

We are closed **Good Friday** & **Easter Monday** 







### BASTER BASKETS!

Parents/Legal Guardians are to Call the Health Centre and let Darcy know your childs name, age, and that they will be attending the Easter Breakfast by Tuesday April 16, 2019 @4:30pm in order for your child/ren to receive an Easter Basket from the Easter Bunny on Saturday April 20, 2019!!!

Only Children whose Parents/Legal Guardians

Called will be receiving a basket!

No Third Party Calls will be accepted, It's the responsibility of the parent/legal guardian to Call!!



### Annual Easter Bike Raffle



Tickets are Charlene's (12 tickets) arm length for \$5.00 And can be purchased at the Daycare Centre. The sale will start Friday April 12, 2019

(The hunt for Charlene is on)

and continue until The Easter Breakfast on Saturday April 20, 2019



To be completed by the Electoral Officer after the counting of the votes. The numbers on the Statement of the Votes submitted by Deputy Electoral Officers from other polling stations must be included in the numbers provided on this report. Ensure that the form is signed and witnessed.

A copy of this statement must be sent to the Regional Office of Indian and Northern Affairs no later than four days following the election.

Name of Candidate for Chief	Total Votes Received		
Herbert, Neil J.	29	_8	
McQuabble, M. Wayne	271	nd S	
Solomon Dubats, Genevieve	91		
Solomon-MolCenzie, Doreen	13	100	

Number of valid ballots cast for chief: 404 Number of rejected ballots for chief: 4

Name of Candidate for Councillor	Total Votes Received
Ashawasagai, Bruce	38
Ashawasagai, Carl	183
Ashawasagai, Elsie	28
Ashawasagal, Morris	12
Ashawasega, Elwood M.	79
Ashawasega, Marina	5
Brennan, Pat	221
Contin, Brenda	172
Contin, Doris	51
Contin, Grace	32
Contin, Natascha	113
Fox, Lionel	214
Herbert, Mandy	116
Herbert, Neil J.	112
Kagagins, Maureen	131
Marshall, Ray	51
McKinnon, Ryan D.	7
McQuabbie, Alfreda	30
McQuabbie, Luana	104
Netagog, alfreda	8
Newton Deborah	74
Newton, Gregory D.	47
Newton, Matthew	29
Solomon, Tony	220
Solomon-McKenzie, Doreen	125

Number of valid ballots cast for councillor:398 Number of rejected ballots for councillor: 10



### Services aux Autochtones Canada

March 22, 2019

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



4058-3-231

Re: 2019 Treaty Annuity Payments

This will confirm that the date and time for the Treaty Annuity Payments for your First Nation will be as follows:

DATE:

Tuesday, April 30, 2019

TIME:

2:30 p.m. to 4:30 p.m.

The Registration, Revenues and Band Governance Unit at Indigenous Services Canada would like to thank you for your co-operation in the distribution of Treaty Annuity Payments. For your convenience, a poster including the date and time is enclosed.

Should you have any questions please contact me by phone or by email.

Thank you

Lenaya Grassia

Jr. Treaty Payment Officer
Governance, Individual Affairs and Government Relations
Indigenous Services Canada
Thunder Bay Business Centre
(807) 624-1516

Lenaya.Grassia@canada.ca

cc: Debbie Newton, Indian Registration Administrator





### HENVEY INLET FIRST NATION

DEVELOPING INDIGENOUS KNOWLEDGE KEEPERS
PROGRAM

ACCREDITING (50) ABORIGINAL WOMEN AND YOUTH FOR THE UPCOMING PROGRAM

CUSTOMIZED TRAINING: BEHR TRAINING, FIELD RETREATS, MINING STUDIES, HEALTH AND SAFETY TECHNICAL SKILLS AND THIS IS A (4) MONTH PAID INTERNSHIP.

WANT MORE INFORMATION OR REGISTER WE WELCOME YOU TO ATTEND THE

INDIGENOUS KNOWLEDGE INFORMATION SESSION

WHEN: WEDNESDAY, APRIL 10TH, 2019

TIME: 10:00 A.M

WHERE: WAGAMAKE LEARNING CENTRE

**LUNCH PROVIDED** 

MIIGWECH

### Sacred Healing Tools & Practices for Health & Well Being

Take the Opportunity to Learn from our Traditional Knowledge Keepers, Healers & Practitioners

Sat Apr 27 (Lunch & Supper)
Sun Apr 28(Lunch)
9:00am to 5:00pm

### HENVEY INLET FIRST NATION

Participation in but not limited to:
Traditional Medicines Teachings / Cedar Bath Teachings
Foot Baths / Traditional Back and Leg Massages
Journeying & Meditation / Yoga / Traditional Grief
Sacred Circles / Teachings Around the Medicine Wheel
Traditional Foods & Healing
Mental Wellness & Healing Our Spirit

If you plan to come, please register by phoning the contacts below or email us at pettiferfawn@gmail.com so we can plan for the meals.

For further information: Contact Fawn (705) 665-2629





THE H.I.F.N. POW WOW COMMITTEE IS ONCE AGAIN HOSTING ITS EVER POPULAR ANNUAL LOONIE AUCTION



## LOONIE AUGTION

Saturday May 25, 2019



HIFN Firehall

281 Pickerel River Rd







Auction items value from \$10 to \$2000

Higher priced items will be a \$5.00 bid

All bids are \$1.00 or \$5.00 bids





**REGISTRATION @ 12:00 PM** 

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

ALL PROCEEDS GO TOWARDS OUR ANNUAL TRADITIONAL POW WOW

### Are you ready to live a healthier active lifestyle? Start walking with us!!!



### WALKING PROGRAM







Come join us starting Thursday April 12 & Thursday April 26 at the Health Centre at 9am.

We will be returning to the Health Centre by 10 am.

Great way to get into shape, stay fit & socialize.

\*Please wear appropriate clothing & footwear. Walk at your own risk.

Contact Kerri or Kara for any further information.

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

Draws For Prizes!!

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

Fax: (705) 857-0730

PLEASE JOIN KERRI AND KARA

ON -

THURSDAY APRIL 25, 2019 11:00 AM

AT THE

**HEALTH CENTRE** 

FOR A FUN FILLED PLANNING SESSION!!!

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

SPACE IS LIMITED TO THE FIRST 6 TO CALL IN!!!

CONTACT DARCY TO SIGN UP!!!

# **April** 2019

Brenda CONTIN, Henvey Inlet C.H.N. Program

• <u>1</u>	7.	S S	0	,0			
Fri	OFFICE	C&C PLANNING DAYS	19 STAT HOLIDAY	26	OFFICE		
Thu	NOT IN OFFICE	OFFICE	18	25	NOT IN OFFICE		
Wed	FINANCE	10 HOME VISITS	17	24	NOT IN OFFICE		
Tue	FINANCE	9 OFFICE HOME VISITS	16	23	OFFICE	30	HOME VISITS
Mon	Staff Mtg FINANCE	8 OFFICE	15 C&C PLANNING DAYS (cont'd)	22	STAT HOLIDAY	29	Staff Mtg.
Sun		ži.					9

### RABIES CLINIC

With Dr. Veronica of Walden Animal Hospital

\$22/animal for Non-Band Members. First 2 animals FREE for Band Members.

Parvol/Distemper vaccines for dogs &
Panleukopenia/Rhino/Calici shots for cats MIGHT be available! Call for info on price!

Please contact Darcy to pre-register your animal/s. Have the following information ready when you call: Name of animal, weight, age, breed, and colour/markings. Your co-operation is appreciated!!



Friday May 17, 2019
TIMES TO BE COMFIRMED @
Fire Hall

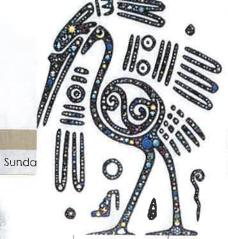


Firehall is located at 295 Pickerel River Road

CONTACT: Brenda Contin/Darcy Ashawasegai

354A Pickerel River Rd. | Pickerel, ON POG 1J0 | 705-857-1221 or 1-866-252-3330

Located off highway 69. 1 hour north of Parry Sound and 45 Minutes south of Sudbury



### **April 2019**

	As	Wednesday	Thursday	Friday	Saturday
		Planning	Shopping & paper work	5 Office	6
Office Home V. Planning	9 Staff Planning	Staff Planning	Home visits	12 Office	13
15	16	17	18	19	20
0	I	i	d	a	У
22 Office	23 Home visits	24 Sewing and	25 Home visits	26 Office	27
		pars			
29 Staff meeting	30 Office & Insti- tution visit	Pars and sew- ing			
	Office Home V. Planning  15  O  22 Office	8 9 Office Home V. Planning  15 16  O  22 23 Office Home visits	8 9 10 Staff Planning Staff Planning Home V. Planning 15 16 17	Planning Shopping & paper work  8	3 4 5 Planning Shopping & paper work  8 9 10 11 12 Office Home V. Planning 15 16 17 18 19 Office I d d a  22 23 24 25 Home visits Sewing and pars  29 30 31 Staff meeting Office & Insti- Pars and sew-

Sewing ..... Quilting begins, fine art of quilting by hand .....

Pars ... group in the evening. 6 pm to 8 pm.

-----Sweet April's tears, dead on the hem of May...~~~

THE NEW CTV NEWS APP: CANADA'S MOST TRUSTED NEWS. ANYTIME. ANYWHERE.

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### Northern Ontario

### Drug warning: new potent substance circulating Sudbury



Drug warning: new potent substance circulating

Issued: Friday, March 8, 2019

The Community Drug Strategy has received multiple reports of a new potent substance circulating in the community of Sudbury.

While we cannot confirm the substance, there are reports of dye possibly being used to create various colours including blue and white in the illicit drug supply. Use of these substances may lead to the increased risks of an overdose. Multiple doses of Naloxone may be needed to reverse overdose.

This is an important reminder to the community that street drugs may be cut or mixed with substances such as fentanyl or carfentanil, and that even a very small amount of these substances can cause an overdose.

An overdose occurs when a person uses more of a substance, or a combination of substances, than their body can handle. As a consequence, the brain is unable to control basic life functions. The person might pass out, stop breathing, or experience a seizure. Overdoses can be fatal.

### Overdose symptoms include:

- blue lips or nails
- dizziness and confusion
- the person can't be woken up
- choking, gurgling, or snoring sounds
- slow, weak, or no breathing

### eg: heroin, morphine

### The high

- Lasts 20 mins to 2 hours for heroin, and up to 24 hours with other opioids
- Feeling intense pleasure and reduced pain
  - Warm skin, dry mouth and heavy feeling arms and legs
- Nausea, vomiting and severe itching
- Slow, shallow breathing

### Toming down

- Feeling restless, sweaty, stomach cramps and diarrhea
- Muscle spasms and bone pain
  - High blood pressure
- Strong cravings for more heroin

### opioid overdose

### Feels like

- You can't stay awake
- You don't have any energy or strength
  - · · You can't walk, can't talk

### Looks like:

- Slow pulse or no pulse
- -> Skin looks pale and blue, feels cold Slow breathing or no breathing
- Can't wake up or talk
- · Pupils are pin-sized or eyes rolled back
  - → Vomiting
- · Body is limp

## stimulant overdose / overamped

- → Your heart is pumping fast & irregularly
- → You are short of breath

eg: cocaine, crack, meth

The high

Lasts 15 to 45 mins with coke or crack, and up to 24 hours with speed or meth

Feeling an intense, euphoric rush

- Your body is hot, sweaty, shaky, itchy skin
- → You have chest pain
- → You can't talk, can't walk, possible stroke
  - → You are agitated, aggressIve, confused

### Looks like:

Rapid heartbeat and breathing

Hallucinations, delusions

Coming down

Feeling thirsty, not hungry

Warm skin, dry mouth

- → Fast pulse or no pulse
  - > Fast or no breathing
- → Hot and sweaty skin

Feeling restless, sweaty and twitchy

Sensitivity to nolse and light

- → Confusion, hallucinations, unconscious
- → Can't talk, can't walk
- → Vomiting
- → Seizures

Strong cravings for more crack

Feelings of paranoia

## SOME

### do not leave the person Call out for help -

- If they've OD'd on opioids, try to get them awake and moving
- to get them to slow down and relax If they've OD'd on stimulants, try
- Send someone to call 9-1-1 for an ambulance and report back
- Tell paramedics as much as you can about what happened

### addiction services? Need info about

call the Drug & Alcohol Helpline help is available 24 / 7

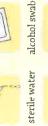
.800,565,8603 confidential, anonymou

adapted from pamphlet by:

Vancouver Coastal Health, 2011 revised by OHRDP, December 2013 talk to your local harm reduction site about what safer drug use supplies they have available

## opioids stimulants





sterile needle



00





cooker

cotton filter











(ascorbic acid)

lighter



1.866.316.2217 www.ohrdp.ca ontario harm reduction distribution program

OHRDP is a program of:



## 19 HIFN Daycare Wed 3. Sat

28	21	14	7	
29 STM	22 CLOSED 23 Topic: Lions and Lambs	15 STM	<b>©</b>	1 STM
30 Topic: May Flow- ers	23 Topic: Lions and Lambs	16 Topic: Easter Week	9 Topic: Tracing Week	2 Topic: Review Week
Last week of the Bulletin boards month and the and who knows children will be maybe even trymaking flowers for ing our hand at	24 This week is lions ands lambs. Just like the month of Aprill	17 There will be bunnies, eggs, coloring pages, stories, all things	10 Will be a week of tracing shapes, names,	3 Review week will consist of numbers, letters, shapes, colors
Bulletin boards and who knows maybe even try- ing our hand at	25 Crafts will have the kids cutting, pasting, and arranging.	18 Laster	11 and using their cognitive skills.	4
Planting.	26	19 CLOSED 20	Alphabet Spirit	5 Week
	27	20	13	6

### 1 Did you know?

The word immunization comes from immune- which means protected from disease.

### How are vaccines given?

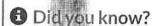
Most vaccines are given by an injection (a needle) into your child's upper arm or thigh. Some vaccines can be given orally (by mouth) or nasally (sprayed into the nose).

Your child can safely get more than one vaccine at a time. Some vaccines protect against several diseases in a single shot, while others are given separately.

### What if my child can't be vaccinated?

Some children cannot receive certain vaccines due to allergic reactions or other medical conditions. Because they can't be vaccinated, they are at risk of getting diseases that the vaccine would have protected them from.

You can help protect your children by encouraging those around your child to be up to date with their vaccination. Diseases that may not seem serious to adults can be very harmful to vulnerable children.



Your children, like you, should be vaccinated before you travel with them. They may need special vaccinations, or need to be vaccinated earlier than usual.

### Diseases prevented by routine vaccinations

Vaccinating your children protects them from many vaccine-preventable diseases.

Nearly all these diseases can spread easily from person to person, mainly through coughing and sneezing. They can be serious enough to cause severe complications or even death. Getting your children vaccinated on time gives them the protection they need to stay healthy.

### Diseases prevented by routine vaccinations

Diseases	Possible symptoms	Possible complications	
Diphtheria	<ul><li>Fever and chills</li><li>Sore throat and thick mucous in throat and nose</li><li>Difficulty swallowing and breathing</li></ul>	<ul><li>Breathing and heart problems</li><li>Paralysis</li><li>Death</li></ul>	
Pertussis (whooping cough)	<ul> <li>Starts with mild cold-like symptoms</li> <li>Violent coughing fits (may last for months)</li> <li>Choking or vomiting after coughing</li> <li>Difficulty eating, drinking, and breathing</li> </ul>	<ul><li>Pneumonia</li><li>Convulsions</li><li>Brain damage</li><li>Death</li></ul>	
	Adults may not have any symptoms but can still infect babies.		
Tetanus	<ul> <li>Painful muscle cramps (begin in neck and face)</li> <li>Headache and fever</li> <li>Trouble swallowing</li> <li>Seizures (violent shaking of body)</li> </ul>	<ul><li>Pneumonia</li><li>Broken bones (from muscle spasms)</li><li>Nerve or brain damage</li><li>Death</li></ul>	
Polio	<ul><li>Fever and fatigue</li><li>Nausea and vomiting</li><li>Aching or weak muscles</li></ul>	<ul><li>Severe breathing problems</li><li>Paralysis of arms and legs</li><li>Death</li></ul>	

Other vaccines, such as the one to protect your child against many strains of human papillomavirus (HPV), will be recommended as your child gets older. Talk to your healthcare provider about the vaccines your child needs to be fully protected.

Visit Canada.ca/vaccines to find out more about these and other vaccine-preventable diseases.

### If people hardly ever get these diseases, why does my child need to be vaccinated?

Diseases that were once common in childhood are now rare in Canada because of vaccines. But they still exist. Even one case of measles can spread quickly when people are not vaccinated. You can still catch measles one hour after an infected person has left the same room. It is not easy to tell who is carrying the germ, or if your child has been exposed.

Many vaccine-preventable diseases have no treatment or cure. In some cases, children can die from complications of a disease.

The best protection is to keep vaccinating.

To better explain the importance of vaccination, here is an analogy: It's just like when we started bailing out a boat that had a slow leak; the boat was full of water (full of diseases). We have been bailing (vaccinating) fast and hard, and now the boat is almost dry. If we stop bailing (vaccinating) the water will continue to come in as there is still a leak (infectious diseases are still present).

### Vaccines are safe

Vaccines are safe and provide important benefits for your children's health throughout their lives.

Many parents with young children have not seen the vaccine preventable diseases mentioned in this guide, so they may not know how serious the diseases are. As a result, parents may worry more about the side effects of vaccines than the diseases they prevent.

### How are vaccines approved?

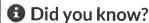
Vaccines must go through years of research, followed by testing and retesting before they can be used in Canada. Several systems are in place to monitor the creation, the use, and the safety of vaccines. Each vaccine MUST be proven to be safe and to work before it can be given. Vaccine reactions are reported by healthcare providers to local public health authorities to make sure unusual or unexpected reactions can be dealt with quickly.

Watch our vaccine safety video @ Canada.ca/vaccines

### Is the vaccine safer than getting the real disease?

Yes. Your child's natural immune system has no problem handling the weak or dead germs in a vaccine. Your child may have a mild fever or a sore arm after vaccination but these side effects only last a few days and should not disrupt daily activities.

However, if an unvaccinated child catches the real disease, the result can be serious, or even fatal. This is because active germs multiply quickly, and your child's immune system is not prepared to defend itself.



Vaccination prevents between two and three million deaths worldwide every year. It is safe, simple and it works!

### Your child needs to be vaccinated on time

Vaccines work best when they are given on time, beginning when your child is very young. Routine vaccination is free across Canada; however, schedules may differ in each province or territory.

Remember to check that your own vaccinations are up to date. Vaccination is a lifelong process.

### Why should I vaccinate my child at such a young age?

The vaccination <u>schedule</u> is designed to protect your child before they are exposed to vaccine-preventable diseases. Children are vaccinated early in life because they are vulnerable to diseases and the consequences can be very serious. But if vaccinated on time, your child has the most protection as early as possible.

You might find it helpful to use the checklist at the back of this guide, or download the <u>CANImmunize mobile app</u> to help you keep track of your family's vaccinations.

### Are you travelling?

When travelling to another country, you and your family may be at risk for vaccine-preventable diseases. These may include diseases for which vaccines are not routinely given in Canada. It is important to consult a healthcare provider, or visit a travel health clinic, at least six weeks before you travel. Certain vaccines may be recommended depending on your age, where you plan to travel and what you plan to do.

Visit Canada.ca/travel for helpful travel advice and information.

### What to expect at your child's first vaccination

You can help your child have a positive vaccination experience. Understanding what will happen when your child is vaccinated can make it easier on both of you.

### What if my child has a cold or fever?

If your child is sick or has a fever, when it's time for their vaccination, talk to your healthcare provider. They can assess whether it is okay to give the vaccination or if it is better to wait until your child is no longer sick.

### Before the vaccination

Remember to take your child's vaccination record with you when you visit your healthcare provider or public health office (CLSC in Quebec). If you don't have a vaccination record, be sure to ask for one.

### During the vaccination

Your healthcare provider may ask you a few questions about your child's health, such as if they have allergies or health problems.

Here are some things you can do to help your child during the vaccination.

- Relax. Your child may react to your emotions. When you relax and stay positive, your child will be happier too.
- Cuddle. Hold and talk to your child during the vaccination. Studies have found that children who are held while
  getting a needle cry less.
- **Breastfeed**. If you are breastfeeding, try nursing your baby right before, during or after the needle. This will be comforting to your baby.
- **Distract.** Your gentle, soothing voice or touch can help comfort your baby. So can a favourite toy, telling a story or singing.

### After the vaccination

Most children are fine after vaccination. Your child may have no reaction at all to the vaccine. In some cases, your child may:

- · be fussy;
- · be sleepier than usual;
- have a low fever; or
- · have a sore, swollen, or red spot where the needle went in.

These reactions are normal and usually last between 12 and 24 hours. You can give your child medicine to help with the pain or lower the fever. Ask your healthcare provider what medicine is best.

### Before you go home

Make an appointment for your child's next vaccination.

You will be asked to wait at the clinic for 15 to 20 minutes after your child's vaccination. This is because, as with any medicine, there is a very slight chance of a serious allergic reaction (anaphylaxis).

Signs of a serious allergic reaction include:

- · breathing problems (wheezing);
- · swelling of the face; and/or

### Save your recipes for later with a full account

**Save My Recipes** (https://allrecipes.com/account/signup/)



### Strawberry Romaine Salad



15 m

Ready In

 $15 \, \text{m}$ 

Recipe By: Mary J

"For my wedding shower everyone brought a few recipes and this is one of my favorites. It is refreshing and pretty. This salad also travels well, just save the dressing and use it just before serving."

### Ingredients

1 head romaine lettuce - rinsed, dried, and

2 bunches fresh spinach - chopped, washed and 1/4 cup milk

1 pint fresh strawberries, sliced

1 Bermuda onion, sliced

1/2 cup mayonnaise

2 tablespoons white wine vinegar

1/3 cup white sugar

2 tablespoons poppy seeds

### Directions

- In a large salad bowl, combine the romaine, spinach, strawberries and sliced onion.
- In a jar with a tight fitting lid, combine the mayonnaise, vinegar, sugar, milk and poppy seeds. Shake well and pour the dressing over salad. Toss until evenly coated.

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### Oven Baked BBQ Ribs



Prep Cook Ready In 30 m 3h3 h 30 m

Recipe By: VICKYDEE

"Yummy oven baked BBQ ribs."

### Ingredients

- 2 cups sliced onions
- 2 cups ketchup
- 2 cups water
- 4 teaspoons salt
- 1/4 cup Worcestershire sauce

### 1/2 cup white vinegar

- 4 teaspoons dry mustard
- 4 pounds pork spareribs

### allrecipes



### **Directions**

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine onions, ketchup, water, salt, Worcestershire sauce, vinegar, brown sugar, and mustard. Split ribs down the center between the bones.
- Heat a large lightly oiled skillet over medium-high heat. Add ribs and sear until browned. This may have to be done in several batches.
- Place ribs in a single layer in two baking pans or casserole dishes. Pour half of the sauce over the ribs, reserve remainder.
- Bake ribs in preheated oven for 3 hours. Turn and baste meat every twenty minutes with remaining sauce, using all sauce by two hours. Continue turning and basting ribs using sauce in the pan during the last hour of baking.

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