



# January



## **Notice of Nomination Meeting**

Notice is hereby given that a meeting of the electors of the **Henvey Inlet First Nation** will be held at the **Henvey Inlet Fire Hall** on **Thursday the 7<sup>th</sup> day of February, 2019**, beginning at **5:00 o'clock p.m.** and lasting for at least three hours to conclude at **8:00 o'clock p.m.**, for the purpose of **nominating candidates** for the positions of Chief and Councillors on the Band Council of the said Band, for the next ensuing term. **There are six (6) Councillor positions and one (1) position for Chief available.**

**The election will be held at the Henvey Inlet Fire Hall on Thursday the 21<sup>st</sup> day of March, 2019.**

Please note that any voter may nominate candidates by using a mail-in nomination form. All voters may nominate candidates for both Chief and Councillor positions. You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the Electoral Officer before the time set for the nomination meeting **OR** you may nominate candidates orally at the nomination meeting. Mailed nominations not received by the Electoral Officer before the time set for nomination meeting are void. Also note that any voter may vote by mail-in ballot.

Given under my hand at Henvey Inlet First Nation, this 8<sup>th</sup> day of January, 2019.

**G. Scott Jacobs, Electoral Officer**  
**P.O. Box 128**  
**Britt, Ontario**  
**P0G 1A0**  
**Phone: (705) 741-3773**  
**E-mail: [scott.jacobs@sympatico.ca](mailto:scott.jacobs@sympatico.ca)**

  
\_\_\_\_\_  
**Signature of Electoral Officer**

**Henvey Inlet First Nation  
Is  
Accepting Applications for A  
Maintenance Supervisor Assistant**

This position is intended to provide assistance to the Maintenance Supervisor in order to effectively manage and maintain assets wholly owned by HIFN. This is a Full-Time Position that is directly supervised by the Maintenance Supervisor, who will delegate tasks related to the maintenance of Band Owned Buildings; Vehicles and equipment of Henvey Inlet First Nation.

**Responsibilities**

- Buildings – Interior and Exterior Maintenance
- Recreational Venues – Maintenance
- Administrative

**Qualifications**

- Mature individual 18 years +
- Possess Valid Class “G” Driver License
- Basic carpentry and plumbing knowledge
- Life experience with use of basis tools; equipment; repairs/maintenance
- Ability to work unsupervised, task oriented, and motivated.

**Hours of Work**

Monday – Thursday – 8:30 a.m. -4:30 p.m.

Friday – 8:30 a.m. – 12:00 p.m.

Total Hours: 31.5 hrs.

**Remuneration**

Hourly \$19.05

**Interested individuals should submit their resume to  
Henvey Inlet First Nation, 295 Pickerel River Road, Pickerel, ON, P0G 1J0**

**Tel: (705) 857-2331**

**Fax (705) 857-3021**

**Deadline for Applications: January 18, 2019 @12 noon**

**Interviews: January 21, 2019 @ 10:00 a.m.**

**\*Please note only those selected for an interview will be contacted\***



**Henvey Inlet  
First Nation**

Pickering, ON P0G 1J0

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

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

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

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

## MEMORANDUM

To: Registered Members of Henvey Inlet First Nation  
Fr: Millie Pawis, Director of Finance/Administration  
Dt: December 19, 2018  
Re: Equalized Distribution - \$1,000

Chief and Council decided at their recent finance committee meeting to issue every registered member of Henvey Inlet First Nation the sum of \$1,000.

You are receiving this one-time form of payment as a gift from initial proceeds that Henvey Inlet First Nation has received from the Henvey Inlet Wind Farm Project.

The plan to distribute these monies was discussed at great length at the recent Band Membership Meeting as well on December 3, 2018. As a First Nation responsible for its own Registered Membership List, and realizing that we cannot ask Indian and Northern Affairs Canada to produce for us a list of all those registered to Henvey Inlet including dependent children, we need to rely on what has been created internally; but it's not complete. The list that the HIFN Administration has lists all those registered members 18yrs and over.

It was decided that this distribution will be issued to everyone 18yrs and over, until we receive registered dependent children information. We assure everyone that subsequent payments will be issued upon the following:

*Upon receipt of a "Direct Deposit Form" along with a valid email address to the Administration office Registered Members will be provided \$1,000, in the event this form is not received, a cheque will be issued and mailed to the address we have on file. All processing is scheduled to be done by December 19, 2018.*



## Henvey Inlet First Nation

Pickering, ON P0G 1J0

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

*Parents or legal guardians of children under 18yrs of age registered to Henvey Inlet First Nation need to contact the Administration office with their respective children's full names, dates of birth and registration numbers in order to further process payment.*

*In the event that you've had a new baby, in order to receive this money for that child, we are asking that you provide confirmation via an official Registration document showing that the process of registration has been started to register your child/ren with Henvey Inlet First Nation. The registration process must have been started prior to the date of this memo.*

Please be advised that this payment will be made available to all members who have provided proof of registration as of the date of this Memorandum. We will be allowing members a window of one year ending December 19<sup>th</sup> 2019 to provide this proof of valid registration as of today's date. The purpose of this window is in consideration of the length of time it takes for the registration process to be completed.

If you have any questions or concerns please contact our administration office and ask to speak with Chief Wayne McQuabbie, or Millie Pawis, Director of Finance/Administration.

Thank you.

/MP  
Director of Finance/Administration



## ROBINSON HURON TREATY LITIGATION FUND

c/o Chairperson, Mike Restoule

1Miigizi Mikan

P.O Box 711

North Bay, ON P1B 8J8

[rhtrust@outlook.com](mailto:rhtrust@outlook.com)

Tel: Office: 705.497.9127

Mobile: 705.498.7353

Fax: 705.497.9135

### COMMUNITY BULLETIN

#### First Phase of Robinson Huron Treaty Annuity Case Decided in Favour of the First Nations

On December 21st, 2018, Madam Justice Hennessey of the Ontario Superior Court of Justice issued her decision that the augmentation clause to increase annuities (*treaty payments*) as stated in the Treaty is enforceable. The Court ruled that the Crown has a mandatory and reviewable constitutional obligation to increase the annuity to reflect the economic value the Crown receives from the territory. The Court found that since 1850 the Crown has acted in a way that has seriously undermined their duty of honour, which left the Treaty's promises completely forgotten by the Crown.

The first phase of the legal proceedings got underway last September 25, 2017 in Thunder Bay and culminated July 2018. There were over 60 days of hearings which included opening statements, examinations and cross examinations of elders and various experts and legal submissions.

A critical component of the Robinson-Huron Treaty is the 'annuity' provision. Our Chiefs agreed to share lands and resources with the newcomers and in return, the Crown was supposed to pay annuities which were to also be increased throughout the years. Currently, treaty beneficiaries receive a mere \$4.00 per year and there has been no increase since 1874.

The Treaty states that the annuities would increase if the resource revenue generated from the territory produced such an amount as to enable the increase without incurring a loss. The Robinson Huron Treaty territory has generated major revenues from forestry, mining and other resource development activities -- yet annuities have not been increased. The annuity was intended to be our share of the wealth generated by revenues from our territory, yet many of our people continue to live in poverty and sub-standard housing, education funding and health services. This is not what our ancestors bargained for.

The Court also found that the reference to one pound (equivalent of \$4) in the augmentation clause is a limit only on the amount that may be distributed to individuals, and does not represent a limit on the overall increase to the lump sum annuities. In other words, the Court ruled that the Crown has an obligation to augment the lump sum annuity overall to reflect the economic value the Crown receives from the territory, and the amount of these overall increases is not limited to an amount equal to \$4 per person. The only outstanding issue, therefore, is the calculation of Crown revenues for the purposes of augmenting the annuity, and what proportion of those revenues are to be shared with the Treaty beneficiaries. In any

Atikameksheng

Anishnawbek

Aundeck Omni

Kaning

Batchewana

Dokis

Garden River

Henvey Inlet

Magnetawan

M'Chigeeng

Mississauga #8

Nipissing

Sagamok

Anishnawbek

Serpent River

Shawanaga

Shegunandah

Shesheganing

Thessalon

Wahnapiatae

Wasauksing

Whitefish River

Wikwemikong

Unceded Indian

Reserve

Zhiibaahaasing

case, the Court has ruled that the Crown cannot unilaterally make decisions regarding the augmentation of annuities, and these decisions must be made in consultation with the First Nations.

The issuance of the decision concludes phase 1 of the proceedings. Both Ontario and Canada may appeal the decision. The next phase dealing with the Crown assertions of technical defences such as limitations, res judicata and laches will commence in 2019. The third phase will deal with determining compensation.

The Chiefs are expressing their readiness and determination to continue to battle it out in the courts, however, the preference is for Ontario and Canada to engage in negotiations to settle the claim.

We will continue to keep you, our citizens updated on all progress and key information of regarding the entire Claim's process.

# NOTICE REGARDING DIRECT DEPOSITS

HIFN COMMUNITY MEMBERS,

If you receive Financial assistance  
(Community Submissions, O.W.,  
Reimbursements, Prior Approvals, etc..) from  
HIFN; Your Direct Deposit forms are needed  
to process payments, as there will be a  
discontinuation of cheques!

Please hand in Direct Deposit forms to the  
Administration Office ASAP!

Delays in receiving your banking information  
will result in delays to processing payments.

Your cooperation is appreciated!



Henvey Inlet First Nation

295 Pickerel River Road  
Pickerel, ON P0G 1J0  
705-857-2331  
[www.hifn.ca](http://www.hifn.ca)



PHARMACIE  
**Noëlville**  
PHARMACY

Contacting the pharmacy by phone:

705-898-2999 (or Toll-free: 1-800-727-0058)

Press 1: leave a refill request by phone

Press 0: speak to staff anytime



***Service En Français***

20 St. David St. N.  
Noelville, ON

**Toll-Free 1.800.727.0058 or 705.898.2999**

*Press 1 to enter your Rx# for a refill*

*Press 0 to speak to a staff member anytime*

**Fax 705.898.1096**

**Front Shop**

Mon-Thurs	9am-5:30pm
Fri	9am-6pm
Sat	9am-4pm
Sun, Holidays	Closed

**Dispensary**

Mon, Tues	10am-5:30pm
Wed	1pm-5pm
Thurs, Fri	10am-5:30pm
Sat, Sun, Holidays	Closed

**Deanna Doucette, Pharmacist/Pharmacy Manager**  
[ddoucette@noelvillepharm.ca](mailto:ddoucette@noelvillepharm.ca)

**Jacques Guy, Pharmacist**

**Jeannine Dubuc, Operations Manager**

**Jason Chenard, Owner/Pharmacist**  
Cell 705.822.2644  
[jchenard@noelvillepharm.ca](mailto:jchenard@noelvillepharm.ca)

## 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 for off-reserve acquisitions and importations of qualifying property or services.

The refund is not available unless the qualifying property or services were acquired for the exclusive personal use of the Status Indian or exclusively for the use by an Indian band or council of an Indian band. In addition, a refund is not available where other HST relief has been applied.

## 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 residents on the Akwesasne reserve, or
- An Indian band or council of a band of an Ontario First Nations reserve (including the Akwesasne reserve).

## Documentation Required

Please provide the following documentation:

- completed and signed application form;
- original receipts in the purchasers name for qualifying off-reserve acquisitions and importations **showing the 13% HST was paid;**
- 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 of use by the band or the council of the band.

## Qualifying Property and Services

For detailed information on the property and services that qualify for the point-of-sale exemption/refund when acquired in or imported into Ontario, please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

## Direct Deposit

To enrol for direct deposit or to update your banking information, complete the following:

(You can find these numbers in your chequebook, on your bank statement or on a personal deposit slip or you can get them from your financial institution)

Branch No. (5 digits)

Institution No. (3 digits)

Account No. (maximum 12 digits)

By providing my banking information I authorize the Minister of Finance to deposit in the bank account number shown above any amounts payable to me by the Ministry of Finance, **for this program**, until otherwise notified by me. I understand that this authorization will replace all of my previous direct deposit authorizations **for this program**.

## Authorized Representatives

If you would like an authorized representative to act on your behalf with regards to your claim, complete an [Authorizing or Cancelling a Representative form](#) and return the completed form to the ministry.

## Guidelines for Preparing Your Application

- Please submit a **maximum of 100** receipts per claim. Do not re-submit receipts that have been previously submitted.
- Receipts are in good condition, clean and unmarked.
- Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.
- Do not have staples/pins in the receipts.

The following are examples of receipts that are not eligible for exemption/refund:

- a point-of-sale exemption/refund was already applied by the retailer/supplier
- public transit stubs & debit receipts
- cigarettes
- gasoline
- movie tickets/entertainment
- hair-cuts
- books
- lessons/courses
- hotel accommodation
- parking
- veterinarian services
- prescription drugs
- dine-in restaurant meals

For a detailed listing of eligible goods and services, please refer to our publication entitled [What's Taxable Off-Reserve Under the HST and What's Not](#).

## Instructions for Completing the Application Form

1. **Section A – Claimant Information**  
Enter your full name, complete mailing address and telephone number.
2. **Section B – Summary of Claim**  
Enter total number of receipts sent in with claim and the period of time the claim covers.
3. **Section C – Certification**  
Sign and certify the application.

## Claim Completion

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

Applications for refund of 8% Ontario portion of the 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 please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

Mailing:

All refund applications  
should be submitted to:



Ministry of Finance  
33 King Street West  
PO Box 625  
Oshawa ON L1H 8E9



Ministry of Finance  
33 King Street West  
PO Box 625  
Oshawa ON L1H 8E9

## Application for Ontario Portion of HST Refund for First Nations

Before completing this application, please read the attached instructions. Please type or print.

### A Claimant Information

Name of Claimant

#### Mailing Address

Unit Number	Street Number	Street Name	PO Box
City/Town	Province	Postal Code	Telephone Number

Do you authorize any person to act on your behalf with regard to this claim e.g. your local Band council? ☐ Yes ☐ No

#### Representative's Name

Last Name First Name

#### Mailing Address

Unit Number	Street Number	Street Name	PO Box
City/Town	Province	Postal Code	Telephone Number

### B Summary of Claim

Total Number of Receipts (Maximum 100 receipts)	Period Covered: From (yyyy/mm/dd)	Period Covered: To (yyyy/mm/dd)
-------------------------------------------------	-----------------------------------	---------------------------------

The following are examples of receipts that are not eligible for exemption/refund:

- a point-of-sale exemption/refund was already applied by the retailer/supplier
- parking
- hair-cuts
- public transit stubs & debit receipts
- veterinarian services
- books
- cigarettes
- prescription drugs
- lessons/courses
- gasoline
- dine-in restaurant meals
- hotel accommodation
- movie tickets/entertainment

Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.

Please submit a maximum of 100 receipts per claim. Do not re-submit receipts that have been previously submitted.

Send in a 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 of or use by the band or the council of the band.

Where all supporting documents are submitted, please allow up to eight weeks for verification and processing of your claim.

**Applications must be submitted to the address above within four years from the date the 8% HST 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.**

### C Certification Please remember to sign this application

I certify that all the facts stated on this application are correct to the best of my knowledge and I understand this claim is subject to verification.

(Print) Name of claimant or an authorized official of the Indian band or council	Title	Signature	Date (yyyy/mm/dd)
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Every person who, by deceit, falsehood, or by any fraudulent means, obtains or attempts to obtain a refund or rebate of tax under this Act or the regulations to which the person is not entitled is guilty of an offence and on conviction is liable to a fine of not less than \$500 and not more than an amount that is double the amount of the refund or rebate obtained or sought to be obtained, or to a term of imprisonment of not more than two years, or to both (*Retail Sales Tax Act*, Subscription 32(5)).

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 Ministry of Finance, 33 King Street West, Oshawa Ontario L1H 8E9, or by calling 1-866-ONT-TAXS (1-866-668-8297)





**JAN 14, 2019 - 1PM TO 4PM**

## **safeTALK**

- Half-day training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
- Widely used by professionals and the general public

**JAN 15&16, 2019 - 9AM TO 5PM**

## **ASIST**

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

**Facilitated by Brenda Johnson, Native Horizons  
Treatment Centre & Shane Tabobondung,  
B'saanibamaadsiwan Native Mental Health**

**Wasauksing First Nation  
Community Complex Gym  
1508 Geewadin Road, Lane G**

**Sponsored by**

**69/400 First Nation  
Mental Wellness/Crisis**

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**safeTALK**

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**ASIST**

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**ANY INDIVIDUALS  
FROM HENVEY WHO  
WOULD LIKE TO TAKE  
THIS TRAINING,  
PLEASE CALL BRENDA  
OR LOUISE AT THE  
HENVEY HEALTH  
CENTRE.**

To Register please contact:

Trista Tabobondung  
[tristatabobondung@gmail.com](mailto:tristatabobondung@gmail.com)  
(705) 746-8022

Hotel rooms have been reserved  
under the name "Mental  
Wellness/Crisis Team" at Comfort  
Inn 120 Bowes Street, Parry Sound,  
ON. If you would like to book a  
room, please call the hotel at

1-866-238-4218



# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01 New Year's Day	02	03	04	05
06	07 HOLIDAYS	08 HOLIDAYS	09 HOLIDAYS	10 HOLIDAYS	11 HOLIDAYS	12
13	14 In Office	15 OSC Meeting am Home Visits pm	16 Home Visits In Office	17 Budgeting Workshop	18 Parry Sound	19
20	21 In Office	22 Family Court	23 Program Prep	24 Nutrition Bingo	25 Sudbury	26
27	28 In Office	29 In Office	30 Program Prep	31 Parenting Workshop	01 Not In Office	02
03	04	05	06	07	08	09

# NUTRITION BINGO

**Free!**

**Time: 10:00AM**

**Date:**

**THURSDAY**

**JANUARY 24, 2019**



**CALL TO SIGN UP!!! ONLY ONE PERSON PER  
HOUSEHOLD!!! LIMITED TO 15 PARTICIPANTS!!!**

**PLEASE CONTACT DARCY 705-857-1221 TO SIGN UP**





# TIME MANAGEMENT

## WORKSHOP

### JANUARY 31, 2019 10 AM

### PLEASE CONTACT DARCY 705-857-1221 TO SIGN UP

### LIMITED TO 6 PARTICIPANTS





# Community Health Nurse



Brenda Contin



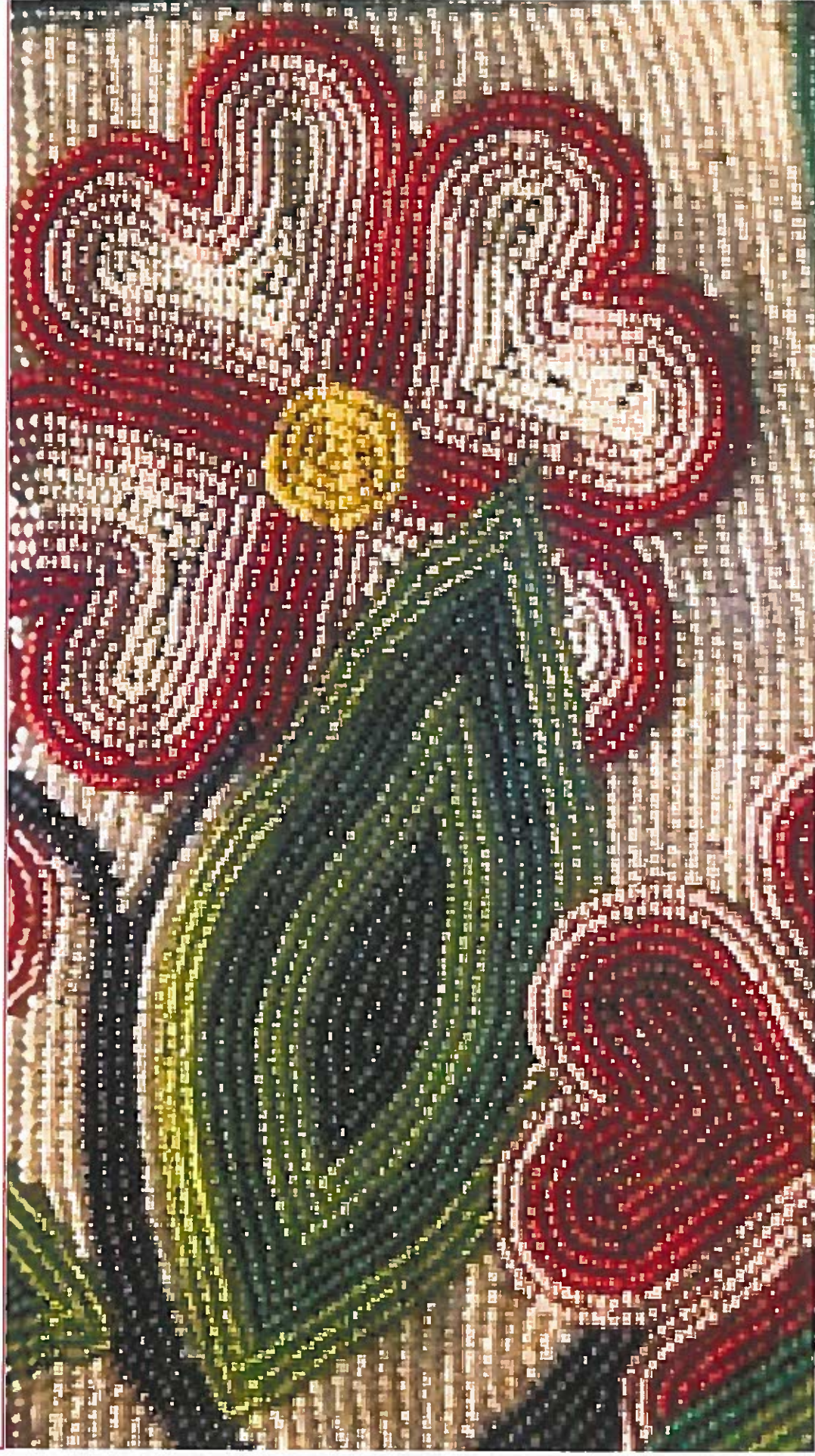
# January 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	7 Staff Mtg OFFICE	8 OFFICE	9 OFFICE	10 OUT OF OFFICE	11 Program Shop- ping	
	14 OFFICE B/P Clinic	15 HOME VISITS	16 OFFICE	17 CANNABIS COMMUNITY FORUM	18 OFFICE	
	21 S.S.M.: ANIS HINABEK H EALTH CO N FERENCE	22	23	24	25 OFFICE	
	28 FINANCE	29 FINANCE	30 OFFICE			



# COMMUNITY WELLNESS PROGRAM



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





# COMMUNITY WELLNESS PROGRAM



The difference between the impossible and the possible lies in a person's determination.

## JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
CHRISTMAS HOLIDAYS						
6	7 STAFF MEETING	8 OUT OF OFFICE	9 OUT OF OFFICE	10 OUT OF OFFICE	11 OUT OF OFFICE	12
13	14 OUT OF OFFICE	15 OUT OF OFFICE	16 OUT OF OFFICE	17 CANNIBIS COMMUNITY FORUM	18 IN OFFICE	19
20	21 STAFF MTG SEWING	22 DRUMMING WITH RODNEY	23 IN OFFICE	24 IN OFFICE	25 CULTURAL ARTS	26
27	28 SEWING PROGRAM SHOP	29 ELDERS LUNCH & BINGO DRUMMING WITH RODNEY	30 IN OFFICE	31 IN OFFICE	1 CULTURAL ARTS	

# SEWING & DESIGN CLASSES FOR JANUARY 2019

JANUARY 21 & 28  
BOARD ROOM @ H.C.



EVERY MONDAY

9:00A.M. or 10:00A.M. on a STAFF MTG DAY ☺

## PARTICIPANT INFORMATION ABOUT THE PROGRAM

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



**For More Information Contact:**  
CWW Luana McQuabbie  
OW Dorothy Contin  
EDO Judy Contin



EVERYONE WELCOME

# DRUMMING/SINGING WITH RODNEY STANGER

JANUARY 22 & 29, 2019



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HENVEY INLET FIRST NATION HEALTH CENTRE

BOARDROOM

6:00 – 7:30 PM

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BROUGHT TO YOU BY THE FAMILY WELL BEING PROGRAM

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



# CULTURAL ARTS CLASSES

## JANUARY, 2019

JANUARY 25  
HEALTH CENTRE BOARD ROOM



EVERY FRIDAY MORNING  
9:00 A.M.

### PARTICIPANT INFORMATION ABOUT THE PROGRAM

This program is open to all learners interested in developing artistic skills in traditional and contemporary Native arts and crafts. Participants will learn from hands on instruction including Beadwork, Decorative Arts, Nature Crafts & Small Crafts. **OPEN TO ALL HIFN COMMUNITY MEMBERS.**



**For More Information Contact:**  
CWW Luana McQuabbie  
OW DOROTHY CONTIN  
EDO JUDY CONTIN

# ELDERS LUNCH & BINGO

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

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

OPEN TO 55+.

**JANUARY 29, 2019**  
**12 NOON**



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**COMMUNITY WELLNESS PROGRAM/CWW LUANA MCQUABBIE**

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

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

**PLEASE CALL THE HEALTH CENTRE IF YOU REQUIRE A RIDE TO  
THE LUNCHEON 3 DAYS IN ADVANCE OF PROGRAM.**



A HERITAGE PRESERVATION  
PROJECT

DECEMBER 2018

**All CARDS & NOTICES**  
*will be returned to their  
original owner after a  
copy has been made for  
the Heritage Collection.*

*Same day return.*

*Please come with your  
CARDS & NOTICES to  
the Health Centre for  
scanning or I can come  
to you.*

**Thanks,  
Luana**

## HERITAGE COLLECTION INFO NEEDED

### FUNERAL/PRAYER CARDS/OBITUARY NOTICE

**Funeral Memorial Cards and Prayer Cards** are small, sturdy, sometimes laminated **cards** (about the size of a playing card) that offer a tribute to the deceased. After the **funeral**, it is common for people to place them in their bible or prayer book as a reminder of a loved one lost.

**Obituary Notice** is a news article that reports the recent death of a person. Typically along with an account of a person's life and information about the upcoming funeral.

*I have been doing research on our cemetery here in the main community. Eventually plaques will be placed at each grave as well as monument in the old part of the cemetery. As you know accurate records have not be kept up over the years. I am willing to take on this task and I need your assistance for this project. Any relevant information you can offer would be greatly appreciated. Even just a Name would give me something to work with. As a Thank You I will be giving out a Tim Hortons gift card a Value of \$2.00 for every card or Obituary Notice I receive. As long as I don't already have the same one in my collection.*



Examples



## COMMUNITY WELLNESS PROGRAM

LUANA MCQUABBIE  
COMMUNITY WELLNESS WORKER

Phone: 705 857-1221 EXT 227

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



HIFN Daycare Newsletter  
January 2019

Happy New Year! Welcome to 2019! May your year be filled with Good Health, Happiness, Good thoughts, Family and Friends! Another year has begun: Wishing and hoping for a year with less worry and more laughter: a year of more good health and less sickness: a year of less stress and more relaxation: A year of Family and Friends coming together for the betterment of our home and community! The Christmas Holidays are always a time to try and relax and rest for our return to work. But Family time is important to all and this year I did it different. I made time for myself and my Best Friend and hubby. Nothing special just time to relax and do nothing but talk, laugh, and enjoy our time together. That was what my Christmas Holiday was. Making time for those that need to spend time with you and hear your voice and know they are needed by you.

Upon our return to work the topic are as follows:

January 7 -11, 2019	Collage Week
January 7, 2019	Staff Meeting
January 14-18, 2019	Letters Week
January 21 -25, 2019	Fruit Loop Week
January 21, 2019	Staff Meeting
January 28- February 1, 2019	Shadow Week

Please read and post the calendar so you know what is going on with your children for this month's Topics. **Reminder to Parents** to please make sure your child information is up to date. Make sure your child also has inside shoes and are ready for the cold season. Licensing is upon us and we are in the final stages to be completed and renew our licensing for another year. It is a hectic time but well worth it in the end. Also on top of that it is year-end for our Chief and Council and need to prepare for next year planning days. Work, work, work! You have to Really Love your work to do all that we do here at the Daycare! Without the support of my Co-Worker this place would not be running as smoothly as it does! Thank you Carrie L. Bennett for being here! Together: We Cook: We Clean: We Plan: We Change: We implement: We Care: We Love being ECE!

Charlene Ashawasegai  
HIFN Daycare Program Supervisor

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

1      2      3      4      5

HIFN DAYCARE CLOSED TILL JANUARY 7, 2019

6      7      STM      8      Theme: 9      Collage      10      Week      11      12

During this week we will also be using the light table with the sorting etc



13      14      15      Theme: 16      Letters      17      Week      18      19



The letters we will be learning are: A,B,C,D,E,F,G,H We will also be using and learning the colors and tracing the shapes square & triangle.

20      21      STM      22      Theme: 23      Fruit Loop      24      Week      25      26

All this week the children will use fruit loops for all their crafts, Counting and sorting. We will continue to learn the the shapes & letters from last week.



27      28      29      Theme: 30      Shadow      31      Week      1      Feb      2      Feb      2      Feb



Starting this week the letters are: I, J ,K,L,M,N,O,P Shapes will be: Circle & Rectangle .



## Banana Bannock Recipe

### Healthy NDN

I'm sure some of you have seen the recipes suggesting that you use banana and oatmeal as a replacement for flour. I do think that it's difficult to replace the flour in most bannock or fry bread recipes but this is a healthier option that you may want to try. It still has flour in it but it's whole wheat flour.

#### Ingredients:

2 cups whole wheat flour (or whatever you have around)

2 tsp baking powder

3 tbsp brown sugar

2 pinches salt

1/2 tsp cinnamon

rolled oats (optional, but amazing)

1 medium banana, ripe and smashed until "liquid" (I used a large banana and then ate a small piece of it- haha)

warm water

#### Directions:

Mix all of your dry ingredients together. Add as many oats as you like- I like a couple of handfuls. Form a funnel in the middle, and add your liquefied banana. Mix it in, then start adding your warm water. It's going to be harder to form this into a dough, so find the right ratio of water. If you add too much, just add a little extra flour. If you can get it mixed but its really sticky, get some extra flour on your hands. I like having a bit of extra flour for surfaces and hands with this dough. Knead it together- it'll still be quite delicate feeling, but it should still be a dough you can handle and that can hold it's shape. Flatten it into a disc, or break into pieces, and fry the same as the other bannocks.

# ENCOURAGING WORDS IN OJIBWE

**Ginibwaakaa**  
*You are smart*

**Niminwendam  
omaa ayaayan**  
*I am happy  
you are here*

**Giwiidookaage**  
*You help people*

**Gidapiitenimin**  
*I value you*

**Gigotaamigiz**  
*You are a  
good worker*

**Gidapiitendaagoz**  
*You are important*

**Gidebweyenimin**  
*I believe in you*

**Ginitaa-  
bizindam**  
*You are a  
good listener*

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**"Healing Prayer for the Water"**  
Painting by LeAnne "Kalihiwiyoshta" Thompson  
[www.inkdropgallery.com/kalihiwiyoshta](http://www.inkdropgallery.com/kalihiwiyoshta)

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DEVELOPMENT INITIATIVES**  
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Remember what you must do  
when they undervalue you,  
when they think  
your softness is your weakness,  
when they treat your kindness  
like it is their advantage.

You awaken  
every dragon,  
every wolf,  
every monster  
that sleeps inside you  
and you remind them  
what hell looks like  
when it wears the skin  
of a gentle human.