



Happy  
Mother's  
Day



 **COMMUNITY  
CLEANUP**  
May 14, 2019

**RABIES  
VACCINATION  
CLINIC**



May 17, 2019

**Loonie Auction  
Saturday May 25**



**Offices Closed  
Monday May 20, 2019**



**CATERER REQUIRED!**

**FOR CANNABIS COMMUNITY CONSULTATION  
MEETING**

Requirement: Food Handlers Certificate

Please submit your costs for service fee, food for 100 people and  
mileage

Attention to: Brenda Contin @ Health Centre

By: Friday May 3, 2019 @12 noon

Event date: Tuesday May 7, 2019

Event Place: Fire Hall

Menu to consist of:

A.M. Snack- Fresh fruit

Lunch- BBQ Chicken Thighs, Rice, Veggies, Scone (Baked and Fried)  
and Condiments

Dessert- Apple and blueberry crisp with fresh berries and whip  
cream

P.M. Snack- Pudding Cups with whip cream

Refreshments All Day (Ginger Ale, Coke, Diet Coke, Pepsi, Apple,  
Cranberry, Orange Juice, and Tea, Coffee, and Water)

Cups, utensils, plates, bowls and napkins

Caterer must clean-up food afterward and take out any garbage to  
bin outside.

**Important: Food must be prepared in a non-smoking environment**



# **FRIENDLY REMINDER!!**

**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!!**

***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 1<sup>st</sup> 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!



## Community Infrastructure Partnership Program Working Group



### EMPLOYMENT OPPORTUNITY

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<b>JOB TITLE:</b>	Regional Waste Management/Recycling Strategy Coordinator
<b>LOCATION:</b>	Lands Office
<b>REPORTS TO:</b>	The Working Group
<b>HOURS OF WORK:</b>	Full-Time, Temporary for One Year (with possibility of extension)
<b>COMPENSATION:</b>	To be determined based on skills and experience.

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### GENERAL ACCOUNTABILITY

The community Infrastructure Partnership Program Working ("Working Group") is currently composed of staff and elected officials from Wikwemikong Unceded Indian Reserve, Henvey Inlet First Nation, Shawanaga First Nation and the Municipality of Killarney. The working group's main focus is addressing the waste management needs of:

- ✦ Wikwemikong Unceded Indian Reserve – Point Grondine Reserve
- ✦ The Municipality of Killarney
- ✦ Henvey Inlet First Nation, and
- ✦ Shawanaga First Nation

### NATURE AND SCOPE OF POSITION

The Waste Management Coordinator will assist our communities with the implementation of a joint regional solid waste management strategy process by providing program support in solid waste management and waste diversion planning and programming for our communities.

### SPECIFIC ACCOUNTABILITIES

The coordinator will:

1. Familiarize themselves with selection of the regional solid waste management engineering consultant or consulting firm by following up on the completion of the feasibility study.
2. Preparation of waste related funding proposals and related documentation.
3. Present technical information at member First Nation meetings, workshops and engagement forums.
4. Manage and ensure consultant meets their deliverable and timelines as outlined in their contract(s)
5. Work with the consultant(s) and the working group to define the ways and means by which community participation will occur throughout the process;
6. Encourage community participation throughout all aspects of the study by:
  - ✦ Organizing and facilitating meetings
  - ✦ Documenting community consultation processes and
  - ✦ Drafting briefing notes to keep elected officials informed about the progress of the study.
7. Review draft documents prepared by the consultant(s) to ensure they meet the requirements of the contract and the working group
8. Other tasks as needed.

### RECYCLING TASKS & RESPONSIBILITIES

1. Responsible for organizing community workshops on Recycling program
2. Implement educational material on Recycling program (posters, magnets etc.)
3. Work with youth to educate them on Residential Waste/Recycling program.
4. Complete a report and present to community on Waste Recycling and waste management to present at a Community engagement sessions.
5. Attend meetings with other First Nation communities involved in Waste Recycling and Management.

## **EDUCATION**

The successful candidate must have a postsecondary degree or College diploma in an Environmental Management related discipline such as Environmental Technician/Technologist or related field with a minimum of (2) years proven work experience. Knowledgeable in the field of waste management would be an asset.

## **TECHNICAL KNOWLEDGE AND OTHER REQUIREMENTS**

- ✚ Organized, able to prioritize, multi-task and meet deadlines.
- ✚ Works effectively as a member of a team and can complete tasks on their own with minimal oversight.
- ✚ Ability to learn quickly, problem solve and exercise good judgement.
- ✚ Demonstrate excellent interpersonal and communication skills.
- ✚ Demonstrate high level of professional ethics, including maintenance of confidentiality.
- ✚ Be responsible for their work and actions as an individual and team member.
- ✚ Comfortable travelling regularly to the communities as required.
- ✚ Attendance at First Nation community meetings for updates on waste management study with consultant.
- ✚ Must be able to communicate effectively orally and in writing.
- ✚ Must be able to work flexible hours in needed.
- ✚ Working knowledge of Microsoft Office, Excel.
- ✚ A valid Class "G" license is required.
- ✚ Access to or possess a reliable vehicle.

## **WORKING CONDITIONS**

General office environment, and winter travel conditions.

## **START DATE**

As soon as possible.

## **APPLICATION DEADLINE**

Friday, May 10, 2019

Those interested in applying should submit their resume, cover letter and 3 work references 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](mailto:samantha.bradley@henveyinlet.com)

**Anishnabek and First Nation members are encouraged to apply.**

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.



## EMPLOYMENT OPPORTUNITY

# EARLY CHILDHOOD EDUCATOR WORKER

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### **POSITION SUMMARY**

Henvey Inlet First Nation is seeking a qualified full-time **Early Childhood Educator Worker** to join our Administration. The ECE Worker reports to the Daycare Supervisor and is responsible for providing supervision and direct child care to children attending the HIFN Daycare, in compliance with all regulatory standards required by federal, provincial and First Nations legislation, policies and procedures. Under the leadership of the Daycare Supervisor, the ECE worker will help to plan and implement developmentally appropriate activities and experiences for the children using a variety of teaching techniques in alignment with HIFN Daycare Philosophy. This position requires excellent interpersonal communication skills and the ability to adapt and respond to all child care needs.

### **MAIN RESPONSIBILITIES**

The Early Childhood Educator Worker will be responsible to:

- Provide a daily balance of developmentally appropriate active/quiet, indoor/outdoor & individual/group activities and experiences for children
- Assist children in self-expression by listening and responding with dialogue that encourages and lengthens conversations
- Encourage the children in learning about a variety of different cultures, including an understanding of our First Nation culture and value system
- Provide experiences and play material that actively promotes diversity and acceptance in interactions and attitudes
- Participate in short & long term Daycare planning initiatives and evaluations
- Learn and use techniques provided to assist children in developing the necessary coping skills to address unique life issues
- Observe how children use materials and interact with other children and adults and plan activities that recognize these individual differences
- Initiate referral for additional services for parents and children as needed
- Ensure the child's environment is healthy and safe and monitor the environmental hazards
- Attend to children's physical needs for toileting, diapering, eating & sleeping as promptly as possible
- Maintain positive and ongoing communication with parents

## **QUALIFICATIONS**

- 1-3 years related professional experience working with children preferred
- Diploma in Early Childhood Education as recognized by the Ministry of Education
- Current Ontario RECE License
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C
- Membership in good standing with the College of Early Childhood Educators
- Knowledge of the Child Care and Early Years Act, 2014
- Professional and responsible attitude
- Excellent oral, written and interpersonal communication skills
- Willingness to work flexible hours

## **HOURS OF WORK**

Full Time - 40 hrs/week

## **REMUNERATION**

Negotiable based on experience.

## **START DATE**

As soon as possible.

## **APPLICATION DEADLINE**

Posted until position is filled.

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](mailto: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.





**Henvey Inlet  
First Nation**

Pickerel, ON P0G 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

## MEMORANDUM

To: Member of Henvey Inlet First Nation  
Fr: Housing Assistant  
Dt: May 2019  
Re: Monthly Home Maintenance tips.

Mark your calendars CMHC home inspections will be happening the end of May.

**Check and clean dryer vent.**

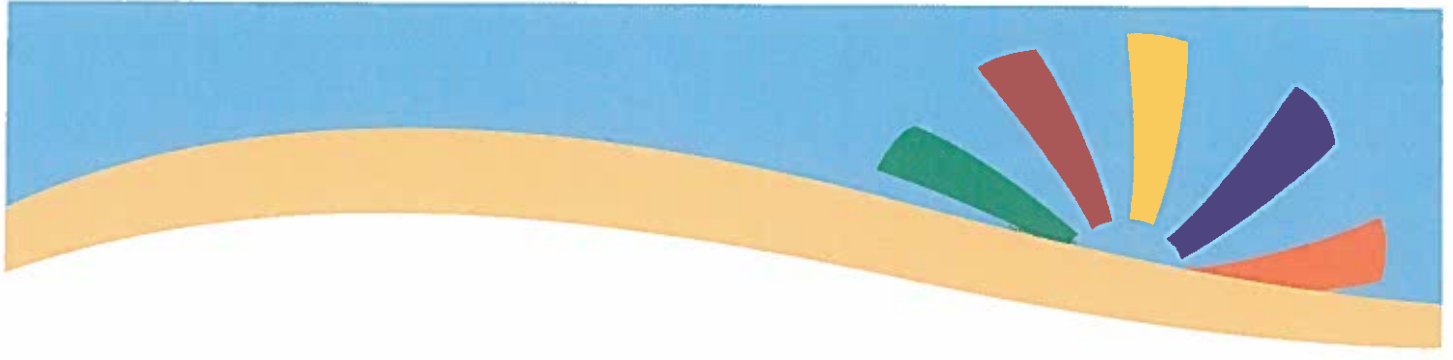
While the dryer is running, check that the exhaust is coming out. It should smell nicely of fresh laundry. If there isn't much exhaust, check for blockages as well as you can.

**Repair/replace damaged window screens.** It is that time of year again! Keep the bugs at bay. Check screens for holes and tears.

**Check trees for interference with electric lines.**

Miigwetch,

Heidi Kimberley  
Housing Assistant



# Notice Regarding Prescription Delivery



Starting Wednesday May 1, 2019 Prescriptions will begin to be delivered directly to The Clients Home.

This will be Every Wednesday anytime from 1:30pm to 3:00pm

If you will not be home please call the pharmacy to notify and arrange for the prescription to be dropped off at the Health Centre. Your prescription could be brought back to the Pharmacy if they are not notified of absence.

Noelville Pharmacy 705-898-2999



**TUESDAY**  
**MAY 7, 2019**

# **THIRD & FINAL CANNABIS COMMUNITY CONSULTATION**

Chief and Council alongside The Pontiac Group will be having a Community Consultation regarding Cannabis. Pontiac Group will be putting on a presentation with updated information.

Mandatory for ALL staff of HIFN to attend!

Where: Henvey Inlet Fire Hall

Time: Starting at 10:00am- 4:30pm

For more info contact Brenda Contin

*Gift Cards to be won by participants!!*

Catered Lunch  
Provided!

Come out and  
hear some  
important info  
with  
presentations all  
day!

**GIFT CARDS TO  
BE WON BY  
PARTICIPANTS!**

## **HENVEY INLET FIRST NATION**

295 Pickerel River Road  
Pickerel, ON  
POG 1J0

Contact Person: Brenda Contin  
705-857-1221



Health  
Canada

Santé  
Canada



# DibAAJIMOOWINAN

Gezhtoojig Employment & Training

**MAY 8, 2019-Henvey Inlet Community Outreach**  
*Sandra Martin will be available to meet with you in the community.*

WHERE	DATE & TIME
<b>Henvey Inlet—Health Centre</b>	<b>Wednesday, MAY 8/19</b> 1:00pm— 3:00pm

***Unemployed & Looking for Options?***

***Are you Indigenous or a member of one of these First Nations?***

- *Henvey Inlet First Nation*
- *Magnetawan First Nation*
- *Shawanaga First Nation*
- *Wasauksing First Nation*
- *Dokis First Nation*
- *Wahnapiatae First Nation*
- *Temagami First Nation*

**Purchase of Training:**

- For full-time programs (20+hours/week)
- Must obtain diploma within 52 weeks
- If eligible, funding may be available for tuition, books/supplies, transportation, dependent care, and living allowance



**Apprenticeship:**

- Wage Subsidies available for Registered Apprentices
- Purchase of Training for In Classroom Offer of Training

**Wage Subsidies:**

50% of wage for full-time jobs

**Mobility:**

Assistance to attend job interview

**Relocation:**

Assistance to relocate for a full-time job

**Employment Support:**

Up to \$250 to start a full-time job

**Self Employment Information Administer Second Careers**



# **ODSP INFO WKSP**

## **WHEN**

**Thursday, MAY 9<sup>TH</sup>  
11 A.M.**

## **WHERE**

**Firehall**

**FACILITATOR: ODSP WORKER  
MAUREEN CHAMBERLAIN**

**WILL BE PROVIDING INFORMATION  
AND ANSWERING ANY QUESTIONS  
YOU MAY HAVE RE: ELIGIBILITY FOR  
ODSP AND BENEFITS**

**GIFT CARD  
INCENTIVES**

**&**

**LIGHT LUNCH  
WILL BE  
PROVIDED**



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# **Community Clean-Up Day**

## **Monday May 13, 2019**

**Starting @ 9am at Fire Hall**  
**Ending with Lunch @12pm**

Large Item pick-up will also be done  
this day! Please have your items out  
by the end of your driveway!

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**Let's get together to help Clean-up our  
Community!**

**PRIZES TO BE WON FOR MOST BAGS  
PICKED!**

**Everything will be provided for the  
Clean-Up!**



# ZHAWENIMAA AKI CEREMONY

Ceremony is Located at Pad 92- North  
Entrance to Wind Farm.

About a 40 minute drive in.

Feast to begin @ 2:30pm ending with a Give-  
Away

Womens Protocol in effect. Women must  
wear Skirts and cannot attend if on Moon  
Time.

## Thursday May 16, 2019 @11:00am

Please call the Health Centre if you require a ride. Transportation for  
Ceremony will depart from Health Centre @10am



**Vestas**



**Pattern  
Development**



**CER**



# 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 WILL be available for \$10.00
- Nail clippings can be done for \$5.00/animal



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**

**9:30am - 12:00pm @ 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*



**MOCCASIN  
MAKING  
WORKSHOP  
WITH  
PAULETTE  
AIABENS**

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SIGN UP IS LIMITED!! 15 SPOTS!!

Call the Health Centre to Sign-Up/Confirm! 705-857-1221

Lunch and Dinner provided on Saturday. Lunch only on Sunday.

Please be prepared to provide your foot size upon signing-up.

**LIST IS FULL! You can still be added to Waiting List!**

**SATURDAY  
MAY 18TH  
&  
SUNDAY  
MAY 19TH**

**@9AM-4PM**

**DAILY**





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**



HENVEY INLET FIRST NATION  
16th ANNUAL INTER-TRIBAL  
POW-WOW

**"GWEKAANIMAK"**

**JUNE 8th & 9th, 2019**



GRAND ENTRY: SATURDAY 1 PM & 7 PM  
SUNDAY 12 NOON

Host Drum: **BIG TRAIN SINGERS** New Credit, ON  
Co-Host Drum: **THUNDER BOYZ SINGERS** Henvey Inlet, ON  
Guest Drum: **HIGH NOON SINGERS** Hobbema, AB  
M.C.: **CHRIS PHEASANT** Wikwemikong, ON  
Arena Director: **ROBERT STONYPOINT** Sagamok, ON  
Head Man: **RYE WHETUNG** Curve Lake, ON  
Head Lady: **RAVEN NOGANOSH** Rama, ON

Honorariums to the first 6 Registered Drum Groups  
Honorariums to all Dancers  
Feast & Give-a-way  
Dance Specials

**ANISHINABEK CRAFT & FOOD VENDORS WELCOME**



MYRA CONTIN-MCQUABBIE  
Henvey Inlet First Nation ON

Location: French River I. R. #13 aka: Pickerel Reserve, ONTARIO  
45 minutes South of Sudbury off Hwy 69 or 1 hour North of Parry Sound.

Turn off at Pickerel River Road, drive in 4Kms.

Held at the PowWow Grounds on Pickerel River Road.

Watch for POW-WOW signs. Rough camping.

Bring your own lawn chair. No Pets. **EVERYONE WELCOME!**

**This is a drug and alcohol free event.**

FOR MORE INFORMATION CONTACT POW-WOW CO-ORDINATOR: KIM McQUABBIE  
Cell 705 822-9069  
EMAIL: [kmcquabbie@gmail.com](mailto:kmcquabbie@gmail.com)





# Communication & Computers Skills

*to help achieve success in your post-secondary or employment*



### What You Will Learn:

This course prepares students to perform basic computer skills needed to succeed in post-secondary studies, while having opportunities to create documents, navigate the Internet, conduct research, and communicate in educational and workplace settings. Software focus: Microsoft Word, Excel Power Point and a learning management system (iLearn).

**Location:** Canadore College, West Parry Sound Campus  
1 College Drive, Parry Sound, Ontario

**Eligibility Criteria** Ontario residents, 19 years or older, no minimum high school grade required. Must complete an entrance writing, reading, and grammar assessment.

**Course highlights** **FREE**  
Learners may qualify for childcare support and/or transportation allowances.

**Time requirements** May 7th to June 6th, 2019  
Tuesdays and Thursdays  
45 hours in total  
Approximately, 5 hours/day, call for a schedule.



### Communication Skills



For further information, call today:

**705.746.9222**

**2nd offering!  
Call us today**

**EMPLOYMENT  
ONTARIO**



**Canada**

[www.canadorecollege.ca/wps](http://www.canadorecollege.ca/wps)

## FOOD BANK FUNDRAISING REPORT

<b>Activity</b>	Cash Bingo First game of 2019
<b>Date</b>	April 17th, 2019
<b>Helpers/Volunteers</b>	Tom, Millie, Sherry, Jane, Charlotte & Brenda
<b>Total Funds:</b>	\$250.00
<b>Expenses</b>	Draws \$10 x 2
<b>Profit</b>	<b>\$230.00</b>
<b>Comments</b>	Next raffle will be a summer theme basket!





## FOOD BANK FUNDRAISING REPORT

<b>Activity</b>	Easter Baskets
<b>Date</b>	April 17th, 2019
<b>Helpers/Volunteers</b>	Dodi
<b>Total Funds:</b>	\$90
<b>Expenses</b>	\$40.00 for baskets & treats
<b>Profit</b>	<b>\$50.00</b>
<b><i>Comments</i></b>	Next raffle will be a summer theme basket!





# May

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01 Child Well-Being Working Group Meeting	02 Child Well-Being Working Group Meeting	03 Meeting North Bay Regional Hospital	04
05	06 In Office	07 Sudbury Kina	08 Family Court Parry Sound	09 Out Of Office	10 Family Court Sudbury	11
12	13 In Office	14 In Office	15 Program Prep	16 Walking program Rescheduled Workshop	17 Parry Sound CAS	18
19	20 In Office	21 In Office	22 In Office	23 Walking Program Spring Craft	24 Sudbury Kina	25
26	27 In Office	28 CAS Board Meeting	29 In Office	30 Walking program Parenting	31 In Office	01
02	03	04	05	06	07	08








Education for Health

May

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01 SEWING AFTERNOON	02	03	04
05	06 COMMUNITY KITCHEN	07	08 SEWING AFTERNOON	09	10	11
12	13 WELLBABY CLINIC Staff Mtg	14	15 SEWING AFTERNOON	16 Rescheduled Wkshp 	17	18
19	20	21	22 SEWING AFTERNOON	23 SPRING CRAFT 	24	25
26	27 Staff Mtg	28	29 SEWING AFTERNOON	30 PARENTING Wkshp 	31	01
02	03	04	05	06	07	08



COMMUNITY HEALTH EDUCATOR

Phone: 705-857-1221

Fax: 705-857-0730

E-mail: [kara.harkness@henveymedicalcentre.com](mailto:kara.harkness@henveymedicalcentre.com)

HENVEY INLET HEALTH CENTRE

# WELL BABY CLINIC

**WELL BABY ASSESSMENTS WILL NOW BE HELD MONTHLY AT THE HEALTH CENTRE. IF YOU ARE PREGNANT, OR HAVE A CHILD UNDER THE AGE OF 1, PLEASE COME IN TO HAVE YOUR CHILD WEIGHT, HEIGHT AND DEVELOPMENTAL SCREENING PERFORMED!**

**ASSESSMENT INCLUDES:**

- WEIGHT AND BLOOD PRESSURE MONITORING OF MOM
- WEIGHT AND HEIGHT MONITORING OF INFANTS
- DEVELOPMENT SCREENING
- IMMUNIZATION OVERVIEWS
- TAKE HOME RESOURCES



**MAY 13TH, 2019**

**10AM**

**HEALTH CENTRE**

**HEALTH CENTRE**

**JOHN**

**MAY 13TH 2019**

- IF THE MONDAY IS A HOLIDAY, THEN THE WELL BABY CLINIC WILL BE HELD ON THE NEXT BUSINESS DAY
- DATES MAY BE SUBJECT TO CHANGE, PLEASE REFER TO CALENDAR LOCATED AT THE BOTTOM RIGHT

SPRING

# Craft Workshop

THURSDAY MAY 23, 2019

AT 10:00AM

AT THE

HEALTH CENTRE

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





# PARENTING WORKSHOP

PLEASE JOIN KERRI AND KARA

ON

**THURSDAY MAY 30, 2019**

**10:00 AM**

AT THE

**HEALTH CENTRE**

## **DIY BABY PRODUCTS**

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

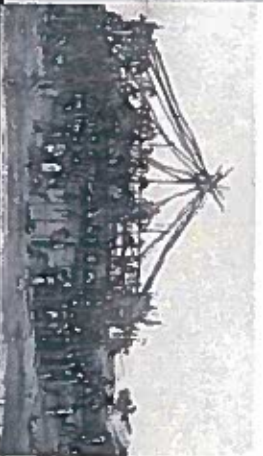
**SPACE IS LIMITED TO THE FIRST 6 TO CALL IN!!!  
CONTACT DARCY TO SIGN UP!!!**



# NNADAP

Louise Ashawasegai





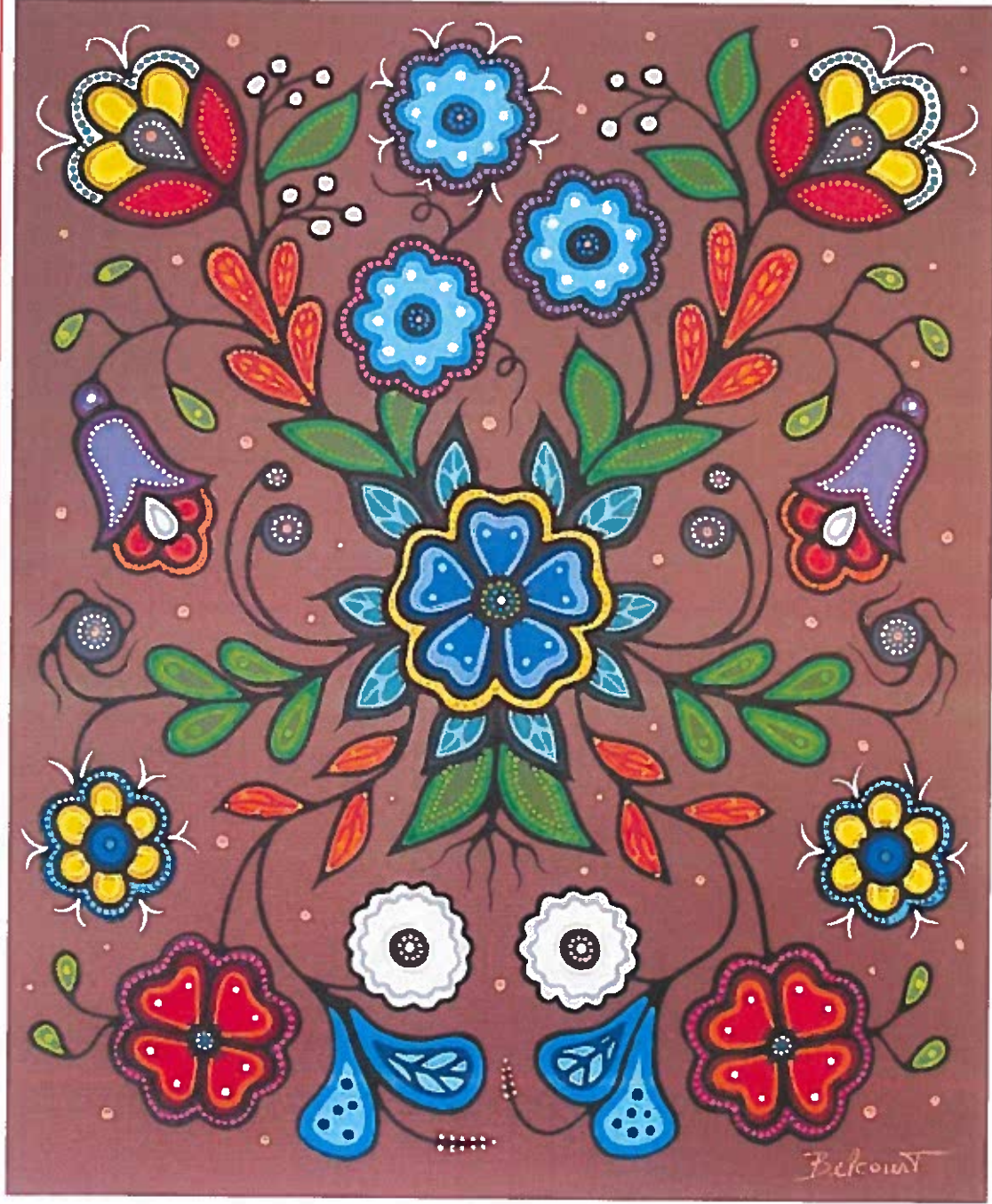
# May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12 am to 8 Sewing & Pars	2 Office, paper work,	3 Office	4
5 Office, Home v.	6 Office, Home v.	7 Counseling	8 Sewing & Pars	9 Presentation on what drugs do.	10 Office	11
12 Office, Home v.	13 Office, Home v.	14 Counseling, plan- ning	15 Sewing & Pars.	16 Filling, fire & sweats Women	17 Office	18
19	20 <b>Victoria day</b>	21 Counseling & Planning	22 Sewing & Pars	23 Client paper work, Fire	24 Office	25
26 Office, Home v.	27 Office, Home v.	28 Counseling	29 Sewing, Pars	30 Sweats for men.	31 Office	

**Henvey Inlet  
Health Centre**

**“Behold this day is yours to make.”**

# 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

THE GREATEST WEALTH IS HEALTH.

MAY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 STAFF MTG	30 IN OFFICE	1 HOME VISITS	2 IN OFFICE DRUMMING W/ROD	3 IN OFFICE	4
5	6 REGALIA MAKING	7 Appt/Dental in a.m. CANNIBIS MTG DRUMMING W/ROD	8 HOME VISITS PROGRAM SHOPPING	9 ELDERS LUNCH & BINGO DRUMMING W/ROD	10 REGALIA MAKING	11
12 MOTHER'S DAY	13 STAFF MTG REGALIA MAKING	14 NATURE WALK DRUMMING W/ROD	15 HOME VISITS	16 IN OFFICE DRUMMING W/ROD	17 REGALIA MAKING	18
19	20 VICTORIA DAY	21 NATURE WALK DRUMMING W/ROD	22 HOME VISITS	23 IN OFFICE DRUMMING W/ROD	24 REGALIA MAKING	25
26	27 STAFF MTG REGALIA MAKING	28 NATURE WALK DRUMMING W/ROD	29 HOME VISITS	30 IN OFFICE DRUMMING W/ROD	31 REGALIA MAKING	

# MAY CLASSES 2019

DATE: 6, 10, 13, 17, 24, 27, 31

TIME: 9:00 A.M.



EVERY MONDAY 9AM TO 4PM.  
FRIDAYS 9 TO 12 NOON.

FOR REGISTERED CHILDREN WHO ARE IN  
SCHOOL WITH PARENTS WHO WORK I WILL BE  
WORKING ON YOUR REGALIA ON THESE DAYS.  
THERE WILL BE SOME HOMEWORK FOR PARENTS.

CWW LUANA MCQUABBIE  
705 857-1221 EXT 227

# REGALIA MAKING



MAY 2, 7, 9, 14, 16, 21, 23, 28 & 30



**EVERY TUESDAY &  
THURSDAY NIGHTS AT  
THE HEALTH CENTRE  
BOARD ROOM.  
EVERYONE WELCOME.  
6:00—7:30 PM.**

**DRUMMING W / RODNEY**

CWW LUANA MCQUABBIE  
705 857-1221 EXT 227



# ELDERS LUNCH & BINGO

---

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

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

OPEN TO 55+.



**MAY 9, 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  
POG 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.**



# NATURE WALKS/MAY

TUESDAY, MAY 14, 21 & 28, 2019 @ 9 A.M.

IT'S A GENTLE, LOW-IMPACT FORM OF EXERCISE THAT'S EASY, FREE AND SUITABLE FOR PEOPLE OF ALL AGES AND MOST ABILITIES. MEET AT THE HEALTH CENTRE.

PLEASE CALL THE HEALTH CENTRE TO SIGN-UP.

STRENGTHENS  
YOUR HEART

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LOWERS HEART  
DISEASE RISKS

---

KEEPS WEIGHT IN  
CHECK

---

TONES YOUR LEGS,  
BUM AND TUM

---

GIVES YOU ENERGY

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HIFN HEALTH CENTRE

705 857-1221

CWW LUANA MCQUABBIE





A HERITAGE PRESERVATION  
PROJECT

MAY 2019

*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)





# Seven Grandfathers Teachings 2019 Awards

## Call out for Nominations

Nominations are now being accepted for individuals who have made a positive contribution to our community. Nominators are encouraged to nominate an individual who have demonstrated qualities of one or more of the Seven Grandfathers Teachings. Awards will be handed out at this year's Indigenous Day Celebrations. Nominations can be submitted into one of the two ballot boxes located at the Health Centre or Band Administration Office. The deadline for submissions is Friday, June 7th at 12:00 Noon.

Each recipient will receive an Award and \$75.00.

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



# THE SEVEN GRANDFATHERS TEACHINGS AWARD NOMINATION

## BALLOT

To nominate an Individual who has made a positive contribution to our community, please circle the teaching you are nominating them for. Print their full name. Give an example in a short story using one of the chosen Seven Grandfathers teachings and indicate why you feel this individual would be a perfect candidate for this award.

**The Seven Grandfathers Teaching(s): (Please circle only one)**

WISDOM~~LOVE~~RESPECT~~BRAVERY/COURAGE~~HONESTY~~HUMILITY~~TRUTH

**Name of Nominee:** \_\_\_\_\_

**An Example in a Short Story:** \_\_\_\_\_

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**Nominated by:** \_\_\_\_\_  
Please print your name

All nomination ballots can be submitted into one the provided Nomination Ballot Boxes located at the Health Centre or Band Administration Office on or before June 7<sup>th</sup> at 12 Noon.

# NMEBINE GIIZIS

May 2019

## Traditional Program

### MEDICINE WALK

9:30 AM - 3:00 PM  
161 APPLE GROVE ST.

### BEADING GROUP

1:00 PM - 3:00 PM  
105 HAN STREET, F4

### YOUTH DROP-IN

3:00 PM - 6:00 PM  
105 HAN STREET, SUITE F4

### YOUTH BIG DRUM

4:00 PM - 6:00 PM  
161 APPLE GROVE ST.

### MEN'S GROUP

4:00 PM - 6:00 PM  
161 APPLE GROVE ST.

### SPRING FAST CAMP: INFO NIGHT

6:00 PM - 8:00 PM  
161 APPLE GROVE ST.

### NOOKMISAG NIBHSHAABOO-KIKOONS

GRANDMOTHER'S TEA TIME  
1:00 PM - 3:00 PM  
105 HAN STREET, SUITE F4

### FNCW: MEN'S FANCY DANCE STYLE

FNCW: WOMEN'S JINGLE DRESS DANCE STYLE  
6:00 PM - 8:00 PM  
161 APPLE GROVE ST.

### SPRING FAST CAMP

REGISTRATION REQUIRED  
11:00 AM - 1:00 PM

### WUHTENI RIVER FIRST NATION



**Shkagamik-Kwe**  
HEALTH CENTRE

### PLEASE CONTACT:

Geesohins Manitowabi  
gmanitowabi@sbhc.ca, 705-675-1596, ext. 232

Liz Eshkibok  
eshkibok@sbhc.ca, 705-675-1596, ext. 218

Chop Waindubence  
gwaindubence@sbhc.ca, 705-675-1596, ext. 242

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRAMS TAKE PLACE AT THE SKHC COMMUNITY CENTER UNLESS OTHERWISE NOTED  PLEASE NOTE EVENTS MAY BE SUBJECT TO CHANGE			1 MEDICINE WALK 9:30am	2 MEN'S GROUP 4pm - 6pm	3 FNCW: MEN'S FANCY DANCE STYLE 6 pm - 8 pm	4
5	6 SPRING FAST CAMP: INFO NIGHT 6 pm - 8 pm	7	8 YOUTH BIG DRUM 4pm - 6pm	9	10 MEN'S GATHERING 9 am	11
12	13 AUNT'S TABLE 5 pm - 7 pm	14 BEADING GROUP 1pm - 3pm  YOUTH DROP-IN 3pm - 6pm	15 YOUTH BIG DRUM 4pm - 6pm	16 MEN'S GROUP 4pm - 6pm	17	18
19	20 VICTORIA DAY Offices Closed	21	22 SPRING FAST CAMP	23 SPRING FAST CAMP	24 SPRING FAST CAMP	25 SPRING FAST CAMP
26 SPRING FAST CAMP	27 NOOKMISAG NIBHSHAABOO- KIKOONS 1pm - 3pm  AUNT'S TABLE 5 pm - 7 pm	28 BEADING GROUP 1pm - 3pm  YOUTH DROP-IN 3pm - 6pm	29 YOUTH BIG DRUM 4pm - 6pm	30 MEN'S GROUP 4pm - 6pm	31 FNCW: WOMEN'S JINGLE DRESS DANCE STYLE 6 pm - 8 pm	

Henvey Inlet First Nation Daycare  
May 2019  
Newsletter

**The early bees are assaulting and fumbling the flowers:  
They call it 'easing the Spring.'  
Henry Reed**

The weather is warming up and the windows are open more, the fresh air is flowing and everyone wants to be outside. As Mother Nature warm our spirit and give us energy to get out and about to enjoy her season change. The month of May is jam packed for our topics this month. **Just a reminder to parents to make sure to send a change of clothing for the child, just in case when we venture outdoors.** As Mother Nature warms up we will be spending more time outdoors and enjoying Grandfather Sun. The children are jumping at the chance to get out there and play on the new playground equipment. So as we open up our playground we have to remind the children of safety first. Of course this month is also Mother's Day and the HIFN Daycare will be closed for two dates during this month and those will be noted below. So look closely and keep the dates posted.

May 6 to 9, 2019:	Topic: Mother's Day
Tuesday May 7, 2019	<b>HIFN Daycare CLOSED Mandatory Workshop</b>
May 10, 2019:	<b>HIFN Daycare CLOSED: Love Builds Brains Worksop:</b> Bracebridge
Monday May 13, 2019:	Staff Meeting
May 13 to 17, 2019:	Topic: Nursery Rhymes
Monday May 20, 2019:	<b>HIFN Daycare CLOSED: Victoria Day</b>
May 21 to 24, 2019:	Bird Week
Monday May 27, 2019:	Staff Meeting
May 27 to 31, 2019:	Turtle Week

As the month of May comes to a closing we will be sending a reminder to Parents to please update your child/ren information if they plan on accessing the HIFN Daycare for the month of July and August 2019. It's very important for us to keep updated and current, as is needed for our licensing. So please stop by or contact us and let us know what you need. And Happy Mother's Day to all the Awesome, Amazing, Wonderful Mom's! So please make sure to remember your MOM on her special Day!! Enclosed in this calendar will be an application for preschool (30 months to 6 years) and School age children (68 months to 13 Years) if needed by parents. Please take a look and see if you need to fill it out or if you need more copies let us know.

Meegwetch

*Charlene Ashawasegai*  
HIFN Daycare Program Supervisor RECE



# MAY 2019 HIFEN DAYCARE

Sun Mon Tue Wed Thu Fri Sat

1 Topic: 2 3 4

May Flowers



5 6Topic: 7 Closed 8 This topic is 9 and lots of 10 CLOSED 11



Mother's Day

Mandatory Wrksp

all about MOM!  
There will cards, hugs, kisses

love for MOM!  
For her special day!

Love Builds Brains WRKSP

12 13 STM 14 Topic: 15 Nursery 16 There will 17 spider webs, 18

Mother's Day

Rhymes

sheeps, cotton ball painting, dish n spoon craft

farmer in the Dell, all things nursery rhymes



19 20 21Topic: 22 Bird 23 we will be 24 feather 25

CLOSED

Week

making bird feed- ers, birds from paper plates,

painting, coffee filter bird etc



26 27 STM 28 Topic: 29 Turtle 30 This topic 31 green, Lots of turtles for



Week

will be one of slow motion. There will color

rhymes, handprints, and

Turtle Week!



**REMINDER**  
**HIFN DAYCARE IS CLOSED ON THE**  
**FOLLOWING DATES:**

TUESDAY MAY 7, 2019  
MANDATORY WORKSHOP

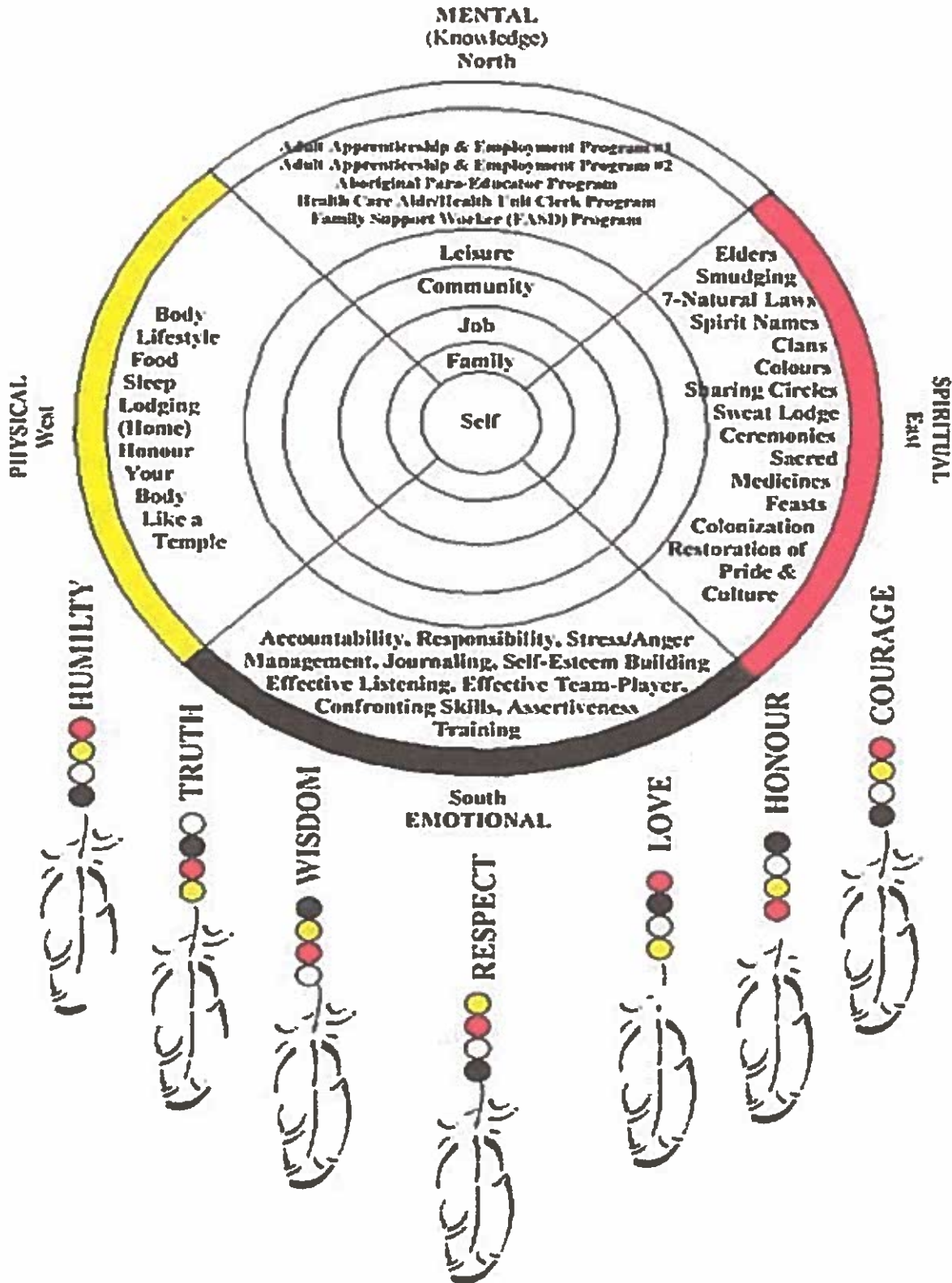
**&**

FRIDAY MAY 10, 2019  
LOVE BUILDS BRAINS  
HUNTSVILLE

Thank You

HIFN Daycare Staff

# Circle of Life



346shares

YIELD: 10 SERVINGS

# ELOTE MEXICAN CORN PASTA SALAD

total time 25 MINUTES prep time:15 MINUTES cook time:10 MINUTES

*Boo tie pasta loaded up with avocados, peppers, cotija cheese, grilled corn and that creamy crema dressing makes for one killer Elote Mexican Corn Pasta Salad you won't want to miss out on.*

## INGREDIENTS:

- 6 Ears of Corn, husked
- 2/3 Cup Crema \*see note for substitution
- 5 Tablespoons Lime Juice, fresh is best
- 1 Teaspoon Ground Cumin
- 3/4 Teaspoon Smoked Paprika
- 1 1/2 Teaspoons Chili Powder
- 1/4 Teaspoon Black Pepper
- 1/2 Teaspoon Salt, plus more to taste
- 3/4 Cup Crumbled Cotija Cheese
- 1/2 Red Onion, Minced
- 1/2 Bunch Cilantro, chopped
- 8 ounces (half a box) Bowtie Pasta, cooked and drained \*see note
- 2 Avocados, peeled and chopped
- 1 1/2 Large Red Bell Peppers, chopped



## DIRECTIONS:

1. Prepare your pasta salad by starting with your grilled corn.
2. Heat a grill to medium heat. Add the corn, turning occasionally until slightly charred on each side.
3. Remove from the grill and allow to cool for a few minutes.
4. Holding the corn by the small end, cut off all of the kernels.



5. Place the kernels in a big bowl to cool.
6. Heat a pot of water over medium high heat. Once boiling, add salt and pasta. Cook until just over done. NOT al dente, you want to cook past that point so that the pasta will not absorb the dressing, but instead coat the pasta.
7. Drain the pasta well and run under cold water in a colandar, tossing with your fingers occasionally to cool it completely.
8. Add pasta to the corn bowl along with all other ingredients.
9. Fold gently with a rubber spatula, seasoning with additional salt as needed. (Seasoning is key!)
10. Serve slightly warm, room temperature or cold.

*Make sure that you just over cook the pasta so that it won't absorb the dressing.*

*Mayonnaise can be used a substitute for crema.*

**NUTRITION INFORMATION** Yield: 10 servings, Serving Size: 1/2 cup  
*Amount Per Serving:* Calories: **241** **Calories**, Total Fat: **8.9g**, Cholesterol: **14.4mg**, Sodium: **167mg**,  
Carbohydrates: **34.2g**, Fiber: **2.8g**, Sugar: **5.2g**, Protein: **8.2g**.

*All images and text ©Carrian Chency for Oh Sweet Basil.*

346shares

Recipe Permalink: <https://ohsweetbasil.com/clote-mexican-corn-pasta-salad-recipe/>

## Super Mom

Mom, you're a wonderful mother,  
So gentle, yet so strong.  
The many ways you show you care  
Always make me feel I belong.

You're patient when I'm foolish;  
You give guidance when I ask;  
It seems you can do most anything;  
You're the master of every task.

You're a dependable source of comfort;  
You're my cushion when I fall.  
You help in times of trouble;  
You support me whenever I call.

I love you more than you know;  
You have my total respect.  
If I had my choice of mothers,  
You'd be the one I'd select!

*By Joanna Fuchs*