













Offices Closed on Monday Feb. 17th



Drafting Session w. Westaway Law Group on Feb. 13 & 14



Spousal Real Property Law Info Session ON Feb.12



LCOK INSIDE

for more programs/

Regalia Making Classes to begin workshops!



Community Band Council Meeting

Monday February 3, 2020 6:00pm @ Firehall

Topics

- Staff Reports
- Council Reports





For the clients who utilize the Medical Transportation Bus this is a reminder that your appointments are to be booked for 10:00am at the earliest and 2:30pm the latest for either Sudbury, Parry Sound, Or Britt appointments!!!

Appointments will not be added unless between these times!!

The Health Centre requires 3 DAYS NOTICE (doesn't include weekends) to put your name in the Medical Book!

Clients are to notify The Driver if they do not require a ride back home after appointment.

Non-Band Members CAN utilize the Medical Bus following the same rules above. Furthermore, the appointment is to be between the appointment times already in the book. The Health Centre can be called to confirm the 1st and last appointments.

Thanks for understanding!

Notice To Community Members

Please Contact the Health Centre if any Needles/Sharps are found in the Community.

A Staff Member will come to dispose of it properly and safely.

Sharps Containers are available at the Health Centre for anyone.

Thank You!



To:

All Community Members

From:

Amanda Barbe, Assistant Lands Manager

CC:

Patrick Brennan, Lands Portfolio Councillor

Sherry Contin, Lands Manager

Date:

1/7/2020

Re:

Garbage Pick-Up Winter Hours

Please be advised that effective immediately the Garbage Pick-Up dates will be switching to Winter Hours. The schedule is as follows:

Tuesday

12 pm - 1:00 pm

Saturday

12 pm - 4:00 pm

large items that are left at your bin will not be picked up. You may take your large items to the Key River Landfill during regular business hours but you are responsible for pay the tipping fees.

Reminder!! The metals and electronics bins are located behind the Health Centre for your convenience!!





Brown Waste (Load)

Car	\$25.00
Pick-up/Loader bucket	\$60.00
Single-axle trailer	\$90.00
Double-axle trailer	\$120.00
Tandem/dump truck	\$175.00
Tri-axle dump truck	\$300.00

Brown Waste (Item)

Carpet	\$25.00
Furniture (e.g., table)	\$25.00
Mattress or box spring	\$25.00

Metal Items

Pressure/hot water tank	\$10.00
Barbecue	\$10.00

Construction, Renovation & Demolition Waste

Car	\$31.25
Pick-up/Loader bucket	\$75.00
Single-axle trailer	\$112.50
Double-axle trailer	\$150.00
Tandem/dump truck	\$218.00
Tri-axle dump truck	\$300.00

Items Containing Freon

\$52.00 ea. (e.g., fridge, water cooler)

Tires TIRES NO LONGER HAVE A TIPPING FEE - NO CHARGE

Key River landfill site will also open the three Sundays before summer hours begin, from 2pm-6pm. Then regular summer hours resume.

	rtley Bay .andfill	ey River \ Landfill			
Sum	mer Hours	Summer Hours			
Mon	9 am - 1 pm	Mon	8 am - Noon		
			2 pm - 6 pm		
Tue	Closed	Tue	Closed		
Wed	2 pm - 6 pm	Wed	8 am - Noon		
Thu	Closed	Thu	Closed		
Fri	2 pm - 6 pm	Fri	8 am - Noon		
Sat	9 am - 1 pm	Sat	2 pm - 6 pm		
Sun	2 pm - 6 pm	Sun	2 pm - 6 pm		
Wir	ter Hours	Wi	nter Hours		
Wed	Noon - 4 pm	Tues	Noon - 3 pm		
Sun	Noon - 4 pm		I pm - 4 pm		
Sun	mer hours beginner Day weekend	n the Su			

Municipality of Killarney

Hartley Bay & Key River Landfills



2019

Hours Open to the Public

> Tipping Fees

www.municipalityofkillarney.ca

Killarney Public Works Dept 1096 Hwy 637 Killarney ON P0M 2A0 Tel: 705-287-1040 Fax: 705-287-1141 tonynuziale@municipalityofkillarney.ca

Household Waste

There is no tipping fee for items that are classed as household waste...

Household waste includes various items such as...

- Kitchen waste
- Bathroom waste
- Clothing
- Toys
- Kleenex/paper towel waste
- Other wastes that are generated within the household and are not included in the municipality's recycling program

Recyclable Items

There is no tipping fee for items that we can recycle...

- Household items (a guide is available online or at the landfill)
- Clean wood (wood that has not been painted, stained, or treated)
- Brush
- Most metal items
- Electronics

Brown Waste

the Sunday after Thanksgiving Day.

There is a tipping fee for items classed as brown waste, such as...

- Furniture
- Mattresses
- Carpets
- Box springs
- Ceiling fans
- Bedsteads
- Counter-top appliances

Brown waste includes those items that are not classed as household waste and are not included in the Municipality's recycling program. See over for fees.

White Goods

There is a tipping fee for items classed as white goods

- Cook stoves (No Charge)
- Clothes washers (\$10.00)
- Clothes dryers (\$10.00)
- Fridge (\$52.00 for freon removal)
- · Freezer (\$52.00 for freon removal)

Construction, Renovation & Demolition Waste

There is a tipping fee for all types of construction and demolition waste...

Construction and demolition waste includes various items, such as...

- Drywall
- Lumber
- Insulation
- Siding
- ShinglesWallboard
- Windowsetc...

Items That Contain Freon

There is a fee for items that contain freon, such as...

- Fridges
- Air conditioners
- Freezers
- Dehumidifiers

Note: Items that no longer have freon inside must still be tagged by a licensed technician. If the item has already been drained and tagged, provide a copy of the appropriate records to Public Works (see the front cover for contact info). The freon removal fee will be waived.



Henvey Inlet First Nation Pickerel, ON POG 1JO

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

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

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

Chief
M. Wayne McQuabbie
Council
Patrick Brennan
Tony Solomon
Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

MEMORANDUM

To:

Membership of Henvey Inlet First Nation

Fr:

Heidi Kimberley Housing Assistant

Dt:

February 2020

Re:

HIFN February Housing update.

Furnace filters should be checked / changed regularly. There are some furnace filters available in the housing office.

Dryer vents should be cleaned to extend the life of your dryer and prevent fires.

Please test your smoke and carbon monoxide detectors every month to ensure they are working properly.

MONTHLY REMINDERS:

Please be advised ALL recreational vehicles are to stay off septic beds.

All home owners and tenants are responsible for snow removal and sanding/salting of walkways to your dwelling.

Please ensure all exhaust vents and air intake vents in your home are clear of stored materials and snow build up.



Henvey Inlet First Nation Pickerel, ON POG 1J0

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Chief
M. Wayne McQuabbie
Council
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Tony Solomon
Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

MEMORANDUM

To:

All Henvey Inlet First Nation Members

From

Samantha Bradley, Human Resources Coordinator

Date:

January 28, 2020

Re: Employment Opportunities

Henvey Inlet First Nation is currently accepting applications for the following positions:

Home Maintenance Worker Gas Bar Manager

See attached job postings for more information.

Be sure to check local communication boards or our website at www.hifn.ca/community-2/job-postings-2.html for regular job posting updates.

Miigwetch,

Samantha Bradley, PCP Human Resources Coordinator

PRST NATION

EMPLOYMENT OPPORTUNITY

HOME MAINTENANCE WORKER

POSITION SUMMARY

Henvey Inlet First Nation is currently seeking a full-time **Home Maintenance Worker** to join our Administration. The Home Maintenance Worker reports to the Community Health Nurse and is responsible for providing primarily exterior home maintenance and minor home repairs for eligible clients in the Community. This position requires excellent customer service and interpersonal communication skills and a strong work ethic.

MAIN RESPONSIBILITIES

The Home Maintenance Worker will be responsible to:

- Ensure the safety and adaptation needs of clients are met via installation of support bars, railings, etc.
- Check and report any extraordinary maintenance or safety concerns to the Supervisor
- Provide appropriate level of service to all clients as assigned and noted in the monthly calendar
- Accompany Supervisor on quarterly home visits to clients to review services being provided and ensure client satisfaction
- Perform various preventative, routine and seasonal home maintenance duties for clients including:
 - Basic plumbing such as repairing leaky faucets, broken pipes, etc.
 - Interior and exterior painting, window washing and basic carpentry
 - Changing light bulbs and smoke detector batteries
 - Deck and porch repair
 - Installation of clotheslines when requested
 - Hanging wall fixtures, safety bars or décor
 - Ensuring mailboxes are kept in good order for incoming mailing delivery
 - Cutting, piling, splitting and delivering wood
 - o Lawn maintenance such as grass and brush cutting, raking leaves and removal of fallen trees
 - Assisting with planting, watering, weeding and harvesting of gardens
 - Clearing snow from driveways, steps, ramps, pathways, garbage bins, and mailboxes
 - Salting and/or sanding driveways, steps, ramps and walkways prior to and immediately following snow or ice storms
 - Hanging Christmas lights and outdoor decorations
 - Cleaning chimneys, stove pipes and gutters/eavestroughs
 - Winterizing doors and windows
 - Water delivery
 - Picking up and removing garbage and other debris in and around the property
 - Assisting with more difficult tasks in and around the home as required
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Valid Ontario Class G Driver's License <u>a must</u>
- Grade 12 diploma or equivalent preferred
- Current CPIC
- Basic home maintenance and carpentry skills
- Previous brush cutting or landscaping experience an asset
- Chainsaw Safety Certification preferred
- Ability to stand, bend, reach and twist for long periods of time
- Ability to lift up to 20lbs continuously
- · Previous experience providing respectful and compassionate service to Elders preferred
- Current First Aid and CPR Level C
- Excellent customer service and interpersonal communication skills
- Exceptional organization and time-management skills
- Professional attitude and a strong work ethic
- · Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours a must

HOURS OF WORK

Full-Time – 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

February 5, 2020

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON P0G 1J0 Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1)

(a) of the Ontario Human Rights Code.

PST NATION

EMPLOYMENT OPPORTUNITY

GAS BAR MANAGER

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Gas Bar Manager** to join our Administration. The Gas Bar Manager reports to the Director of Finance/Administration and is responsible for overseeing the daily operations and profitability of the gas bar including staff scheduling, supervision and management, customer satisfaction, product quality assurance, store maintenance, and health and safety compliance. The Gas Bar Manager is also responsible for the sale of fuel and other automotive products and in-store merchandise, including tobacco products and for processing all point-of-sale transactions via cash, credit or debit card using an electronic scanner and cash register. This position requires a high level of personal integrity and strong leadership skills.

MAIN RESPONSIBILITIES

The Gas Bar Manager will be responsible to:

- Manage staff and assign duties
- Supervise and support the Gas Bar/Fuel Attendants through mentoring and coaching
- Determine staffing requirements and manage staff schedule ensuring adequate coverage during all business hours
- Be a role model for other Gas Bar staff, promptly and reliably attending shifts
- Oversee time and attendance records for Gas Bar/Fuel Attendants, including approval and sign-off on time sheets and time-off requests
- Greet and assist customers in a way that models exemplary conduct to other staff
- Answer customer inquiries and resolve customer complaints
- · Understand and train employees on safe fuel handling, enforcing safe fuel handling practices
- Train employees on proper procedure to verify identity for sale of age-restricted merchandise such as tobacco products
- Assist with the sale of automotive products, in-store merchandise and tobacco products, ensuring restricted products
 are sold only to customers that are of the required age by requesting appropriate identification
- Make sure all staff is adequately trained to operate the point-of-sale system and capable of processing various types
 of sales transactions via all available payment methods including cash, debit and credit
- Process sales transactions, receive payments and issue correct change and receipts
- Count money in cash drawer at the beginning and end of shifts, dropping end of shift deposits in Finance deposit box daily
- Maintain clean and orderly checkout areas and Gas Bar exterior by sweeping service station and shoveling, sanding and/or salting in winter and picking up/removing garbage and debris
- Maintain adequate stock through efficient inventory management
- Place and receive fuel and merchandise orders, making sound business decisions with quantities ordered
- Maintain record of merchandise prices in an accessible place for staff to refer to when needed
- Ensure shelves are always stocked and items are priced correctly
- Change fuel prices on signage
- Maintain accurate sales and purchase records, verifying invoices against purchase orders
- Participate in mandatory training and workshops as required
- Ensure that all health, safety and security regulations are adhered to by modeling and enforcing safe work practices
- Participate in performance management and progressive discipline processes within Gas Bar Manager capacity as necessary
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- · Must be 19 years of age or older
- Grade 12 diploma or equivalent preferred
- Previous work experience in a supervisory role preferred
- Current First Aid and CPR Level C an asset
- Demonstrated ability to train and motivate staff
- Skills to monitor and assess staff performance
- Highly effective team building skills
- Thorough understanding of applicable health and safety legislation
- Excellent customer service and interpersonal communication skills
- Excellent time management and prioritizing skills required
- Able to deal with people sensitively, tactfully, diplomatically, and professionally at all times
- Professional, responsive, and positive work attitude is essential
- High level of personal integrity and a strong work ethic
- Basic mathematical skills
- Strong attention to detail
- Must be able to work with little supervision; must be self-directed
- · Willingness to work rotating and flexible hours, including occasional weekends, a must

HOURS OF WORK

Full-Time - 40 hrs/week

REMUNERATION

\$15/hour

START DATE

As soon as possible

APPLICATION DEADLINE

February 11, 2020

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON POG 130 Tel: (705) 857-2331 Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.



Ministry of Revenue

Refund Unit 2nd Floor, 1600 Champlain Ave Whitby ON L1N 9B2 1 866 668-8297

Instructions:

Application for Ontario HST Refund for First Nations on or after September 1, 2010

General Information

The attached application is to be used by Status Indians, Indian bands and councils of an Indian band when claiming a refund for the Ontario component of the Harmonized Sales Tax (HST) paid on acquisitions and importations of qualifying property or services on or after September 1, 2010.

The attached application should not be used to claim a refund for the period July 1, 2010 through August 31, 2010 inclusive. To claim a refund for this period, you must use the *Application for Ontario HST Refund for First Nations for the Period July 1, 2010 and August 31, 2010 inclusive*. To obtain this refund application form please call 1 866 ONT-TAXS (1 866 668-8297) or visit our website at Ontario.ca/revenue.

Please note that the refund is not available unless the property or services were acquired for the personal use of the Status Indian or exclusively for the use by an Indian band or a council of an Indian band. In addition, a refund is not available where the refund applicant is a GST/HST registrant and the tax paid can be claimed as an input tax credit.

Documentation Required:

Please provide the following:

- a. completed application form
- b. original receipts
- c. photocopy of both sides of the Certificate of Indian Status card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption or use by the band or the council of the band.

Who is Eligible:

The following persons are eligible for a refund of the 8% Ontario component of the HST paid on qualifying property or services:

- Status Indians who are Ontario residents, or
- Status Indians who are Canadian residents and resident on the Akwesasne reserve, or
- An Indian band or council of a band of an Ontario First Nations reserve (including the Akwesasne reserve).

Qualifying Property and Services:

The following property or services qualify for the point-of-sale exemption when acquired in or imported into Ontario:

- Tangible personal property (including new and used motor vehicles purchased from a motor vehicle dealer and take-out
 meals) other than tangible personal property listed below under "Tangible Personal Property that does not Qualify
 for the Point-of-Sale Exemption";
- An agreement for warranty or maintenance of the qualifying tangible personal property:
- A service of installing, assembling, dismantling, adjusting, repairing or maintaining the qualifying tangible personal property; and
- A telecommunication service (including cable television, telephone, internet) within the meaning of Part IX of the Excise
 Tax Act (Canada).

Generally, services eligible for the point-of-sale exemption are those that were exempt from RST only when purchased by a Status Indian.

Tangible Personal Property that does not Qualify for the HST Point-of-Sale Exemption

The following tangible personal property does not qualify for the point-of-sale exemption and remains subject to the HST:

- · Restaurant meals other than take-out meals:
- Tangible personal property supplied under an agreement for catering services;
- Electricity, natural gas or any other form of energy;
- Gasoline within the meaning of the Gasoline Tax Act and fuel within the meaning of the Fuel Tax Act;
- · Liquor, beer, wine and other alcoholic beverages; and
- Tobacco within the meaning of the Tobacco Tax Act.

Other Property and Services that are Excluded from the HST Point-of-Sale Exemption

The following are examples of property and services that do not qualify for the point-of-sale exemption and therefore are subject to the HST:

- Intangible personal property that is not situated on a reserve;
- Real property (e.g., new homes, condos and mobile homes), transient accommodation (i.e., hotel accommodation), and parking, that is not located on a reserve;
- · Services that were not taxable under RST (e.g., car washing, jewellery engraving); and
- All other services that are not GST/HST relieved to Status Indians will generally remain taxable to Status Indians under HST when they are not performed on a reserve (e.g., haircuts, massage therapy, dry-cleaning, home renovations, funeral services).

Distribution Channels where the HST Point-of-Sale Exemption is not Permitted

Vendors are not allowed to provide the point-of-sale exemption for qualifying property or services when purchased via the Internet or through other distribution channels for which the presentation of a *Certificate of Indian Status* card to verify eligibility is not possible. In addition, the point-of-sale exemption will not be credited on goods imported by mail or courier.

When Status Indians, Indian bands and councils of an Indian band acquire or import by mail or courier qualifying property or services through these distribution channels, they may claim a refund using the attached application of the eight per cent Ontario component of the HST paid.

Claim Completion:

All enquiries regarding completion of this application form should be directed to the Ontario Ministry of Revenue at 1 866 ONT-TAXS (1 866 668-8297).

First Nation individuals, families and Indian bands and councils of an Indian band are encouraged to accumulate receipts and file one application respectively rather than multiple applications for small refund amounts.

Applications for refund of HST paid in Ontario, or for qualifying goods imported into Canada, must be submitted within four years from the date the tax was paid. Applications for refund of HST paid in another participating province on qualifying goods imported into Ontario within 30 days, must be submitted within one year from the date the qualifying goods were imported into Ontario.

For more information on the point-of-sale exemption for the Ontario portion of the HST available to Ontario First Nations people, please refer to Guide #80 - Ontario First Nations Point-of-Sale Exemptions.

Mailing:

All refund applications should be submitted to:



Ministry of Revenue Refund Unit 2nd Floor, 1600 Champlain Ave Whitby ON L1N 9B2



Ministry of Revenue

Refund Unit 2nd Floor, 1600 Champlain Ave Whitby ON L1N 9B2 1 866 668-8297

Application for Ontario HST Refund for First Nations on or after September 1, 2010

A	Before	completing this appli	cation, please	read the a	ttached insti	ructions. Plea	se print o	or type.
1 Name of Clai	mant							
2 Mailing Addre	ess	(Number, Street, PO E	Box, RR or Apt.	No.)				
City, Town or	Village	*						
Province/Stat	e and Country	/					Postal/Zip	Code
3 Name of person to be contacted regarding this application 4 (Area 0				4 (Area Code	de) Telephone No.			
5 Do you autho regard to this	rize any perso claim e.g. you	on to act on your behalt ur local Band council?		es 🗌 N	o • If ye	s, please comp	olete the fo	ollowing:
Representative's Name (Area Co				(Area Code)	le) Telephone No.			
Address	Address					Postal	Zip Code	
В								
	Total Number of Receipts 2 Do you want your receipts 3 Period covered by Claim returned?							
		Yes	No	From		То		
Note: First Nationand file one app	on individuals, dication respe	, families and Indian ba	inds and counci	ls of an Ind	lian band are refund amour	encouraged to	accumula	te receipts
To avoid delay i	n processing y	your claim, this applica	tion must be ac	companie	d by:			
 original receipt 	s for qualifyin	g off-reserve acquisitio	ns and importat	ions showi	ng the 13% H	IST was paid.		
 photocopy of b band or counc the band. 	ooth sides of the il certifying that	ne Certificate of Indian at the property or service	Status card, or ces are exclusive	in the case ely for the	of Indian bar consumption	nds and counci or use by the b	ls, a letter and or the	from the council of
Original receipts	will not be re	turned unless specified	I in Section B2.					
Where all suppo	rting docume	nts are submitted, plea	se allow up to e	ight weeks	for verification	n and process	ing of your	claim.
Applications must be submitted to the address above within four years from the date tax was paid. If the application for refund relates to HST paid in another participating province but imported into Ontario within 30 days, the application must be submitted within one year from the date the qualifying goods were imported into Ontario.								
		gn this application	, , ,					
certify that all ti	ne facts stated	d on this application are	correct to the t	est of my	knowledge ar	nd I understand	this claim	is subject to
(Print) Name of the Indian band	claimant or a or council	n authorized official of	Title		Signature			Date
this Act or the re \$500 and not mo	gulations to w ore than an am	falsehood, or by any fra hich the person is not e mount that is double the nan two years, or to bot	entitled is guilty amount of the r	of an offend efund or re	ce and on cor bate obtained	nviction is liable d or sought to b	to a fine o	of not less than

Personal information contained on this form is collected under the authority of the *Retail Sales Tax Act*, R.S.O. 1990, c. R31, and will be used to determine eligibility for the amount of the refund. Questions on this collection can be directed to the Refund Manager at the Ministry of Revenue, 2nd Floor, 1600 Champlain Avenue, Whitby ON L1N 9B2, or by calling **1 866 ONT-TAXS** (1 866 668-8297).



BECOME AN ALTERNATIVE CAREGIVER TODAY

SEEKING ALTERNATIVE (FOSTER)
CARE HOMES THAT ARE
NURTURING, CARING AND
CULTURALLY SUITABLE FOR OUR
INDIGENOUS CHILDREN.

NIIJAANSINAANIK CHILD AND FAMILY SERVICES OFFERS ALTERNATIVE CAREGIVERS 24-7 SERVICE, ONE-ON-ONE SUPPORT, ACCESS TO CULTURAL SERVICES AND MUCH MORE.

FOR MORE INFORMATION ON BECOMING AN ALTERNATIVE CAREGIVER CONTACT:

705-223-0008 ext. 300 705-763-2000 ext. 206 1-855-223-5558



Wills & Estates Workshop Revised!

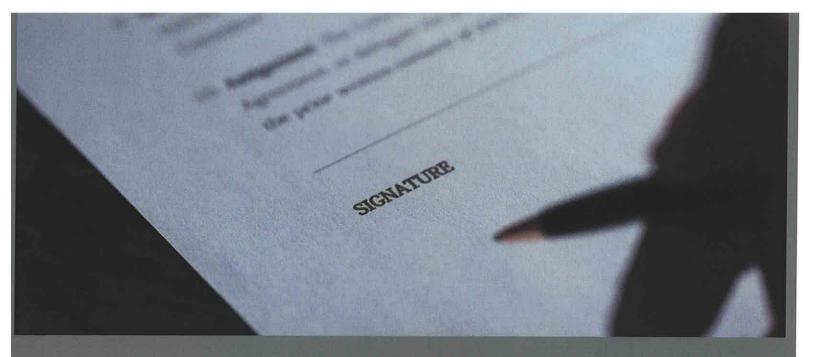
IMPORTANT UPDATE

ATTENTION COMMUNITY MEMBERS...we have revised the Wills & Estates Workshop scheduled for February 2020. The session was to be a "two-part" workshop consisting of an open presentation on the importance of Wills/Estates planning, followed by a will-drafting session for members who book a space. Unfortunately, Indigenous Service Canada (ISC) is no longer able to commit to fund the "Wills & Estates Presentation" portion of the workshop which was planned (The government allocated this project funding elsewhere). We will go ahead with the "Will Drafting session" for members who book a space in advance through the Lands Office.

Miigwetch.



"Wills &
Estates
Workshop in
February
Revised"



HIFN MEMBER WILLS & ESTATES UPDATE

HIFN Lands Manager

The Lands Office will arrange for legal firm Westaway to come to Pickerel to help lot owners make a Will. Pickerel has 13 new lot owners, formerly CMHC rent to own homes, and at the other reserve land there are only 2 new lot owners. Also, there are 11 other lot owners with Certificates of Entitlement and 9 original CP (Certificate of Possession) lot owners. Westaway will try to help at least 10 to 15 lot owners with completing Wills, Since there are so many lot owners, the intent was to begin with the oldest ones or the oldest ones in poorest health.

Pickerel has 8 CP (Certificate of Possession) Lots under the name of band members that passed away. Bekanon has only 1 CP lot owned by a deceased band member. These Lots cannot be immediately transferred to next of kin if any, because no Will was made. Presently, the Department of Indigenous Affairs (IA) has authority over Estates, so the IA/Estates Office will decide what will happen with these lots. Most likely the lots will go to the immediate next of kin whoever that may be or be returned to the First Nation if no immediate next of kin. When that will happen is impossible to know. The regional IA/Estates office in downtown Sudbury has not yet hired Estates officers to replace the ones that retired.

So please allow Westaway's legal aides to help you make a Will, so your lot does not end up with Indigenous Affairs doing the time consuming paperwork to decide who gets your lot. Really, the only paperwork should be a Will to help decide who gets your lot and whatever is on it.

"Westaway
(Law Group)
will help at
least 10-15
lot owners
with
completing
wills"

LABRC Youth Training Opportunities

LANDS OFFICE ASSISTANT

While attending the Lands Advisory Board Annual General Meeting (LAB AGM) in September; increased youth participation in First Nation Land Management (FNLM) was discussed. The Lands Advisory Resource Centre (LABRC) want to encourage youth participation in their free training opportunities, and have made their training opportunities more accessible. The LABRC will now cover travel costs for (1) additional participant from each FN and, a FN may choose to open this space to a youth rep from the community.

High School students can attend First Nation Land Management (FNLM) related training and earn volunteer hours at the same time (community involvement hours are a graduation requirement for all high school students). I will ensure high school participants acquire these hours which can be put toward the required 40 hours for graduation by working with Student Services. High school students can start accumulating these hours as soon as they start grade 9; I record all "in-training" hours as "completed community involvement" on the appropriate form provided by Parry Sound High School; approve, and provide this to students when training is complete. Students take this form to Student services and...you're on your way to obtaining 40 hours for graduation.

As an added bonus, I will also assist youth in updating their resumes to reflect the new skills acquired. All I ask is that participants send me their current resume in a format which I can edit; I will email this back to you when complete.

Various training sessions will be available throughout the year and we will invite youth to attend with Lands Staff for select sessions (the most suitable for youth). Permission forms/ health related forms will be required prior to the trip; accommodations as well as transportation will be provided and, youth will receive money for all of their meals while they are away.

Whether you're a high school student who needs volunteer hours to graduate or just curious about a future career related to First Nation land management; this opportunity could be for you.

Call or txt Leena for more info: Office: 705.857.5211. or Txt: 705.203.2468.

"Youth can attend training while earning volunteer hours required to graduate."



HIFN SRP Law Development

envey Inlet First Nation continues work to develop and implement it's own Spousal all Property Law... developing FN Laws aligned with other applicable legislation nile, trying to balance communal and individual interests can be complex and timensuming. Henvey has retained Westaway Law Group to assist with the evelopment of this Law in consultation with the community.

Spousal Real Property Law (SRP) or Matrimonial Real Property Law (MRP), allows a rst Nation to exercise jurisdiction over land and family matters on reserve and, ay complement a First Nation's traditional laws and practices. It also promotes rness, rights and remedies, without discrimination, and allows for community-sed dispute resolution. - Westaway Law Group.

ny is the development of this law important? The Bigger picture....

"First Nations are, and will continue to move away from limited administrative governance under the Indian Act, where a band council essentially provides programs and services to their citizens on behalf of Canada to their citizens with accountability to Canada, towards self-government with a broad range of law-making powers and responsibilities and where accountability is primarily to their citizens" - Raybould.T (2016) retrieved from: banffcentre.ca.

Henvey has taken a big step in taking back control over its own affairs by becoming a signatory First Nation to the First Nation Land Management Act and implementing its own Land Code in 2010. This has removed the application of various sections of the Indian Act and, allows First Nation law -making powers with respect to resources, environment and reserve land; inclusive of a SRP Law (related to reserve lands).

ny is the development of this specific Law especially important to Henvey? The Indian Act has always been silent...

While First Nations take steps to move away from the Indian Act; the Indian Act, as it turns out, has always been silent on the issue of Matrimonial Real Property on reserve anyway and, Provincial Laws respecting "real" property cannot be applied here:

Provincial or territorial family laws related to matrimonial personal property, for instance money in bank accounts, cars and boats, apply on reserves. However, in 1986 the Supreme Court of Canada ruled that courts cannot apply provincial or territorial family laws on reserves governed by the Indian Act if doing so would alter individual interests in matrimonial real property such as houses and structures used by the family on reserves. Further, the Indian Act does not address the issue of matrimonial interests and rights. As a result many of the legal protections relating to matrimonial real property applicable off reserves are not available to individuals on reserves. - Government of Canada. (2014) Application of Legislation. Retrieved from www.aandc.gc.ca [block quote]

"A Spousal Real Property (SRP) Law promotes fairness, rights and, remedies, without discrimination."

- WESTWAY LAW GROUP



HIFN SRP Law Development (continued)

Cnt'd...

Legislation created to fill the gap for First Nations doesn't apply to Henvey...

First Nations with or without law-making powers would have Federal legislation applicable to them with respect to Spousal/Matrimonial Real Property on-reserve known as "Family Homes on Reserves and Matrimonial Interests or Rights Act" (FHRMIRA). This legislation received royal assent on June 19, 2013 and, was enacted to fill the "gap" with respect to Matrimonial Real Property on-reserve; this has never applied to Henvey however:

From December 16, 2013, when the First Nation law-making authority in the Act came into force, there was a 12-month transition period before the provisional federal rules, sections 12-52 in the Act, applied on December 16, 2014. Unless First Nations established their own matrimonial real property laws under the Act during the transition period, the provisional federal rules will apply to all First Nations with reserve land, with the exception of some First Nations under the First Nations Lands Management Act (FNLMA) or First Nations with a comprehensive self-government agreement; Henvey is one of those exceptions under the FNLMA (see "application of legislation" chart on page 6):

Under the Act...First Nations who were on the schedule to the First Nations Lands Management Act operating under their own land code on or before the Act received Royal Assent, June 19, 2013, will not be subject to the provisional federal rules, even if those First Nations do not have laws in force to address matrimonial real property rights or interests in place (Under the FNLMA, First Nations have 12 months from the date their land code takes affect to enact the rules and procedures dealing with matrimonial rights or interests in reserve land relating to their land code). Government of Canada. (2014) Application of Legislation. Retrieved from www.aandc.gc.ca [block quote]

What Legislation does apply?

Henvey does not have provisional federal rules which apply with respect to Matrimonial/Spousal Real Property. The Indian Act, as we know, has been silent on the issue and, Henvey has not yet enacted its own MRP law under the First Nation Land Management Act; the First Nation Land Management Act requires First Nations to address the legislative gap respecting on-reserve matrimonial real property rights or interests (within 12 months from land code taking affect; Henvey had exceeded this 12 month period as of January 2011). Henvey's own Law needs to developed and enacted so that protections and rights with respect to matrimonial real property for individuals and families on reserve can to be addressed. Such a law will be subject to the Canadian Charter of Rights and Freedoms, and the Canadian Human Rights Act, as applicable.

Leena Hall - Lands Office Assistant

"Such a Law is subject to the CA Charter of Rights & Freedoms, and the CA Human Rights Act, as applicable"

- GOVERNMENT OF CANADA

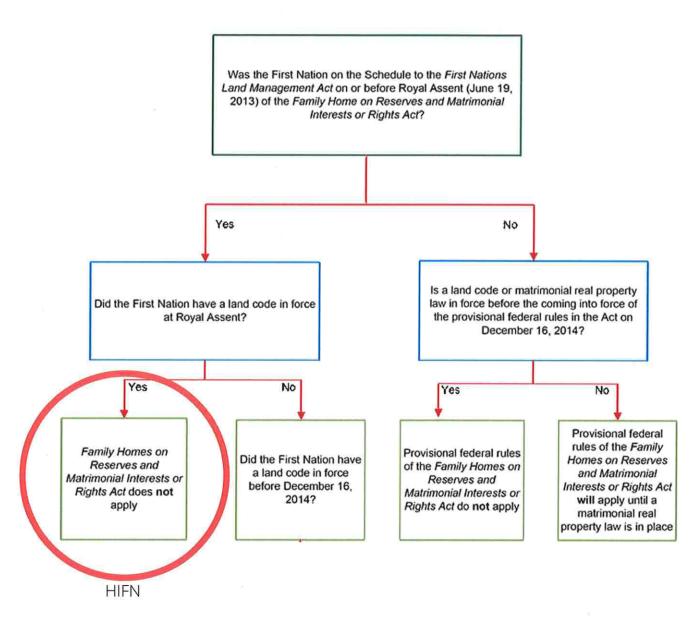




HIFN SRP Law Development (continued)

Application of the Family Homes on Reserves and Matrimonial Interests or Rights Act to FNs under FNLMA

(Application of legislation with respect to HIFN shown below)



Source: Government of Canada. 2020. Application of the Legislation. Retrieved from https://www.aadnc-aandc.gc.ca/eng/1371145674849/1371145737762. Modified by L. Hall.

HIFN SRP LAW DEVELOPMENT

QUESTION SHEET

ASK A LAWYER....

DROP A QUESTION HERE!

IS THERE A QUESTION WITH RESPECT TO THE DEVELOPMENT OF THIS LAW WHICH YOU WOULD LIKE AN ANSWER TO? FILL OUT THIS FORM AND RETURN TO THE LANDS OFFICE ANY TIME. WE WILL HAVE THE LEGAL TEAM RESPOND. YOU MAY ALSO SUBMIT YOUR QUESTIONS ANONYMOUSLY; Q'S & A'S WILL BE PUBLISHED IN FUTURE LANDS OFFICE UPDATES IN THE COMMUNITY NEWSLETTER.

NAME:	DATE:			
QUESTION (COMMENTS WELCOME HERE TOO):				

Announcements

HERE'S WHAT'S HAPPENING!

FLYERS &



Will/POA Drafting Session WE



Wills & Estates on-reserve - Will/POA drafting session

Where: HIFN Fire Hall

When: Thursday February 13, 2020 & Friday February 14, 2020

By Appointment Only

Will/POA Drafting Session

The Will/POA Drafting Session is available (at no cost) for eligible Members who have booked a space in advance through the Lands Office. The sign-up sheet which was to be posted at the Band Office until January 31st has been FILLED. Those members in NEED of a will or Power of Attorney (POA) may still call the Lands Office, as priority will be given to members who meet the following criteria:

-Currently hold a CP/CE Interest -Are Elders and/or are in poor health -Require financial assistance

Please understand we may not be able to accommodate everyone and, space will be secured based on "need" NOT on a "first come, first served" basis. If you have requested a space for this session, a staff member from the Lands Office will contact you to confirm eligibility; if you are eligible for a space, we will provide you with an appointment time for Thursday February 13th, 2020. Please see additional information around the Will Drafting Session attached. Milgwetch for your understanding (1)



HIFN Spousal Real Property (SRP) Law WES



Community Information Session

Where: HIFN Fire Hall
Date: Wednesday February 12th, 2020
Time: 4:00 p.m. to 6:00 p.m.
Dinner served at 4:00.

PRIZE

HIFN SRP LAW Development

Westaway Law Group has been retained to assist with the development of a Spousal Real Property Law for HIFN.

Westaway Law Group will be giving a presentation on February 12th and, there will be an opportunity for questions and open discussion afterward. Community members are encouraged to attend to gain a better understanding of the importance of this law and, to ask any questions which they may have. This is a first opportunity to provide input into the bigger picture aspect of the law.

"A SRP Law allows a First Nation to exercise jurisdiction over land and family matters on reserve and may complement a First Nation's traditional laws and practices... It also promotes fairness, rights and remedies, without discrimination, and allows for community-based dispute resolution. " - Westaway Law Group

If you have any questions, or would like additional information; please don't hesitate to contact Leena or Sherry at the Lands Office @ 705.857.5211

HIFN SRP Law Development



Group Discussion with our Community Elders

Date: February 12, 2020

Time: 1 p.m. to 2 p.m.

Location: HIFN Fire Hall

We are seeking guidance and input from our community elders with respect to the development of a FN Spousal Real Property (SRP) Law. What are some important considerations to take into account with respect to the development of this proposed law? Are there traditional laws, practices and community-based dispute resolution mechanisms which can compliment this law? Elders are asked to partipcate in a (small group) discussion with two representatives from Westaway Law Group so that we can incorporate your knowledge/input.

Elders are welcome to arrive early for lunch (served at 12:00). All elders will be provided with an honorarium as well. We ask that you reserve a spot ahead of time and arrange for transportation in advance. Please call Sherry or Leena @

(705)857-5211. Miigwetch

Caterer Needed!

Caterer required for HIFN SRP Law related Sessions on February 12th, 2020

What's Needed:

*Lunch for 15 people (served at 12:00 p.m.)

*Dinner for 30 people (served at 4:00 p.m.)

Requirements:

*Safe Food Handlers Certification required.

*Food to be prepared in smoke-free environment

Lunch Menu:

* main dish: chilli

* side: scone

* beverages: coffee, tea, assortment of juices

* dessert: assorted dessert squares and cookies

Dinner Menu:

* main dish: sausage penne pasta

* sides: garlic bread, caesar salad

* beverages: coffee, tea, assortment of juices

* dessert: assorted dessert squares and cookies

Delivered to: HIFN Fire Hall

Date: Wednesday February 12th, 2020



Please submit your quote to the HIFN Lands Office (or Band Office reception) to the attention of Leena Hall, Lands Office Assistant by Monday February 3, 2020. (Quote to include: service fee, Lunch for 15 ppl; dinner for 30 ppl and mileage). Cleanup required afterward including removal of any garbage. **Please Note** We would like the caterer to also provide inexpensive takeaway containers for meeting participants so that leftovers can be taken home.

Miigwetch!

Information Hwy:

by: Rosemarie Simmons

Henvey Inlet is starting a Community-based Archive, grassroots collecting.

Why an Archive you may ask yourself? Well it serves to protect assets, ranging from the very real and tangible things such as land, buildings and their contents, to the very abstract and intangible, such as rights and knowledge. The records will be created; the information they contain is itself an asset, no less important to protect than all the other assets of the community. Investing in the perservation of archives is an investment in the future of our community.

The following list illustrate some of the questions for which archival records can provide answers.

- · Why, when, and how was a policy developed?
- In what circumstance did the community agree to a lease, surrender, or sale of land?
- To what extent were the terms of an agreement fulfilled?
- To what extent and in what manner were/annuities, rent, or other payments actually distributed and to which members of the community?
- When, where, and in what circumstances were hunting and fishing rights exercised?

Archives can provide information about the community at large. Language, its usage in the past and present; traditional knowledge of hunting, and fishing, canoe building, or medicinal plants.

Information Hwy:

By Rosemarie Simmons

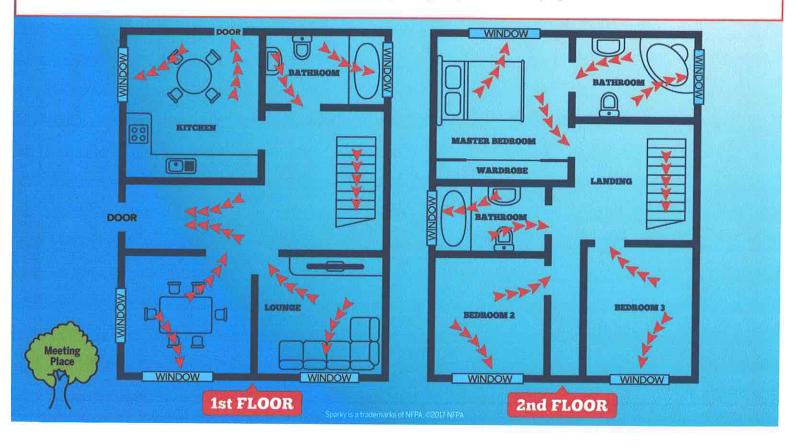
The starting point will be Henvey January 2020, going forward and also backward through the years. We have been in our Land Code already 10 years. This could be our mission statement

 "To Bring together the records of the community and its heritage, to protect and preserve those records and to ensure appropriate access to them."

You can contact me at the band office or leave a message: Rosemarie Simmons 705-857-2331.



- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- ☐ Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire drill!
- Make your own home fire escape plan using the grid provided on page 2.



p.Z.

How to make a
Home Fire
Escape Plan

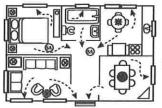


Memorize your fire department's emergency phone number and write it below:

911

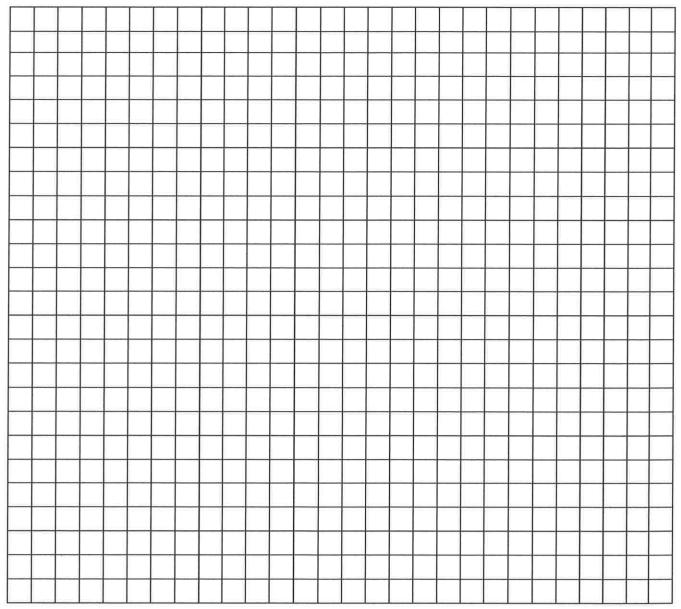


The Official Sponsor of Fire Prevention Week Since 1922





- Draw a floor plan or a map of your home. Show all doors and windows.
- · Mark two ways out of each room.
- Mark all of the smoke alarms with SA. Smoke alarms should be in each sleeping room, outside each sleeping area, and on every level of the home.
- · Pick a family meeting place outside where everyone can meet.
- · Remember, practice your plan at least twice a year!



Grown-ups: Children don't always wake up when the smoke alarm sounds. Know what your child will do before a fire occurs. Get more information on smoke alarms and escape planning at **www.nfpa.org/factsheets**.

Information Hwy:

By Rosemarie Simmons

Escape Plan Contest...

Instructions on page 1.

fill form out below make sure you put in your age, there will be one prize for each age category:

Age: 3-5 years

Age: 6-8 years

Age: 9-12 years

Name-----

Address——phone——

Age of Child———.

Contest starts February 1, 2020

Closes March 18, 2020 Draw made at Prize Bingo ...

Solid Waste Management and Recycling Update

by Mike Faries, Regional Waste Management/Recycling Strategy Coordinator, January 28, 2020

RECYCLING PROGRAM

Protecting our Water Presentation

On December 3, we had a presentation on Protecting our Water. Our guest speaker was Dr. Deborah McGregor, Associate Professor at York University. We also had a presentation from Stephanie Allen, Scientist from Ontario First Nations Technical Services Corporation.

Waste Audits

Henvey Inlet conducted a waste audit this past November. This was conducted by myself and Heidi Manitowabi of Wabnoong Bemjiwang along with two local staff. The purpose of these waste audits are to determine our diversion rates, as in how much are we diverting from our garbage into the waste program. We will be holding another audit soon.

Waste Transfer Station

We are working closely with our consultant on gathering information to build a waste transfer station for the community. We will be considering sites closer to the Highway, one site under consideration is the old landfill site near the new O&M building. Stay tuned for an information session on what is involved in designing, building and operating a waste transfer station. I took a field trip to Wikwemikong earlier this month to see their waste transfer station and how they operate it.

JOINT REGIONAL SOLID WASTE MANAGEMENT STRATEGY

Henvey Inlet is part of the East Georgian Bay Waste Management Partnership. A study has commenced on the long term needs of the partnership. Our consultant is Independent Environmental Consultants (IEC) based out of Markham. Our study is at a stage where we are exploring potential locations for a waste disposal site. The consultant is also recommending a Waste Transfer Station for Henvey Inlet and Shawanaga. A waste transfer station was previously recommended in the Waste Management Study as well as the Capital Planning Study completed by Neegan Burnside in 2017. There are several locations that are being studied for a Waste Disposal Site (dump). Potential sites include the existing Hartley Bay Waste Disposal Site that has room for expansion. I attended a meeting at MNRF in Sudbury with our consultant IEC to discuss the possibility of Henvey Inlet utilizing this site. We will be studying whether this is can be considered an option in the coming weeks. Other options include the McDougall Landfill as well as St. Charles.



LINE CREW GROUND SUPPORT TRAINING

APRIL 20, 2020 TO JULY 31, 2020

15 WEEK CERTIFICATE PROGRAM Cambrian College, Sudbury Campus

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

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

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

REQUIREMENTS

Valid Drivers License Grade 12 Diploma Must be 18 & over

SEND COVER LETTER & RESUME TO:

Gezhtoojig Employment & Training getinfo@gezhtoojig.ca 705-524-6772

Financial Assistance is Available



TRAINING MODULES

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

Visit our website www.gezhtoojig.ca

LIKE US on

















MURAL ART CONTEST



Art Contest

The Kinoomaadziwin Education Body is hosting a youth art contest for a mural to be painted in our head office board room. The winning entrant could win a \$500 grand prize.

Theme

Artwork must be representative of Anishinabek culture, teachings or history, and must focus on the theme of Anishinabek education.

Who can enter?

The KEB Mural Art Contest is open to youth who are members of the Anishinabek Education System's Participating First Nations, ages 12-24.

Submissions

Artwork may be submitted as original artwork, full colour scans or photographs. The deadline for submissions will be February 7, 2020 at 4:00pm.

EMAIL SUBMISSIONS TO:

makenzie.dokis@a-e-s.ca

MAIL SUBMISSIONS TO:

Kinoomaadziwin Education Body 132-100 Osprey Miikaan North Bay, Ontario PIB 8G5

For complete contest details, please visit: www.aes-keb.com



Boardroom Mural Art Contest Guidelines for Artwork Submission

Anishnawbe Aadziwin. Anishnawbe Bimaadziwin.

Art Contest

The Kinoomaadziwin Education Body is hosting a youth art contest for a mural to be painted in our head office board room. The winning entrant could win a \$500 grand prize.

Format and Submissions:

- Art submissions must fit the theme of Anishinabek education. Designs may focus on topics such as student health and well-being, culture, language, history, teachings, the future, etc.
- Each student (ages 12-24) may enter up to 2 pieces of art.
- Artwork must be hand-drawn. Inspiration may be pulled from photographs or other art for ideas, but submissions must be original designs.
- Only flat, two-dimensional artwork will be accepted. No sculptures. Artwork may be submitted in paper format, on original canvas, digital scanned copy or high-resolution photograph.
- The final mural image will be approximately 6 feet wide x 4 feet wide. Minimum size for artwork submissions is 8.5" x 11" (letter size).
- Submissions must be suitable for all audiences. The Kinoomaadziwin Education Body reserves the right to reject entries that portray negative, inappropriate or violent messaging.

Preparing Your Entry:

Completed artwork can be submitted by courier mail or by email. If you plan to photograph your artwork, please ensure the image has a minimum resolution of 300 dpi. For tips and tricks on how to take quality photographs of your artwork, try doing a Google search using these key words: "How to take good pictures of your artwork".

How to Enter:

Option 1: Submit your entry online

- Complete the attached entry form. If you are submitting two entries, please complete an entry form for each submission.
- Attach your scanned document (JPG, PNG, PDF format) or your high-resolution photograph to your entry form.
- In a new email message, submit your completed entry form and attached electronic artwork to the Kinoomaadziwin Education body.

Email your entry to:

Makenzie Dokis Community Information Officer makenzie.dokis@a-e-s.ca



Boardroom Mural Art Contest Guidelines for Artwork Submission

Anishnawbe Aadziwin. Anishnawbe Bimaadziwin.

Option 2: Submit your entry by mail

- Download and print the attached entry form. If you are submitting two entries, please fill out an entry form for each submission.
- 2. Print a paper copy of your artwork and write the title on the back.
- 3. Mail your entry in a secure envelope, clearly addressed to the Kinoomaadziwin Education Body.

Mail to:

Kinoomaadziwin Education Body Attention: Makenzie Dokis Community Information Officer Suite 100-132 Osprey Milkan North Bay, ON P1B 8G5

Timeline:

- January 21: Contest is announced and open for submissions.
- · February 7: Contest closes. All entries, via email and postage mail, must be received by this date.
- · February 14: A judging panel will convene to review each submission.
- February 19: Winning submission will be confirmed and the winning artist will be notified.
- February 26: Contest winner is announced to the Anishinabek Education System at the 5th annual Niigaan Gdizhaami Forum, taking place in Toronto, Ontario. Winner and honourable mentions will be posted online.

Judging:

- · Submissions will be judged on three categories: originality, artistry, and adherence to the theme.
- A panel of judges selected by the Kinoomaadziwin Education Body, will judge both the preliminary and final rounds. The judging panel will consist of KEB employees and Anishinabek Education System representatives.
- The decision of the judges is final.

Other information:

- · All artwork submissions will be permanently filed with the Kinoomaadziwin Education Body.
- The Kinoomaadziwin Education Body reserves the right to reproduce images of submitted artwork at its discretion. Artworks may be used for marketing and promotional purposes, and in any media product.
- All judgments are final and interpretations of the guidelines are at the Kinoomaadziwin Education Body's sole discretion.
- For questions or for more information about this art contest please contact Makenzie Dokis at 705-845-3634 or makenzie.dokis@a-e-s.ca



Boardroom Mural Art Contest Submission Form

Anishnawbe Aadziwin. Anishnawbe Bimaadziwin.

	*	
YOUTH INFORMATION		ranking katang alam
Last Name: Fire	st Name: Ag	ge:
First Nation/Band:	Te	elephone:
Address:		
Email: Pro	ovince: Po	ostal Code:
ARTWORK INFORMATION		
Title:	M	edium:
Tell us what your artwork represents:		
		X
Terms and Conditions		
The sponsor of this contest is the Kinoomaadziwin E bound by the Terms and Conditions ("Terms") set for the prize is contingent upon fulfilling all requirements its sole discretion, and to modify or terminate the Co System, that are 12-24 years of age. Entrants under be original in nature and cannot violate any copyrigh right to publish entries for marketing and promotiona information. Therefore, the winner named, acknowled Sponsor and its affiliates, which will not be required to connection with such use. Winners will be contacted reserves the right to change rules or establish additional hold harmless the Sponsor and their officers, director out of participation in the Contest. All issues and que these Rules, your rights and obligations, or the rights and construed in accordance with the laws of the Proceed (whether of the Province of Ontario or any other juris the Province of Ontario.	th below, which are final and binding in all mati- set forth herein. Sponsor reserves the right to neest at any time. This contest is open to memi- the age of 18 years can only submit with parent t laws. Two submissions per person may be er I purposes in any kind of media. Privacy Policy dige and agree that the Winner name and liken to pay any additional consideration or seek any directly by email or telephone. The Winner onlowal rules at any time. By participating in the Cors, employees, agents, subsidiaries, or affiliate estions concerning the construction, validity, into and obligations of Sponsor in connection with ovince of Ontario without giving effect to any characterists.	ters relating to the Contest. Winning interpret and apply these Terms in bers of the Anishinabek Education that written approval. Entries must entered. The Sponsor reserves the prevents the release of personal esses, may be published by the radditional approval from Winner in y will be announced. The Sponsor contest, Entrants agree to release and is from any causes of action arising expretation and enforceability of the Contest, shall be governed by, noice of law or conflict of law rules
CERTIFICATION (For participants 18 years and o	lder)	
Youth Name (please print):	Youth Signature:	Date (mm/dd/yy):
• Spirit Control of the Control of t		(
CERTIFICATION (For participants younger than	18 years)	
Parent/Legal Guardian Name (please print):	Parent/Legal Guardian Signature:	Date (mm/dd/yy):
avgar vaaran namo (pioaco printy.	. a.o.iozogai ouaidian digilatule.	Date (mindu/yy).

By signing you are confirming that you have read all the rules and regulations and agree. Participants younger than the age of 18 must have parent/legal guardian signature to enter.

Morrisburg Campus

12580 County Road 2, P.O. Box 636, Morrisburg, ON K0C 1X0 Toll free: 1-877-543-3549 Tel: 613-543-2911 Fax: 613-543-4249



Oakville Campus

2245 Speers Road, Oakville, ON L6L 6X8 Toll free: 1-877-793-4863 Tel: 905-469-9299 Fax: 905-465-4357

Operating Engineers Training Institute of Ontario

November 20, 2019



Aboriginal Labour Force Development Circle 14 York Road P.O. Box 331 Shannonville ON KOK 3A0

The Operating Engineers Training Institute of Ontario (OETIO) is pleased to once again offer the Indigenous Heavy Equipment Pre-Apprenticeship Program in 2020.

The Local 793 District Area Offices are now accepting applications for the Indigenous Heavy Equipment Pre-Apprenticeship Program which starts on May 4, 2020.

Please find enclosed the following:

- Indigenous Heavy Equipment Pre-Apprentice Program Summary Sheet
- Indigenous Heavy Equipment Pre-Apprentice Program Details

For the past four years, the Indigenous Pre-Apprentice Program has provided an excellent opportunity for prospective heavy equipment operators to learn the trades in a safe and responsible way. Due to the tremendous success in 2019, eleven (11) out of twelve (12) pre-apprentices will be returning to OETIO Morrisburg Campus in January 2020 as Heavy Equipment Apprentice.

If you have any clients that are interested in becoming a Heavy Equipment Pre-Apprentice, please have them contact Carla St. Louis, Director of Marketing and Indigenous Affairs at 1-226-378-2996 or email cstlouis@oetio.com.

Indigenous Pre-Apprenticeship Training Program Pre-requisites:

- Achieve a Trade Entrance Exam mark of 70% or higher after completing the 3 week
 Trade Entrance Exam Preparation Course
- Resume
- Grade 12 transcript/diploma or equivalent
- Current driver's abstract

Carla St Louis

SIN Card

If you have any questions, please don't hesitate to give me a call.

Best Regards,

Carla St. Louis

Director of Marketing and Indigenous Affairs

(226) 378-2996



Program Summary

Enrollment: 12 Indigenous students are scheduled for 2020

Schedule:

In-school Training: May 4th to July 17th, 2020

Work Placement: July 20th to September 11th, 2020

In-School Training Course Outline:

The 11 weeks of in-school training includes the following:

Classroom Training

- Safety Training
- Equipment Pre-Operation Inspection
- Operation
- Transportation

Field Training

- Lab and field exercises
- Mechanical mini simulators
- Compactors, skid steers, and mini excavators, off-road haul vehicles

Safety Certifications

- WHMIS
- Traffic Control
- Working at Heights
- First Aid & CPR
- Ground Disturbance
- Propane in Construction
- Pipeline Construction Safety Training
- Vertical Mast & Telescopic Boom Forklift
- MOL Health & Safety Awareness Course
- Rigging

Work Placement:

Pre-apprentices earn a wage rate of \$15.00/hour during the 8-week work placement with a Local 793 contractor.

Participating contractors are eligible to a wage subsidy of up to \$1,300.00 at the end of the 8-week work placement.



- Numeracy
- Document Use
- · Computer Skills





Indigenous H avy Equipment Pre-Apprenticeship Training Program (11 weeks + 8 Week Work Placement)

The International Union of Operating Engineers, Local 793 see the Indigenous population as a sustainable solution to help meet the growing demand for qualified crane, heavy equipment, and concrete pump operators in Ontario. One of the goals of Local 793's Indigenous Engagement Strategy is to provide training opportunities to Indigenous people who show the dedication and commitment necessary to build successful careers as heavy equipment operators. The Operating Engineers Training Institute of Ontario (OETIO), in cooperation with the Ministry of Labour, Training and Skills Development developed the Indigenous Pre-Apprenticeship Program for this sole purpose. 2020 will mark the fifth year for the Program which will see twelve Indigenous people recruited from various districts across Ontario.

Trade Entrance Exam Preparation Course (3 weeks - 120 hours)

This three week course is designed to prepare candidates to successfully pass the trade entrance exam.

Upon completion of the trade entrance exam preparation course the participant will need to successfully pass the trade entrance exam with 70% or higher to proceed to the next level, which is the pre-apprenticeship program.

Topics:

Test Taking Strategies

- Multiple choice strategies
- Multiple choice practice

Reading

- Extracting information
- Summarizing main points
- Drawing inferences

Trade Math

- Basic calculations
- · Metric to imperial conversions
- Geometry
- Percentages
- Ratios
- Reading graphs and charts

Trade Science

- Properties of gases, water, sound, minerals
- Principles of combustion, buoyancy, density, pH, electricity and magnetism
- Effects of heat on water, gases, metals
- Basic hydraulics
- Basic action of valves

Mechanical Aptitude and Space Relations

- Tools and instruments
- Mechanical action of gears, levers, pulleys, screws, and turbines
- Spatial relations







Heavy Equipment Pre-Apprenticeship Theory (3 weeks – 120 hours):

The Fundamentals of Heavy Equipment is a pre-requisite to the operator training program and provides participants with the fundamentals of OHSA Reg. 213/91, safety, equipment types and components, operating techniques, transportation, and maintenance that apply to heavy equipment in the construction industry.

The participant also learns essential skills including numeracy, document and computer use which includes resume writing and a job search workshop.

Participants also complete training in Working at Heights – Fundamentals of Fall Prevention, WHMIS, First Aid and CPR, Ground Disturbance, Pipeline Construction Safety Training, Basic Construction Safety Training, Propane in Construction, Traffic Control, Rigging and Vertical Mast and Telescopic Boom Forklift.

Heavy Equipment Pre-Apprenticeship Trade Readiness Practical Training (5 weeks – 200 hours):

Participants will learn how to operate 3 different machines:

- · Sheep's foot and smooth drum compactors
- Skid steer loader (front end loader skills)
- Compact excavator with leveling blade (packer/bulldozer/ TLB/excavator skills)

Perform pre-operational inspections

Comply with scheduled maintenance requirements

Plan work procedures

Comply with grades and stakes

Operation of machines, including:

- traveling and maneuvering machines
- · preparing a level surface with the loader
- building and maintaining a working table
- digging and backfilling trenches
- · preparing a work surface up to three machines wide
- digging an excavation with spoil pile on both sides
- moving material from a stockpile to another location
- · grading and compacting rough areas
- · preparing machine to be left for an extended period of time

Operate the Heavy Equipment mechanical mini simulators (operating control skills)

As well, students are able to access the simulation lab after hours and on weekends. An after-hours simulation exercise book is available to advance student's skillsets.









Haul Truck Practical Training:

Each field exercise includes an instructor led demonstration, followed by a participant practice session with ongoing coaching, skills evaluation and feedback from the instructor via two-way radio. Haul trucks may be equipped with automatic or standard transmissions and be articulating or non-articulating.

Participants are trained on the following learning objectives:

- Pre-operational inspections
- · Planning work procedures
- Optimizing equipment capabilities
- · Maneuvering and off-road travel
- Monitoring the activities of people, vehicles and other equipment in the area
- Positioning for loading/unloading
- · Proper shutdown procedures
- Compliance with scheduled maintenance requirements



Indigenous Pre-Apprenticeship Training Program selection process:

In Ontario, the 15 IUOE Local 793 area offices play a key role in the selection process of meeting with industry and owner/client representatives to identify, interview, and select pre-apprenticeship candidates. These candidates are then referred to our Assistant Director of Training and Apprenticeship to ensure the recommended candidates meet the pre-apprenticeship program requirements.

Indigenous Pre-Apprenticeship Training Program Work Placement:

Each student is placed on an eight week paid work placement with a Local 793 contractor. This places participants in the construction industry to gain exposure to a workplace and allow them to determine whether the heavy equipment trade is suitable as a career. The employers will have the opportunity to evaluate and provide valuable, timely feedback on the student's abilities, attitude, and willingness to learn. A member of our Marketing Department calls and monitors the pre-apprentices during their work placement. If any issues arise between the employer and the pre-apprentice, our Director of Training and Apprenticeship may need to become involved to resolve the matter.



Course Location:

OETIO Morrisburg Campus

Indigenous Pre-Apprenticeship Training Program Pre-requisites:

- Achieving a Trade Entrance Exam mark of 70% or higher after completing the 3 week
 Trade Entrance Exam Preparation Course
- Resume
- · Grade 12 transcript/diploma or equivalent
- · Current driver's abstract
- SIN Card

Elearning courses:

- Health and Safety for Workers (Ministry of Labour)
- WHMIS (approx. 2 hours)
- Working at Heights Fundamentals of Fall Prevention
- Ground Disturbance (approx. 4 hours)
- Pipeline Construction Safety Training (approx. 4 hours)
- Union education (approx. 2 hours)
- Basic Construction Safety Training (3 hours)
- Rigging (4 hours)
- Traffic Control (3 hours)
- Vertical Mast and Telescopic Boom Forklift Operator theory portion (approx. 2 hours)

Total course duration:

11 weeks + 8 Week Work Placement

Participant/Instructor Ratio:

- Theory 12 participants to 1 instructor
- Practical 6 participants to 1 instructor

Participant Seat Time:

Participant will always be operating one piece of heavy equipment on a rotational basis of 8 hours per day for practical training.

Evaluation:

- Trade Entrance Exam
- FHE Theory test: Mid and Final Test
- Numeracy Test
- Computer Test
- Practical evaluation. Participant must achieve 70% to pass

Certificates:

OETIO Certificate of Completion



Program cost breakdown:

There is no charge to participants in the Indigenous Pre-Apprenticeship Training Program. The program is sponsored by the Ministry of Labour, Training and Skills Development and the IUOE Local 793.

It will be the responsibility of the Pre-Apprentice to arrange transportation to and from the OETIO Campus in Morrisburg.

Participants in the program will also be required to bring their own CSA approved safety boots, safety glasses, work gloves and overalls/coveralls.

What is included:

- Books
- Exams
- Hard hat and safety vest
- Certificates

Fundamentals of Heavy Equipment

Heavy Equipment Pre-Apprenticeship Training Program
Essential Skills training
Trade Positions Prestical Field Training

Trade Readiness Practical Field Training

Propane in Construction

Traffic Control

WHMIS

Rigging

Working at Heights - Fundamentals of Fall Prevention

First Aid & CPR

Vertical Mast and Telescopic Boom Forklift

Ground Disturbance Training

Pipeline Construction Safety Training

*Note: Participants returning to be trained for heavy equipment apprenticeship practical training are exempt from Fundamentals of Heavy Equipment (2 weeks – 80 hours)



HENVEY INLET FIRST NATION SIGN UP FOR BUS DRIVER TRAINING-CLASS "B" LICENSE CONTACT JUDY CONTIN REQUIREMENTS: MUST BE AGE 21 DRIVERS ABSTRACT - LESS THAT 6 DEMERIT POINTS VALID ONTARIO DRIVERS LICENSE PASS A MEDICAL AND VISION TEST CRIMINAL REFERENCE CHECK VULNERABLE REFERENCE CHECK GOVERNIMENT APPROVED SCHOOL BUS DRIVER IMPROVEMENT COURSE (SBDIC)

HENVEY INLET FIRST NATION

OJIBWAY LANGUAGE

WHERE: WAGAMAKE LEARNING CENTRE

WHEN: EVERY TUESDAY, FEBURARY 11TH 2020

TIME: 10:00 TO 11:00 A.M



COME OUT AND LEARN YOUR LANGUAGE EVERYONE WELCOME TO ATTEND





WAGAMAKE LEARNING CENTRE

REMINDER!

Wagamake Learning Centre will only be open until June 2020.

Did you know that there are several ways you can earn your Grade 12 Diploma? It isn't all paper-work! You can actually earn a credit in 4 weeks, depending on the subject and your determination to complete it! Others might take a bit longer.

You can also earn credits from past or present work experience AND workshops attended here in the community.

Imagine being able to add Grade 12 to your resume 🚳

Please see Carol Froelich to find out what credits you need to graduate and what options are available to you.

Carol is at the Learning Center on the following days.

Monday: 8:30 - 4:30 Tuesday: 8:30 - 4:30

Wednesday: 1:00 - 4:30 Thursday: 8:30 - 4:30

Carol is even willing to change her schedule to accommodate students who are currently working so be sure to stop by to speak to her!



KIDS/YOUTH ARE INVITED TO JOIN DEBBIE FOX AND DEBBIE LEMIEUX AT THE LIBRARY TO GATHER AND READ BOOKS TOGETHER OR BE READ TO!

WILL BE ON DAYS SCHOOL IS ON STRIKE

Starting at 1:30pm to 3:30pm HIFN Library (Above Firehall)

Parents are encouraged to call Debbie L.'s Cell 705-662-3616 or band office 705-857-2331 ext:229 to notify her if your child/ren will be attending or if you have any questions!

Hand Drum Teachings

Where: Library upstairs of the Fire Hall

When: Tuesday after school from 3:30 pm - 4:45 pm

Who: Anyone who wants to learn more about Drum teachings, songs and the healing powers of the hand drum for personal wellness are welcome to attend

A light snack will be provided however it would be much appreciated if anyone would like to bring a snack to share.

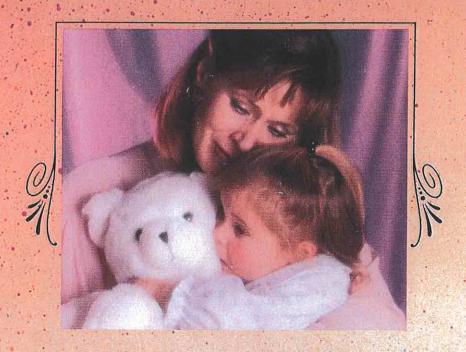
For many years I led drumming for Youth, Children and Adults in the community of Sudbury. Babies would come with their parent's and sleep through the entire drum circle and it was loud lol. People would gather to learn new songs or to teach the group new songs. We did potlucks where everyone would share their stories and help with clean up. There was always lots of singing and laughter.

Debbie Fox has graciously offered to share the space in the Library. Chi-miigwetch and thank you Debbie!!!

Stan Moses is helping the children and youth who would like to make their own hand drum by bringing in an Elder to give the teachings, make their drum and birth their drum. Watch for more information in February to attend this workshop.

Britt School has also been supporting this initiative through our cultural day at school Kinaawiiyah. Rodney continues to attend the school twice a week to provide drum teachings to the children.

Debbie Lemieux



Children learn what they live

If a child lives with criticism,

He learns to condemn.

If a child lives with hostility,

He learns to fight.

If a child lives with ridicule,

He learns to be shy.

If a child lives with shame,

He learns to feel quilty.

If a child lives with tolerance,

He learns to be patient.

If a child lives with encouragement,

He learns confidence.

If a child lives with praise,

He learns to appreciate.

If a child lives with fairness,

He learns justice.

If a child lives with security,

He learns to have faith.

If a child lives with approval,

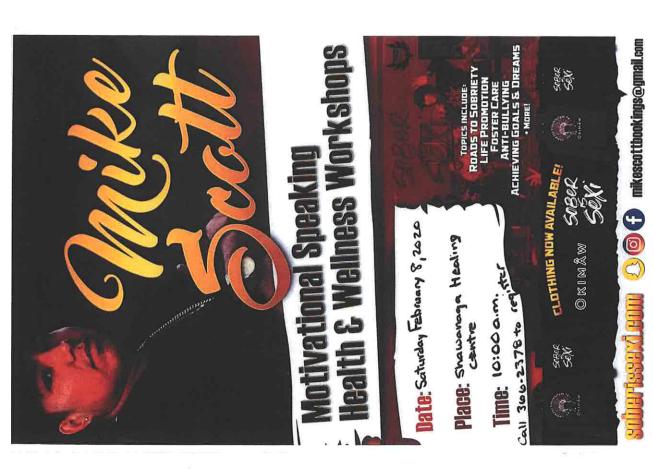
He learns to like himself.

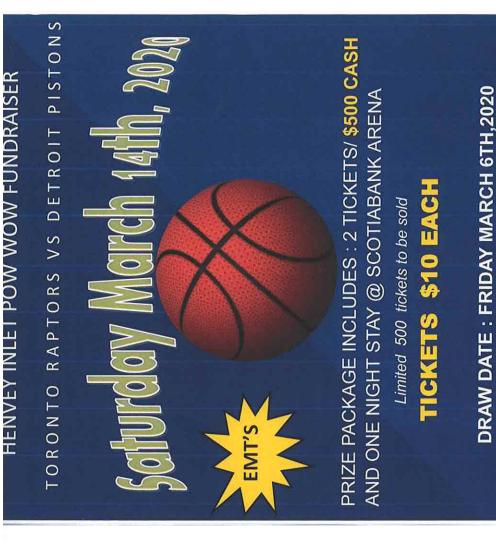
If a child lives with acceptance and friendship,

He learns to find love in the world.









ALL PROCEEDS TOWARDS 2020 HENVEY POW WOW

Contact: susieherbert33@hotmail.com

Any info contact 705.857.2331 or visit HENVEY 2020 POW WOW FACEBOOK



EMPLOYMENT OPPORTUNITY SHAWANAGA FIRST NATION

Finance Clerk Position:

To be determined Full Time Start date:

To be determined Salary:

Overview of Responsibilities:

accounts payable, accurately and maintaining appropriate financial documentation through and organized system of filing. Successful candidate should have strong Reporting to the Finance Manager, the Finance Clerk manages the First Nations working knowledge and experience with QuickBooks accounting software AND demonstrated, thorough knowledge of First Nation funding & budget allocation processes.

Duties:

Organizes filing for all appropriate documents

Monthly remittances

Manages accounts payable

Perform clerical duties such as maintaining filing and record systems

Process invoices and vouchers for payment

Other duties as assigned

Required Qualifications and Skills:

High level of integrity, confidentiality and accountability

Strong work ethic and positive team attitude

practices

Strong working knowledge of generally accepted accounting principles and

Perform mathematical computations quickly and accurately Sound analytical thinking, planning, prioritization and execution skills A well-defined sense of diplomacy, including solid negotiation, conflict resolution and people management skills

Page 1 of 2

Posted Date: JANUARY 24 2020

Other Considerations:

Preference may be given to Aboriginal candidates with relevant on reserve employment experience and/ or those with knowledge and understanding of Shawanaga First Nation history and community

Successful candidate must be able to produce and maintain a clean Criminal Record Check (CPIC).

Please submit a cover letter, resume and three (3) recent work-related reference letters with current contact information by 1:00pm on February 7th, 2020 via of fax, email or in Only those who qualify for an interview will be contacted, thank you for your interest. person to:

2 Village Road, R.R. #1, Nobel, ON POG 1G0 Tel: (705) 366-2526 • Fax: (705) 366-2740 Human Resources Manager Shawanaga First Nation Shelley Baker

Page 2 of 2

DATE POSTED: JANUARY 29TH, 2020

ADMINISTRATION OFFICE DEPARTMENTS:

Administration, Finance, Capital Projects, Public Works, Ontario Works, Family Resources, Economic Development, Lands, Membership



ADMINISTRATION OFFICE:

2 Village Road R.R. #1 Nobel, Ontario, P0G 1G0 Tel: (705) 366-2526 Fax: (705) 366-2740

SHAWANAGA FIRST NATION

January 29, 2020

7 Grandfather Teachings:

RE: Shawanaga Cannabis Retail Store and Job Posting

Humility –

Dbaadendiziwin: To be humble about your accomplishments is to be strong

Community Members,

Bravery Aakwa'ode'ewin: Let
nothing stand in the
way of doing the right
thing

Shawanaga First Nation is in the process of opening a cannabis retail store, anticipated to open in Spring 2020.

thing Honesty – Gwekwaadziwin: SFN Cann Retail LP was created to oversee the operations of the Shawanaga Cannabis Retail Store. SFN Cann Retail LP is currently applying for a Cannabis Retail Store Authorization (RSA) from the Alcohol and Gaming Commission of Ontario (AGCO). It is also looking to hire a Store Manager to oversee the management, operations and implementation of the store. Attached is a job posting for the position from SFN Cann Retail LP.

Better to fail with honesty than succeed by fraud

Should you require any further information, please call the Band Office at 705-366-2526.

Wisdom Nbwaakaawin: With
hard work and
dedication, will come
knowledge

Meegwetch,

Truth - Debwewin: It is always easiest to speak the truth Adam Good, Band Manager

Respect Mnaadendimowin:
Give it, earn it, and
receive it

cc. SFN Chief & Council

Love – Zaagidwin: It is important to care for one another

DATE POSTED: JANUARY 29TH, 2020

Shawanaga Cannabis Retail Store Manager

SFN Cann Retail GP Inc. on behalf of SFN Cann Retail LP

Purpose of the Position

The Shawanaga Cannabis Retall Store Manager shall oversee the efficient management, operations and implementation of the Shawanaga Cannabis Retall Store that is anticipated to open in Spring 2020.

Position Summary

The Cannabis Retail Store Manager is responsible for the day-to-day operations and profitability of the Shawanaga First Nation Cannabis Retail Store according to established goals and business objectives of making a positive contribution to the Shawanaga First Nation (SFN) community. Day-to-day operations include staff scheduling and supervision, oustomer satisfaction, product quality assurance, inventory management, store maintenance and financial, health and safely compliance. This position is responsible for ensuring quality product and experiences are delivered to customers.

The Store Manager is the operations leader and partners with ownership, sales managers and supervisors. They must be proficient in all aspects of the business, from hiring and training all staff, overseeing efficient and accurate inventory and to ensuring and maintaining a positive customer sales experience. The Store Manager will work in tandem with the project team on the development and implementation of the Shawanaga First Nation Cennabis Law, adherence to Alcohol and Garning Commission of Ontario (AGCO) and SFN regulations, as well as ongoing reporting to leadership and the community

Position Requirements

Education and Work Experience Requirement

- High School diploma; post secondary preferred;
 - Minimum age 19;
- Minimum of 2 years work experience in retail and management positions.

Our ideal candidate will possess:

- Initiative, good judgement, and a high degree of interpersonal skills •
- Demonstrated leadership ability, including a minimum of 2 years retail management experlence;
 - Flexible schedule, weekdays, weekends & evenings; Ability to develop and train staff;
 - Excellent administrative and organizational skills;
 - Sound knowledge of financial management;
- Excellent oral and written communication skills,
- Good judgement and problem solving skills; Accountable, Reliable, Bondable; Excellent computer skills in Microsoft Word, Excel, Power point, etc.

Salary This full-time position will offer a competitive salary depending on candidates experience and education.

Other Considerations

Page 2 of 3

DATE POSTED: JANUARY 29TH, 2020

Preference may be given to Aboriginal candidates with relevant on-reserve employment experience and/ or those with strong knowledge and understanding of Shawanaga First Nation history and community. Further consideration will be given for Anishnabemowin speaker

Successful candidate must be able to produce and maintain clean Criminal Record Check (CPIC) as well as secure an AGCO Cannabis Retail Manager Licence. For more information please visit: https://www.agco.ca/cannabis/cannabis-retail-store-employees

CLOSING DATE:

FEBRUARY 14TH, 2020 @ 12:00 E.S.T.

Late applications will not be considered. Shawanaga First Nation Band Members and persons of aboriginal descent are encouraged to apply. Please submit a cover letter, resume, and three (3) recent work-related reference letters with the current contact Information via fax, email, or in person to:

2 Village Road, RR#1, Nobel, ON P0G 1G0 hrmanager@shawanagafirstnation.ca Shawanaga First Nation on behalf of SFN Cann Retail LP c/o Shelley Baker, HR Manager SFN Cann Retail GP Inc.

We thank all applicants however only those selected for an interview will be contacted.

Tel: (705)-368-2526 | Fax: (705)-368-2740

Page 3 of 3



"Those Who Are Successful"

JOB POSTING

In accordance with our Employment Equity goals for this position, applications from people of Aboriginal Ancestry are particularly encouraged.

EMPLOYMENT SERVICES OFFICER

Full Time Position Ferm:

Position:

Sudbury Location:

negotiable - dependent on qualifications and experience Salary:

1. Client Services

- with occupational research, career action plans, job search activities and job maintenance Provide employment counselling; conduct a service needs determination; assist clients
 - issues; develop client action plans; case Management for clients;
- Prepare requests to other LDM's and First Nations for client interventions; Develop and administer contracts for client interventions;
- Coordinate client services (including referrals) with external employment service providers; marketing clients to employers;
 - Monitor and follow-up on clients to determine measurements.

Workshops, Information Sessions and Training 5.

- Assess client and community needs for workshops and training;
- Coordinate workshops and training; develop workshop curriculum, materials and resources; deliver and/or facilitation of workshops and information sessions; evaluate
 - Evaluate external trainers; training / workshops;
- Provide support and follow-up services to workshop participants and monitor measurement results.

Employer Services

3

- Outreach to employers to identify opportunities in the "hidden" job market, matching of skills and interests with employment opportunities and employers needs.
 - Development of support plans with the client and the employer.
- Establish and implement system to provide mentoring/coaching support to clients and

Head Office:

Shawanaga First Nation

Nobel, ON POG 1G0

Mailing Address:

117 Elm Street, Unit 102 Sudbury, Ontario P3C 1T3 Phone: (705) 524-6772 Fax: (705) 524-5152

www.gezhtoojig.ca



"Those Who Are Successful"

4. First Nations/Community Organizations/Sponsors

 Assist potential sponsors in the development of project proposals for Gezhtoojig Programs; develop and administer contracts for sponsors; monitor projects funded by Gezhtoojig.

5. Networking / Consultations / Marketing

- research youth, apprenticeship and disabled programs and funding sources requirements. research employment/training service providers and their relevant programs and services; economic development, employment/training programs and training institutions/trainers; Research, obtain, update information from government, service providers, community
 - Promote and maintain partnerships within the communities; information sharing with communities, First Nations and other relevant organizations/associations.

Shawanaga First Nation Nobel, ON POG 1G0 Head Office: R.R.#1

Mailing Address: 117 Elm Street, Unit 102

Fax: (705) 524-5152 Sudbury, Ontario P3C 1T3 Phone: (705) 524-6772 F

www.gezhtoojig.ca



"Those Who Are Successful"

6. Reporting/Administration

- Prepare regular narrative reports outlining services provided to clients, workshop / training delivered and provide to Manager, Board of Directors, funding agencies and relevant partners;
 - Financial accountability and administration of budgets in conjunction with General Manager;
 - File maintenance; payment of client interventions.

7. Planning

Develop annual workplan and workshop schedules as required.

From time to time, other duties may be assigned to help promote the mandate of the organization.

POSITION QUALIFICATIONS

- Post-secondary degree or diploma in career & work counsellor program, education, social work, Native Human Services, or related field;
- Minimum two years' work experience in counselling, workshop delivery & design, employment counselling services and/or experience in relevant counselling role.
- Demonstrate excellent knowledge of Aboriginal employment and training issues and experience departments/agencies and private sector organizations that deliver employment and training working with Aboriginal organizations and communities; knowledge of government programs and services;
 - communication skills, work well in a team environment, possess excellent counselling skills and Excellent research and analytical skills, advanced word processing, effective verbal and written have a sound knowledge of the internet;
- Knowledge of government programs and funding sources.

WORKING CONDITIONS

- Typical office environment;
 - Frequent travel required;
- Flexible hours of work required;
- Valid driver's licence;
- Valid automobile insurance.

Shawanaga First Nation R.R.#1

Nobel, ON POG 1G0

Mailing Address: 117 Em Street, Unit 102 Sudbury, Ontain PSC 1T3 Phone: (705) 524-6772 Fax: (705) 524-5152

www.gezhtoojig.ca



"Those Who Are Successful"

CLOSING DATE: Tuesday, February 18, 2020 @ 4:00 p.m.

Please forward application to:

General Manager Debbie Recollet

117 Elm Street, Unit # 102 Sudbury, ON P3C 1T3 debbier@gezhtoojig.ca

For further information please contact Debbie Recollet.

Shawanaga First Nation R.R.#1 Nobel, ON POG 1G0 Head Office:

Mailing Address:

117 Elm Street, Unit 102 Sudbury, Ontario P3C 1T3 Phone: (705) 524-6772 Fax: (705) 524-5152

www.gezhtoojig.ca



CHE/HBHC- KARA NEWTON



February CHILD & Family

2020

		-14-			
Saturday	г	ω	15	22	29
Friday		Sudbury	3UDBURY	HOLIDAYS	SUDBURY
Thursday		6 Bread Venture	13 IN OFFICE	20 HOLIDAYS	27 In Office
Wednesday		5 Family Court Program Prep	12 IN OFFICE	19 HOLIDAYS	26 LADIES GAME DAY
Tuesday		4 Home Visits Winter Craft	IN OFFICE	18 HOLIDAYS	CAS Board Meeting
Monday		3 In Office	10 IN OFFICE	17 Family Day	HOLIDAYS
Sunday		2	6	16	23



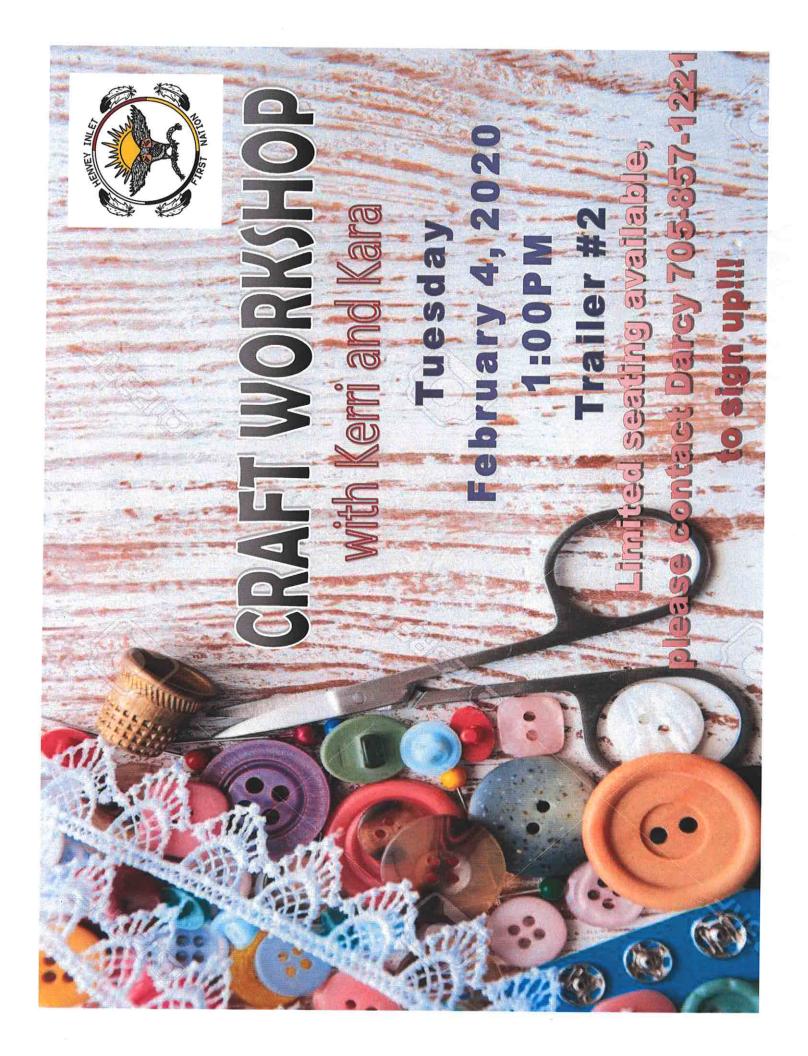
HEALTH



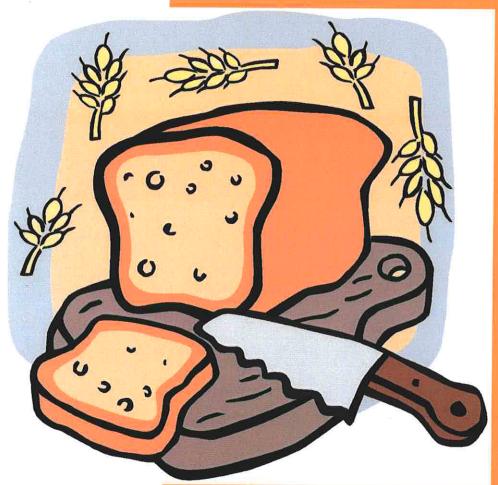
354A Pickerel River Road Pickerel ON POG 1JO Phone: 705-857-1221 Toll Free: 1-866-252-3330 Fax: 705-857-0730

kara.harkness@henveymedicalcentre.com

	Saturday	"Every time	eat or drink, you are either feeding disease or fighting it."	Indigue.	22	29	
	Friday		7 SUDBURY HOMEVISIT	14 × ()	SUDBURY HOMEVISIT	28 SUDBURY HOMEVISIT	
	Thursday		6 BREADVENTURE	E	20	27	
	Wednesday		5	15 0	19	26 Ludies	
)	Tueday		4 CRAFT WORKSHOP	I W	STAFF MEETING	25	
	Monday		3 STAFF MEETING	io C	17 Happy Family Day	24	
	Sunday		2	6	16	23	



BREADVENTURE



Time: 8:45AM FEBRUARY 6, 2020

LOCATED
IN THE NEW
COOKING
TRAILER

COME AND JOIN US
ALONG WITH OUR
SUPER FABULOUS
BAKER, JANICE
CAMPBELL, IN BAKING HOMEMADE
BREAD!!!

CALL DARCY @ 705 857 1221

SPACE IS VERY LIMITED, SO CALL AS SOON AS YOU CAN!! IF YOU REQUIRE TRANSPORTATION, PLEASE CONTACT THE HEALTH CENTRE 3 DAYS PRIOR TO THE EVENT!!!

PRIORITY WILL
BE GIVEN TO
FIRST TIME
ATTENDEES!!!

LIMITED TO Saturday February 8, 2020 at the Day Care

Sessions will commence at 9:30 a.m. and each family will be given a private 20-minute session!!

Due to limited spacing, we can only accommodate up to 6 people per family shoot.

Contact Darcy to schedule your photo time!!!

Please be sure to choose a time that suits your family as

NO LATE ENTRIES

will be permitted!!!



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

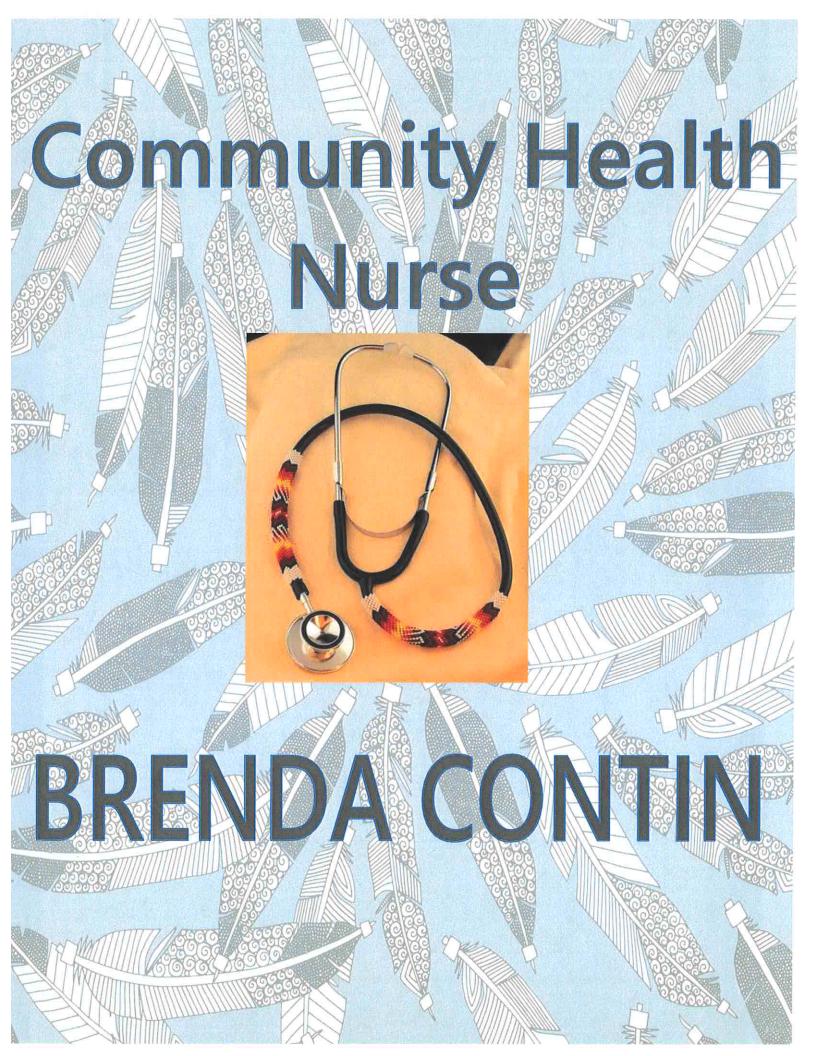


SPACE IS LIMITED TO THE FIRST 8 TO CALL IN!!!

CONTACT DARCY TO SIGN UP!!!



FEBRUARY 26, 2020 12-2PM AT TRAILER #2



February 2020



BRENDA CONTIN, CHIN



Henvey Inlet First Nation Pickerel, ON POG 1J0

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

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

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

Chief
M. Wayne McQuabbie
Council
Patrick Brennan
Tony Solomon
Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

December 11, 2019

Henvey Inlet First Nation Health Centre 354A Pickerel River Rd. Pickerel, Ontario

RE: ELIGIBILITY FOR HOME MAINTENANCE/HOME SUPPORT SERVICES

ALL CLIENTS:

It has become evident that the number of community members who are 55+ has increased and will continue to increase as the years go by. Due to the overwhelming number of community members who are considered by age to be elders and therefore eligible for winter Home Maintenance services, a clause in the eligibility criteria has been modified.

To continue to be eligible for Home Maintenance services, elders who are between the age of 55 and 64 years must have a physical limitation/s or health related condition which puts them at risk for injury due to shoveling and/or clearing their decks. If the elder has a healthy young family member residing with them then this also eliminates them from receiving winter home maintenance services. Should you as the client feel that you are eligible for H.M. services due to a health related condition, please feel free to call the H.C. and Debbie Brennan, the Home Care Nurse will schedule a visit to do a brief assessment of your situation.

All elders who are 65+ years will be eligible for Home Maintenance services regardless of who resides in their home.

Respectively,

Brenda Contin, Home & Community Care Supervisor

Lunch N Learn

Location: Health Centre Program Trailer

Date: Wednesday February 19, 2020 @ 11:30



Diabetes Education

People who are
Diabetic will be given
first priority on sign
up list!

Diabetes BINGO!! 20 maximum players

Please call Darcy to sign up!!

You must be present at program by 11:45am or your name will be bumped by next person on the waiting list.

For Info Contact:

Brenda Contin, C.H.N.

705-857-1221





27 JAN 2020,

Dear Health Director:

We are writing to provide you with current information about the outbreak of respiratory illness in Wuhan, China that is caused by a new coronavirus. As you are probably aware, there are two probable cases in Toronto, in a couple who recently travelled from Wuhan, China. These people are isolated and being monitored. We want to assure you that we are aware of this situation and are following it closely. We are in ongoing contact with the Public Health Agency of Canada and receiving regular updates from them. We have provided up to date information to our nursing stations and health centres, and will continue to do so.

The risk to people in Canada who have not travelled to China is low.

We would like to answer some questions that we have received from First Nations community members.

What is a coronavirus?

Coronaviruses are a large family of viruses that come from animals but can cause respiratory illness in humans. Coronavirus infections are common and usually mild, for example they can cause the common cold. Symptoms are usually mild to moderate and can include fever, headache, cough, sore throat, and feeling unwell. More uncommonly, coronaviruses can also cause serious illness such as pneumonia, respiratory failure, kidney failure, or even death.

Why is this coronavirus "new"?

After several people in China became sick, all the tests for known viruses, such as influenza, were negative. This new virus had not been identified previously and therefore is 'new'.

Who is at risk?

At this time it appears that people who have been in China, especially the city of Wuhan, are most at risk of being infected. People who are older (65 years) or who have heart or lung problems appear to be at risk of more severe disease. People in Canada who have not been travelling to China are not considered to be at risk.

How is the virus spread?

This virus, like other respiratory viruses, is probably spread when people sneeze or cough into their hands and transfer virus to surfaces like water taps, door handles, and table tops. When other people





touch these surfaces and then their nose or eyes, they become infected with the virus. It is not known if it can be spread through the air or through other ways.

Is there a vaccine?

There is no vaccine for this virus at this time.

How is the virus diagnosed?

If a person has been to China and then become sick, they can be tested for this virus. A health care provider can take a sample from the nose or throat, and then send it to a laboratory for testing.

Is there a treatment?

There is no specific treatment for any coronavirus infection. Very ill people who need to be in hospital receive "supportive care", which means treating the patient's symptoms, such as giving fluids and oxygen until the patient's immune system can remove the virus.

How can people prevent getting sick with this virus?

Like all respiratory infections, there are things that people can do to protect themselves and others. Washing your hands frequently is most important. When coughing or sneezing, do not sneeze or cough into your hands but into your sleeve. If you use a tissue, put it in the garbage after use and wash your hands afterward. If you are sick, stay at home and monitor your condition. There is no evidence that face masks prevent illness and they are not recommended at this time. Anyone with worsening symptoms of a respiratory infection of any kind should contact their health provider.

What is Indigenous Services Canada - Ontario Region doing?

Our communicable disease team has been closely monitoring the situation since learning of the discovery of the new virus and the illnesses in China.

We have provided information to nursing stations and health centres about the virus, and what to do if the providers suspect that someone could have this infection, even though it is not likely at this time. This includes reaching out to our communicable disease team for guidance on assessing patients and possible testing if the person has been to China.

We are receiving updates regularly from the Public Health Agency of Canada, Public Health Ontario, and our provincial public health units.





What is the Public Health Agency of Canada doing?

The Public Health Agency of Canada is in regular contact with the World Health Organization, and is actively assessing any possible risk to Canadians. They provide regular updates to the provinces and to Indigenous Services Canada.

They have also put in place additional measures at large airports in Toronto, Montreal and Vancouver to remind travellers to inform Border Services Officers if they have respiratory symptoms, and have added an extra health screening question when travellers arrive.

Updated information is available at https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html

Our healthcare professionals will continue to monitor this situation and provide updated information as it becomes available. In the meantime we encourage you to share this information with your community and review community preparedness plans as a proactive measure.

Sincerely,

Maurica Maher, MD, MSc, FRCPC

Shari Glenn, NP (PHC)

Regional Public Health Physician

Director of Primary Care





	Memorandum	
То	All Ontario Region Nursing Stations, Healt Treatment	th Centres, and Health Centres with
From	Maurica Maher, MD MSc, FRCPC Regional Public Health Physician First Nations and Inuit Health Branch: On	Shari Glenn, NP (PHC) Director of Primary Health Care
Date	23 JAN 2020	
Regarding	Novel Coronavirus Infection	

Purpose: To provide currently available information about a newly-identified coronavirus in China.

On December 31, 2019, the Wuhan Municipal Health Commission in Hubei province, Central China, issued a public statement that they had identified an outbreak of pneumonia of unknown cause. China has made a determination that a novel coronavirus (referred to as 2019-nCoV) is responsible for cases of pneumonia in the Wuhan outbreak. The Public Health Agency of Canada is actively monitoring the situation regarding a novel coronavirus (2019-nCoV) identified in patients with pneumonia in Wuhan, China, as well as imported cases in other countries. The Public Health Agency of Canada (PHAC) is in close contact with the World Health Organization to assess the situation and any potential risk to Canadians. At this time there is no clear evidence that this virus is spread easily from person-to-person, although person-to-person transmission has occurred.

The Public Health Agency of Canada is putting in place measures to enhance identification of possibly infected people over the coming week. These include messaging on arrival screens at Toronto, Montreal and Vancouver international airports reminding travellers to inform a Border Services Officer if they are experiencing flu-like symptoms, and an additional health screening question will be added to electronic kiosks.

The overall risk of disease spread to Canada and First Nations communities is considered low at this time, and there have been no cases in Canada.

This is an evolving situation and updates will be provided as more information is learned about the illness. Public Health Ontario and PHAC are updating information regularly.





What are the symptoms of a coronavirus infection?

Coronaviruses are a large family of viruses that originate in animals but are known to cause respiratory illness in humans, particularly during the fall and winter months. Other novel coronaviruses have included Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV).

Coronavirus infections are common and typically lead to the common cold. Gastrointestinal disease is possible for young infants. Coronavirus symptoms are usually mild to moderate and can include:

- Headache
- Cough

- Sore throat
- Fever
- Feeling generally unwell

Although rare, coronavirus can also cause serious illness such as pneumonia, respiratory failure, kidney failure, or even death.

Role of the CHN:

- Clients presenting with (a) fever and acute respiratory illness or pneumonia AND (b) travel to Wuhan, China, within 14 days prior to onset of symptoms should be clinically assessed and reported to the CD nurse immediately.
- After hours, the CHN should contact the EPHO on call (1-855-407-2676) to access the medical
 officer on call.
- Symptomatic clients who had contact with individuals meeting the above criteria should also be assessed.
- Clinicians should continue routine infection prevention and control practices, and apply additional respiratory precautions, based on risk assessment when caring for clients.
- Clinicians should encourage all clients to practice good hand hygiene and other practices such as staying home when ill to prevent the spread of respiratory infections. Influenza is still circulating in Ontario and Canada.

Resources:

Novel Coronavirus (2019-nCoV). Public Health Ontario. https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus

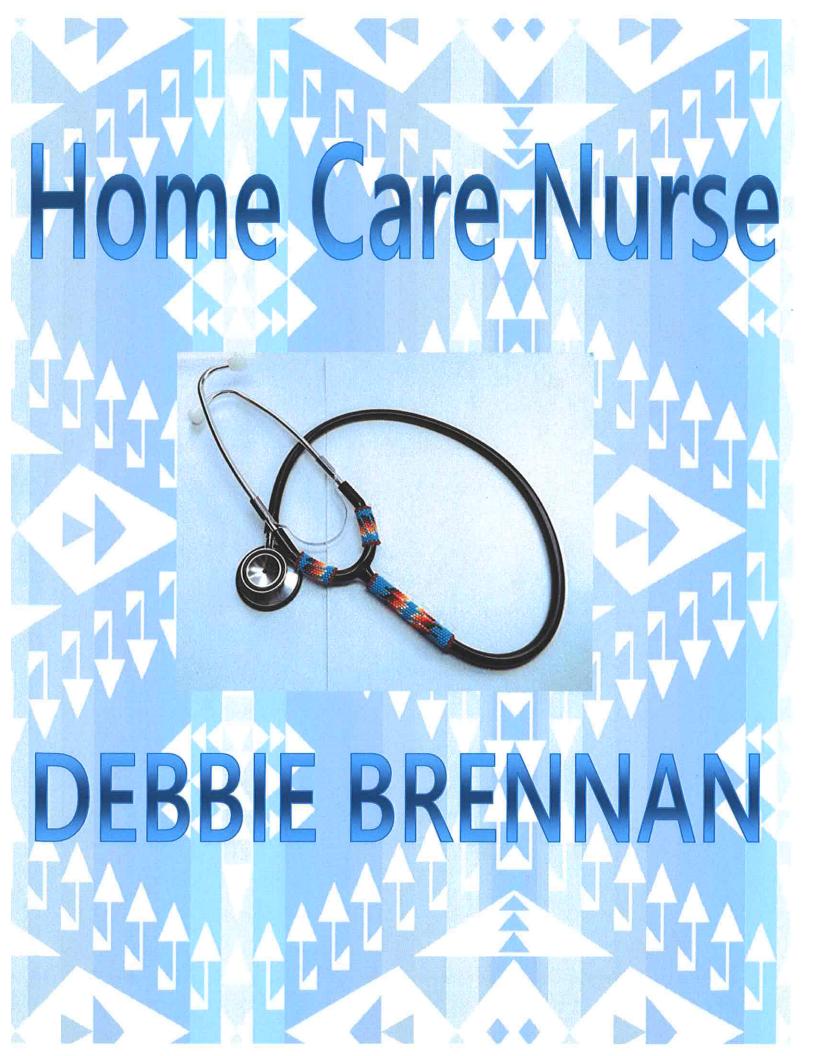
Novel Coronavirus (2019-nCoV) Testing. Public Health Ontario.

https://www.publichealthontario.ca/en/laboratory-services/test-information-index/wuhan-novel-coronavirus

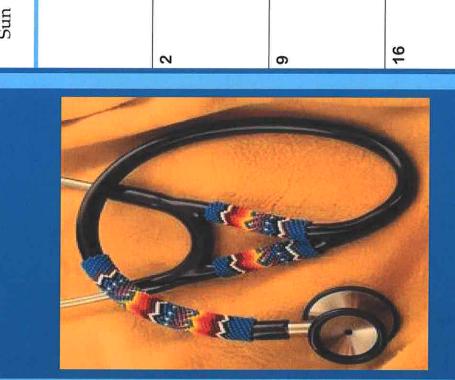
Public Health Agency of Canada Novel Coronavirus Update: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html

Public Health Agency of Canada Novel Coronavirus Symptoms

https://www.canada.ca/en/public-health/services/diseases/coronavirus.html



February 2020



DEBBIE BRENNAN CHN

Sat	7-	œ	15	22	29
Fri		7 OFFICE	14 OFFICE	21 OFFICE	28 OFFICE
Thu		6 OFFICE HOME VISITS	13 OFFICE HOME VISITS	20 OFFICE HOME VISITS	27 OFFICE HOME VISITS
Wed		5 OFFICE HOME VISITS	12 OFFICE HOME VISITS	19 OFFICE HOME VISITS	26 Blood pressure/BS Screening clinic
Tue		4 OFFICE Medical consultations	0FFICE Medical consultations	Staff Staff Meeting, AED Training	25 OFFICE Medical consultations
Mon		3 Staff Meeting, Office	10 OFFICE HOME VISITS	17 Family Day! Holiday	24 OFFICE HOME VISITS
Sun		2	6	16	23

Blood Pressure/ Blood Sugar Clinic

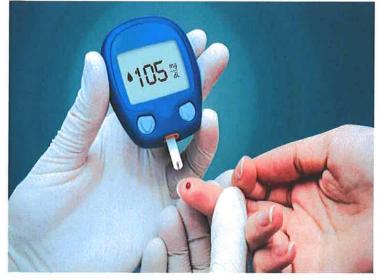
Location: Health Centre Program Trailer

Wednesday February 26, 2020 @10am-3pm



NO SIGN-UP NEEDED!

Up to 3 individuals who visit Debbie to have their B.P./B.S. checked will be eligible to win 2 bags of perishables such as; fruit, veggies, eggs, bread, and healthy treats.



For Information Contact:

Debbie Brennan, H.C.N.

705-857-1221

PROTECT YOURSELF

YOU are your best defense against viruses and other infections.

Follow these simple tips to keep you and your family healthy:



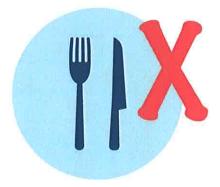
Wash your hands regularly with soap and water, for 20 seconds.



Or, use a hand sanitizer that is least 60% alcohol-based.



Avoid touching your eyes, nose and mouth.



Avoid sharing food, cups or eating utensils.



Disinfect your home and belongings, such as children's toys and play areas.



Stay home from school or work if you are sick.



Cover your mouth and nose when coughing or sneezing with a tissue, your sleeve or your elbow and NOT your bare hands.



Get a flu shot.

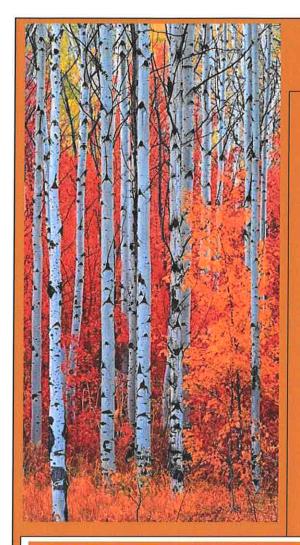
Call your local hospital or your primary care doctor with any questions.

*Source: Centers for Disease Control & Prevention (CDC)



Henvey Inlet First Nation Health Centre 354A Pickerel River Road- Pickerel, ON PoG 1Jo

(705)857-1221 EXT: 229



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

WHEN: Thursday February 6, 2020

WHERE: HIFN TRAILER # 4

TIME: 5-7 PM

PLEASE CONTACT DARCY @ THE HEALTH CENTRE TO SIGN-UP.

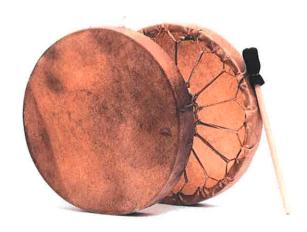
For further information or if you need a ride with in the community please contact:

CULTURAL COORDINATOR STAN MOSES 705-857-1221

A SUPPER WILL BE SERVED

HAND DRUM MAKING

WITH WINNIE & BILL PITAWANAKWAT



ONLY 7 Spots Available to make Drums
Call Darcy to sign up by February 14th, 2020
Workshops to be held at the Library

February 18 - Teachings 4pm-6pm

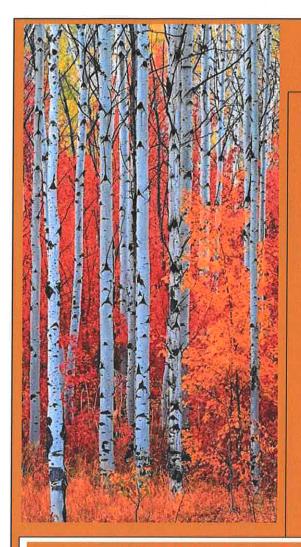
Students who previously made drums are invited to hear the teachings on the hand drum

February 19 - Drum Making 4pm-8pm

February 25 - Drum Birthing 4pm-8pm-

Students who previously made drums are invited to birth them

Supper will be provided on all 3 days Stan Moses- Cultural Coordinator 705-857-1221



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

WHEN: Thursday February 20, 2020

WHERE: HIFN TRAILER # 4

TIME: 5-7 PM

PLEASE CONTACT DARCY @ THE HEALTH CENTRE TO SIGN-UP.

For further information or if you need a ride with in the community please contact:

CULTURAL COORDINATOR STAN MOSES 705-857-1221

A SUPPER WILL BE SERVED





FINDING YOUR VOICE WITH RODNEY NETTAGOG



Healthy Men's Drum Revitalizing Our Men's Drum

If Interested Please Call the Health Centre to Sign-Up or Speak to Stan if any Questions.

HENVEY INLET FIRST NATION HEALTH CENTRE

354A Pickerel River Road Pickerel, On P0G 1J0 705-857-1221

www.hifn.ca



ANISHINABAE CULTURE CAMP

With Great Lakes Cultural Camps

February 10 - 14, 2020 Shawanaga Healing Centre 19 Shebeshekong Road North

> Start time of 10am to 4pm Monday: Deer Processing

Tuesday: How To Improve My Hunting and Bush Skills Wednesday: An Introduction to Making Deer Raw Hide

Thursday: Backcountry Wilderness Travel

Friday: Open Fire Cooking and Working with Our Traditional Foods

Everyone is Welcomed to Attend

More Information please contact Jodi or Joshua at 705.366.2378





Hide Tanning Camp Shawanaga First Nation February 10, 11, 12, 13 & 14, 2020



Agenda



Welcome to Great Lakes Cultural Camps! We look forward to sharing our rich and vibrant culture with you. Great Lakes Cultural Camps is more than just a camp experience. We're all about making memories. leadership, learning opportunities and outdoor adventure.



Our ancestors lived by hunting, trapping and fishing for the purpose of medicine, food, clothing, and ceremonies. Today the tradition of harvesting is just as important as it was back then.

Are you interested in a hands-on learning experience? Our hide tanning camp will focus on a way of life with strong social and cultural traditions.



- Anishinaabe harvesting concepts
- · Fleshing and thin a hide
- · Make a brain tanning solution
- · Wringing and soften a hide
- Make buckskin
- · Learn how to smoke a hide
- · What can we make from a deer from hoof to antler
- Traditional tools
- Hunting techniques
- Traditional Ecological Knowledge
- And more.....

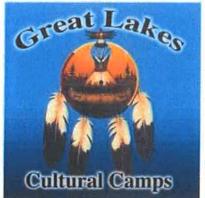
Personal Clothing. What You Need To Bring

Our days will combine both indoor and outdoor hands-on learning. As part of your experience in the outdoors the temperatures vary and conditions can change quickly. Bring a warm jacket, comfy clothes and come prepared to be in the outdoors.

Student Registration For Hide Tanning Camp is Now Open!

Jodi Baker Contin Cultural Coordinator Shawanaga First Nation Tel: 705-366-2378 ext 224

Fax 705-366-2496











SHKI MII-KAANHS

NEW PATH: YOUNG ADULT CULTURAL LEADERSHIP RETREAT

February 15-18 at Northern Edge Algonquin, South River ON

Register by February 6, 2020. Space is limited!



Experience an off-grid leadership building retreat. Scheduled activities include:

- · Land-based activities;
- · Winter physical activities;
- Sauna, socials and mini-round dance;
- Leadership skills, networking, excellent food and building friendships;
- · Singing, drumming, beading and more!



This event is open to Anishinabek Nation citizens ages 18-29.

Online registration is available at: tinyurl.com/Shki-Mii-Kaanhs-Feb2020

Click the link!

Questions? Need another way to register? Contact Sarah Blackwell, Youth Program Coordinator at 705-497-9127 x2266





NEW PATH ADVENTURES: YOUNG ADULT CULTURAL LEADERSHIP RETREAT

REGISTRATION FORM

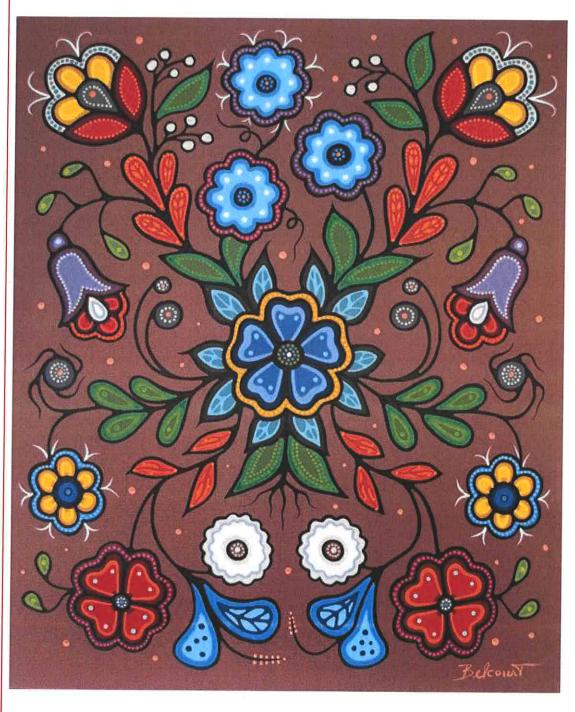
FIRST NAME:	LAST NAME:				
MALE: FEMALE: OTHER: PRON	DUNS:		BIRTH DATE:		
T-SHIRT SIZE: SM MED	LRG	KT	XXL	XXXL	
ALLERGIES:		SMOKER	NON-SMOKE	R	
FOOD ALLERGIES/SENSITIVITIES:					
I WOULD LIKE TO SHARE ACCOMMODATIONS WITH					
FIRST NATION AFFILIATION:					
HOME MAILING ADDRESS:					
EMAIL ADDRESS:					
CELL PHONE NUMBER: 'to be used for Retreat purposes only HEALTH CARD NUMBER:					
EMERGENCY CONTACT INFORMATION NAME:	RELA	TIONSHIP:			
PHONE NUMBER:	ALTE	RNATE NUMBE	R:		
WHAT SKILLS, VALUES AND/OR KNOWLEDGE ARE YO CULTURAL LEADERSHIP RETREAT?	OU HOPING TO	GAIN BY ATTE	NDING THE YOU	NG ADULT	

DESCRIBE IN ONE SENTENCE YOUR PRIMARY REASON FOR WANTING TO ATTEND THIS RETREAT:

Email registration forms to sarah.blackwell@anishinabek.ca by February 6, 2020. Space is limited!

*Please note: one (1) vehicle per person will be reimbursed mileage at \$0.45/km with a signed Expense Form. Expense forms will be handed out at the end of the event and a cheque will be issued in your name to reimburse you for mileage, incidentals and meals when necessary. Locally grown food and mindful meals and snacks will be provided. Accommodations are shared cabins that are off-grid with water access. A "What to Bring" list will be forwarded following receipt of your registration.

COMMUNITY WELLNESS PROGRAM NEWS



This program is designed to deliver primarily client and participant-based services to Aboriginal individuals, families and children. The priority focus of programming is related to reducing family violence.



COMMUNITY WELLNESS PROGRAM

HEALTHY BODY AND MIND...DRINK WATER...EAT NATURAL FOODS...THINK POSITIVE...EXERCISE DAILY...SLEEP WELL.

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 STAFF MEETING REGALIA MAKING BAND COUNCIL MEETING @ 6PM	4 IN OFFICE	S HOME VISITS	6 Muskoka/Parry Sound Sexual Assault Ser- vices w/SUE SMOKE	7 REGALIA MAKING	8
9 FULL MOON CEREMONY	10 REGALIA MAKING	II IN OFFICE	12 ATTENDING WILL MAKING @ LANDS	Muskoka/Parry Sound Sexual Assault Services w/SUE SMOKE	14 REGALIA MAKING	15
16	17 FAMILY DAY	18 BRITT PUBLIC SCHOOL CRAFT CLASS @ 2PM	19 HOME VISITS	20 Muskoka/Parry Sound Sexual Assault Ser- vices w/SUE SMOKE	21 REGALIA MAKING	22
23	24 REGALIA MAKING	25 IN OFFICE	26 HOME VISITS	57 FAMILY TREE GROUP MEETING	28 REGALIA MAKING	29 LEAP DAY

MONDAYS 10 A.M.-4 P.M. FRIDAYS 8:30 A.M.-11:30 A.M.



CLASSES WILL BE HELD IN THE PROGRAM TRAILER @ THE HEALTH CENTRE FOR REGISTERED PARTICIPANTS. FIRST CLASS WILL BE A SHOPPING TRIP TO SUDBURY. FOR MORE INFORMATION CONTACT CWW LUANA MCQUABBIE 705 857-1221 EXT 227



MUSKOKA/PARRY SOUND SEXUAL ASSAULT SERVICES

W/ SUZANNE SMOKE AREA OUTREACH COORDINATOR

THURSDAY, FEBRUARY 6, 13 & 20, 2020 10 A.M. - 3P.M. WITH LUNCH HIFN HEALTH CENTRE/TRAILER #3

HEALING OUR VOICES/FEB 6

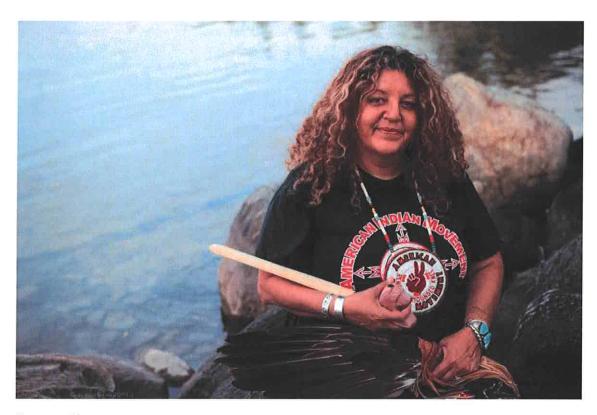
Recognizing Past Traumas and Moving Forward in a Good Way. This workshop will discuss ways to move forward from Trauma, offer resource material, supports & prevention strategies, and develop into Talking & Healing Circles for the future health of community. (Suzanne will be providing necessary tools for healing and support, if anyone feels the need to disclose, she will be available for private one on one counselling following any of the 3 sessions)

PROTECTING OUR FUTURES/FEB 13

A discussion of Human Trafficking and how it effects First Nation communities and our youth. This workshop will look at the impact of human trafficking on First Nation communities, a snap shot of activity in the area, warnings signs, and prevention strategies.

HEALING OUR SPIRIT/FEB 20

Prevention strategies and Healing from Domestic Violence-a community approach to developing protocols in stopping domestic violence in our communities, Tools of Prevention, Safety Planning and Community Coordination.



Suzanne Bio

Suzanne Smoke, Ginew Kwe, Golden Eagle Woman is a member of Mississauga's of Rice Lake, Alderville First Nation and she sits with the Bear Clan. Her most important role in community is being a life giver and Mother to her daughter Ogimaa Geeziko Kwe, Cedar Smoke, Head Woman of the Skyworld.

Suzanne works as Area Outreach and Program Coordinator for the Muskoka/ Parry Sound Sexual Assault Services working to stem the tide of violence against Indigenous women and girls. Currently she works in Anti Human Trafficking with Simcoe Muskoka AHT Coalition as well as U.S. Consulate Greater Toronto Area AHT Strategy. Currently she is working towards developing a 24 hour response protocol model to all Stakeholders working with both Indigenous and Non Indigenous agencies and service workers.

She is also the Executive Director of Biindigen Healing and Arts, a Not for profit Grassroots Agency serving the off-reserve population of Southern Ontario providing Culturally sensitive and culturally appropriate programming and healing.

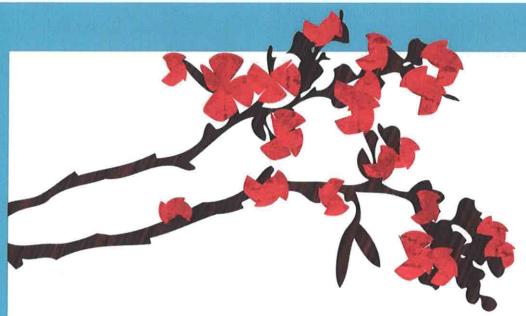
Her knowledge base is in Women's Traditional Teachings, Seven Stages of Life Teachings and she is also a Pipe Carrier and Sundancer with the Gathering of Sacred Pipes in Pipestone Minnesota.

She is the President of American Indian Movement Southern Ontario Support chapter and Her extensive knowledge in Harm reduction, Trauma Informed healing methods come from over 30 years walking the Red Road with many Elders and teachers.

Suzanne Smoke

biindigenhealingandarts@gmail.com

suzanne@mpssas.com



CATERER NEEDED

SUZANNE SMOKE WORKSHOPS FEBRUARY 6, 13 & 20, 2020 MORNING SNACKS & LUNCH

SUBMIT BIDS WITH BREAKDOWN OF CATERING FEE, MILEAGE, GROCERY COSTS & MENU.

MUST HAVE SAFE FOOD HANDLING CERTIFICATE.
FOR A MAXIMUM OF 20 PARTICIPANTS

CATERING BID SUBMISSION DEADLINE IS: FRIDAY, JANUARY 31, 2020 @ 12:00PM

FEB 9th 2020

263 PICKEREL RIVER ROAD

7:00 PM



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

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

Ceremonies are held around each monthly Full Moon

Please remember to:

- Wear a <u>Skirt</u> and warm clothes (be prepared to be outside)
- Bring Tobacco for an offering.
- Bring <u>Yellow cloth</u> to make a tobacco tie offering.
- Bring a <u>Chair</u> to sit on, I have limited chairs.
- Blanket
- · Food to share with the other women.

PLEASE SIGN UP WITH THE HEALTH CENTRE

FOR FURTHER INFORMATION CONTACT:
COMMUNITY WELLNESS WORKER LUANA MCQUABBIE

CREATING YOUR OWN PERSONAL FAMILY TREE

"2ND SESSION"

FEBRUARY 27, 2020 1PM - 3PM HIFN HEALTH CENTRE/TRAILER #3

SPECIAL GUEST SPEAKER
DOOR PRIZES

AncestryDNA kits available to participants in session.



like branches on a tree we all grow in different directions, but our 'roots' remain as one.

PLEASE CALL THE HEALTH CENTRE TO SIGN-UP. MAX 8. OPEN TO EVERYONE.

FOR FURTHER INFO PLEASE CONTACT:

CWW LUANA MCQUABBIE 705 857-1221 EXT 227

FEBRUARY 2020 HIFN DAYCARE NEWSLETTER

MKWA GIIZIS BEAR MOON

The second moon of Creation is Bear Moon, when we honor the vision quest that began in the fall. During this time, we discover how to see beyond reality and to communicate through energy rather than sound. This moon also gives us a special teaching about the birth of bear cubs. In February, there is one morning when there is a heavy fog in the air and the traditional person knows that this is happening.

Welcome! February! And just a few more months of the cold and winter. Mother Nature has been such a mix up of weather this season. Thankful for all the good weather we have had so far, as well as the mild temperatures to go with it. The way this winter has been pretty easy: its is one day snow next day melts.

This month is one of the shortest of this year. 29 days and counting! And a Leap Year also. The days to mark on your calendar this month are:

Monday February 3, 2020: Staff Meeting @ 9 am/Band Community Meeting 5 pm

Topic: Shadow Week February 3 to 7, 2020:

February 10 to 14, 2020: Topic: Hearts

Friday February 14, 2020: Happy Valentine's Day

Monday February 17, 2020: Family Day/Daycare Closed

Tuesday February 18, 2020: Staff Meeting @ 9 am

February 18 to 21, 2020:

Cookie Week February 24 to 28, 2020: Woodland Chimes

A reminder to parents that the Daycare Hours have changed: Effective Monday January 27, 2020. HIFN Daycare Hours are Monday to Friday 8:30 am to 4:30 pm! Also make note that on Monday February 10 & 24, 2020 there will be only two staff on site: These days are Charlene's holidays. If parents have any issues or concerns please contact the HIFN Daycare Program Supervisor @ 705-857-0957 or email @ hifndaycare07@hotmail.com.

Thank You

Charlene Ashawasegai RECE Carrie L. Bennett RECE Erin McQuabbie ECE HIFN Daycare Worker HIFN Daycare Program Supervisor HIFN Daycare Worker

"Being a family means you are a part of something very wonderful. It means you will love and be loved for the rest of your life." -Lisa Weed

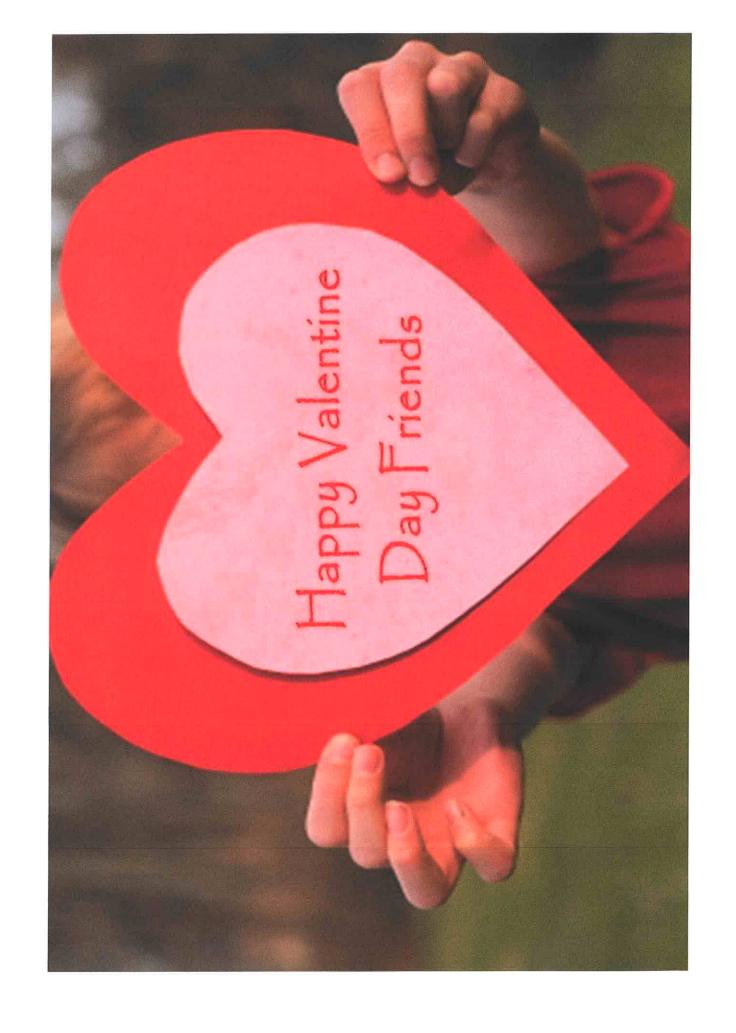
* Fel	February 202	y 2020	o HIFN Daycare	N Da	ycare	0)
Sun	Mon	Tue	Wed	Thu	£	Sat
Charlene						1
Monday's 10/24						
2	3 BCM	4 TOPIC:	5 This topic we	6 Sharing with us	7 will be tracing	8
CHAIR MAN	STM	Shadow Week	Les .	warmth & sun- ne filled rays. The Idren & staff	os ap) .
6	10 TOPIC:	11 This Week the	12 to make crafts	13 paste: use glit-	14	15
	Hearts			ter puff paint, but- tons etc to make crafts.	VALENTINES	
16	17	18 STM	19 Measuring,	20 We will see	21	22
	Family Day CLOSED	TOPIC: Cookie WEEK	shifting, mixing, stir- ring, rolling, cut- ting,baking	what kinds of cookies all the children like.		
23	24 TOPIC:	25 The children	26 Chime sticks	27 carefully as the 28	28	29 LEAP
	Woodland Chimes	this week with help from staff will make		wind knocks them together and how they sound.		DAY

BUSINESS HOURS HIFN DAYCARE

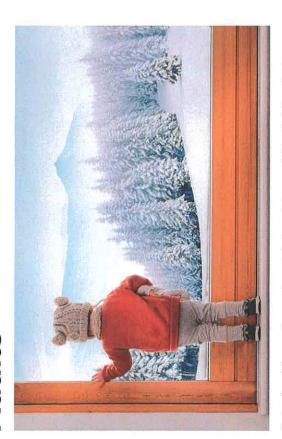
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

8:30 am to 4:30 pm

8:30 am to 12:00 nn



10 Fun Outdoor Winter Activities for Kids & Adults



During the winter months, most people hole up indoors watching their favorite shows on television. After all, the days are dark and short, it's cold out, and it's no fun to put on several layers of gear just to walk the dog.

However, wintertime provides an opportunity to experience nature in a completely different way. There are fewer people outside, and there's more silence. Without leaves on the trees, you can see more of the landscape. You can often spot wildlife that would have been hidden in the foliage during summer months.

There are so many benefits to getting outside in winter. Being active outdoors can help you reach your goal of outting calories and losing weight. It's also an effective

way to combat <u>seasonal affective disorder</u>. The fresh air makes you feel better, and it's a lot more enjoyable and inexpensive than <u>watching TV</u> or surfing the Internet all day. In short, spending time outside during the winter can do you and your family a lot of good, and you'll come home in a better mood.

Benefits of Spending Time Outdoors

Swedes, who live in one of the coldest and darkest climates on Earth, spend a great deal of their time outdoors. The Nordic concept of <u>friluffsliv</u> (pronounced free-loofts-liv), or "open-air living," is deeply ingrained in their culture. As a result, they're some of the fittest and happiest people on the planet.

We'd certainly benefit from taking a page out of their book. Getting outdoors during the winter months offers both physical and psychological benefits.

Better Creative Thinking

If you need some creative ideas, your best bet is to go outside for a walk.

Research published in the <u>Journal of Experimental Psychology</u> found that walking helped promote creative thinking in 81% of study participants, and walking outdoors created more creative ideas than walking indoors on a treadmill.

More Vitamin D

You boost your vitamin D production when you go outside in the sun. Harvard Health reports that vitamin D might be an essential element in fighting everything from heart attacks to cancer to depression. Unfortunately, according to the Environmental Protection Agency, we spend 90% of our time indoors, so we're not getting enough exposure to sunlight. And a study published in JAMA found that two-thirds of U.S. teens and adults are deficient in vitamin D.

The good news is it doesn't take much sun exposure to get your daily dose — 10 to 15 minutes should do the trick.

Positive Health Effects

A study published in the journal <u>Nature</u> found that people who spent at least 30 minutes per week in a green space, such as a park, had lower blood pressure and rates of depression. The study also cites 17 other research projects that linked time outdoors to positive health effects, such as:

- Lowered stress
- Fewer allergies
- Greater social well-being
- Lower mortality from cardiovascular disease

Spending time outdoors also helps prevent nature-deficit disorder, especially in children. Nature-deficit disorder isn't a medical diagnosis. It's a useful term to describe our alienation from the outdoors. Richard Louv, author of "<u>Last Child in the Woods</u>," said in an interview with UC Berkeley's <u>Greater Good Magazine</u> that nature-deficit disorder can result in multiple physical and mental aliments, including diminished use of the senses, higher rates of physical and emotional illnesses, attention difficulties, an increased rate of nearsightedness, and child and adult obesity.

Healing Abilities

Spending time outdoors might actually speed up your body's healing process.

A study by University of Pittsburgh researchers published in the journal Psychosomatic Medication found that patients who underwent spinal surgery and stayed in the hospital's sunniest unit experienced less pain and stress and needed 22% less medication per hour than patients in darker units.

Preparing for the Cold

Swedish parents have a saying they often repeat to their children: "There's no such thing as bad weather, only bad clothing."

If you want to enjoy yourself, <u>cold-weather gear</u> is a must. Don't just head out in sneakers, jeans, and a sweater under your coat. Layers are essential. Wear thermal leggings and several moisture-wicking layers under your sweater. Wear a hat and gloves.

If you're not cold and uncomfortable, you're more likely to enjoy yourself and not run back inside after five minutes. Investing in quality outdoor clothing, like you'll get with brands like Patagonia or Stio, definitely makes winter activities more enjoyable.

If you have kids, always make sure they're appropriately dressed. Younger children are especially prone to running outside with just a T-shirt under their coat. When you do go out, always pack a complete change of clothes for each child as well as plenty of snacks and drinks.

10 Winter Fun Ideas

It's challenging for many people to motivate themselves to go outside during the winter. Our natural tendency is to snuggle up and hibernate until March rolls around.

So how do you make yourself get out there? Start small. Tell yourself you're only going to go outside for 15 minutes. That's it. And once those 15 minutes are up, you can come back inside.

It works for many people because it's not much of a commitment. You're not talking yourself into going on a daylong snowshoeing excursion — you're going outside for 15 minutes. Anyone can do that.

And when you get outdoors and start moving around, you begin to warm up. The cold air invigorates your system, and you feel good. That first 15 minutes can quickly turn into 30 minutes before you realize it.

1. Ice Skating



It's always enjoyable to go gliding around a frozen pond or ice skating rink. If you don't own a pair of ice skates, check thrift stores first, as you can usually find a pair for a few dollars. You can also find used skates on eBay.

2. Go Plogging



A Swedish fitness craze, plogging is now catching on all over the world. "Plogging" is a combination of two words, "plocka," which means "to pick," and "jogging." Plogging is part workout and part social responsibility.

During plogging, you go jogging and pick up litter at the same time. The Washington Post reports that plogging is actually a better workout than jogging because you incorporate squats and bends into your run, and ploggers burn an average of 50 calories more per 30-minute workout than regular joggers.

And you don't need much to start doing it. Cold-weather running gear, like thermal running tights and a moisture-wicking beanle, is a must. You also need to bring along plastic or latex gloves to pick up trash with and a trash bag to carry it in.

3. Paint on the Snow



Painting on snow is an entertaining outdoor activity for kids who are bouncing off the walls after being stuck indoors. There are a few supplies you need to have on hand:

Food coloring in the three primary colors: red, blue, and yellow

A small spray bottle for each child or small bowls and paintbrushes

To make "spray paint," fill each bottle with water and add a few drops of food coloring until you've reached the desired depth of color. If your child prefers painting with a brush, mix the food coloring and water in a bowl.

Using the three primary colors, you can make several other colors. Many food coloring boxes have instructions for creating multiple colors, or you can use these combinations:

Yellow + blue = green

Red + blue = purple

Red + yellow = orange

Encourage your kids to make a snowman or snow fort, and then decorate them using the paint.

4. Go Ice Fishing



If your family enjoys fishing during the warmer months, there's no reason to stop when the weather turns cold. Ice fishing is a unique and exciting way to fish. But it can also be dangerous if you're not careful. If the ice isn't thick enough, you can fall through, which can quickly turn fatal if you're not immediately rescued.

Most bait shops and fishing stores stay aware of local conditions. But to be safe, never fish on ice that's less than 4 inches thick. And avoid rivers, since it's harder for moving water to form thick ice. Ponds and lakes are safer. Popular Mechanics has an informative article on the do's and don'ts of ice fishing and what you need to get started.

5. Shovel Snow for Someone in Need



Shoveling snow is a great outdoor workout, and you can burn around 223 calories every 30 minutes doing it. You can amplify the positive feelings of this exercise by shoveling snow for someone in your neighborhood or community, like a nearby senior or a friend who's ill.

Warning: While shoveling snow is a great workout, this intense exercise puts considerable strain on your body. BBC News reports that each winter, about 100 people die while shoveling snow. Shoveling snow raises your heart rate and blood pressure more than other forms of exercise because you're using many different parts of your body. The cold also works against you because it constricts your blood vessels, which means your heart has to work even harder to pump blood. Additionally, many people hold their breath while they shovel, which puts even more strain on your system. If you're out of shape or are over age 55, cardiologist Barry Franklin advises you not to do it at all.

6. Take Pictures



Winter seems barren and ugly to some people, especially compared to the bright and colorful bounty of summer. But the sparseness and clean lines of winter have their own beauty if you stop and look.

Bring your camera out to the woods and take pictures of the winter landscape. As you walk, look out for small details, like a pine cone partially hidden in snow or a branch of bright-red hawthorn berries the birds haven't found yet. Listen to the crunch of your feet on the snow or the chitter of chickadees bobbing on the branches above you.

The outdoors is full of life and beauty in the winter months, giving you the opportunity to take some amazing photographs. All you have to do is go out and look.

7. Go Camping



Yes, you read that right. People do go camping during winter. When there's snow on the ground, it's called "snow camping." And it can be an exciting and memorable experience if you have the right gear.

There are several reasons you should give snow camping a try. First, there's a good chance you'll be the only ones out there. It's just you, your family, and the pristine woods, and you don't have to worry about battling the crowds for a great campsite. There are also no bugs, ticks, poison ivy, or rain.

Once you get your campsite set up, there are plenty of ways to enjoy the wild.

- Go snow tubing
- Stargaze stars are often easier to see in winter because of the clear atmosphere
- Build a bonfire and make s'mores
- Go sledding
- Explore the woods on a winter hike
- Identify animal tracks in the snow

Winter camping has its challenges, and it's an activity that demands specific and sometimes expensive gear. Cold-weather clothing, cold-weather sleeping bags rated at least 10 degrees lower than the lowest temperature you expect to encounter, sleeping pads, and a four-season tent are all essentials. REL has an article on winter camping essentials to use as a starting point.

8. Go Snowshoeing



Snowshoeing is an exhilarating experience everyone in your family can try. While you have to buy gear, it's not a significant investment. The price for a nice pair of snowshoes is often less than what you'd pay for two days of skiing. And snowshoes last a long time if you take care of them. If you've never done it, REI has an informative article on learning to snowshoe.

9. Go on a Treasure Hunt



Food coloring is a parent's best friend, and you can use this magical ingredient to create frozen "gems" for your kids to find.

Fill an ice cube tray with water, put a couple of drops of food coloring in each mold, and pop the tray in the freezer. When the water freezes, it creates ice cubes that look like gems. Hide these gems around the yard, and let your kids go on a treasure hunt.

10. Play in the Backyard



There are going to be days when you just don't want to leave home. Fortunately, there are plenty of creative outdoor activities you can do right in your backyard.

- Make snow angels.
- If the temperature is below 32 degrees, go outside and blow bubbles, which freeze on the wand.
- Bring your cookie cutters outside and let your kids make "snow cookies."

- Make animal snow sculptures.
- Using a needle and thread, string up popcorn or cereal and decorate a tree you can see from a window inside the house. You can watch birds and other wildlife happily nibble on it for days.
- Hollow out an orange and fill the husk with birdseed to make a bird feeder.
- Start a snowball fight.
- Make maple syrup taffy out of snow see <u>Kitchn</u>'s article for instructions.
- Use sticks to draw in the snow.
- Make snow lanterns using the tutorial from <u>Little Green Fingers</u>.
- Grab your beach toys and let your kids make snow castles and moats.

Final Word

I used to loathe winter in every sense of the word. For me, it was a time of forced isolation, a season that kept me from doing the thing I wanted to do — namely, being outdoors.

Now, the cold doesn't bother me. My family and I have embraced full-time travel and live in a 423-square-foot camper, which means we spend a lot of time outdoors no matter what the weather's like.

My best advice when it comes to getting outside when it's cold is to dress for the weather. A warm coat, several high-quality, moisture-wicking layers, and warm boots make spending time outdoors in the winter fun instead of torture.

Your family can also be a great source of inspiration when it comes to winter activities. Ask your kids what they're interested in doing outside this winter. The creative ideas children come up with are amazing.

What do you like to do outside when it's cold?