



January



♥ Welcome ♥
★ 2020 ★

Bring on
the
NEW YEAR!





Community Band Council Meeting

Monday February 3, 2020

6:00pm @ Firehall

Topics

- Staff Reports
- Council Reports



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!

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

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

Thanks for understanding!

Notice To Community

Members

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

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

Sharps Containers are available at the Health Centre for anyone.

Thank You!



To: All Community Members
From: Amanda Barbe, Assistant Lands Manager
CC: Patrick Brennan, Lands Portfolio Councillor
Sherry Contin, Lands Manager
Date: 1/7/2020
Re: **Garbage Pick-Up Winter Hours**

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

| | |
|----------|-----------------|
| Tuesday | 12 pm – 1:00 pm |
| Saturday | 12 pm – 4:00 pm |

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

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

A handwritten signature in black ink, appearing to be the name of the sender, Amanda Barbe.



WAGAMAKE LEARNING CENTRE

REMINDER!

Wagamake Learning Centre will only be open until June 2020.

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

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

Imagine being able to add Grade 12 to your resume 😊

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

Carol is at the Learning Center on the following days.

Monday: 8:30 - 4:30

Tuesday: 8:30 - 4:30

Wednesday: 1:00 - 4:30

Thursday: 8:30 - 4:30

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



**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
Patrick Brennan
Tony Solomon
Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

MEMORANDUM

To: Membership of Henvey Inlet First Nation
Fr: Heidi Kimberley Housing Assistant
Dt: January 2020
Re: HIFN January Housing update.

HAPPY NEW YEAR!

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

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

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



HENVEY INLET FIRST NATION IS INVITING:

ELDERS AND KNOWLEDGE KEEPERS INPUT ON EMERGENCY MANAGEMENT AND PREPAREDNESS

You are invited to provide your feedback!

The kick-off meeting will be held at the **Lands Office on
January 29, 2020 at 1:00pm.**

Please call Amanda to confirm your attendance by noon on
January 17, 2020.

Please join us to share your views on traditional practices related to the care of the land, water and animals. This transfer of knowledge will ensure the integration of the community's priorities and perspectives related to emergency preparedness which will be critical in creating Henvey Inlet First Nation's Emergency Policies.

Calling All Elders!!

Door Prizes!!

Per Diem!!

Lunch!!

**Transportation
Provided!!**

**HENVEY INLET FIRST
NATION LANDS OFFICE
IN COLLABORATION
WITH SAVANTA**

Contact Person: Amanda
Barbe, Assistant Lands
Manager

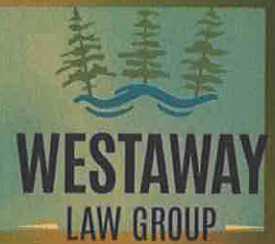
25 West Road, Pickering ON
POG 1J0

Office: 705-857-5211

Cell: 705-618-3698



Wills & Estates Workshop



Two-part workshop on Wills & Estates on-reserve

Where: HIFN Fire Hall

When: February 2020
****date & time(s) TBA**

Workshop to include:

Wills & Estates Presentation

The Wills & Estates Presentation is open to all HIFN Members and will be delivered by Westaway Law Group. Participants will gain a better understanding of Wills & Estates on-reserve and, the importance of drafting a will or Power of Attorney so that your wishes are carried out accordingly in the event of your death or incapacity.

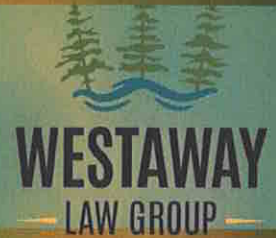
Will/POA Drafting Session

The Will /POA Drafting Session will follow the Wills & Estates Presentation and, is reserved for those Members who have booked a space in advance through the Lands Office. You may reserve a space to draft a will or Power of Attorney (POA) by calling Leena @ the Lands Office (705.857.5211) or, by adding your name to the sign-up sheet to be posted at the Band Office. Space is limited so please reserve your spot by Friday January 31st.

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



HIFN Spousal Real Property (SRP) Law



Community Information Session to be held in February 2020

HIFN SRP Law Presentation

Where: HIFN Fire Hall

When: February 2020
**date & time(s) TBA

HIFN SRP LAW Development

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

Westaway Law Group will be giving a presentation and, community members are encouraged to attend to gain a better understanding of the importance of this law. This will also be a first opportunity to provide input into the bigger picture aspect of the law.

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

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

Information Hwy:

by: Rosemarie Simmons

Year in review...

Henvey Inlet Band Members we lost in 2019;



IN LOVING MEMORY
Isadore Ashawasegai
March 15, 1935 - August 12, 2019



Isadore Henry Ashawasegai (Ashawasega) passed away peacefully, with his family by his side, at St. Joseph's Villa, Sudbury, on Monday, August 12th, 2019. Age 84 years. Dear son of the late Henri and Alice (Mishigakwan) Ajawassige. Beloved husband of the late Nellie Joan (Missabie) Ashawasega. Honourary father of Luana McQuabbie, and loving 'Poppa' of Ally, Justina, Angel, and Richard. Dear brother of the late Hazel, Stephen, Percy, Elcanor, Elwood, and Carol. Fondly remembered by his nieces, nephews, other relatives, and friends.

- In Loving Memory

Fern Panamick died April 11, 2019

Projects completed

- Completion of the Marina on Pickerel River, there is now 82 New Docking Slips and 32 New Trailer sites.
- Henvey Inlet Wind, up and running September 9, 2019
- Henvey Inlet Community Centre Proposal, on November 20, 2019, at the Henvey Inlet Fire Hall, Smoke Architecture, Eladia Smoke came and presented her presentation regarding Henvey Inlet's Community Centre, answered all questions regarding the building and pricing. This info was in last months News letter.

New Project that is being looked at:

- Protecting our Water Presentation December 3, 2019 Environmental Scientist, Stephanie Allen and Guest Speaker, Dr. Deborah McGregor, Associate Professor, York University.

Information Hwy:

by: Rosemarie Simmons

Wills & estates workshop is rescheduled!

~~Some things that you may be interested in, Wills and Estates, in November it was mentioned that Westaway law firm would be coming in to do Wills with lot owners at the end of November, but that did not happen the date that they are coming, January 15, 2020 Start Time 11:00 am workshop; Lunch 12:00 noon and back to the workshop for 1:00 pm . Where Henvey Inlet Fire Hall.~~

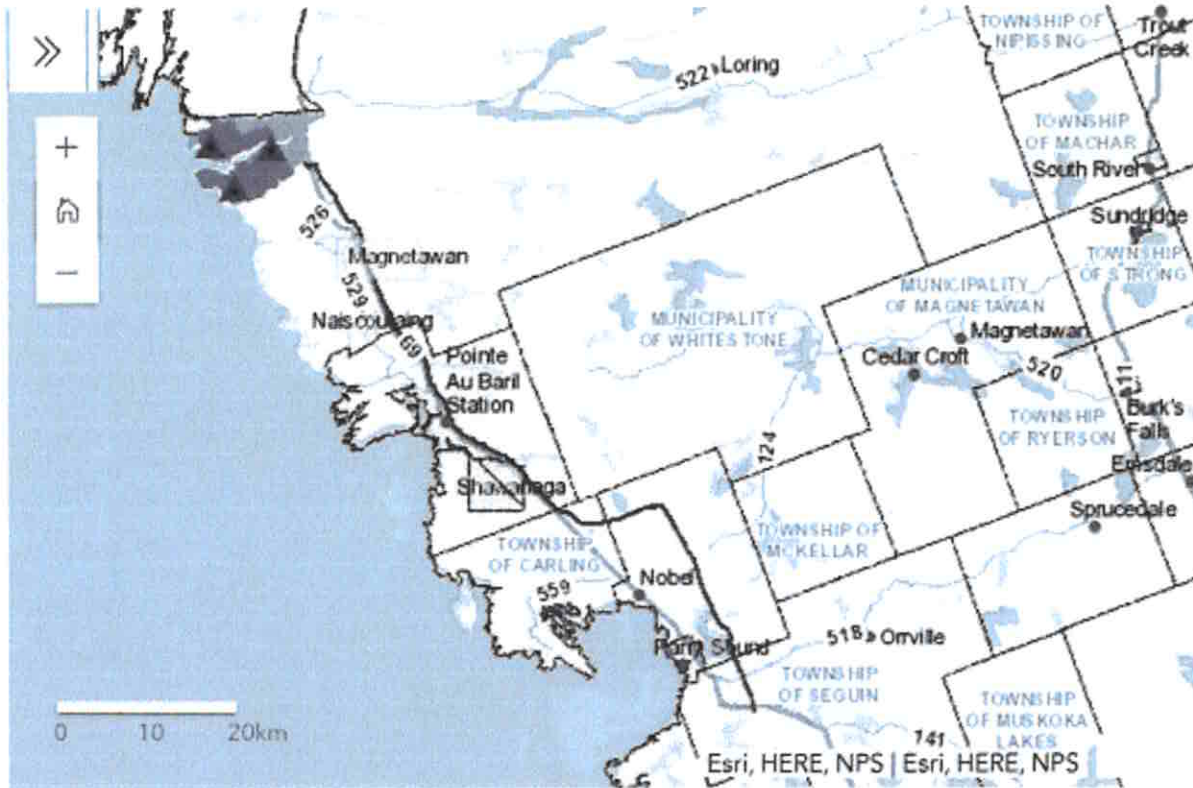
- Henvey Inlet has decided not to sign the Governance Agreement (ANGA). Henvey Inlet First Nation is under a Land Code, so the Lands Advisory Board (LAB) is concerned that the wording in the ANGA clashes with the Framework Agreement (FA) with regards to governance of land, resources and the environment, making laws and enforcement. The LAB wishes First Nations under Land Codes to reconsider before voting on the ANGA and to sign a letter with regard to having ANGA reword sections in order to not overrule the FA. These are only some of the concerns with the ANGA, and the vote is during the month of February. So this means Land Code First Nations should not vote in February on ANGA until these and other concerns are addressed and resolved.

Information Hwy:

In 2014, Henvey Inlet First Nations through its wholly-owned subsidiary Nigig Power Corporation partnered with Pattern Development to jointly develop and construct the 300 MW Henvey Inlet Wind Project. This project is a one-of-a-kind venture. It is both the largest wind project in Ontario, as well as the largest First Nation wind partnership project in Canada.

- Construction on the project began in 2017 and on September 9, 2019 the project was up and running.
- 1000 Jobs at peak construction.
- A first of its kind, this is the largest First Nation wind partnership project in Canada.
- Annual clean energy production will be equal to the electricity needs of 100,000 Ontario homes.
- Will avoid carbon emissions equal to taking 200,000 cars off the roads every year.
- Will generate more than \$10 million for Henvey Inlet First Nation to invest in their economy annually.

The Henvey Inlet Wind project is creating many economic benefits for both the Henvey Inlet First Nation and surrounding region. How the profits are used will be solely up to the Band, meaning the Chief, Council and the Membership collectively.



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Information Hwy:

Community Meeting November 28, 2019

November 28, 2019 Fire Hall 1:00 pm

Guests in attendance were, CEO for Canada's Division for Pattern Development, Frank Davies; Nigig Power Corporation President, Greg Newton, Vice, John Beaucage; Board Member, Gerry Richier, and Legal, Susan Murphy.

Henvey Inlet Wind Project got up and running September 9, 2019. Things you should know about our Project,

The Henvey Inlet Wind Project is

- The Largest Wind Energy Project in Canada
- The Largest Wind Energy Project ever attempted by a First Nation in Canada
- The Largest wind project financing in Canada
- The First development of its kind under the FNLMA (First Nation Land Management Act).
- A new era for First Nations resource development

Highlights

- 1000 Jobs at peak construction
- 2,800,000 Person-hours of construction
- 290 First Nations persons employed
- \$ 45M First Nations business contract value
- Number of turbines built: 87
- KM of new roads 71
- KM of collectors: 113 KM
- No. of transmission poles: 586
- KM of transmission wires 104 KM

Number of Jobs Created for First Nations

- | | | |
|------------------------------|----|-----|
| - Henvey Inlet First Nations | 41 | 77 |
| - Magnetawan First Nation | 7 | 15 |
| - Shawanaga First Nation | 10 | 23 |
| - Other First Nations | 95 | 174 |

Information Hwy:

- Citizens
- Total 153 290

PROJECT CHALLENGES

Contributors to cost increases, schedule delays

- Transmission Lines Issues
Delays with MTO permits-mid/late 2018
Radio Interference- Unforeseen 3 month delay
\$70M increase in Construction cost
- Forest Fire
50 days of lost construction time
\$70M in acceleration cost
- Species Mortality
400% increase in expected costs
\$16.5M increase
- Rock Blasting
Quantity of rock onsite exceeded estimates
Estimate: 720,000 cubic metres
Actual: 1.6 million cubic metres
- Blade Delivery Delays
Estimated - \$27M in cost impact

Total Overrun

Cost Overrun of 17.33 % in excess of the 2017 budget

If you would like more information on the project you can contact Chief Wayne McQuabbie at 705-857-2331.

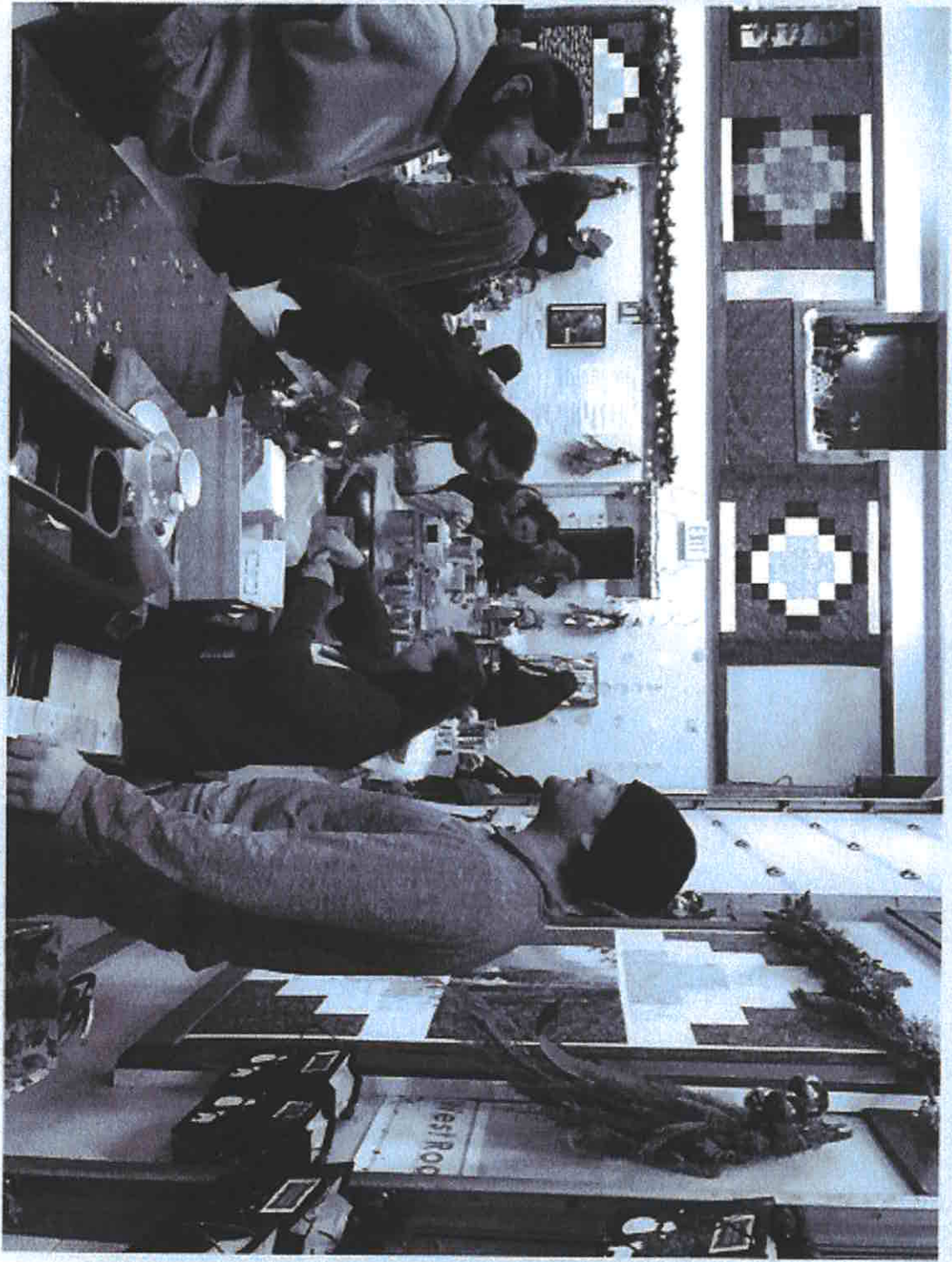
Henvey 2019 Christmas
Party

by: Information Henvey...













The Best Bedtime Routine Ideas for Kids

1) Pick a specific time and stick to it...as best you can.

By going to bed at the same time every night, your child's body will adjust and eventually kick in when that time rolls around each night. Making your bedtime routine that much easier to do.

2) Have and/or give a warning.

Kids hate when things are sprung on them. So each night before you start to get ready for bed, give your kids a 5 minute warning or do something that lets them know that it's time to get ready for bed. In our family, we eat at 6:30 and it takes about 30-40 minutes to eat dinner. So we have decided that our bed time routine starts right after dinner. Which means our kids know that once they have put their dishes in the sink, they go straight downstairs and start getting ready for bed.

3) Start your bedtime routine 1 hour before your child goes to sleep.

Doing this will help keep things calm and allow your kid(s) to unwind and get ready for bed (i.e. brush teeth, put pjs on, etc.) without rushing.

4) Read a book.

Reading to your kids for 15 minutes a day is important for so many reasons. So why not make it part of your bedtime routine? Not only will you be helping your kids unwind before they go to sleep, but you can also use this as an incentive for your kids to get ready for bed. (i.e. if your child gets ready for bed without any problems, they can choose 2 books to read, etc.).

5) Dim the lights and finish up.

Sometimes immediately turning off all the lights can make your child anxious and even fearful. Causing your bedtime routine to drag out and last longer than you'd like. So, to help eliminate this, dim the lights and sing your child a song to help them make that final transition to falling asleep. At our house, each of the kids have a lamp in their room that has a ***Sengled twilight light bulb*** in it. Once we are done reading stories, I turn off the main lights in the bedroom, and leave the lamp on while I sing each of my kids a song and kiss them goodnight. Then, I turn off the lamp and the lightbulb stays on and gradually dims for the next 15 seconds before completely turning off. Which I absolutely love because it helps each of my children gently ease into the darkness in their room and fall asleep more easily.

And that's it!

It took a few trial and errors to figure out what bedtime routine worked best for me and my kids. And I'm sure the same will happen to you too! But once you discover what works, stick with it and before you know it, bedtime will be a time you love instead of dread.

Bath, Book, Bed

December 2019

Pharmacy benefit information

New coverage of anti-inflammatory creams

The NIHB program now covers anti-inflammatory creams or gels prepared ('compounded') by a pharmacist. This coverage is for cream or gel mixtures that contain the medications diclofenac or ketoprofen in concentrations of 3-10%, sometimes combined with lidocaine powder. These products may be prescribed for joint or muscle pain due to an injury or chronic condition. NIHB will cover up to 100 grams per month.

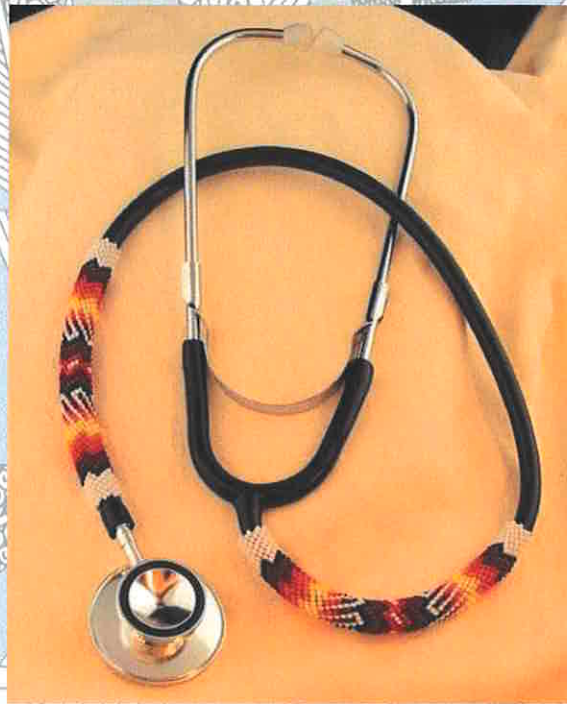
Reminder: coverage for smoking cessation treatments

Smoking cessation therapies are used to help people quit smoking. NIHB clients are eligible in a 12-month period for coverage of:

- up to 36 boxes of patches (7 patches per box)
- one 12-week course of as-needed treatment, like:
 - gums
 - lozenges
 - inhalers
 - spray
- one 3-month course of Zyban
- one 3-month course of Champix

Some people need more than one form of treatment at a time to control cravings. NIHB will cover these products when used together, or separately. Please talk to your health care provider about the right product, or combination of products that is best for you.

Community Health Nurse



BRENDA CONTIN

January 2020



BRENDA CONTIN, CHN

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|----------------|---------------|---------------------------------------|----------------------------|--------------|-----|
| | 30 HOLIDAYS | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 OFFICE | 7 OFFICE | 8 OFFICE/ Language Class | 9 OFFICE | 10 OFFICE | 11 |
| 12 | 13 OFFICE | 14 OFFICE | 15 OFFICE/ WILLS & ES- TATES | 16 OFFICE | 17 OFFICE | 18 |
| 19 | 20 OFFICE | 21 OFFICE | 22 OFFICE | 23 SKHC BOARD MTG | 24 OFFICE | 25 |
| 26 | 27 FINANCE | 28 FINANCE | 29 OFFICE | 30 OFFICE | 31 OFFICE | |



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
Patrick Brennan
Tony Solomon
Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

December 11, 2019

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

RE: ELIGIBILITY FOR HOME MAINTENANCE/HOME SUPPORT SERVICES

ALL CLIENTS:

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

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

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

Respectively,

A handwritten signature in blue ink, appearing to read "Brenda Contin".

Brenda Contin, Home & Community Care Supervisor

Home Care Nurse



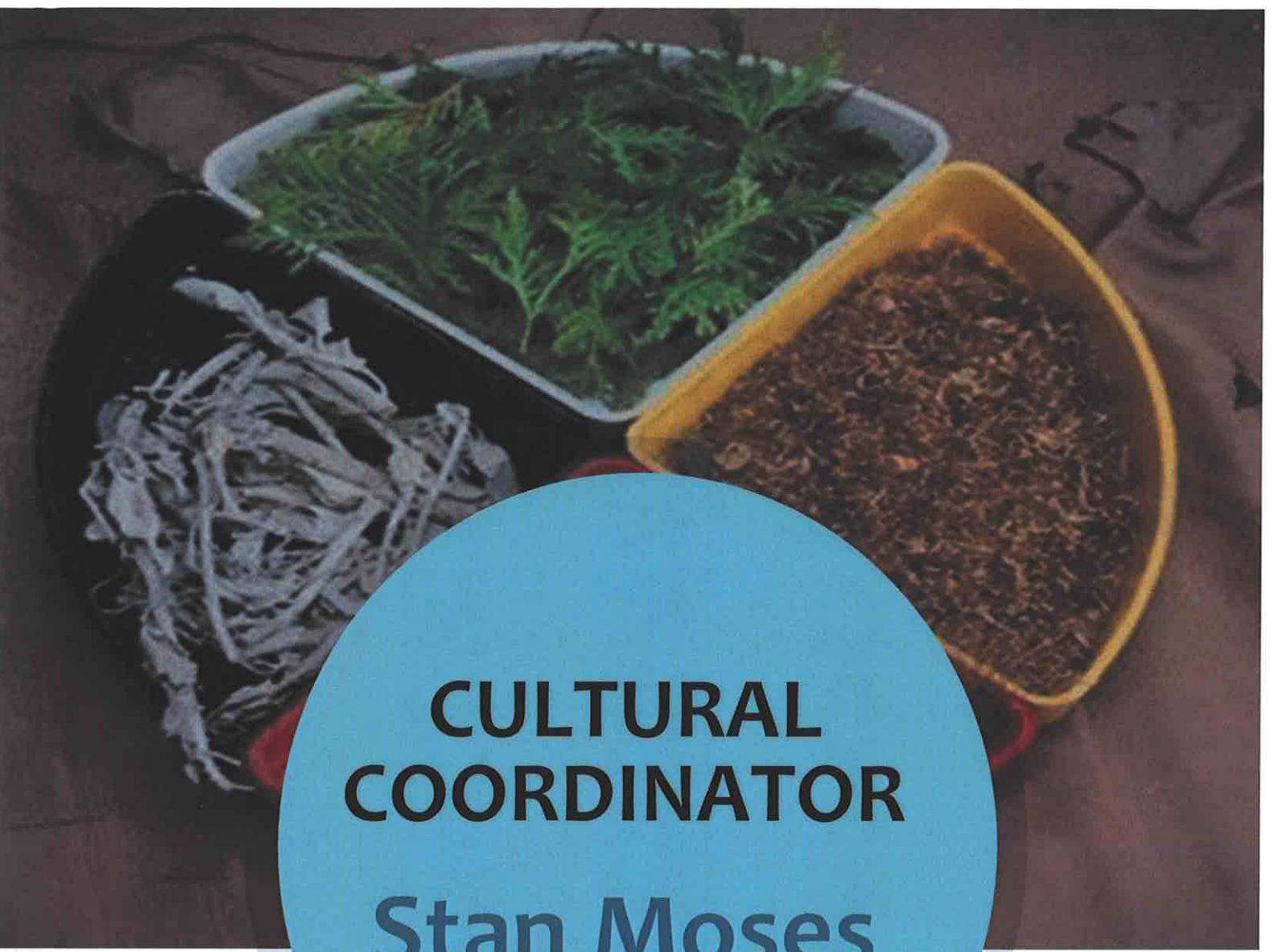
DEBBIE BRENNAN

January 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--------------|--------------------------------|--------------------------------|--------------|-----|
| | 30 HOLIDAYS | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 OFFICE Medical consultations | 7 OFFICE | 8 OFFICE HOME VISITS | 9 OFFICE HOME VISITS | 10 OFFICE | 11 |
| 12 | 13 OFFICE HOME VISITS | 14 OFFICE | 15 OFFICE HOME VISITS | 16 OFFICE HOME VISITS | 17 OFFICE | 18 |
| 19 | 20 OFFICE HOME VISITS | 21 OFFICE | 22 OFFICE HOME VISITS | 23 OFFICE HOME VISITS | 24 OFFICE | 25 |
| 26 | 27 OFFICE HOME VISITS | 28 OFFICE | 29 OFFICE HOME VISITS | 30 OFFICE HOME VISITS | 31 OFFICE | |



DEBBIE BRENNAN
CHN



**CULTURAL
COORDINATOR**
Stan Moses

**Henvey Inlet First Nation Health Centre
354A Pickerel River Road- Pickerel, ON**

P0G 1J0

(705)857-1221 EXT: 229



MEN'S CIRCLE

1st Session of the Year

With

DAVE RICE &

STAN MOSES

WHEN: Thursday January 9, 2020

WHERE: HIFN TRAILER # 4

TIME: 5-7 PM

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

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

CULTURAL COORDINATOR STAN MOSES 705-857-1221

A SUPPER WILL BE SERVED



ELDER'S CIRCLE

Lunch and beverages will be provided.

There will be a door prize

A Discussion with
Elder's to gain a
perspective on Crisis in
your community

JANUARY 14th, 2020

10:00 AM TO 1:00 PM
Fire Hall

**A Humble Invite for the Elders of
Henvey Inlet First Nation. Please come
and sit with us to discuss how crisis has had
an impact in your community**

For more information Contact:

Stan Moses, stan.moses@henveymedicalcentre.com

705-857-1221

**CRISIS RESPONSE
PLAN PROJECT
69/400 FIRST NATION
MENTAL WELLNESS & CRISIS
RESPONSE TEAM**

Serving Wasauksing,
Magnetawan, Henvey Inlet, Dokis,
Nipissing & Wahnapiatae

Facilitator: Fawn Pettifer

MWT-NORTH NAVIGATOR



COLIN MOUSSEAU

COLIN MOUSSEAU TRADITIONAL HEALER

DATES:

Tues. January 21 – Appts. All Day

Wed. January 22 – Appts. in A.M. &
Medicine Wheel Teachings, Spirit Names
and Colors and Clans @ 1pm- 4pm

Thurs. Jan 23 – Sweatlodge Ceremony @
6PM

WHERE: H.C. Program Trailer

TIMES: 9:00am – 5:00pm

CONTACT: Stan Moses (705) 857-1221

**TO BOOK AN APPOINTMENT OR
CANCEL YOUR APPOINTMENT
PLEASE CONTACT:**

Darcy Ashawasegai
HENVEY INLET FIRST NATION
Health Centre 705 857-1221



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

WHEN: Thursday January 23, 2020

WHERE: HIFN TRAILER # 4

TIME: 5-7 PM

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

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

CULTURAL COORDINATOR STAN MOSES 705-857-1221

A SUPPER WILL BE SERVED

NEW MOON CEREMONY & TEACHINGS



**WITH
CLIFF SUMMERS**

**January 25, 2020 @
6:00 PM**

456 Pickerel River Road
(Sweatlodge behind Louises)

FOR INFO CONTACT: STAN MOSES 705-857-1221

Child & Family Worker

Kerri Campbell

HBHC/CHE

Kara Newton

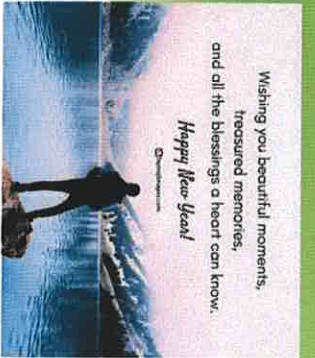


January

CHILD & FAMILY WORKER

2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | | | | | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |



Wishing you beautiful moments,
 treasured memories,
 and all the blessings a heart can know.
Happy New Year!
 Doreen

COMMUNITY
HEALTH
 educator

3544 Pickernel River Road
 Pickernel ON P0G 1J0

Phone: 705-857-1221
 Toll Free: 1-866-252-3330
 Fax: 705-857-0730

E-mail:
kara.harkness@henveymedicalcentre.com



JANUARY 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--------------------------|--|--------------|---------------------------|-----|
| | | | 1  | 2 | 3 | 4 |
| 5 | 6 STAFF MEETING  | 7 HOME VISITS SUDBURY | 8 IN OFFICE | 9 IN OFFICE | 10 IN OFFICE | 11 |
| 12 | 13 IN OFFICE | 14 IN OFFICE | 15  | 16 IN OFFICE | 17 HOME VISITS SUDBURY | 18 |
| 19 | 20 STAFF MEETING | 21 IN OFFICE | 22  | 23 IN OFFICE | 24 HOME VISITS SUDBURY | 25 |
| 26 | 27 IN OFFICE | 28 IN OFFICE | 29 PARENTING WORKSHOP | 30 IN OFFICE | 31 HOME VISITS SUDBURY | |

NUTRITION

BINGO

WEDNESDAY JANUARY 15, 2020

CALL DARCY TO SIGN UP!!!

ONLY ONE PERSON PER
HOUSEHOLD!!!

LIMITED TO
10 PARTICIPANTS!!!

10:00AM

IN TRAILER #2



***PIEROGI MAKING WORKSHOP
WITH
JANICE CAMPBELL***

WEDNESDAY JANUARY 22, 2020

**WORKSHOP STARTS AT 9 AM SHARP, NO
LATE ENTRIES WILL BE PERMITTED.**

***THIS IS A LABOUR-INTENSE WORKSHOP,
BRING YOUR MUSCLES!***

WE ARE LIMITED TO 4 PARTICIPANTS!!!

CALL DARCY TO SIGN UP!



PARENTING WORKSHOP

NATURAL CLEANER WORKSHOP

PLEASE JOIN KERRI AND KARA

ON

WEDNESDAY JANUARY 29, 2020 10AM

AT

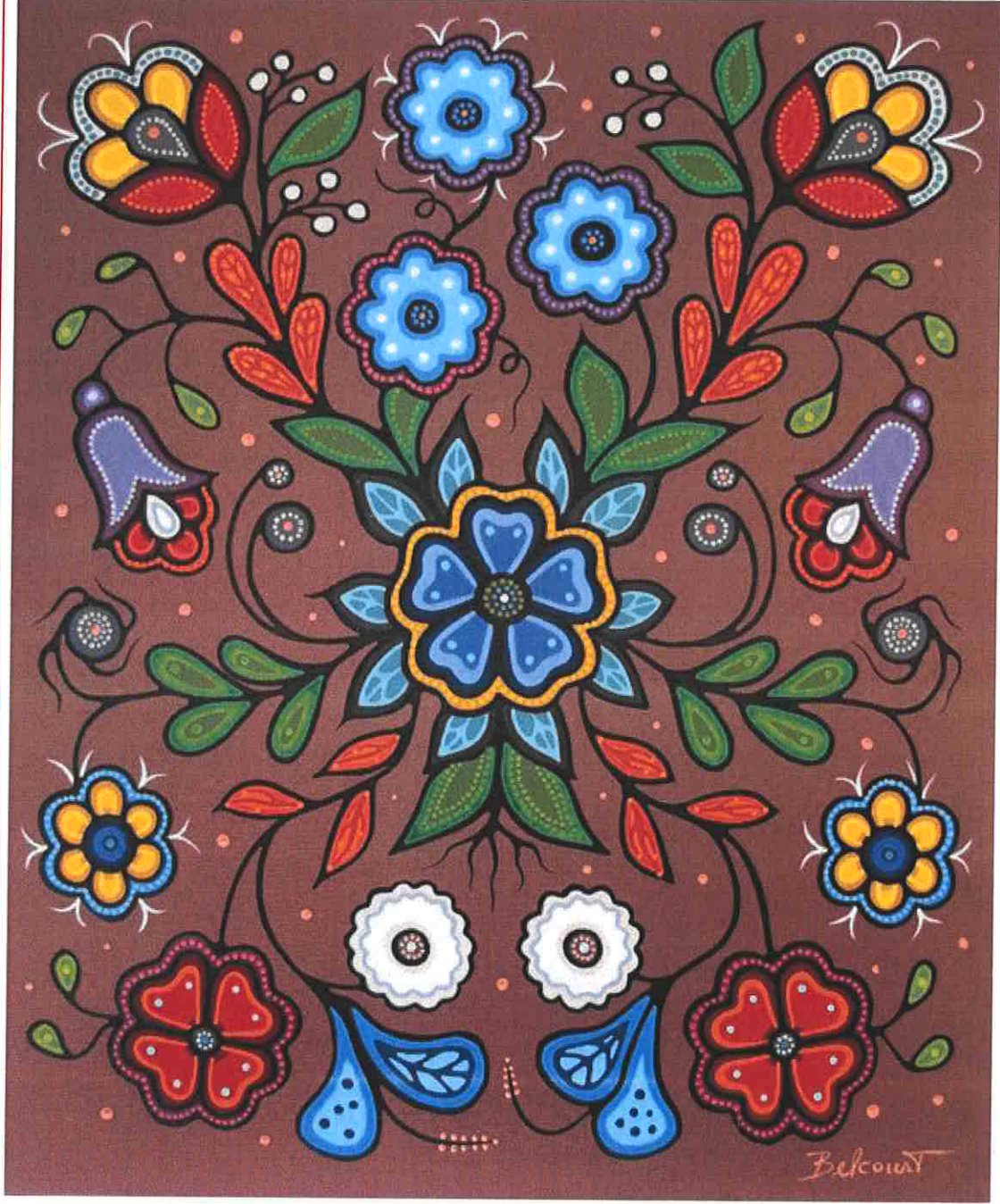
TRAILER #2

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!!!**

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



There is a boom in Genealogy now. With ancestry.com and other sites digitizing so many of the records, you can find things in a few minutes that use to take months.

JANUARY 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------------------------|--|----------------------|-----------------------|-----------------------|----------|
| | | | 1 | 2 | 3 | 4 |
| | | | CHRISTMAS ~ HOLIDAYS | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | STAFF MEETING | IN OFFICE | HOME VISITS | IN OFFICE | IN OFFICE | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | CEMETERY RESEARCH | CEMETERY RESEARCH | HOME VISITS | CEMETERY RESEARCH | CEMETERY RESEARCH | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | STAFF MEETING CEMETERY RESEARCH | OUT OF OFFICE/AM BRITT PUBLIC SCHOOL/CRAFTS/ PM | HOME VISITS | CEMETERY RESEARCH | CEMETERY RESEARCH | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | FAMILY TREE WORKSHOP | IN OFFICE | HOME VISITS | CRADLE BOARD WORKSHOP | CRADLE BOARD WORKSHOP | |



Seven Grandfathers Teachings 2019 WINNERS

DEBBIE BRENNAN

2019 TRUTH AWARD
SEVEN GRANDFATHERS TEACHINGS

MAUREEN KAGAGINS

2019 HONESTY AWARD
SEVEN GRANDFATHERS TEACHINGS

LUANA MCQUABBIE

2019 HUMILITY AWARD
SEVEN GRANDFATHERS TEACHINGS

DANIEL DUBE

2019 BRAVERY/COURAGE AWARD
SEVEN GRANDFATHERS TEACHINGS

CHARLOTTE CONTIN

2019 WISDOM AWARD
SEVEN GRANDFATHERS TEACHINGS

LUANA MCQUABBIE

2019 RESPECT AWARD
SEVEN GRANDFATHERS TEACHINGS

TOM & KAREN BURSMA

2019 LOVE AWARD
SEVEN GRANDFATHERS TEACHINGS

CREATING YOUR OWN PERSONAL FAMILY TREE

“GETTING STARTED”

JANUARY 27, 2020

1PM - 3PM

HIFN HEALTH CENTRE/TRAILER #3

Gathering family history involves tracing a continuous line of descent from a given ancestor. In past times many First Nation people were taught to memorize their genealogy and this data was recited at marriages, funerals and at other feasts and ceremonies. Over time, the ability to trace one's ancestry by memory became a lost art.

Today anyone wishing to trace his or her ancestry must search through vital statistical records such as births, marriages and deaths, and through various government and private records as well as ancestry research on-line sites and ancestry DNA testing kits to obtain information on their family.



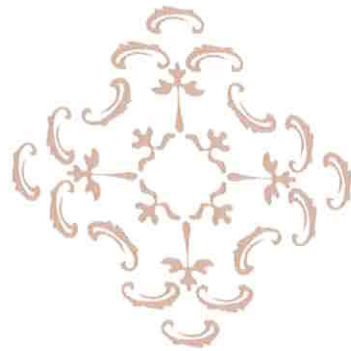
PLEASE CALL THE HEALTH CENTRE TO SIGN-UP. MAX 10.

FOR FURTHER INFO PLEASE CONTACT:

CWW LUANA MCQUABBIE 705 857-1221 EXT 227

Cradle Board Making Workshop

With
Ryan & Shannon Gustafson



**JANUARY 30
& 31, 2020**

9:00 to 4:00

Lunch Provided

**PLEASE CALL DARCY AT THE HEALTH CENTRE
BY JANUARY 10, 2020 TO SIGN UP.**

MAX OF 12 PARTICIPANTS.

FOR MORE INFORMATION CONTACT CWW LUANA MCQUABBIE.

WINNERS

2019 CHRISTMAS LIGHTS CONTEST

1ST PLACE WINNER

KIM MCQUABBIE/433 PICKEREL RIVER ROAD

2ND PLACE WINNER

ELSIE ASHASAWASAGAI/170 BEKANON ROAD

3RD PLACE WINNER

WAYNE MCQUABBIE/708 PICKEREL RIVER ROAD



JANUARY 2020



ANGEL

FOR MORE INFORMATION PLEASE CONTACT
CWW LUANA MCQUABBIE 705 857-1221 EXT 227

REGALLIA MAKING

SEE DARCY AT THE HEALTH CENTRE/TRAILER #1 TO PICK UP YOUR REGISTRATION PACKAGE AND RETURN AS SOON AS POSSIBLE SO YOUR NAME CAN BE ADDED TO THE REGISTRATION LIST. CLASSES WILL START IN FEBRUARY.



A HERITAGE PRESERVATION
PROJECT

JANUARY 2020

*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

Britt comes together to enjoy annual Christmas concert

COMMUNITY Dec 20, 2019 by [Brent Cooper](#) Parry Sound North Star



Santa greets Britt Public School student Angel McKoy at the school's annual Christmas concert. Lions Barb and Steve Wohleber watch the concert in the back. Dec. 2019 - Lions club photo

BRITT — On Monday, Dec. 16, Britt Public School hosted the annual Christmas concert at 6 p.m.

All of the classes performed a holiday presentation. The younger students performed some dancing, and the older students prepared a "glow-in-the-dark" presentation. There was a piano soloist and an opening and closing drumming song.

The Britt Lions Club welcomed Santa Claus to the school, and provided wonderful treats for each and every student in the school. Miigwech! There was a wonderful turnout to the celebration, and holiday cheer was shared by all.

Ken Breadner is a member of the Britt Lions Club.

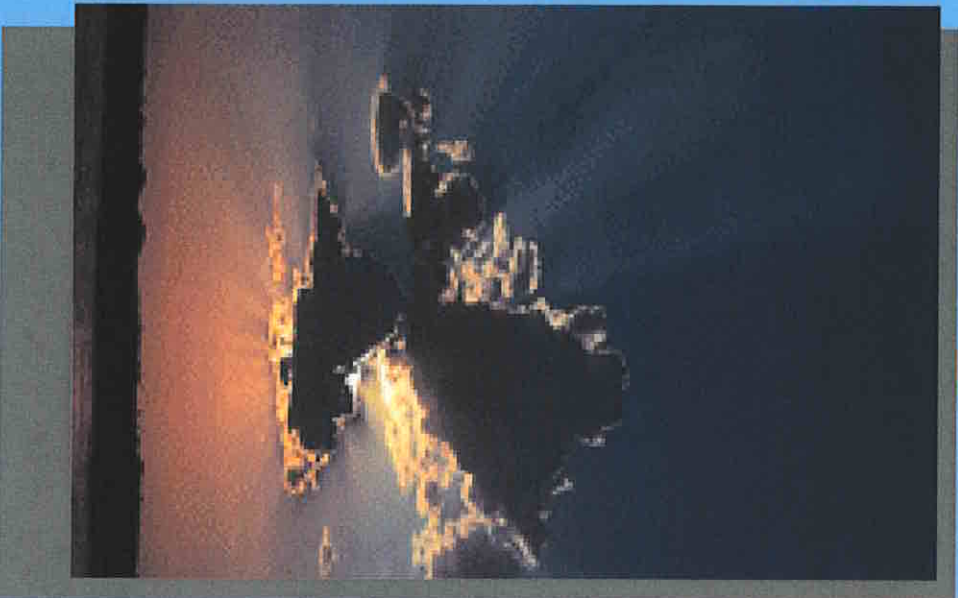


NNADAP

Louise Ashawasegai

January 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |



Louise Ashawasegai
NNADAP

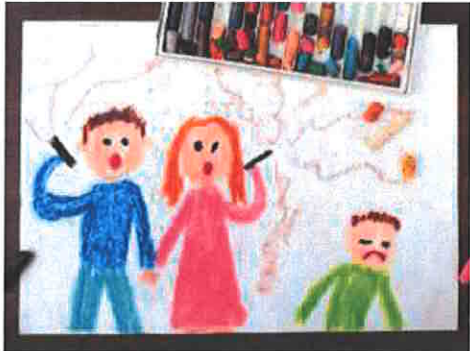
Secondhand marijuana smoke and kids

Posted June 05, 2018, 10:30 am



Claire McCarthy, MD

Faculty Editor, Harvard Health Publishing



For years, we've talked about the danger to children of secondhand tobacco smoke. It makes asthma worse, increases the risk of respiratory and ear infections — and even increases the risk of sudden death in infants. We've had all sorts of educational campaigns for parents and caregivers, and have made some progress: between 2002 and 2015, smoking among parents of children less than 18 years old dropped from 27.6% to 20.2%. But now there is a new problem: secondhand marijuana smoke.

Studies show that when you are around someone who is smoking marijuana, the smoke gets into your system too. How much of it gets in depends on how close the person is, how many people are smoking and how much, how long you spend near them, and how much ventilation there is in the space. But research is clear that cannabinoids, the chemicals that cause the “high,” get into the bodies of people nearby — including children.

During the same time period that cigarette smoking around children came down more than 7%, marijuana smoking around children went up nearly 5%. With more and more states legalizing marijuana for recreational use, that number is likely to continue going up.

This is not good. Besides the fact that we don't want children getting high, or exposed to the dangers of inhaled secondhand marijuana smoke, there is the additional concern about long-term effects on the brain. While research is still ongoing, there is evidence to suggest that when youth and young adults (whose brains are still developing) are exposed to marijuana, it may have permanent effects on executive function, memory, and even IQ.

This is not what we want for our children.

All the advice we give to parents who smoke tobacco applies to parents who smoke marijuana, including:

- The best thing for you and your child is to not smoke at all. Talk to your doctor about ways to quit.
- If you do smoke, don't smoke around your child, ever.
- Even if your child isn't around, don't smoke somewhere they will be, like your home or your car. Smoke lingers.
- After you smoke, change your clothes and wash up. Again: smoke lingers.

As legal use of marijuana grows more common, we need to create the same kinds of rules and laws we've created to protect people from secondhand tobacco smoke.

Just because something is legal doesn't mean it's safe. And when we make choices that have risks, it's not fair to impose those risks on other people — especially children, and especially when they could literally be harmed for the rest of their lives.

HIFN Daycare
January 2020
Newsletter

Happy New Year! Wishing all near & Far a year of good health, prosperity, and prayers! May the Grandfathers be gentle and kind to those that are in need!

Well January 2020 is upon us and the New Year has arrived. With it hope for good health, Happiness and a year of Positive Thoughts and only good things coming our way! Happy New Year!

As we try to get back into the routine of work and back into work mode: we here at the Daycare will also be getting ready for our licensing again this year. A friendly reminder to Parents to Please send slippers to Daycare for your child to wear. Our topics this month are as follows:

| | |
|--------------------------|-------------------------|
| January 6-10, 2020: | Topic: Review Week |
| Monday January 6, 2020: | Staff Meeting |
| January 13 – 17, 2020: | Topic: Light Table Week |
| Monday January 20, 2020: | Staff Meeting |
| January 20-24, 2020: | Topic: Nursery Rhymes |
| January 27-31, 2020: | Topic: Big & Small |

As January starts, we will be getting ready for the year end and the reports that will be needed to complete the 2019/2020 year.

Thank You

C. Ashawasegai

Charlene Ashawasegai RECE
HIFN Daycare Program Supervisor

C.L Bennett

Carrie L. Bennett RECE
HIFN Daycare Worker

E. McQuabbie

Erin McQuabbie ECE
HIFN Daycare Worker

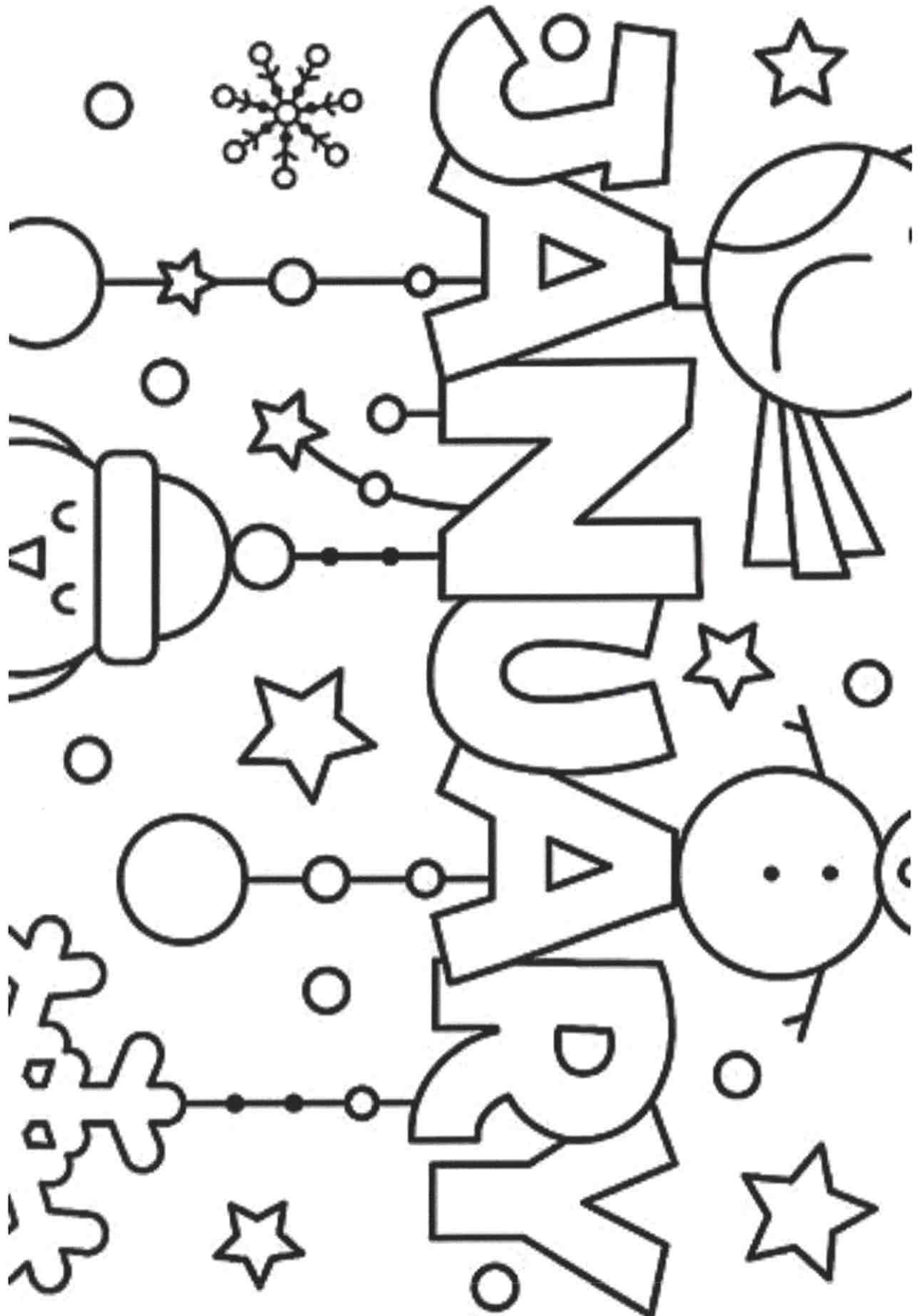
“What the new year brings to you will depend a great deal on what you bring to the new year.”

January 2020

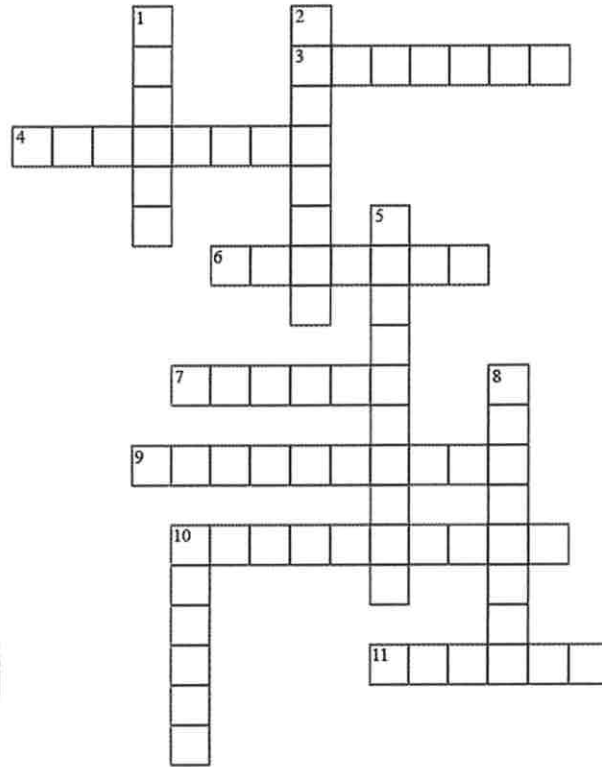
WINTER

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------------|--|--|--|---|---|
| 29 | 30 | 31 | 1 New Years Day | 2 | 3 | 4 |
| 5 | 6 STM | 7 Topic: Review Week | 8 This week it will be getting back into a routine with the children. | 9 after our Christmas Break the children are usually happy | 10 and excited to get back to their friends. Its playtime, and | 11 learning time. The children are always ready to go. |
| 12 | 13 Topic: Light Table Week | 14 During this week we will be using our two light tables to do | 15 craft activities with the children. We will be doing Suncatchers. | 16 Contact paper crafts, Nature on the light table, Magnetic files, | 17 Melting ice, Rainbow Milk etc | 18 |
| 19 | 20 STM | 21 Topic: Nursery Rhymes | 22 This week we will tongue tied and word twisting, and even some | 23 dancing and games. All topics will be nursery rhymes | 24 associated. So there will be moves never seen before. | 25 |
| 26 | 27 Topic: Big and Small | 28 During this week the children will be sorting, stacking, | 29 compare, play in this topic of small and big. Our storytime will | 30 include this area also. Along with fingerplays, and music. | 31 | 1 |
| 2 | 3 Notes | | | | | |





New Year Crossword



| Across | Down |
|--|---|
| <p>3. A "good luck" vegetable that is consumed on New Year's Day</p> <p>4. Twelve 'o clock at night, the highest point of New Year's celebrations</p> <p>6. The month that follows December 31st is</p> <p>7. A ceremonial procession including people marching with bands</p> <p>9. A promise to do something in the new year</p> <p>10. A horn or rattle used to make noise at a party</p> <p>11. People born on New Year's Day are commonly called New Year _____</p> | <p>1. Polar Bear _____, a New Year's activity that requires you to enter into water, mainly for charity</p> <p>2. The famous song, "Auld Lang Syne, commonly sung to bring in the new year originated in</p> <p>5. He is the personification of time</p> <p>8. Small pieces of coloured paper or streamers</p> <p>10. The Iranian new year holiday is called this</p> |

CDC Features

Be Prepared to Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.

Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.



Take These Steps for Your Home

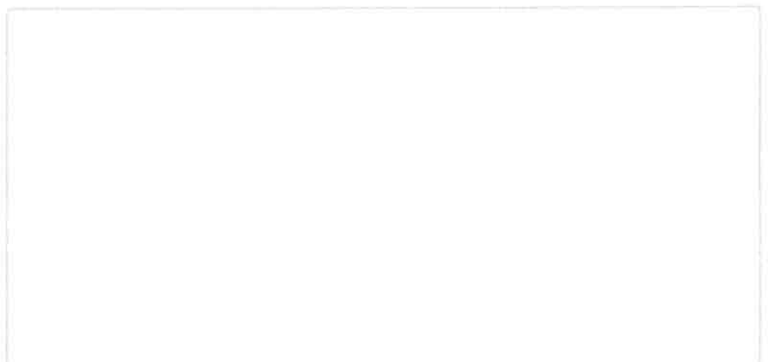
Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- Winterize your home.
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks.
- Check your heating systems.
 - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
 - If you do not have a working smoke detector, install one. Test batteries monthly and replace them twice a year.
 - Have a safe alternate heating source and alternate fuels available.
 - Prevent carbon monoxide (CO) emergencies.
 - Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
 - Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Don't Forget to Prepare Your Car

Get your car ready for cold weather use before winter arrives.

- Service the radiator and maintain antifreeze level.



- Check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
 - cell phone, portable charger, and extra batteries;
 - blankets;
 - food and water;
 - booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
 - compass and maps;
 - flashlight, battery-powered radio, and extra batteries;
 - first-aid kit; and
 - plastic bags (for sanitation).



Get your car ready for cold weather use before winter arrives.

Equip in Advance for Emergencies

Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
 - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
 - extra batteries;
 - first-aid kit and extra medicine;
 - baby items; and
 - cat litter or sand for icy walkways.
- Protect your family from carbon monoxide.
 - Keep grills, camp stoves, and generators out of the house, basement and garage.
 - Locate generators at least 20 feet from the house.
 - Leave your home immediately if the CO detector sounds, and call 911.



Wear appropriate outdoor clothing: layers of light, warm clothing; windproof coat, mittens; hats; scarves; and waterproof boots.

Take These Precautions Outdoors

Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
 - Work slowly when doing outside chores.
 - Take a buddy and an emergency kit when you are participating in outdoor recreation.
 - Carry a cell phone.

Do This When You Plan to Travel

When planning travel, be aware of current and forecast weather conditions.

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Follow these safety rules if you become stranded in your car.
 - Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your engine is running).
 - Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.



Be prepared to check on family and neighbors who are especially at risk from cold weather hazards.

- Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets, or newspapers. Huddle with other people if you can.
- Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.

Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

Be sure to visit CDC's [Winter Weather](#) webpage for more winter weather safety tips.

Page last reviewed: December 9, 2019
Content source:
[National Center for Environmental Health](#)



Slow Cooker Rice Pudding

Total: 4 hrs 5 mins

Prep: 5 mins

Cook: 4 hrs

Yield: 4 servings

Nutritional Guidelines (per serving)

| | | | |
|----------|-----|-------|---------|
| 345 | 21g | 37g | 5g |
| Calories | Fat | Carbs | Protein |

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

14 RATINGS

Did you think that you could make dessert in your slow cooker? This slow cooker rice pudding recipe is one of those desserts you'll want to make again and again because it is so easy. Sprinkle some cinnamon on top before serving to make it look extra special. Bananas and strawberries also make a nice topping for this rice pudding recipe.

Ingredients

1/2 cup [jasmine](#), basmati or other long-grain brown rice (white rice is okay)

1/3 cup granulated sugar

1 can coconut milk (light is okay)

1 1/2 cups 2% or whole milk

1 tablespoon butter

1 teaspoon vanilla

1 teaspoon cinnamon

Steps to Make It

- 01 Spray the slow cooker stoneware with cooking spray.
- 02 Add all ingredients to the [slow cooker](#). Stir, cover, and cook on high 4 to 6 hours.

Recipe Tags:

Rice

Dessert

American

Back To School