



*Autism
Awareness
Month*

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

Have an **eggcellent** Easter!



EASTER BASKETS!

Parents/Legal Guardians are to Call the Health Centre and let Darcy know your child's 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



Statement of the Votes

231

Henvey Inlet First Nation

March 21, 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
McQuabbie, M. Wayne	271
Solomon Dubois, Genevieve	91
Solomon-McKenzie, Doreen	13

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
Ashawasagai, 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



Indigenous Services
Canada

Services aux
Autochtones Canada

March 22, 2019

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

Canada



**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



First Nations Mental Wellness & Crisis Response Team



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

LOONIE AUCTION

Saturday May 25, 2019

HIFN Firehall

281 Pickerel River Rd

@ 1:00pm



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

DOORS OPEN @ 11am FOR VIEWING OF AUCTION ITEMS



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 Pickering River Rd.
Pickering, ON
POG 1J0

Draws For Prizes!!

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

*If transportation is required please call the Health Centre 3 days prior to event to make arrangements

PARENTING WORKSHOP

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

Sun	Mon	Tue	Wed	Thu	Fri
	1 Staff Mtg FINANCE	2 FINANCE	3 FINANCE	NOT IN OFFICE	5 OFFICE
	8 OFFICE	9 OFFICE HOME VISITS	10 HOME VISITS	11 OFFICE	12 C&C PLANNING DAYS
	15 C&C PLANNING DAYS (cont'd)	16	17	18	19 STAT HOLIDAY
	22 STAT HOLIDAY	23 OFFICE	24 NOT IN OFFICE	25 NOT IN OFFICE	26 OFFICE
	29 Staff Mtg.	30 HOME VISITS			

RABIES CLINIC

With Dr. Veronica of Walden Animal Hospital

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

Parvovirus/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 CONFIRMED @
Fire Hall

Firehall is located at 295 Pickerel River Road



CONTACT: Brenda Contin/Darcy Ashawasegai

354A Pickerel River Rd. | Pickerel, ON P0G 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			3 Planning	4 Shopping & paper work	5 Office	6
7	8 Office Home V. Planning	9 Staff Planning	10 Staff Planning	11 Home visits	12 Office	13
14 H	15 O	16 I	17 i	18 d	19 a	20 y
21	22 Office	23 Home visits	24 Sewing and pars	25 Home visits	26 Office	27
28	29 Staff meeting	30 Office & Institution visit	31 Pars and sewing			

- 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...~~~~

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CANADA'S MOST TRUSTED
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Northern Ontario

Drug warning: new potent substance circulating Sudbury

CTV Northern Ontario

Published Friday, March 8, 2019 5:29PM EST



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

What to expect

opioids

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

Coming down

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

stimulants

The high

eg: cocaine, crack, meth

- Lasts 15 to 45 mins with coke or crack, and up to 24 hours with speed or meth
- Feeling an intense, euphoric rush
- Warm skin, dry mouth
- Feeling thirsty, not hungry
- Rapid heartbeat and breathing
- Hallucinations, delusions

Coming down

- Feeling restless, sweaty and twitchy
- Sensitivity to noise and light
- Feelings of paranoia
- Strong cravings for more crack

Signs of overdose

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

stimulant overdose / overamped

Feels like:

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

- Fast pulse or no pulse
- Fast or no breathing
- Hot and sweaty skin
- Confusion, hallucinations, unconscious
- Can't talk, can't walk
- Vomiting
- Seizures

What to do if someone ODs

Call out for help -

do not leave the person

If they've OD'd on opioids, try to get them awake and moving

If they've OD'd on stimulants, try to get them to slow down and relax

Send someone to call 9-1-1 for an ambulance and report back

Tell paramedics as much as you can about what happened

Need info about addiction services?

help is available 24 / 7

call the Drug & Alcohol Helpline

1.800.565.8603

confidential, anonymous, free

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

Safer Injecting

opioids stimulants

Safer injecting equipment



sterile needle



sterile water



alcohol swab



cotton filter



cooker



tourniquet



lighter



Vit C
(ascorbic acid)



clean hands

OHRDP

ontario harm reduction distribution program
1.866.316.2217 www.ohrdp.ca


OHRDP is a program of:



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

April 2019 HIFEN Daycare

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

	1 STM	2 Topic: Review Week	3 Review week will consist of numbers, letters, shapes, colors	4	5	6
7	8	9 Topic: Tracing Week	10 Will be a week of tracing shapes, names,	11 and using their cognitive skills.	12	13
						
						
14	15 STM	16 Topic: Easter Week	17 There will be bunnies, eggs, col- oring pages, sto- ries, all things	18	19 CLOSED	20
						
21	22 CLOSED	23 Topic: Lions and Lambs	24 This week is lions and lambs. Just like the month of April	25 Crafts will have the kids cut- ting, pasting, and arranging.	26	27
						
28	29 STM	30 Topic: May Flow- ers	Last week of the month and the children will be making flowers for	Bulletin boards and who knows maybe even try- ing our hand at	Planting.	
						

i 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.

i Did you know?

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 style="list-style-type: none">• Fever and chills• Sore throat and thick mucous in throat and nose• Difficulty swallowing and breathing	<ul style="list-style-type: none">• Breathing and heart problems• Paralysis• Death
Pertussis (whooping cough)	<ul style="list-style-type: none">• Starts with mild cold-like symptoms• Violent coughing fits (may last for months)• Choking or vomiting after coughing• Difficulty eating, drinking, and breathing <p>Adults may not have any symptoms but can still infect babies.</p>	<ul style="list-style-type: none">• Pneumonia• Convulsions• Brain damage• Death
Tetanus	<ul style="list-style-type: none">• Painful muscle cramps (begin in neck and face)• Headache and fever• Trouble swallowing• Seizures (violent shaking of body)	<ul style="list-style-type: none">• Pneumonia• Broken bones (from muscle spasms)• Nerve or brain damage• Death
Polio	<ul style="list-style-type: none">• Fever and fatigue• Nausea and vomiting• Aching or weak muscles	<ul style="list-style-type: none">• Severe breathing problems• Paralysis of arms and legs• Death

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.

Did you know?

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 schedule 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 [CANImmunize mobile app](#) 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

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full account

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



Strawberry Romaine Salad I



Prep
15 m

Ready In
15 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 chopped	2 tablespoons white wine vinegar
2 bunches fresh spinach - chopped, washed and dried	1/3 cup white sugar
1 pint fresh strawberries, sliced	1/4 cup milk
1 Bermuda onion, sliced	2 tablespoons poppy seeds
1/2 cup mayonnaise	

Directions

- 1 In a large salad bowl, combine the romaine, spinach, strawberries and sliced onion.
- 2 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
30 m

Cook
3 h

Ready In
3 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
1/2 cup dark brown sugar
4 teaspoons dry mustard
4 pounds pork spareribs

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 In a large bowl, combine onions, ketchup, water, salt, Worcestershire sauce, vinegar, brown sugar, and mustard. Split ribs down the center between the bones.
- 3 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.
- 4 Place ribs in a single layer in two baking pans or casserole dishes. Pour half of the sauce over the ribs, reserve remainder.
- 5 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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allrecipes!

HOPPY
EAS+er!

