / has resulted in harm to the health, safety and well-being of a child.

Note: An indirect threat includes situations where the non-compliance may not immediately impact children's health/safety; however, repeat non-compliance may result in harm.

Low Risk: Non-compliance is not likely to pose a threat to the health, safety and well-being of children, but the possibility exists.

REMINDER

**HIFN DAYCARE IS
CLOSED FRIDAY MAY
12, 2017.**

STAFF ATTENDING
WORKSHOP IN
HUNTSVILLE

Thank you

C. Ashawasegai

Charlene Ashawasegai
HIFN Program Supervisor

Fiddlehead ferns nutrition facts

Fiddlehead ferns are young, tender, tightly furled new growth shoots of fern family plant, usually of the **ostrich fern**. The curly ferns are so named after their unique resemblance to fiddle (violin) head. These young eruptions of fiddlehead fronds are very popular among the inhabitants of Maine, Vermont in the US, and New Brunswick provinces in Canada where their short season in later part of spring attracts many food enthusiasts.

Ostrich variety fern belongs to the unique flowerless plant species *Onocleaceae*, a small family of terrestrial ferns. Scientific name: **Matteuccia struthiopteris**.



Fresh fiddlehead fronds.
Photo courtesy: [GlennFeishman](#).

Ostrich ferns are the most common edible fiddle-ferns found in the North America. The fern is a clump forming (like an ostrich plume), deciduous plant, which typically grows in well-drained, moisture rich shady environments. During each spring season, several fiddlehead fronds erupt during spring all along the length of the root (rhizome) spread of big fern plant. Their harvesting season is very short and should be done before the fronds unfurl.

Each fiddlehead is a tightly curled, deep green stalk measuring about 4 cm in diameter, reaching to the height of about 10-12 cm off the ground. Its tender shoots covered with brown scales, which have to be scraped off before being used in cooking. Young and tender fronds taste similar to that of [asparagus](#), or [green beans](#) with a crunchy texture of their own.

Vegetable fern (*Diplazium esculentum*), known locally as lungru, are found in the hilly areas of North India and Nepal eaten as a local delicacy. Lungru season lasts very briefly from May until June.

Health benefits of fiddlehead ferns

- Fiddlehead ferns are unique by their appearance, taste, and nutrition profile. The curly young shoots carry just 34 calories per 100 g. Nonetheless; their high-quality plant-nutrition profile consists of health-benefiting antioxidants, vitamins, and omega-3, omega-6 essential fatty acids.
- Fresh fronds are very high in antioxidant **vitamin-A** and carotenes. 100 g of fiddleheads hold **3617 IU** of or **120%** of recommended daily requirements of vitamin-A. Vitamin-A is a powerful natural antioxidant and is required by the body for maintaining the integrity of skin

and mucosa. It is also an essential vitamin for vision. Research studies suggest that natural foods rich in vitamin-A help the human body protect against lung and oral cavity cancers.

- They are an excellent source of many natural polyphenolic flavonoid compounds such as α and β -carotenes. Carotenes convert into vitamin-A inside the body.
- Their unique sweet taste comes from their richness in vitamin C. 100 g of fresh fronds contains 26.6 mg or 44% of daily required levels. Vitamin-C is a moderately potential water soluble anti-oxidant. Together with flavonoid compound like carotenes, it helps scavenge harmful free radicals, and offer protection from cancers, inflammation, and viral cough and cold.
- Fern shoots are a very good source of minerals and electrolytes, especially **potassium**, iron, manganese, and **copper**. 100 g of fresh sprouts carry 370 mg or 7% of daily required levels of potassium. Potassium is a heart friendly electrolyte, which helps reduces blood pressure and heart rate by countering sodium effects.
- Further, they contain small to moderate levels of some of the valuable B-complex group of vitamins such as **niacin**, riboflavin, and thiamin.

Selection and storage

Fresh fiddlehead ferns are available in the selective farmer markets from late March to June. While choosing fiddleheads look for deep or bright green, firm, tightly coiled ferns. Do not buy unfurled and bigger ferns as they are tough and unappetizing. The scales are bitter and need to be removed before used in cooking.

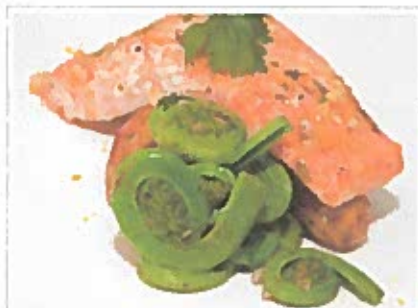
Fiddlehead ferns should be used as they are fresh, otherwise, store them wrapped in plastic paper and place in the refrigerator set at high relative humidity where they stay fresh for 2-3 days.

Preparation and serving methods

Before cooking, remove any brown outer scales using a brush or cloth. Trim stem ends up to the base of the coiled crozier. Wash them in cold water thoroughly. They are then boiled in salted water for 1-2 minutes. Drain and discard the water. The process may be repeated for two to three times to remove their bitterness. Ostrich ferns are the only proven varieties free from any cancer-causing bitter compounds, and generally recommended varieties in the North America.

Fresh ferns are sought after in many parts of the American world. They employed in recipes in a similar way like asparagus or green beans, to make a perfect side dish.

Here are some serving tips:



Fiddlehead ferns and salmon recipe.
Photo courtesy: [SodexoUSA](#)

- Cooked ferns acquire chewy texture. Fresh ferns, in general, are treated just like [asparagus](#) in cooking. Overcooking makes them soft and mushy. They can be steamed, sautéed, stir-fried, or mixed with vegetables, beans, or seafood.
- They served crisp tossed with melted butter and seasoned with salt and [pepper](#).
- In Himalayan region of India, a different variety vegetable fern is found at high altitude, famous locally as *lungru*. The young tender fronds are eaten in salads, stews, stir-fries, and used to prepare pickles.

Safety profile

Not all types of fiddlehead ferns available in the woods are suitable for human consumption. Prolonged use of the wild variety fern-fronds has been found to cause stomach and esophagus cancers. **Bracken fern** (*Pteridium aquilinum*) species may be associated with higher incidences of these diseases. Only ostrich fern is free from toxic cancer-causing compounds. Several different ferns grow in the woods feature a similar appearance and give rise to be new beginnings at the same time. Only expert native harvesters could identify safe and edible ostrich ferns in the woods. Confirm from the local farmers about the right kind of ferns before eating. ([Medical disclaimer](#)).



Tom's Trees

Your Guide to the Carolinian Forests of Southern Ontario, Canada

Thursday, December 17, 2009

Willow Bark Tea

Willow trees are one of the most commonly used landscape trees, and are also common in the wild environment too. Willows are members of the Poplar family (Salicaceae) which is composed of poplars, cottonwoods, aspens and willows. The genus of willows, called Salix, is very broad and is one of the largest families of trees in the world. Most willows are shrubs, but some grow into trees.

In southern Ontario, we have many different native species, only two of which commonly reach tree size. Those are the Black Willow (*Salix nigra*) and the Peachleaf Willow (*Salix amygdaloides*) All the other willows are shrubs, and are notoriously difficult to identify. Few scientists can accurately identify willows, mainly because they are very similar to each other, highly variable and form hybrids all the time.

However, willows of all types all share some general characteristics. Mainly the slender, lance shaped leaves with finely serrated edges and their generally favored aquatic habitats. Willows also have an incredible practical use, few people of which know what it is. If you keep on reading, you will be one of the few that does know!

The thin layer bark that is found on year old willow twigs has long been used traditionally by the Native Americans as a pain killer. In the bark, there is a chemical called salicin, and this compound is

Toms Tree Notes

Welcome to the site! I am glad to finally be on the world wide web and to share my knowledge of the trees of southern Ontario with you. This site is based on factual information used as a research tool or just for plain facts.

Feel free to look around the site and ask if you have any questions! You can get into contact me through this e-mail address, and do not hesitate to do so for any reason at all: tom.nag@hotmail.com

More Nature Websites

- ◆ [Kaleidoscopeflux Blog](#)
- ◆ [Ontario Trees](#)
- ◆ [Prodigal Gardens](#)
- ◆ [Trees of North Carolina](#)

also known as acetylsalicylic acid. Incredibly, acetylsalicylic acid is very similar to aspirin, which is commonly used as a pain reliever. Willow bark, when steeped into a warm tea, can be used in the same way! When brewed properly, willow bark tea can be effective means of treating headaches and pain (particularly lower back pain, osteoarthritis and various inflammatory conditions. These uses have been tested by science, and proven to be even more effective than commercial aspirin!

Willow bark is also believed to have positive effects towards relieving menstrual cramps, lowering high fevers and helping manage flu like symptoms. However, the usefulness of willow bark tea towards these conditions is uncertain and has varying effects on different individuals. Still worth a shot though! Although different willow trees or shrubs have different levels of salicin in them, all species of willows can be used for this same purpose. As long as you have willow bark, this tea will be effective!



So, I suppose that now you want to actually brew some of this tea? Well hold your horses, you need to get the twigs first! As most people know, willows favor sunny, wet environments in swamps, floodplains, lakesides and river edges. They often grow in dense colonial patches, which makes harvesting easy. Once you have identified some willow trees or shrubs, just look for the healthy, flexible slender twigs on the ends of branches. Make sure the twigs are alive when you harvest them, for only live ones will work! If the insides of the twigs are green and wet, and the twigs are bendy and do not snap easily when you bend them slightly, you are good to go. As with harvesting all wild edibles and medicinals, use discretion! Please do not over harvest! A loose handful of twigs will be enough for several cups.





Once you harvest the twigs, you have two choices. You can leave the twigs in a dry, sunny location for the thin bark to dry on them, or you can peel the bark off right away. I recommend peeling the bark off the twigs within 24 hours of harvesting them, so the bark is still stretchy and more flexible. This allows you to remove the bark from the twigs easier, for they to not break when they are fleshy and still have water in them.

In order to remove the bark, you must remove it by hand and this can be a bit tedious. A vegetable skin peeler works wonderfully. Just strip the bark (the buds sometimes come off with the bark, but these can be left on) from the twig, trying to avoid taking too much of the pith and woody part of the twig off with the thin bark. If you get too much of the pith in with your mixture of willow bark, it can make the tea bitter and distasteful.



Once you have scraped all of the willow bark from the twigs, it is now time to cut them in small pieces and let them dry. You may have noticed that getting the bark off the smallest parts of the twigs was difficult. You can just cut up the ends of the twigs (including the pith) into small chunks instead of trying to peel the bark off, it is all good. Once you have removed all of the bark from

the twigs, they can be thrown in your composter or your garden to decompose. Using scissors or kitchen shears, chop up the collection of bark strips that you have now collected as fine as you can get it. Do not turn it into a powder like consistency, but the smaller the pieces of bark you end up with, the faster they will dry and the more flavour will steep out of them.



To let the bark bits dry, place them on a plate or a bowl and set them by a windowsill where they will be dry and get lots of sun. Leave them there to dry for at least 2 or 3 days before you use them. After they are dry, they should crack but not split when you crush them between your fingertips. The strong fibers in the bark prevent them from splitting even after they are dead and dry. When dry enough, the bark will last for months in good condition, as long as they are kept in a dark, cool environment, like a cubby or drawer.

In order to be well, you must steep the tea well! Here is the best recipe that I have tried with willow bark, and I have had great success with this combination:

1. Place 1 or 2 teaspoons of willow bark bits per cup of water in a pot.
2. Simmer for 10 to 15 minutes, being careful not to boil it, but gently simmer it.
3. Remove the brew from the heat, and let it sit and steep for half an hour.

If you are drinking the tea in order to help with pain, generally 3 or 4 cups daily will be sufficient. Each person reacts different for certain levels of salicin in their body, so with practice you will learn how much you need! It is best not to exceed 4 cups a day, for this can be harmful. The tea has an exceptionally pleasant earthy flavour and aroma, but is unique in its own ways as well. It may be

slightly bitter depending on the species of willow and the condition of the bark used, but this can easily be solved by adding some sugar or honey to counteract it with sweetness. I personally love to mix willow bark with Eastern Hemlock (*Tsuga canadensis*) needles, Eastern White Cedar (*Thuja occidentalis*) needles, or Wild Raspberry (*Rubus strigosus*) leaves to the steeping tea to enhance the flavour!

Some individuals experience side effects from drinking willow bark tea, but these are very mild and are often felt due to over consumption or improper brewing methods. The most common side effect is stomach upset, but this rarely leads to complications such as ulcers and stomach bleeding. Effects from having too much willow bark tea include skin rash, stomach inflammation or irritation, nausea, vomiting, kidney inflammation, and tinnitus (which is a ringing sound inside your ears)

The flavour and comfort of willow bark tea has been used for thousands of years, and there is no reason to let this grand and noble tea fall victim to history! The continued use of willow bark tea as a medicinal or recreational tea is an honorable deed in its own, connecting us with the world that we continue to drift so far from as we as human beings become more and more modern. Never ever forget your roots, and exploring the world of wild edibles and medicinals offered by my environment is one of the ways I connect with the natural world, not just physically but also spiritually. I hope you find as much pleasure in consuming this incredible tea as I do. Enjoy, and Happy Holidays!

Posted by Tom Nagy at 9:00 PM

Labels: bark, edible, edibles, medicinals, medicine, tea, wild, willow

10 COMMENTS:



Gay said...

Nice indeed! I <3 your pix! Ups dude!

December 18, 2009 at 1:50 AM



Mike Whitemore said...

Cool info here. I might have to try that recipe! Thanks for sharing!

March 27, 2011 at 4:55 PM



Shelly said...

Thank GRANDFATHERS for our Mothers

If life were without water, where would we be?

If life were without mothers,
There would be no you or me.

We all need to take hold, of how precious life really is,
and not take for granted the gift of love and the ability to
give.

Thank you to GRANDFATHERS for creating us all
For giving us our mothers
So we can stand proud and tall.

Humans are no accident, no mistake or error
We sometimes live our lives in fear of this,
Even to the point of terror.

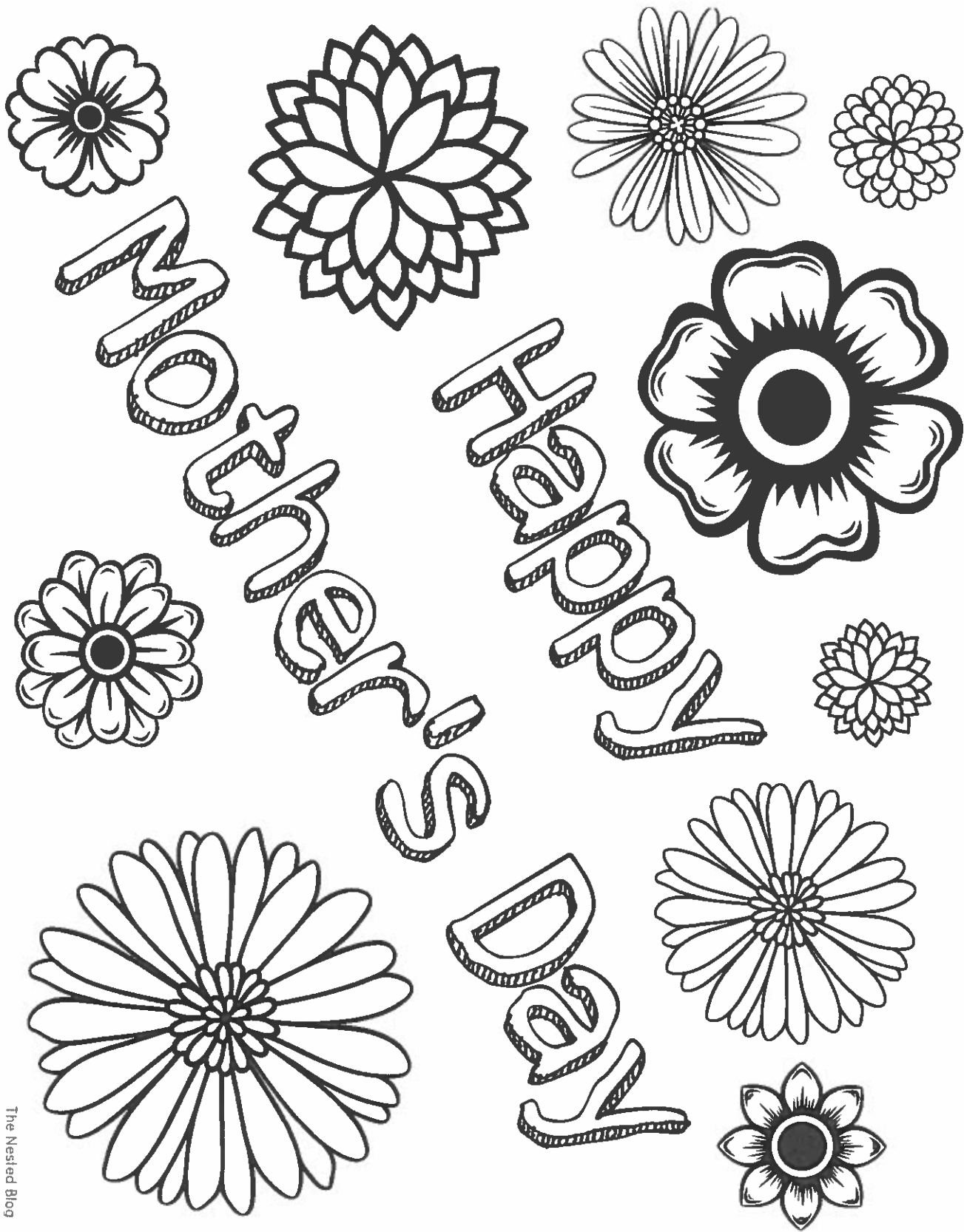
But when the truth is told, and recognized by all,
GRANDFATHERS does not create rubbish. They knew
what they were doing when they created
me and you, but the best gift of all, is giving us loving,
caring

Mothers who love us unconditionally through and through.
None of us are perfect, that includes ourselves and family.

Hold onto how precious we are and thank
GRANDFATHERS for our mothers.

Amen

**Happy Mothers Day to All the Mom's, Mommy,
Mama, Mum's!
May 14, 2017**



COMMUNITY HEALTH NURSING PROGRAM



May 2017

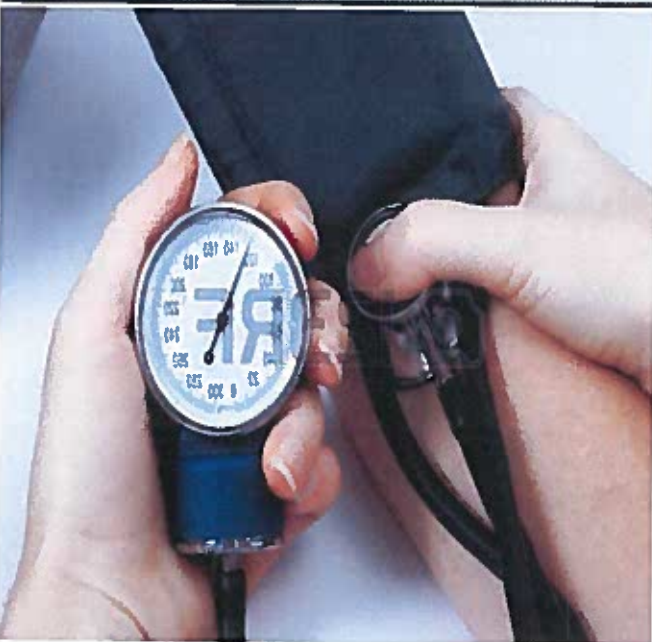
Brenda CONTIN, C.H.N.
Henvey Inlet Community Health Nursing Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Staff Mtg BARRIE: Med. transportation	2 NOT IN OFFICE: Dental appt.	3 OFFICE	4 HOME VISITS	5 SUDBURY: PROGRAM SHOPPING	
	8 PARRY SOUND: HIW MTG	9 B/P/B.S. CLINIC	10 OFFICE	11 HOME VISITS	12 OFFICE	
	15 NOT IN OFFICE: Med. appt	16 RABIES CLINIC: 4—7 pm	17 M.T.O. & Urban Strategy Mtg	18 SUDBURY: PRO- GRAM SHOPPING	19 PSHS POW WOW	
	22 STAT HOLIDAY OFFICES CLOSED	23 LUNCH N LEARN	24 NOT IN OFFICE: Med. appt.	25 OFFICE	26 NOT IN OFFICE FOR PROGRAM COOKING ON 05/22	
	29 FINANCE	30 NOT IN OFFICE	31 OFFICE			

B/P & Blood Sugar Screening Clinic

Date: May 9, 2017

Time: 9:00 am—3:00 pm



Location: Health Centre

No sign-up necessary!
Up to 3 individuals
who visit the CHN to
have their B/P and B.S.
checked will be eligible
to win a bag of perishables,
such as fruit/
vegetables, eggs, bread,
and healthy treats.

CONTACT: Brenda Contin,
CHN

LUNCH N LEARN

Location: Henvey Inlet Firehall

11:30 –1:00 pm

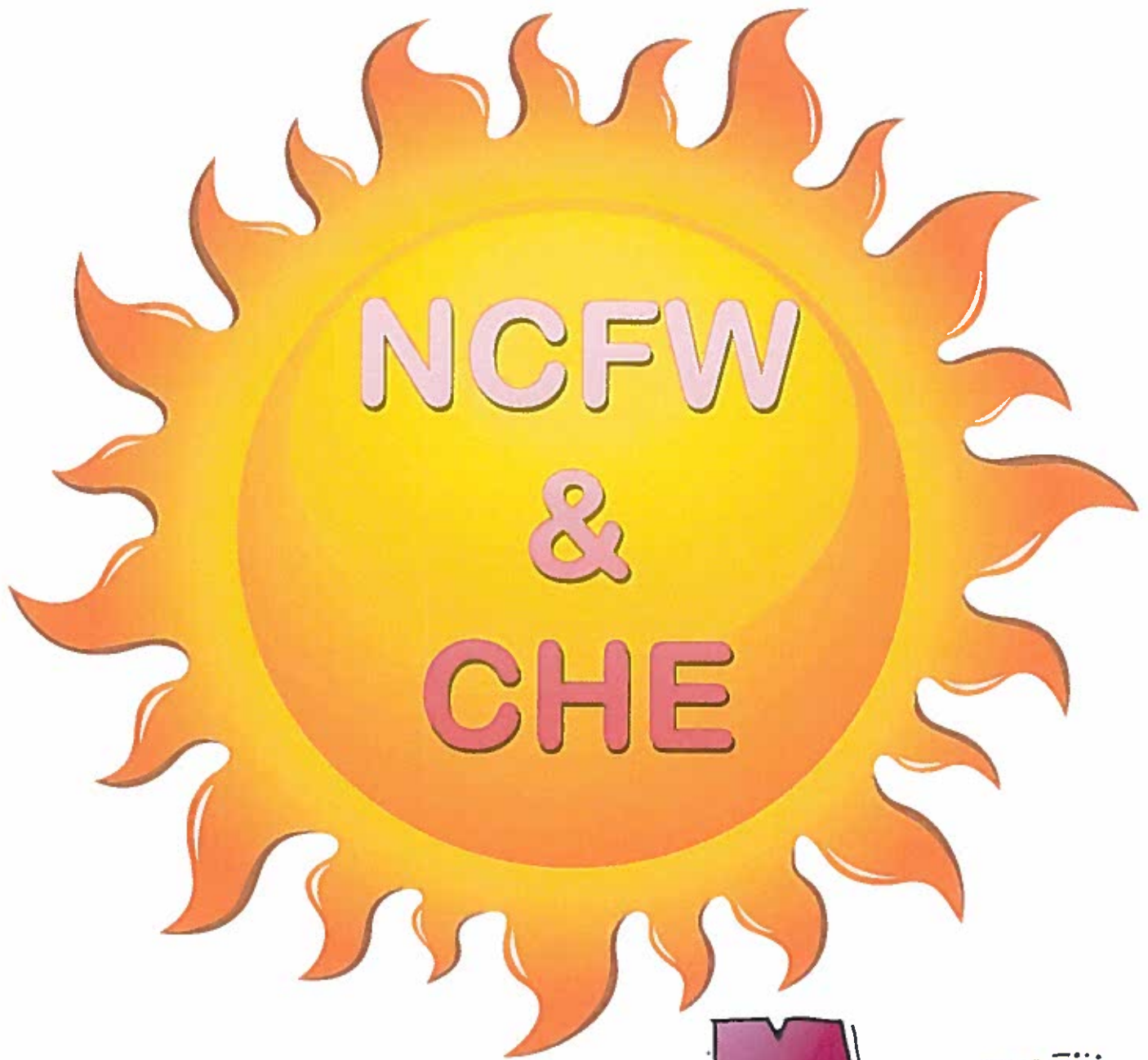
May 23, 2017

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!!



May





Henvey Inlet First Nation Health Centre

354A Pickering River Road
Pickering ON P0G 1J0



"Healthy Babies Healthy Children
For A Healthy Future"

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



MAY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 STAFF MTG/TRAVEL TO TORONTO	2 FAMILY WELLBEING CONFERENCE TORONTO	3 FAMILY WELLBEING CONFERENCE TORONTO	4 FAMILY WELLBEING CONFERENCE TORONTO	5 IN OFFICE	6
7	8 IN OFFICE	9 YOUTH CRAFT NIGHT	10 IN OFFICE	11 SPRING CRAFT	12 IN OFFICE	13
14 	15 IN OFFICE	16 LADIES GAME DAY	17 IN OFFICE	18 INFANT/TODDLER NUTRITION	19 IN OFFICE	20
21	22 OFFICE CLOSED	23 IN OFFICE	24 COMMUNITY SUMMER LUNCH AND BINGO	25 PARENTING PROGRAM	26 IN OFFICE	27 
28	29 IN OFFICE	30 FAMILY GAME NIGHT	31 IN OFFICE			



**Henvey Inlet Health
Centre**

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

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

CHILD & FAMILY PROGRAM MAY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Community Clean Up Home Visits	2 Walking Program Heal Sudbury	3 Program Prep	4 Community Summer Lunch & Bingo	5	6
7	8	9 Walking Program Youth Craft Night	10	11 Heal Sudbury Court Teleconference Spring Craft	12	13
14 Mother's Day	15 Home Visits	16 Walking Program Ladies Game Day	17	18 Heal Sudbury	19	20
21	22 Victoria Day Office Closed	23 Walking Program	24	25 Heal Sudbury Parenting Program	26	27
28	29 Home Visits	30 Walking Program Family Movie Night	31 B'saani Bimaadsiwin Mental Health Fair			



**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 May 11, 2017

♀

Thursday May 18, 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.

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



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 1J0

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

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

COMMUNITY SUMMER LUNCH AND BINGO!!!



Date:

**THURSDAY
MAY 4, 2017**

Time: 12:00pm

CONTACT DARCY

705 857 1221

CALL TO SIGN UP BY
**TUESDAY
MAY 2, 2017**



**AT THE
HIFN FIREHALL**





Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy
Children For A Healthy Future"

▶ YOUTH CRAFT NIGHT



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IF YOU ARE BETWEEN THE
AGES OF

8-13 YEARS OLD,

PLEASE JOIN KERRI AND KARA
FOR A FUNFILLED CRAFT NIGHT
ON

TUESDAY MAY 9, 2017

BEGINNING AT 4:00PM AT THE HEALTH CENTRE!!!

DINNER WILL BE PROVIDED TO THOSE WHO
PARTICIPATE!!!

CALL TO SIGN UP AS SPACE IS LIMITED!!!



CALL DARCY AT 705-857-1221 TO SIGN UP!!!

Ladies AGES GAME Day 18-54

JOIN US FOR A FUN
AFTERNOON, PLAYING
VARIOUS GAME AND
ACTIVITIES...NOT
BINGO!!!



SPACE IS LIMITED TO THE FIRST 10 TO CALL
IN!!! CONTACT DARCY TO SIGN UP!!!

TUESDAY MAY 16, 2017

12-3PM

AT THE

HEALTH CENTRE





Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy
Children For A Healthy Future"

▶ Infant/Toddler Nutrition Workshop

NEW DATE!!!

The Health Centre is putting on a 1 Day workshop to educate our Moms and Dads on Nutrition for their Children under the age of 4.

Please join us on

THURSDAY MAY 18, 2017

At the Health Centre for 10am-4pm

To be eligible for one of our awesome prizes,
participants must attend the full day!!!

SPACE IS LIMITED! Please contact the Health Centre to sign up!!!

**IF YOU HAD ALREADY
SIGNED UP, PLEASE
NOTE THE NEW
DATE!!!**



FOR MORE INFORMATION PLEASE CONTACT KARA AT 857-1221

PARENTING WORKSHOP

HELP US HELP YOU!!!

PLEASE JOIN KERRI AND KARA

ON

THURSDAY MAY 25, 2017 AT 1PM

AT THE

HEALTH CENTRE

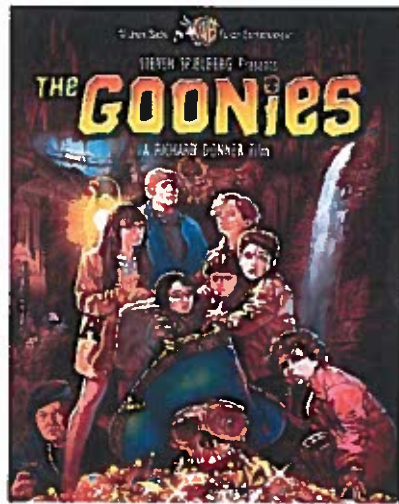
FOR A CASUAL PLANNING SESSION TO ENSURE THE MOST
SUCCESSFUL PARENTING PROGRAM FOR THE 2017/2018
YEAR!!!

*Snacks, refreshments and prizes will be available to those who
participate only!!!*

**SPACE IS LIMITED TO THE FIRST 6 TO CALL IN!!!
CONTACT DARCY TO SIGN UP!!!**



FAMILY DINNER & MOVIE NIGHT



Please join us Tuesday May 30 at 4pm at the Health Centre
to have Dinner & watch GOONIES!

Please call the Health Centre to Sign Up. Limited Space is
available to the first 15 participants!

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

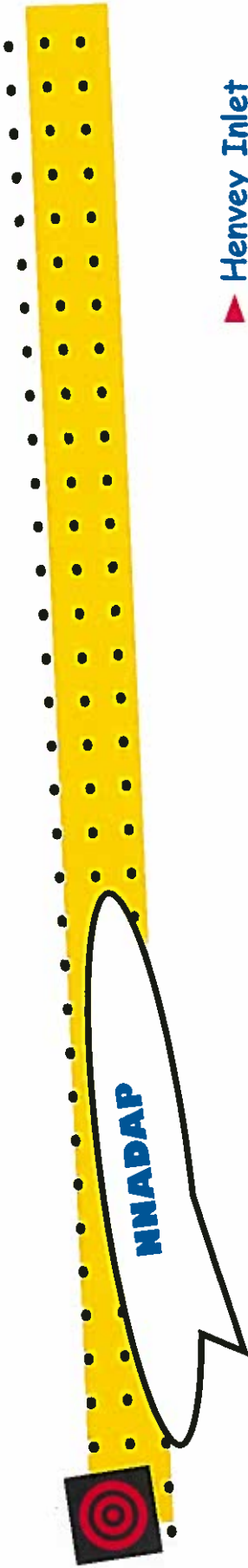
Phone: (705)857-1221 or 866-
252-3330
Fax: (705) 857-0730

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



Louise Ashawasegai

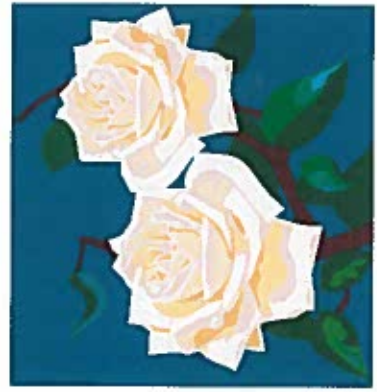
NNADAP



▶ Henvey Inlet
Health Centre

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Work-shop in TO	2 Work-shop TO	3 Workshop In TO.	4 Workshop in TO	5	6
7	8	9	10 Steering comity Meeting	11 Home visit, Painting	12	13
14	15	16	17 Workshop Creator's garden	18	19	20
21	22	23 CPR	24 First Aid	25 One on one Painting night	26	27
28	29 Fasting Week	30 Fasting Week	31 Fasting Week			





Creative Art Therapy

For

Families

Thursday

At the

Firehall

6 pm

Smudge

Don't

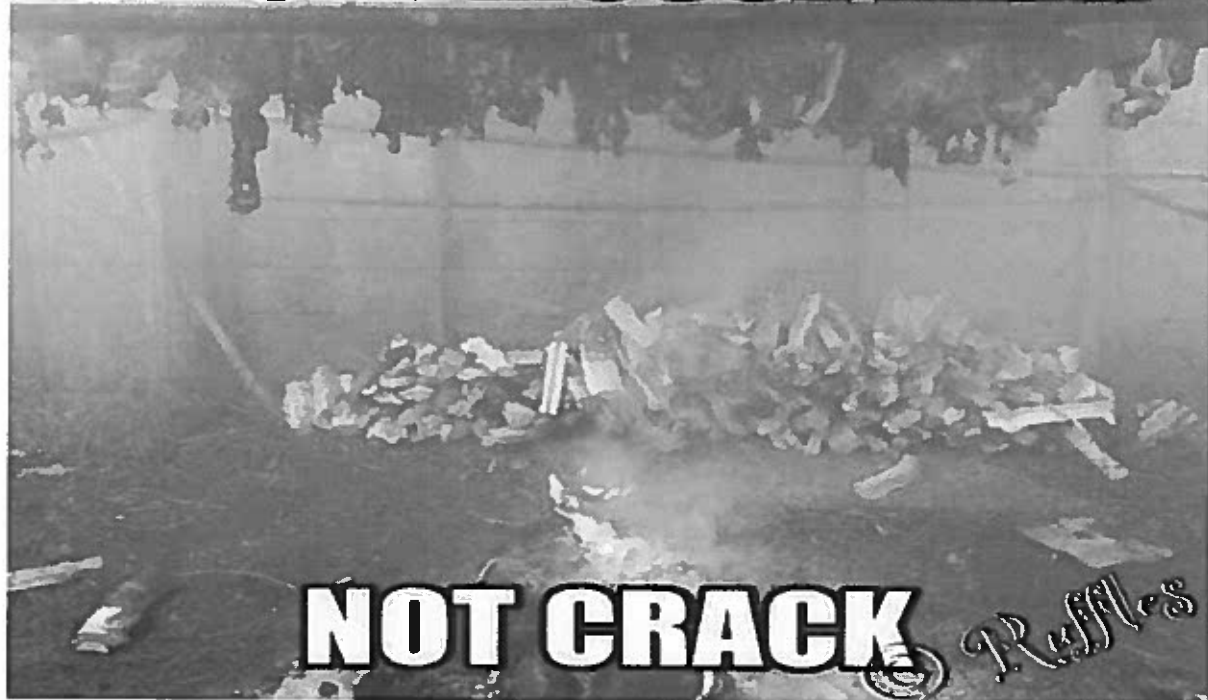
Judge

Then

Smudge

Some More!

SMOKE MOOSE MEAT



DRUGS KILL THE

PAIN

AND THE JOY

AND THE HOPE

AND THE BODY

AND THE BRAIN

AND FINNALLY

THE SOUL



Click to
#GETLOUD
for CMHA Mental Health Week
May 1-7, 2017



This May 1-7, turn up the volume. It's the 66th Annual CMHA Mental Health Week and we're getting loud for mental health.

During CMHA Mental Health Week, Canadians take the time to reflect on their mental health.

But we do more than just reflect. We get loud about it.

This year during CMHA Mental Health Week, Canadians are speaking up: we've been in line for mental health care for way too long. We can't wait anymore. We are literally *sick of waiting*. But we're not only waiting for mental health care. To be truly mentally well, Canadians also need psychotherapy, counselling and community-based mental health services and programs; we need acknowledgement and respect; and we need adequate housing. This CMHA Mental Health Week, May 1-7, Canadians are writing their MPs, speaking out on social

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



The Greatest Wealth is....Health.

MAY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 COMMUNITY CLEAN-UP DAY REGALIA MAKING	2 NATURE WALK HEAL SUDBURY DRUMMING W/ROD 	3 PROGRAM SHOPPING/REGALIA	4 HOME VISITS	5 REGALIA MAKING	6
7	8 REGALIA MAKING	9 OUT OF OFFICE/ A.M. PRG. SHOPPING/ P.M.	10 H.C. STAFF MTG FULL MOON CEREMONY 	11 HEAL SUDBURY 	12 ATTENDING OPEN HOUSE MUSKOKA P.S. SEXUAL ASSAULT SERVICES	13
14 MOTHER'S DAY	15 REGALIA MAKING	16 NATURE WALK DRUMMING W/ROD	17 ELDERS LUNCH & BINGO MOOSE DEER PT	18 FULL DAY HEAL SUDBURY 	19 REGALIA MAKING	20
21	22 VICTORIA DAY HOLIDAY	23 NATURE WALK PRG. SHOPPING DRUMMING W/ROD	24 CPR TRAINING	25 HEAL SUDBURY 	26 REGALIA MAKING	27 LOONIE AUCTION
28	29 REGALIA MAKING	30 NATURE WALK DRUMMING W/ROD	31 B'SAANI 18TH ANNUAL MENTAL HEALTH GATHERING			

REGALIA MAKING

MAY 2017
HEALTH CENTRE BOARD ROOM



EVERY MONDAY AT 10:00 – 3:00
FRIDAY 9:00 A.M. – 11:15 A.M.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

Open to individuals who have pre-registered by April 18th to take classes.
Classes will be offered 2 times a week to allow enough time to finish your regalia before
June PowWow.

A light lunch will be offered on Mondays.

A light healthy breakfast will be offered on Fridays.

No class will be held Victoria Day holiday.

No class will be held on Friday, May 12.



For More Information Contact:
CWW Luana McQuabbie



NATURE WALKS/MAY

EVERY TUESDAY IN MAY 2017 @ 9 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.

STRENGTHENS
YOUR HEART

LOWERS HEART
DISEASE RISKS

KEEPS WEIGHT IN
CHECK

TONES YOUR LEGS,
BUM AND TUM

GIVES YOU ENERGY

HIFN HEALTH CENTRE

705 857-1221

CWW LUANA MCQUABBIE
NCFW KERRI CAMPBELL



MAY 10
&
JUNE 9
2017

FULL MOON CEREMONY
With Judy Contin

263 PICKEREL RIVER ROAD

8:30 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

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+.



MAY 17, 2017

12 NOON



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

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

EVERY TUESDAY EVENING

WEEKLY DRUMMING/SINGING WITH RODNEY STANGER

— TUESDAY, MAY 2, 16, 23 & 30, 2017 —



HENVEY INLET FIRST NATION LIBRARY

6:00 – 8:00 PM

BROUGHT TO YOU BY THE FAMILY WELL BEING PROGRAM

FOR MORE INFO CONTACT CWW LUANA MCQUABBIE @ 705 857-1221 Ext 227

A TRIP HAS BEEN PLANNED FOR WEDNESDAY, MAY 17 TO TRAVEL TO MOOSE DEER POINT FIRST NATION FOR EXTRA DRUM PRACTICE. OUR GROUP HAS BEEN INVITED TO BE THE CO-HOST DRUM AT HIFN POWWOW IN JUNE. MORE DETAILS WILL FOLLOW.



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

FOR FURTHER INFORMATION CONTACT CWW LUANA MCQUABBIE



Parry Sound Womyn's Drop-In



STARTS MAY 17 2017

**MOST WEDNESDAYS
10AM-NOON
LIGHT REFRESHMENTS
AVAILABLE
OPEN TO ALL WOMEN**
(over the age of 16)

**FOR A FULL PROGRAM SCHEDULE
VISIT: WWW.MPSSAS.COM.**

**FOR MORE INFORMATION
CONTACT:
ATHENA@DAPHNEWYMN.COM OR
705-774-9083**

17 JAMES ST, PARRY SOUND



MUSKOKA PARRY SOUND SEXUAL ASSAULT SERVICES



Open House

May 12

DROP BY AND VISIT OUR NEW
OFFICE AND LEARN ABOUT OUR
NEW DROP-IN PROGRAM--OPEN
TO ALL WOMEN.

11AM-2PM

17 JAMES ST. PARRY SOUND

light refreshments available

PLEASE CONTACT THE HEALTH CENTRE TO SIGN-UP

FOR FURTHER INFORMATION CONTACT CWW LUANA MCQUABBIE

WWW.MPSSAS.COM



**B'SAANIBAMAADSIWIN
ABORIGINAL MENTAL HEALTH PROGRAM**

**18th ANNUAL MENTAL
HEALTH GATHERING**

**DATE: Wed. May 31st, 2017
TIME: 10:00 a.m. to 2:00 p.m.**

**PLACE: Wasauksing First Nation
Pow-Wow Grounds**

(Rain Location: Wasauksing Aboriginal Community Centre)

*** Lunch, Light Snacks and Refreshments Provided ***

**Theme:
Water Is Life**

What to Expect?

Information Booths, Free Literature, Wholistic Health Practitioners (Massage/Reiki, etc), Local Drums, Alternative Health Care, Wellness Products and Demonstrations.

Come On Out and Talk to Your Community Helpers!

Questions? Call B'saanibamaadsiwin at 705-746-2512



Canadian Mental
Health Association

Addictions and
Mental Health Services



B'saanibamaadsiwin

PLEASE CONTACT THE HEALTH CENTRE TO SIGN-UP

FOR FURTHER INFORMATION CONTACT CWW LUANA MCQUABBIE OR NCFW KERRI CAMPBELL



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 MAY 2017

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



ABORIGINAL DAY

HENEVE INLET FIRST NATION HEALTH CENTRE

MAY NEWSLETTER 2017

SUGGESTIONS NEEDED FOR THIS YEAR'S CELEBRATION

We want to make this the best Aboriginal Day community celebration yet. We are reaching out to community members and HIFN membership for your input in the planning of this year's event. A suggestion box will be placed at the Health Centre and Band Administration Office starting April 3rd.

Deadline for suggestions is May 19th. I am available to come to your home to pick up your submission list or talk about your idea's if you would like.

Volunteers

If you are able to volunteer a few hours of your time it would be greatly appreciated. There will be sign-up sheets at the Band Administration Office and Health Centre.

National Aboriginal Day is a day recognizing and celebrating the cultures and contributions of the First Nations, Inuit and Metis peoples of Canada. The day was first celebrated in 1996, after it was proclaimed that year by then Governor General of Canada Romeo LeBlanc, to be celebrated on June 21 annually.



NATIONAL ABORIGINAL DAY JUNE 21, 2017

Aboriginal Day Coordinator

COMMUNITY
WELLNESS WORKER

Luana McQuabbie

705 857-1221 Ext 227

THEN ABORIGINAL DAY

ACTIVITY SUGGESTION

6.21.17



Seven Grandfathers Teachings 2017 Awards

Call out for Nominations

This is an open invitation to everyone.

Nominations are now being accepted for individuals who have made a positive contribution to our community.

Nominators are encouraged to nominate an individual who have demonstrated qualities of one or more of the Seven Grandfathers Teachings. Awards will be handed out at this year's Aboriginal Day Celebrations on June 21st.

Nominations can be submitted into one of the two ballot boxes located at the Health Centre or Band Administration Office. The deadline for submissions is Friday, June 9th at 12 Noon.

Each recipient will receive an Award and \$75.00 in cash.

For further information please contact CWW Luana McQuabbie at the Health Centre.

Teachings of the Seven Grandfathers

By Dominic Eshkakogan

We have to take care of the earth or we will not have a home. We all share in this responsibility. The key word here is "responsibility." We need to make sure that the earth will always be here for future generations. Each morning let us remember to greet our grandmothers and grandfathers, whose spirits are in the many glories that surround us. They taught us, as they had been taught by their elders, how to take care of the earth.

We are straying away from the teachings given to us. Our young people do not pray and give thanksgiving. Our priorities are all messed up. We need to know the teachings of our grandmothers and grandfathers to give us direction and balance. Our leaders are young; they also need to listen and learn. We need their participation.

To take care of the earth and the community of life we need to remember the teachings of the First Elder, who has handed on the gifts of knowledge that he received from the **Seven Grandfathers** when he was just a boy. Each grandfather gave him a great gift. One gave him the gift of **Wisdom**, and he learned to use that wisdom for his people. Another gave him the gift of **Love** so that he would love his brother and sister and share with them. The third offered the gift of **Respect**, so that the First Elder would respect everyone, all human persons and all the things that are created. **Bravery** was the next gift, bravery to do things even in the most difficult times. One grandfather gave the boy **Honesty** so that he would be honest in every action and provide good feelings in his heart. One grandfather gave the boy **Humility**, to teach the boy to know that was equal to everyone else, no better or no less, just the same as anybody else. The last gift that he received was **Truth**. The **Grandfathers** told him, "*Be true in everything that you do. Be true to yourself and true to your fellow man. Always speak the truth.*"

They told him, "*Each of these teachings must be used with the rest; you cannot have wisdom without love, respect, bravery, honesty, humility and truth. You cannot be honest if you use only one of two of these, or if you leave out one. And to leave out one is to embrace the opposite of what that teaching is.*"

If each one of the seven gifts is not used together with the others, we cannot function. Today we should live by these seven teachings even though we need to work hard to embrace them. Sometimes it is hard to respect someone who has hurt you. If we don't practice honesty, we cheat. If we don't practise truth, we will lie. We must go back to the knowledge that the **Seven Grandfathers** taught the First Elder, who passed the teachings on to other generations.

And we must teach our children when they are young to value the medicines and healing practices of their grandmothers and grandfathers, and to appreciate the role of the medicine people and the ceremonies that were held at various times of the year. All these teachings will give us direction and balance.

The teachings of the Medicine Wheel are important, too. The circle of the Medicine Wheel represents harmony with nature and with all of our relatives. The earth turns in a circle, and the birds make their nest in circles: the Anishnabe dance in a circle, and the four seasons of life, childhood, youth, middle age and elderhood from the circle of life. The circle of the Wheel stands for the sun and the moon, and for all round things in Creation. It should remind us that we may do nothing that may harm the children, for they are the ones who much care for Mother Earth tomorrow, and for the generations to come. Each of us is responsible for taking care of the children and of Mother Earth; each of us is responsible for taking care of the children and of Mother Earth; each of us is responsible for teaching others to do the same.

