



# DECEMBER 2023



**BINGO!**

Ontario Works  
BINGO  
December 12



Bake N Share  
December 7



Bun Venture  
December 14

*We are*  
**HIRING**  
Job Opportunities  
inside



Christmas Bingo  
December 12

**MEETING**

Band Council Meeting  
December 18, 2023

*Christmas*  
**PARTY**

Saturday December 16, 2023

*Happy*  
**Holiday**

*Sorry we're*  
**CLOSED**

Closed for Holidays, on Dec. 20th @ 11:00am  
Re-Open Jan. 8th

**2024** 

2024 Calendars are ready  
to be picked up!



We're closed!

Buildings closed on  
December 20th @ 11am for  
Staff Christmas Party!  
Gas Bar will be closed  
December 20th from  
11am- 1pm



# Community Band Council Meeting

Monday December 18, 2023

6:00 PM @ Fire Hall

## Topics

- Agenda
- Council Reports
- Staff Reports





# ONTARIO WORKS CLIENTS!

*Help is needed!!*

## ***The Details:***

Looking for O.W. Clients to assist in  
decorating for Christmas Party on Friday  
December 15 -8:30am to 4:30pm and also  
on Saturday December 16 -8:30am to  
4:30pm and also clean-up after the Party.



***INCENTIVE TO BE PROVIDED  
TO THOSE WHO VOLUNTEER!***

Call Darcy at Health Centre to add name  
to volunteer list!

705-857-1221

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# HENVEY INLET FIRST NATION Closure Dates

Administration Office, Daycare, Health Centre,  
Lands Office, Library, NGIG Power, Pickerel  
Contracting & Water Plant will be closed starting  
Dec. 20th @ 11:00AM.

Closed:

December 20 @ 11am for  
Staff X-mas Party.

Reopening:

January 8, 2024

Gas Bar will be closed on December 25th, 26th and  
January 1, 2024



## 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 D. Brennan  
Brenda D. Contin  
Lionel R.M. Fox  
Carl Ashawasagai  
Stanley K. Moses  
Deborah Newton  
Maureen A. Kagagins

## MEMORANDUM

To: Band Members  
From: Millie Pawis, Director of Finance  
Date: November 20, 2023  
Re: Annual Christmas Party 2023

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Members are reminded that it's the responsibility of the parent(s) to purchase their child(ren)'s Christmas gifts to be placed under the tree and handed out by Santa at this year's Annual Christmas Party. Listed below is the process parents are expected to follow:

1. The parent/guardian will call the Administration Office to confirm their attendance to the Annual Christmas Party, by the deadline.
2. A designated staff member of HIFN will be responsible for purchasing the required number of Prepaid VISA or MasterCard's as per the list of attendees.
3. The parent/guardian will purchase their respective child/children gift(s) before the Annual Christmas Party.
4. The parent/guardian must attend the Annual Christmas Party on the date set, along with their child/children and bring their wrapped gifts.
5. When the parent/guardian arrive, they will sign in with the designated staff member of HIFN to confirm their attendance, they will then provide a "duplicate gift receipt" that details the purchase of the gift for their child/children enabling the retention of the original receipt by the parent/guardian.
6. The parent will then be responsible for putting the gift under the tree.
7. As gifts are distributed, the parents/guardians are to return to the designated staff member to receive a Prepaid VISA or Mastercard for up to the maximum \$200 value as their reimbursement or each child/children's gift.
8. Anyone who does not attend the Annual Christmas Party will not be reimbursed.

This year's Annual Christmas Party is set for December 16, 2023, Dinner starting at 5:00pm.

The Deadline for calling the Administration Office (705)857-2331 to notify us of your attendance is Thursday December 7, 2023 by 4:30pm. Please give your information to Rachel Kagagins, Receptionist.

Thank you.

/MP

Director of Finance/Administration





# Henvey's Annual Christmas Party 2023

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You're invited for some holiday cheer to  
celebrate this special time of year!

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Saturday December 16th, 2023

Feasting starts at 5:00pm

Special Visitor to arrive at

7:00 pm

O & M Building- 14 Sandpit Road





# Christmas Party Agenda

Saturday December 16, 2023

4:00 PM- Shuttle Pick up in Bekanon

5:00 PM- Dinner

6:00 PM- Christmas Festivities

7:00 PM- Special Visitor

8:30 PM- Penny Table Social/Food Hamper Draws

9:00 PM- Shuttle return to Bekanon

**PLEASE BRING FEAST BUNDLES!!!!**





## Directions to O & M Building:

## O&M Building - Behind baseball field

Red line shows where to go to get to O&M Building. (Red dot)



**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  
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Brenda D. Contin  
Lionel R.M. Fox  
Carl Ashawasagai  
Stanley K. Moses  
Deborah Newton  
Maureen A. Kagagins

# MEMORANDUM

To: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: November 28, 2023

**Re: Employment Opportunities**

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Henvey Inlet First Nation is currently accepting applications for the following positions:

- 1) Ontario Works Administrator – 1 Position
- 2) Adult Education Teacher – 1 Position
- 3) Band Representative – 1 Position
- 4) Secondary School Bus Driver – 1 Position

See attached job postings for more information.

Be sure to check local communication boards or our website at [www.hifn.ca/community-2/job-postings-2.html](http://www.hifn.ca/community-2/job-postings-2.html) for regular job posting updates.

Miigwetch,

Samantha Bradley, PCP  
Human Resources Coordinator





## EMPLOYMENT OPPORTUNITY

# ONTARIO WORKS ADMINISTRATOR

**\*RE-POST\***

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### **POSITION SUMMARY**

Henvey Inlet First Nation is seeking a full-time **Ontario Works Administrator** to join our Administration. The Ontario Works Administrator reports to the Director of Finance/Administration and is responsible for the financial management and administration of the Social Assistance Program to ensure effective, efficient and accurate operations in accordance with the Ontario Works (OW) directives and current legislation. The Ontario Works Administrator is also responsible for assessing eligibility requirements of applicants seeking assistance based on the Ontario Works Act. This position requires exceptional organizational and interpersonal communication skills.

***Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.***

### **MAIN RESPONSIBILITIES**

The Ontario Works Administrator will be responsible to:

- Research, develop and plan OW program structure and seek and apply for program funding
- Assist in the coordination and delivery of workshops, info sessions and other Social Assistance Program events
- Carry out interviews and complete applications to assess and determine eligibility of clients under the Ontario Works Act
- Refer and help clients apply for other available sources of income including CPP, EI, ODSP, etc.
- Connect with external agencies and program sponsors to develop employment opportunities for OW clients
- Maintain a broad knowledge of local resources available to assist clients in achieving goals
- Build and maintain trusting and supportive client relations
- Prepare and send written correspondence to clients
- Conduct annual reviews to ensure on-going client eligibility and facilitate and monitor operation for an effective appeal process
- Monitor client's monthly expenditures on bill payments and provide budget assistant in accordance with policies and procedures as required
- Order and purchase appliances, beds and other approved items for eligible clients
- Prepare funding submissions for reimbursement
- Provide current information to clients related to available services including changes to existing services
- Monitor and verify the monthly client reporting requirements and ensure adherence to applicable policies and legislation
- Ensure all Ministry reporting requirements are met in a timely manner, including the completion and submission of all required agency forms, agreements, budgets and reports
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Develop and maintain professional working relationships with external agencies and program sponsors including but not limited to Aboriginal Affairs and Northern Development Canada (AANDC), Indigenous Services Canada (ISC), Employment and Social Development Canada (ESDC), Ministry of Community, Children and Social Services (MCSS), Canada Revenue Agency (CRA)
- Liaise and consult with the Ministry Program Supervisor on issues and available opportunities to enhance the OW program
- Ensure the ongoing assessment of community needs are identified and appropriate adjustments to program goals and objectives are recommended
- Ensure newly revised services based on prior assessment and recommendations are implemented where possible
- Liaise with federal and provincial representatives and other First Nations on OW negotiations and update the Director of Finance/Administration and Chief and Council on new negotiation developments
- Work collaboratively and cooperatively with all community professionals, departments and colleagues including Economic Development and Finance

- Prepare and monitor annual program budget and present quarterly program financial reports to the Director of Finance/Administration
- Prepare full briefing notes for the Director of Finance/Administration and Chief and Council on program issues and concerns
- Develop and maintain accurate, up-to-date and concise work files
- Create and maintain a secure filing system with gathered information on all clients accessing support services in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Attend and actively participate in external continuous learning opportunities that affect the delivery of the OW program and maintain up-to-date knowledge on current industry regulations, trends and practices
- Participate in mandatory training workshops as required
- Attend and actively participate in team, staff and community meetings
- Perform other duties as assigned from time-to-time by the Band Representative Lead, Director of Finance/Administration or Chief and Council

## **QUALIFICATIONS**

- Grade 12 diploma or equivalent required; Post-secondary degree or diploma in Social Services, Human Services or other related field preferred
- 3-5 years of experience working in a social services setting, preferably managing the delivery of income maintenance and employment programs
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C an asset
- A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Previous experience working within a First Nations organization an asset
- Full understanding of the Ontario Works Social Assistance Program, the Ontario Works Act, and other relevant legislation and government programs
- Excellent financial literacy and working knowledge of financial processes
- Ability to process financial transactions for clients per OW regulations
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients, community agencies and affiliates
- Ability to mentor clients and intervene when additional support services and referrals are needed
- Knowledge of relevant community-based, and external support programs and services available
- Strong public speaking and advocacy skills
- Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Ability to collaboratively with colleagues in all departments to support client needs
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- Willingness to travel for work when needed
- Willingness to work flexible hours, including on-call, evenings and weekends when requested

## **HOURS OF WORK**

Full-Time – up to 35.5 hrs/week

## **REMUNERATION**

Negotiable based on experience



**START DATE**

As soon as possible

**APPLICATION DEADLINE**

Open until 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.



## EMPLOYMENT OPPORTUNITY

# ADULT EDUCATION TEACHER

**\*RE-POST\***

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### **POSITION SUMMARY**

Henvey Inlet First Nation is seeking a temporary, part-time **Adult Education Teacher** to join our Administration for a six-month contract. The Adult Education Teacher reports to the Education Counsellor and is responsible for planning, organizing and implementing an appropriate instructional program in a learning environment that guides and encourages adult students to develop and fulfill their academic potential. The Adult Education Teacher is also responsible for supervising and evaluating students' progress and understanding of the school board's curricula while maximizing student-learning experiences. This position requires excellent interpersonal communication skills and strong leadership skills.

### **MAIN RESPONSIBILITIES**

The Adult Education Teacher will be responsible to:

- Maintain a welcoming, safe and healthy learning environment for all staff and students
- Prepare course objectives and outline for course of study following curriculum guidelines or requirements of the school board
- Deliver planned and approved curriculum to students in an age-appropriate manner
- Instruct students using various teaching methods that support the individual learning styles of each student
- Develop realistic learning goals that challenge the student
- Assign lessons and homework to aid and enforce comprehension and retention
- Administers tests to evaluate student's progress, record results and issue progress reports
- Meet with students to discuss progress and counsel students on areas needing academic improvement
- Assist student with establishing routines while providing them with positive guidance and building their confidence
- Keep and maintain attendance records and provide monthly progress reports to the Education Counsellor and Chief and Council
- Update all necessary records accurately and completely as required by laws, district policies and school board regulations
- Develop and maintain current, accurate and confidential student files in a secure location
- Ensure that classroom and teaching areas are clean, organized and safe at all times
- Set up and put away teaching materials needed to facilitate program objectives
- Keep up-to-date with developments in subject area, teaching resources and methods and make relevant changes to instructional plans and activities to incorporate emerging best practices
- Participate in and attend all training, meetings and functions as required for work or requested by supervisor, Director of Finance/Administration or Chief and Council
- Deal tactfully with colleagues, students, membership and the public
- Present a positive and professional image of the organization at all times
- Adhere to all HIFN Policies and Procedures
- Perform other duties as assigned from time-to-time by supervisor, the Director of Finance/Administration or Chief and Council

### **QUALIFICATIONS**

- Bachelor's of Education degree from an accredited institution required; University or College degree in a teachable subject preferred
- 1-3 years previous teaching experience in an adult education environment preferred



- Knowledge and understanding of school board policies, curriculum, compliance regulations and appropriate legislation
- Exceptional knowledge of the traditions of the First Nation Community preferred
- Strong knowledge of adult teaching methods and the ability to recognize individual learning styles and the characteristics of learners
- Current satisfactory CPIC Vulnerable Sector Police Check
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle preferred
- Current First Aid and CPR Level C an asset
- Strong working knowledge of Microsoft Word, Excel and PowerPoint
- Excellent interpersonal communication skills and the ability to inspire and encourage students in achievement of academic excellence
- Excellent written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proactive approach to problem solving with strong decision-making capability
- Excellent negotiation and mediation skills
- High levels of patience and energy
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Willingness to participate in ongoing learning

#### **HOURS OF WORK:**

Part-Time – 16 hours per week

#### **REMUNERATION**

Negotiable based on experience

#### **START DATE**

As soon as possible

#### **APPLICATION DEADLINE**

Posted until filled

Those interested in applying should submit their resume, cover letter, driver's abstract and CPIC 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)

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## EMPLOYMENT OPPORTUNITY

### BAND REPRESENTATIVE

**\*RE-POST\***

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#### **POSITION SUMMARY**

Henvey Inlet First Nation is seeking a full-time **Band Representative** to join our Administration. The Band Representative reports to the Band Representative Lead and is responsible to represent and advocate for Henvey Inlet First Nation members that are involved with any child welfare agencies throughout Canada. This position requires exceptional interpersonal communication skills and strong organization skills.

***Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.***

#### **MAIN RESPONSIBILITIES**

The Band Representative will be responsible to:

- Assist with the development of a program structure for Henvey Inlet First Nation in collaboration with the Band Representative Team
- Assist with the establishment of a Child Welfare Committee and collaboratively develop Henvey Inlet First Nation child welfare laws, regulations and practices
- Provide support services to Henvey Inlet First Nation members that are currently or may be involved with child welfare agencies
- Establish and develop an active working relationship with all child welfare agencies throughout Canada
- Respond to all child welfare agencies when notified of any members being involved with their agency
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Develop a plan of care for HIFN members and ensure that a legal representative is aware of all court files as necessary
- Ensure that customary care is practiced with all band members before court is considered
- Participate in all Service Plans, Plans of Care or Service Development for Henvey Inlet band members
- Assist with the development of BCR's as needed with full briefing notes for Chief and Council
- Review CCAs prior to seeking Chief and Council's approval for BCRs
- Present in-camera sessions with a report to Chief and Council monthly or when required
- Build and maintain trusting and supportive client relations
- Attend all court proceedings related to band member child welfare cases as required
- Act as a representative of Chief and Council when they are unable to attend courtroom proceedings for child welfare cases
- Present information and documents to the courts on behalf of Chief and Council for child welfare cases
- Act as a support system to band members required to attend child welfare court proceedings
- Maintain an empathetic and supportive demeanor to band members and their families
- Liaise with Chief and Council regarding court proceedings and outcomes
- Maintain a log of activities that are participated in on behalf of the band
- Create and maintain a secure filing system with gathered information on all our members with open files with each child welfare agency throughout Canada in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Take interest in continuous learning and maintain up-to-date knowledge on current industry regulations, trends and practices
- Participate in mandatory training workshops as required
- Attend and actively participate in staff and community meetings
- Perform other duties as assigned from time-to-time by the Band Representative Lead, Director of Finance/Administration or Chief and Council



## **QUALIFICATIONS**

- Post-secondary certificate, degree or diploma in Social Services, Family Services, Child and Youth Services or other related field
- Current and satisfactory Vulnerable Sector Police Check
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current First Aid and CPR Level C an asset
- A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Previous experience working within a First Nations organization an asset
- Knowledge of the history of child welfare as it pertains to First Nations' communities
- Full understanding of the Child and Family Services Act (CFSA), Bill C92, federal and provincial child welfare laws and regulations and Customary Care Agreements
- Previous courtroom and public speaking experience
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients and affiliates
- Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Ability to work independently and as part of a team
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- Willingness to travel for work when needed
- Willingness to work flexible hours, including on-call, evenings and weekends when requested

## **HOURS OF WORK**

Full-Time – 35.5 hrs/week

## **REMUNERATION**

Negotiable based on experience

## **START DATE**

As soon as possible

## **APPLICATION DEADLINE**

Posted until 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)

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**EMPLOYMENT OPPORTUNITY**  
**SECONDARY SCHOOL BUS DRIVER**  
**\*RE-POST\***

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**POSITION SUMMARY**

Henvey Inlet First Nation is seeking a **Secondary School Bus Driver** to join our Administration for a temporary, 9-month contract for the 2023-24 school year. The Secondary School Bus Driver reports to the Education Counsellor and is responsible for transporting students of various ages to and from their homes and respective schools in a timely and safe manner and in accordance with MTO driving regulations, Ontario traffic laws and safe driving practices. This position requires excellent organization, communication and customer service skills.

**MAIN RESPONSIBILITIES**

The Secondary School Bus Driver will be responsible to:

- Ensure bus is well-maintained and operational by conducting daily safety checks on both interior and exterior of school bus prior to operating vehicle
- Report any bus malfunctions or needed repairs
- Safely deliver students to and from their homes and schools, following the assigned time schedule.
- Assist students with boarding and exiting the bus and while crossing the street as needed
- Adhere to and enforce bus safety rules and standards
- Comply with traffic regulations to operate vehicles in a safe and courteous manner
- Resolve any conflicts in a positive, respectful and proactive manner
- Complete an Ontario School Bus Inspection Log Book and Drivers Time Log Book on a daily basis
- Fuel the bus at HIFN Gas Bar as required, notifying the Gas Bar Attendant which bus they are fueling to ensure the correct account is charged
- Transport busses to maintenance and service appointments as required
- Cleaning of the interior of the bus daily and restocking bus supplies when necessary
- Regularly report on the operations of daily runs to the Education Counsellor
- Be available by phone at all times during the school day
- Be informed on protocols for the bus's ability to transport students when weather or safety conditions are a concern
- Other duties as assigned from time to time by the Supervisor, Chief and Council or the Director of Finance/Administration.

**QUALIFICATIONS**

- Grade 12 diploma or equivalent preferred
- Valid Ontario Class B or E Driver's License required
- Clear Driver's Abstract
- Clear CPIC – Vulnerable Sector Police Check
- Current First Aid and CPR Level C

- Previous school bus driver experience preferred
- Knowledge of the Ontario Highway Traffic Act and school bus regulations
- Knowledge of First Nations customs, traditions and language an asset
- Excellent driving skills and habits
- Ability to remain attentive when faced with distractions
- Excellent customer service and written and verbal communication skills
- Exceptional organization and time-management skills
- High level of personal integrity and accountability

### **HOURS OF WORK**

Full-Time – 40 hrs/week

### **REMUNERATION**

Based on experience

### **START DATE**

As soon as possible

### **APPLICATION DEADLINE**

Open until filled

Those interested in applying should submit their resume, cover letter, driver's abstract and CPIC 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)

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## **HENVEY INLET FIRST NATION**

# **METHADONE CLINIC**

# **HOLIDAY HOURS**

**PLEASE BE ADVISED THAT THE CLINIC  
WILL ONLY OPEN FOR 2 HRS FROM DEC.  
21<sup>ST</sup> – JAN. 5<sup>TH</sup>, 2024. CLOSED ON THE  
WEEKENDS AND ON DEC 25<sup>TH</sup> & JAN. 1<sup>ST</sup>  
HOURS OF OPERATION WILL BE FROM  
8:30 AM – 10:30 AM!!!  
NORMAL HOURS WILL RESUME ON JAN.  
8<sup>TH</sup>, 2024.**

**THERE WILL BE NO PICK UPS FROM  
PHARMACY DURING THE HOLIDAY  
CLOSURE.**

**ANY OFF RESERVE OATC CLIENTS ARE TO  
NOTIFY THEIR DR'S PRIOR TO DEC. 15<sup>TH</sup> IF  
THEY PLAN TO DOSE IN HENVEY OVER  
THE HOLIDAYS.**

**Brenda Contin or Debbie Brennan  
705-857-3449**



# 2024 HIFN CALENDARS ARE READY TO BE PICKED UP!

**DON'T!  
FORGET!**

## 1 PER HOUSE HOLD!

See Darcy at Health Center to pick  
yours up!

# **MEDICAL TRANSPORTATION OVER HOLIDAYS**



**Medical Transportation will be for  
EMERGENCIES ONLY over the  
holidays!**

**Feel free to come & pick up Community  
Submissions for any appointments  
over the holidays.**

Call us for Emergencies  
Only: **705-988-0852**



**Henvey Inlet First Nation Health Centre**





# **NOELVILLE PHARMACY MEDICATION DELIVERY**

**FOR OVER HOLIDAYS**



Noelville Pharmacy will be continuing with Medication delivery every **TUESDAY** over the holidays. Pharmacy is closed on December 26th and that delivery will be December 27th.

If any clients wish to order a 3-week supply, you may call the Pharmacy at 705-898-2999 to request a 3-week supply before December 15th (only available for non-restricted medications)

If you will not be home on Tuesdays, please call the pharmacy to arrange a place to drop meds off.

Clients will be responsible to pick up their own medication if they miss the delivery.



## Robinson Huron Treaty LITIGATION FUND

Atikameksheng  
Anishnawbek

Aundeck Omni  
Kanig

Batchewana  
First Nation

Dokis First Nation

Henvey Inlet  
First Nation

M'Chigeeng  
First Nation

Magnetawan  
First Nation

Mississauga  
First Nation

Nipissing  
First Nation

Ojibways of  
Garden River

Sagamok  
Anishnawbek

Serpent River  
First Nation

Shawanaga  
First Nation

Shegulandah  
First Nation

Sheshegwaning  
First Nation

Thessalon  
First Nation

Wahnapiitae  
First Nation

Wasauksing  
First Nation

Whitefish River  
First Nation

Wiiikwemkoong  
Unceded Territory

Zhiibaahaasing  
First Nation

### FRAUD/SCAM ALERT

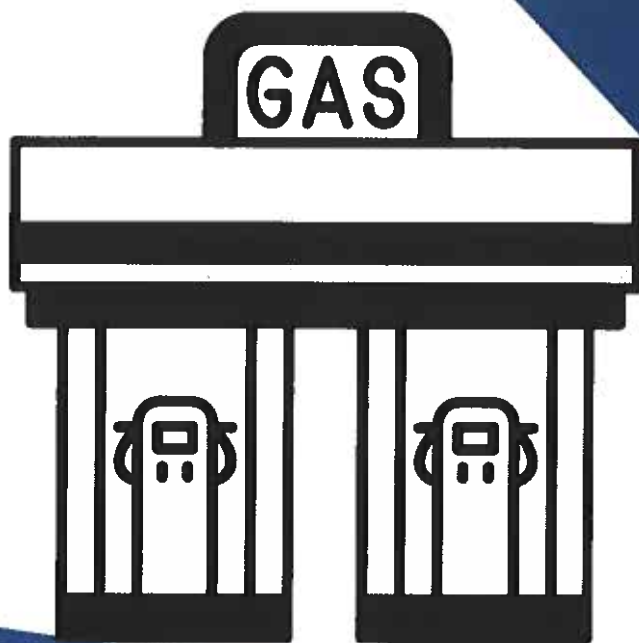
The Robinson Huron Treaty Litigation Fund (RHTLF) wishes to alert members of fraudulent letters being sent to beneficiaries about RHT settlement payments being processed. These letters are branded with government and/or RHTLF logos and ask for individuals to provide personal and banking information to confirm their eligibility for distribution. Once details are provided, it promises to either direct deposit or mail a cheque.

Please note that the RHTLF and the Governments of Canada and Ontario have not started to make any settlement payments and will not ask for your financial information via mail, e-mail or text. If you think that a recent communication that you received might be a scam, please contact your First Nation office, email us to [info@robinsonhurontreaty1850.com](mailto:info@robinsonhurontreaty1850.com) or send us a direct message on social media to verify its credibility.

Here are some tips for protecting yourself against scams:

- Do not open email from people you don't know. Try reaching out to the sender directly via their official emails or phone numbers to make sure that it is legitimate. Do not click on any links in an email unless you are sure it is safe.
- Look at the branding carefully. Scammers tend to use logos, email or postal addresses that are very similar to the legitimate senders. Check the communication you received carefully to see if there is a slight variation in spelling or logo to lure you.
- Be careful of clicking on suspicious links. Malicious links can also come from friends who have been compromised.
- Secure your personal information. Before providing any personal information, such as your date of birth, Social Security number, account numbers, and passwords, be sure the website is secure.
- Resist the pressure to act immediately. Scammers often use urgency as a tactic to get your information quickly. Please verify the credibility of an organization before sharing your personal information.





# **GAS BAR**

## **WINTER HOURS**

**STARTING OCTOBER 10, 2023**

**MONDAY TO FRIDAYS**

**8:00 AM TO 7:00 PM**

**SATURDAY AND SUNDAYS**

**8:00 AM TO 6:00 PM**





## Food Bank Intake Form

First & Last Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
(YYYY/MM/DD)

Email: \_\_\_\_\_

**Source of income (Please mark one)**

Ontario Works (OW)\_\_\_ Canada Recovery Caregiver Benefit (CRCB)\_\_\_ No Income\_\_\_ OAS\_\_\_ WSIB\_\_\_  
Canada Recovery Sickness Benefit (CRSB)\_\_\_ Canada Worker Lockdown Benefit (CWLDB)\_\_\_ Other\_\_\_  
CERB (Canada Emergency Response Benefit)\_\_\_ Child Support\_\_\_ Child Tax Benefit\_\_\_ CPP\_\_\_ EI\_\_\_  
Employed Part-Time\_\_\_ Employed Full-Time\_\_\_ Private Disability\_\_\_ Private Pension\_\_\_ Student Loans\_\_\_  
Provincial Disability(ODSP)\_\_\_ Scholarships\_\_\_ Spouse/Family Support\_\_\_ Universal Child Care Benefit\_\_\_

**Gender (Please mark one)**

Female\_\_\_ Male\_\_\_ Transgender\_\_\_ Other\_\_\_ Prefer Not To Answer\_\_\_

**Ethnicity/Origin/Race (Please mark one)**

Prefer not to answer\_\_\_ Indigenous\_\_\_ White\_\_\_ South Asian\_\_\_ Chinese\_\_\_ Black\_\_\_ Filipino\_\_\_  
Latin American\_\_\_ Arab\_\_\_ West Asian\_\_\_ Korean\_\_\_ Japanese\_\_\_ South East Asian\_\_\_ Other\_\_\_  
Didn't Ask\_\_\_ Don't Know\_\_\_

**Disability (Please mark one)**

Yes\_\_\_ No\_\_\_ Prefer Not To Answer\_\_\_ Don't Know\_\_\_ Didn't Ask\_\_\_

**Have you lived in Canada for more than 10 years (Please mark one)**

Yes\_\_\_ No\_\_\_ Prefer Not To Answer\_\_\_ Don't Know\_\_\_ Didn't Ask\_\_\_  
(if the answer is no Month/Year of arrival in Canada\_\_\_\_\_)

**Are you currently a University or College Student (Please mark one)**

Yes\_\_\_ No\_\_\_ Prefer Not To Answer\_\_\_

**Highest Education Level Completed (Please mark one)**

Grade 0-8\_\_\_ Grade 9-11\_\_\_ Highschool Diploma\_\_\_ OAC\_\_\_ Post Secondary(some)\_\_\_  
Trade Certificate/Professional Accreditation\_\_\_ 2 Year Degree\_\_\_ 4 Year Degree\_\_\_  
Masters Degree\_\_\_ PHD\_\_\_ Don't Know\_\_\_ Didn't Ask\_\_\_ Prefer Not to Answer\_\_\_

**Country of Education:** \_\_\_\_\_



Address (include apartment or unit numbers & Postal Code)

\_\_\_\_\_

**Referred By** (Please mark one)

Client/Family/Friend\_\_ EI\_\_ Unions\_\_ Media/News/Outreach\_\_ ODSP\_\_ OW\_\_  
Other Food Bank Agency\_\_ Programs within agency\_\_ Didn't Ask\_\_ Don't Know\_\_  
Prefer Not to answer\_\_ Other (Please Specify)\_\_\_\_\_

**Dietary Considerations**

Prefer not to answer\_\_ Didn't Ask\_\_ Don't Know\_\_ Diabetic\_\_ Other (please Specify)\_\_\_\_

\_\_\_\_\_

**Housing type** (Please mark one)

Emergency Shelter / Mission / Transitional\_\_ Evacuee\_\_ Own Home\_\_ Private Rental\_\_  
Unhoused\_\_ Public (Social) Housing\_\_ Undisclosed\_\_ Youth Home/Shelter\_\_ Didn't Ask\_\_  
With Family/Friends\_\_ Other\_\_ Don't Know\_\_ Prefer Not to Answer\_\_

**Other Household Members**

First & Last Name	Birth Date(YYYY/MM/DD)	Relationship	Gender
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Pets (cats/dogs please list how many and what kind): \_\_\_\_\_

Instant/Perked coffee(which do you prefer?): \_\_\_\_\_

Do you drink Tea (herbal, black, orange pekoe?): \_\_\_\_\_

Do you use Sugar or Whitener (please list): \_\_\_\_\_

Signature: \_\_\_\_\_



## **Christmas Hamper Registration**

**Do you need help this  
Christmas?**

At The Salvation Army, we believe that everyone should feel the love and hope

Christmas brings.

Applications for the Christmas Hamper Program accepted by appointment from

**Monday November 22 - Friday December 1**

The Salvation Army  
Community & Family  
Services Parry Sound

To Book an  
Appointment  
Call : 705-746-5391  
before November

17





Date: NOVEMBER 8th, 2023

To: CHIEF & COUNCIL, STAFF & COMMUNITY MEMBERS

Fr: Judy Contin

Re: **Annual Christmas Penny Table**

Good day! I am requesting donations for our Penny Table which will take place at our annual Community Christmas Dinner on Saturday, December 16<sup>TH</sup>.

**Some suggestions are:** Gift baskets, Shovels, Warm gloves, Tim Hortons Lovers Coffee Pkg., Movie Gift Cards, Dish and/or Utensil sets, Gift cards, OLG scratch cards, monetary donation, Pot and Pan set, Hairbrush and Grooming Set, Makeup Set, Art Supplies, Camping Supplies, Christmas Decorations, Sleds, Mittens, Hats, Scarves, Warm socks, Christmas Wrap etc.

Please drop off your donation to RACHEL KAGAGINS at Reception or the Ontario Work office or contact us at 705-857-2331 for a pick up.

**Miigwetch!**

**P.S.** Your name will be placed on our "list of donators" which will be posted at the Christmas dinner to acknowledge your generosity and kindness.

**PROCEEDS TO FOOD BANK**

**ONTARIO WORKS**

**LUNCH N LEARN BINGO**



**DATE: TUESDAY, DECEMBER 12<sup>TH</sup>, 2023**

**TIME: 10:00 A.M AT WAGAMAKE LEARNING CENTRE**

**CAN ACCOMMODATE (8) PARTICIPANTS SO THE FIRST TO CALL IN OR DROP BY TO SIGN YOUR NAME ON THE BINGO SIGN-UP SHEET WILL BE OUR FIRST BINGO PLAYERS**

**LUNCH WILL BE PROVIDED**

**MIIGWETCH**



# ***Debbie Fox Retirement Luncheon***

***On Friday, October 27th, 2023, Debbie Fox Retired as the Henvey Inlet First Nations Librarian. She had worked as a Librarian for 23 years. A luncheon was held at the Maintenance and Storage facility, and all the staff attended.***

















***“Have a Great Retirement  
Debbie”...***



## Remembrance Day November 11, 2023...

*Many people have asked themselves, how did the bright red poppy? that we all wear in November, become Canada's symbol of honouring those who fought for our freedom on Remembrance Day.*

*Dr. John McCrae was the poet who wrote the poem "In Flanders Fields," Canada's \*wartime and peacekeeping endeavours, and the adoption of the poppy as our Remembrance Day Emblem.*

*" In Flanders Field",*

*In Flanders field, the poppies blow Between the crosses, rows on rows  
That marks our place and in the sky*

*The larks, still bravely singing, fly scarcely heard amid the guns below.*

*We are the dead. Short days ago*

*We lived, felt dawn, saw sunset glow, loved, and were loved, and \*lay  
In Flanders field.*

*Take up our quarrel with the foe*

*To you from failing hands, We throw the torch; be yours to hold it  
high.*

*If you break faith with we who die, we shall not sleep though poppies  
grow in Flanders fields.*

*October 8, 1915, Dr. John McCrae*

## In Flanders Fields

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

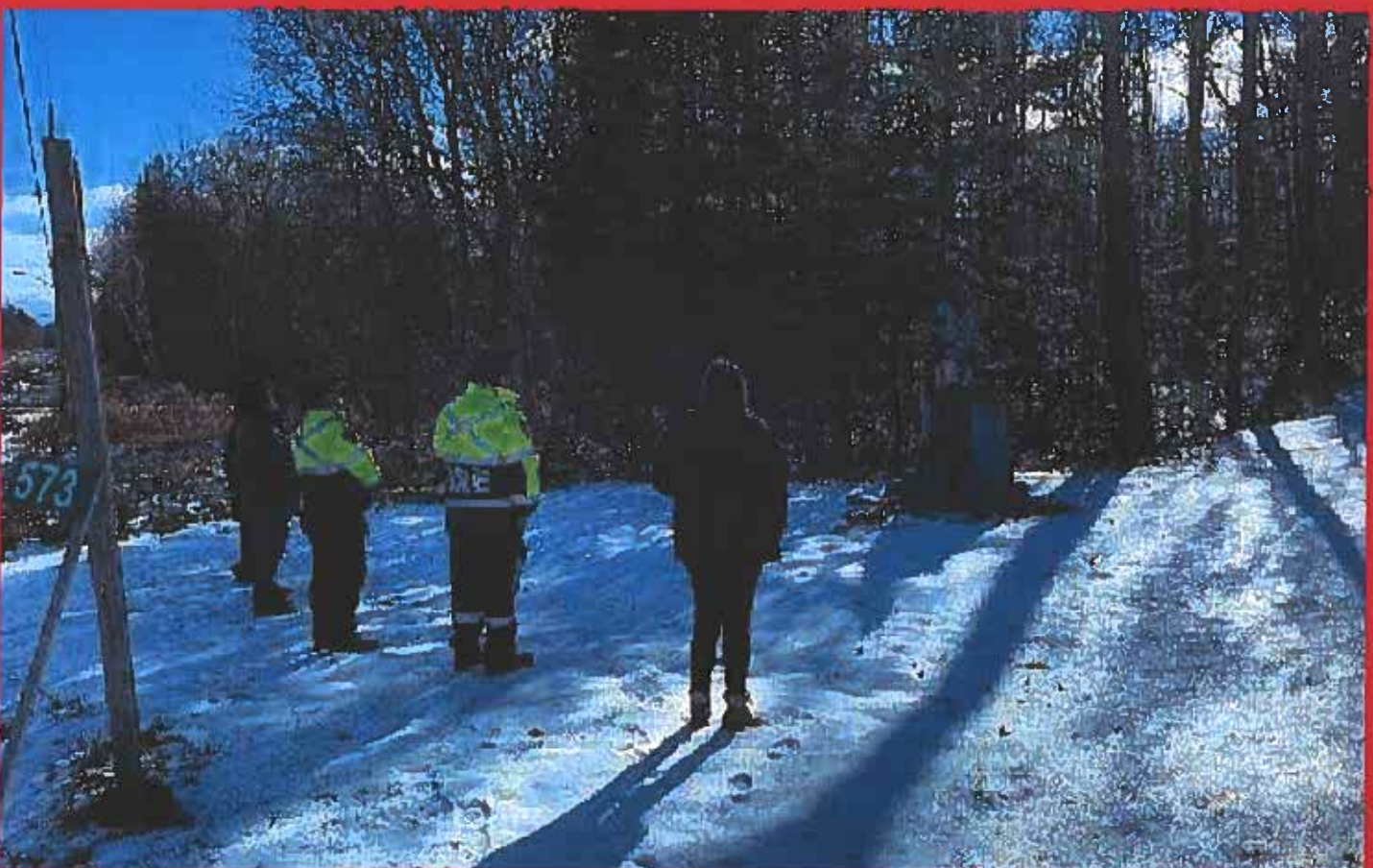
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields

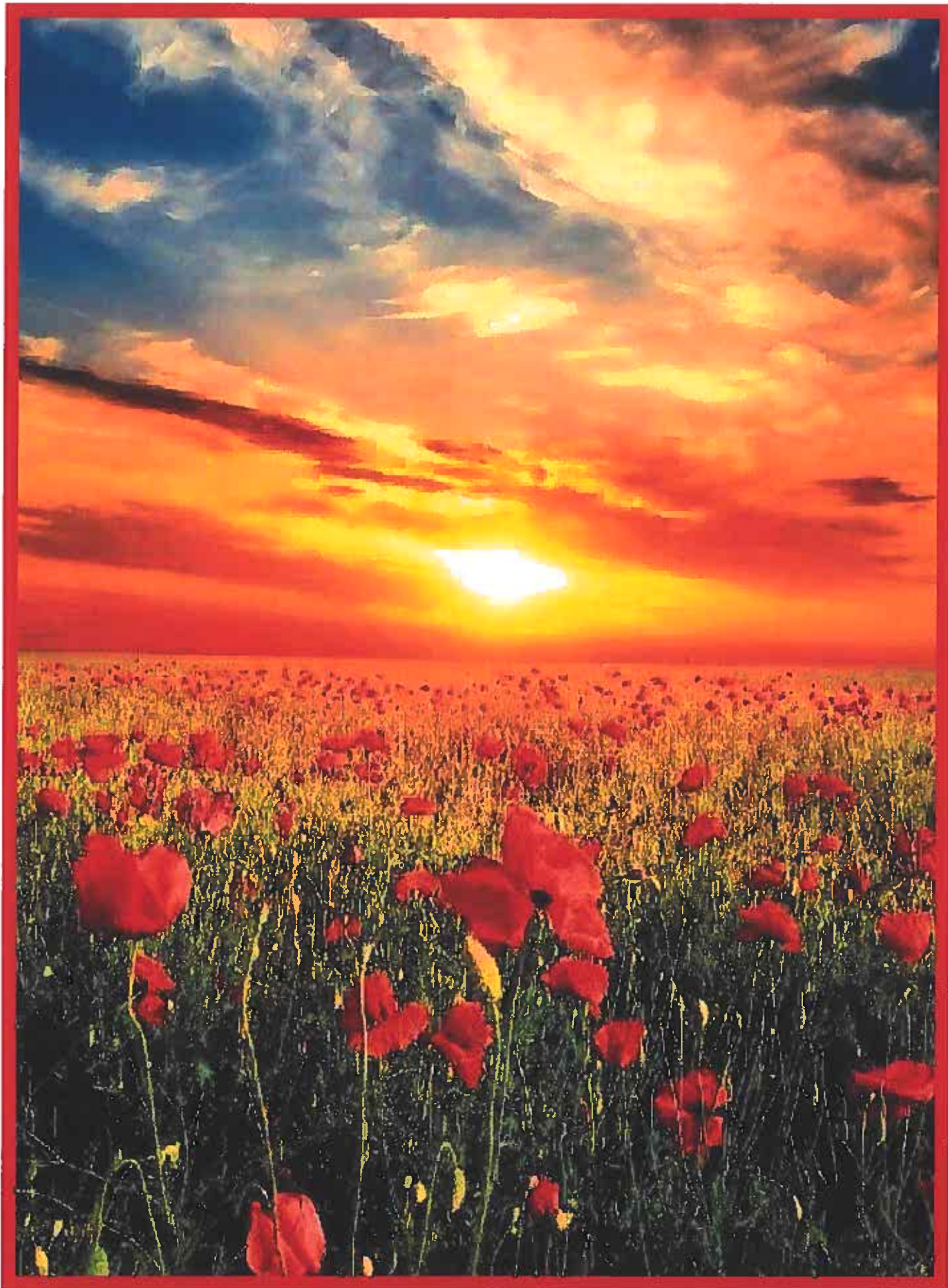
"Reuch"  
Dec 9 1915

John M. Cree











# DECEMBER EDUCATION NEWS

## **BRITT SCHOOL**

- *Britt Concert will take place on December 19<sup>th</sup> – see flyer*
- *If anyone needs transportation, please add your name and phone number to the sign-up sheet at the Band Office by noon on December 18<sup>th</sup>.*
- *Please send a change of clothes for your child/ren since they spend a lot of time outdoors. Extra mittens, hats and warm clothes are always a good idea.*

## **PARRY SOUND HIGH**

- *Students are reminded that it is never too early to begin working towards your 40 hours of community involvement as these volunteer hours are required in order to graduate. Just speak to a community events organizer to see how you can help. If you need a volunteer sheet to record your hours, contact Genevieve.*
- *Also, stay on track with your assignments by signing in to Edsby on Snow Days. Parents are encouraged to sign in to Edsby as well so that you will have a better idea of what is expected of your child.*

## **PARENT REMINDER**

If you suspect that your child has been exposed to Covid, please complete the Covid Self-assessment before sending your children to school to ensure everyone's safety.

COVID-19 school screening <https://covid-19.ontario.ca/school-screening/>

## **AES NIIGAAN GDIZHAAMI FORUM ART CONTEST**

- *Please see the attached flyer, entry form and guidelines*
- *Entrants under the age of 18 must have parental consent to participate*
- *Deadline to submit your entry is December 8, 2023*



**ENJOY THE BEAUTY OF WINTER AND HAVE A SAFE AND HAPPY HOLIDAY!**

A decorative border at the top of the page featuring green pine branches with small red and white ornaments.










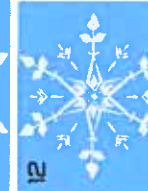
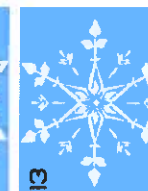








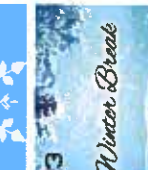







# Winter Concert

Please join us for our  
Winter Concert on December 19th  
from 5 pm - 6 pm

*Britt Public School*



# DECEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1 	2 
	4 	5 	6  <b>TWIN DAY</b>	7 	8 	9 
	11 	12 	13 	14 	15 	16 
	18  <b>WINTER ACCESSORIES DAY</b>	19  <b>WINTER Concert</b> <b>WEAR A SWEATER HOLIDAY</b>	20  <b>PARAMA DAY</b>	21  <b>Hello WINTER</b> <b>WEAR BLUE AND WHITE</b>	22  <b>Red &amp; Green Day</b> <b>Less Day!</b>	23  <i>Winter Break</i>
<b>Christmas Eve</b> 24 December 24 	25  <b>Gift Give a Merry Christmas</b>	26  <i>Winter Break</i>	27  <i>Winter Break</i>	28  <i>Winter Break</i>	29  <i>Winter Break</i>	30  <i>Winter Break</i>



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**ANISHINABEK  
EDUCATION SYSTEM**

# CALL FOR ARTISTS



## 2024 Niigaan Gdizhaami Forum Art Contest

The Kinooamaadziwin Education Body is calling on all artists of the Participating First Nations to submit artwork that may be used for the 9th Annual Niigaan Gdizhaami Forum!

Artwork submissions must be accompanied by a completed entry form and must reflect the theme of the forum: "Leading in a Good Way."



Download the entry form and  
guidelines here!

<https://tinyurl.com/2p37mska>

First 10 submissions will  
receive a \$100 Visa gift card!

Entries will be accepted until  
4:30 p.m. on Friday,  
December 8, 2023

Please submit your entries by email to:  
Andrea Crawford  
[andrea.crawford@a-e-s.ca](mailto:andrea.crawford@a-e-s.ca)



## **Format and Submissions:**

- Art submissions must fit the theme of the 2024 Niigaan Gdizhaami Forum, titled “Leading in a Good Way.” The Niigaan Gdizhaami Forum is a two-day education gathering that brings together Participating First Nations of the Anishinabek Education System and partnering District School Boards.
- Artwork must be an original design.
- Only flat, two-dimensional artwork will be accepted (paper drawing, original canvas painting, digital art).
- Submissions must be suitable for all audiences.
- The Kinooomaadziwin Education Body reserves the right to reject entries that are not accompanied by a complete entry form, or entries that portray negative, inappropriate, or violent messaging.
- Only one entry per artist can be submitted.

## **Preparing Your Entry:**

Completed artwork must be submitted by email. If you plan to photograph your artwork, please ensure the image has a minimum resolution of 300 dpi. For tips and tricks on how to take quality photographs of your artwork, try doing a Google search using these key words: “How to take good pictures of your artwork”.

## **How to Enter Online:**

- Complete the attached entry form.
- Save your artwork as a high-resolution scan or photograph (JPG, PNG, PDF format).
- Send an email with your completed entry form and attached electronic artwork to: Andrea Crawford, Senior Operations Manager, at [andrea.crawford@a-e-s.ca](mailto:andrea.crawford@a-e-s.ca).

## **Deadline to Submit Artwork:**

The deadline to submit your artwork is Friday, December 8, 2023. All email entries must be received by 4:30 pm. No entries will be accepted after the closing date and time.

## **Judging:**

Submissions will be reviewed and the winning artwork will be selected by the Niigaan Gdizhaami Forum Planning Committee. The decision of the Niigaan Gdizhaami Forum Planning Committee is final.

## **Other information:**

- The first 10 eligible artwork submissions will receive a \$100 visa gift card.
- The artist of the winning artwork will receive a grand prize of \$1,000.00.
- All artwork submissions will be permanently filed with the Kinooomaadziwin Education Body.
- The Kinooomaadziwin Education Body reserves the right to reproduce images of submitted artwork at its discretion. Artworks may be used for marketing and promotional purposes, and in any media product.
- All judgments are final and interpretations of the guidelines are at the Kinooomaadziwin Education Body's sole discretion.



# KINOOMAADZIWIN EDUCATION BODY

*Anishnawbe Aadziwin. Anishnawbe Bimaadziwin.*

## Niigaan Gdizhaami Forum Art Contest Entry Form

### CONTACT INFORMATION

Last Name:	First Name:	Age:
First Nation:	Telephone:	
Address:		
Email:	Province:	Postal Code:

### ARTWORK INFORMATION

Title:
Tell us how your artwork represents the theme of "Leading in a Good Way":

### Terms and Conditions

The sponsor of this contest is the Kinooomaadziwin Education Body (the Sponsor). By participating, Entrants agree to abide by and be bound by the Terms and Conditions ("Terms") set forth below, which are final and binding in all matters relating to the Contest. Winning the prize is contingent upon fulfilling all requirements set forth herein. Sponsor reserves the right to interpret and apply these Terms in its sole discretion, and to modify or terminate the Contest at any time. This contest is open to members of the Anishinabek Education System. Entrants under the age of 18 years can only submit with parental written approval. Entries must be original in nature and cannot violate any copyright laws. One submission per person may be entered. The Sponsor reserves the right to publish entries for marketing and promotional purposes in any kind of media. Privacy Policy prevents the release of personal information. Therefore, the winner named, acknowledge and agree that the Winner name and likenesses, may be published by the Sponsor and its affiliates, which will not be required to pay any additional consideration or seek any additional approval from Winner in connection with such use. Winners will be contacted directly by email or telephone. The Winner only will be announced. The Sponsor reserves the right to change rules or establish additional rules at any time. By participating in the Contest, Entrants agree to release and hold harmless the Sponsor and their officers, directors, employees, agents, subsidiaries, or affiliates from any causes of action arising out of participation in the Contest. All issues and questions concerning the construction, validity, interpretation and enforceability of these Rules, your rights and obligations, or the rights and obligations of Sponsor in connection with the Contest, shall be governed by, and construed in accordance with the laws of the Province of Ontario without giving effect to any choice of law or conflict of law rules (whether of the Province of Ontario or any other jurisdiction), which would cause the application of the laws of any jurisdiction other than the Province of Ontario.

### CERTIFICATION (For participants 18 years and older)

Name (please print):	Signature:	Date (mm/dd/yy):
----------------------	------------	------------------

### CERTIFICATION (For participants younger than 18 years)

Parent/Legal Guardian Name (please print):	Parent/Legal Guardian Signature:	Date (mm/dd/yy):
--	----------------------------------	------------------

By signing you are confirming that you have read all the rules and regulations and agree. Participants younger than the age of 18 must have parent/legal guardian signature to enter.



Mnoyaag  
Paa-Nimkodaadyeg

*Happy Holidays*



**ANISHINABEK**  
EDUCATION SYSTEM

A language resource  
booklet developed by the  
Kinoomaadziwin  
Education Body for  
Participating First  
Nations



# Contents

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- 04**    **Holiday Sayings**
- 05**    **Holiday Cards**
- 07**    **Colouring Page**
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- 09**    **Word Search**
- 10**    **Word Search  
Answer Key**



# Aaniin! Hè! Hello!



In preparation of the upcoming holiday celebration, the Kinoomaadziwin Education Body (KEB) is pleased to share this Anishinaabemowin language resource with all Participating First Nations of the Anishinabek Education System.

As part of our ongoing efforts to support communities in language revitalization, the KEB will continue to develop resources and tools that may be used by the Participating First Nations at your convenience.

In the following pages, you will find several activity pages and word lists that may be used to support students in creating messages related to the holiday season through cards, mind challenges, and artwork, etc.

Teachers are welcome to use the resources for in-class lessons or extra-curricular activities. For in-class lessons, we recommend beginning by working through the words as a group and sounding them out together to practice speaking Anishinaabemowin.

Students may then move into working with the words to create their own personal arts and crafts related to the holiday season. These can be for themselves, or they can create something for their classmates, friends, and family.

Included in this resource package you will find several activities that may be used at your convenience in the days leading up to the holiday season. The resources include:

- 1 list of common holiday sayings
- 1 set of 6 pre-made holiday cards with words and pictures related to love, and holiday cheer
- 1 holiday colouring page
- 1 holiday I spy
- 1 holiday word search accompanied with a teacher answer sheet

To encourage the use of oral language, students can say the words they find in the pages out loud, while doing the activities. This may help them to practice speaking Anishinaabemowin.

The activities enclosed in the following pages were developed using the Nbisling dialect of Anishinaabemowin. They are geared to support students in grades JK to 6, but they can be used and enjoyed by language learners of all ages!

As the KEB continues to develop language resources for Participating First Nations, we welcome your feedback on ways to enhance products to meet your needs. If you are interested in translating the following resources to another dialect of Anishinaabemowin, or to Lenape, please connect with Zachary Beaudette at the contact information below.

**Miigwech! Anushiik! Thank you!**

**Zachary Beaudette**  
Language & Culture Lead  
Kinoomaadziwin Education Body  
zachary.beaudette@a-e-s.ca  
705-845-3634 ext. 206  
705-816-1900 (cell)

# Holiday Sayings

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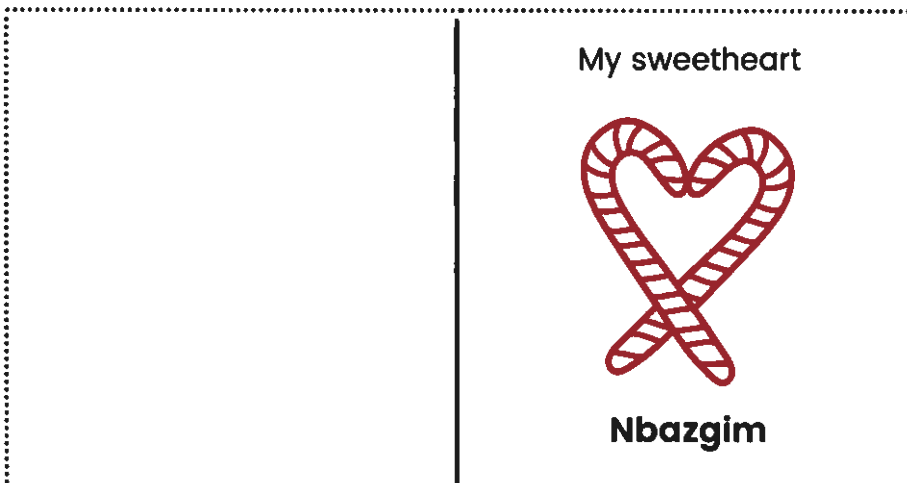
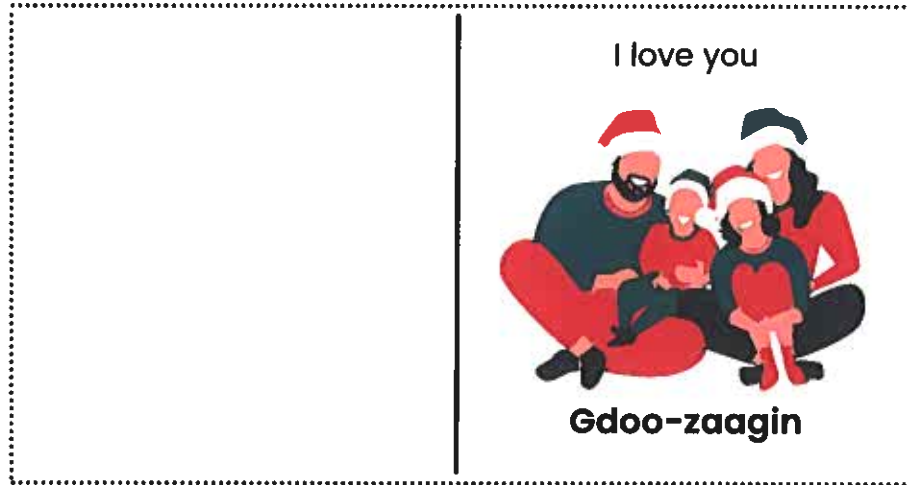
Kidaanmikoon	Greetings to you
Niibaanamaang Dbikik	Christmas Eve
Gdoo-mesin	I miss you
Gidaanmikoon	Warm Wishes
Minowaazong	Time to be happy
Gdoo-zaagin	I love you
Nmiinaa	I give a gift
Nmiingoo	I receive a gift
Nwiichkiwenh	My friend
Niibaanamaang Mtig	Christmas tree
Niimidaa	Let's dance
Nbazgim	My sweetheart
Skigwenshin	Hug me
Zaagidwin	Love
Aazhii	Angel
Mno-zaagidwi giizhgak	Merry Christmas
Nmadsidmin	We will be visiting
Pane ka-wiinmaadmin	Always being together
Ngii-mnowaaz	I had fun
Bi-Zaanendmowin	Peace
Dbajmonan	Stories
Gidaanmikoon Niibaanamaang	Wish you a Merry Christmas
Ndamnowaagnan	Toys



# Holiday Cards



Cut along the dotted lines to make your own mini greetings to share with family and friends.





Happy Holidays

**HAPPY  
HOLIDAYS**

**Mnoyaag  
Paa-Nimkodaadyeg**

Happy New year



**Nimkodaadin**

Warm Wishes



**Gidaanmikoon**

# Colouring Page



Niibaanamaang Mtig



Name: \_\_\_\_\_

Date: \_\_\_\_\_



# I Spy

Search for each item below and write down the number you find for each item. Then practice counting in Anishinaabemowin!



- 1 Bezbig
- 2 Niizh
- 3 Nswi
- 4 Newin
- 5 Naanan
- 6 Ngodwaaswi
- 7 Niizhwaaswi
- 8 Nshwaaswi
- 9 Zhaangswi
- 10 Mtaaswi

	_____		_____		_____		_____
	_____		_____		_____		_____
	_____		_____		_____		

# Word Search



Name: \_\_\_\_\_ Date: \_\_\_\_\_

## MNO-NIIBAANAMAANG

x u a p t w u n m f k s y i j x r h e u f m v b  
 h m g v y k m x e h m h r y n i w p p j z a q s  
 f b h o c i b f y l r a u m g n w l m x s n v q  
 x x e c i d i a l s u u n i i a d v o x o k l m  
 j x v g b f b y j s h n z n p n d g t o i v b v  
 w a w f z m o z i c g n m k c m e t k u a h n y  
 s e h i t y o g m v n n o i w a z i a x x b o d  
 v q g w f x n z t e p e y o i g m z r f i s x d  
 p l g w s o n x d q d p z g z n s e w b f n j l  
 l z s a c q i w m o n u h b a i g t o u a e f y  
 u r n g s w n a n f p j a a u l i o k g l c q q  
 x m c a o h i r u k g k d e h i n g a p n e a g  
 m a f k n j n a s o n i o o i p a a o v i j n s  
 n r h p a g f o o l g z o o e p w l i o p y m i  
 k p e a x g a n o v u n h k z o a k n u d s i h  
 m d q g e r k a t g u o y o k k o m d b y i i x  
 h s c f w a n t w k n a n s o n z s i p k z n n  
 f b z p a v q u p o s a i u b s v e u i z i a m  
 w i a l l o m i g u n i n e q p h c b j h a y p  
 r a o g m i b g j f b m n h a j k c q k w z w k  
 z c y g b g n a a m a n a a b i i n h k x u a m  
 c v h l a r g e o e r o i d a n x q i i g y s a  
 e j n b l k v c l h a j s p n j c i o o w x l s  
 z z z r g n i d a a d o k m i n w l d z t e b j

MnidooGiizoonhs  
 Biiskowaagan  
 Goonkaa  
 Nmiingo  
 Niibaanaamaang  
 Nangoonhsag

Wiikwaan  
 BiboonNini  
 Zookpo  
 Aazhii  
 Nmiigwe  
 Biboon

Ndamnowaagnan  
 Ksinaa  
 Gidaanmikoon  
 Zhooshchiwe  
 Ngamnan  
 Nimkodaading

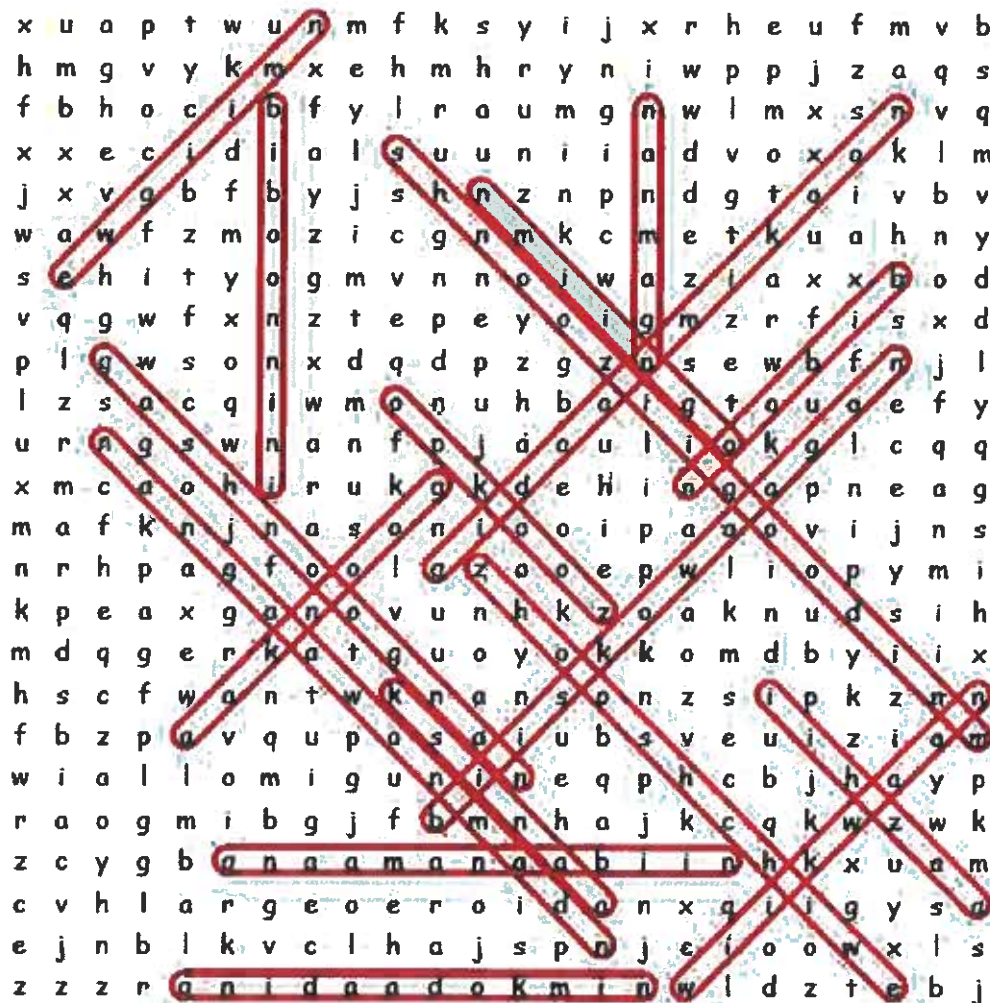
# Word Search

## Answer Key



Name: \_\_\_\_\_ Date: \_\_\_\_\_

### MNO-NIIBAANAMAANG

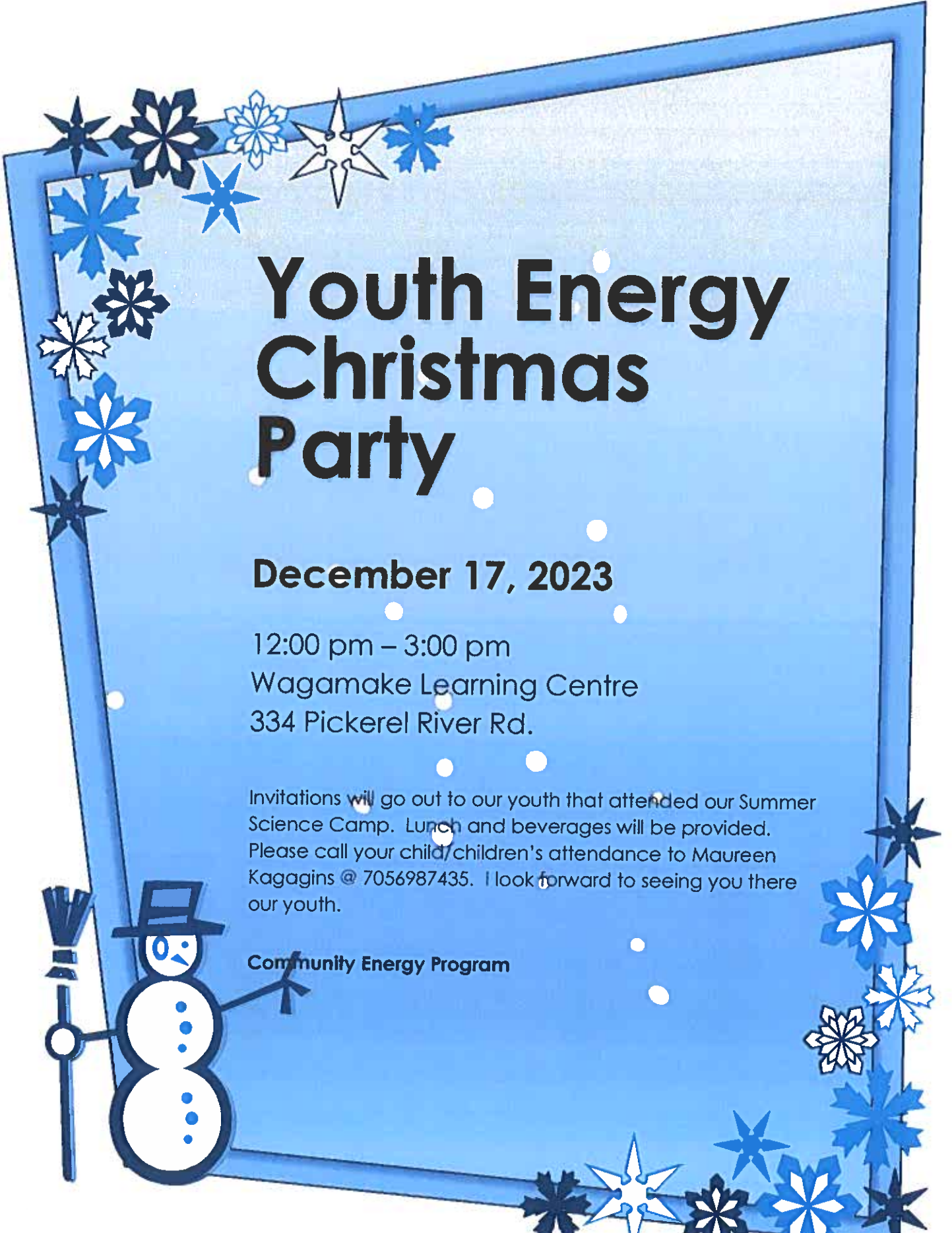


MniidooGiizoonhs  
Biiskowaagan  
Goonkaa  
Nmiingo  
Niibaanamaang  
Nangoonhsag

Wiikwaan  
BiboonNini  
Zookpo  
Aazhii  
Nmiigwe  
Biboon

Ndamnowaagnan  
Ksinaa  
Gidaanmikoon  
Zhooshchiwe  
Ngamnan  
Nimkodaading





# Youth Energy Christmas Party

**December 17, 2023**

12:00 pm – 3:00 pm  
Wagamake Learning Centre  
334 Pickerel River Rd.

Invitations will go out to our youth that attended our Summer Science Camp. Lunch and beverages will be provided. Please call your child/children's attendance to Maureen Kagagins @ 7056987435. I look forward to seeing you there our youth.

**Community Energy Program**



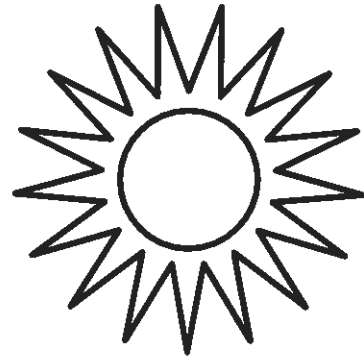
# ENERGY

## Colouring Book



# SOLAR POWER

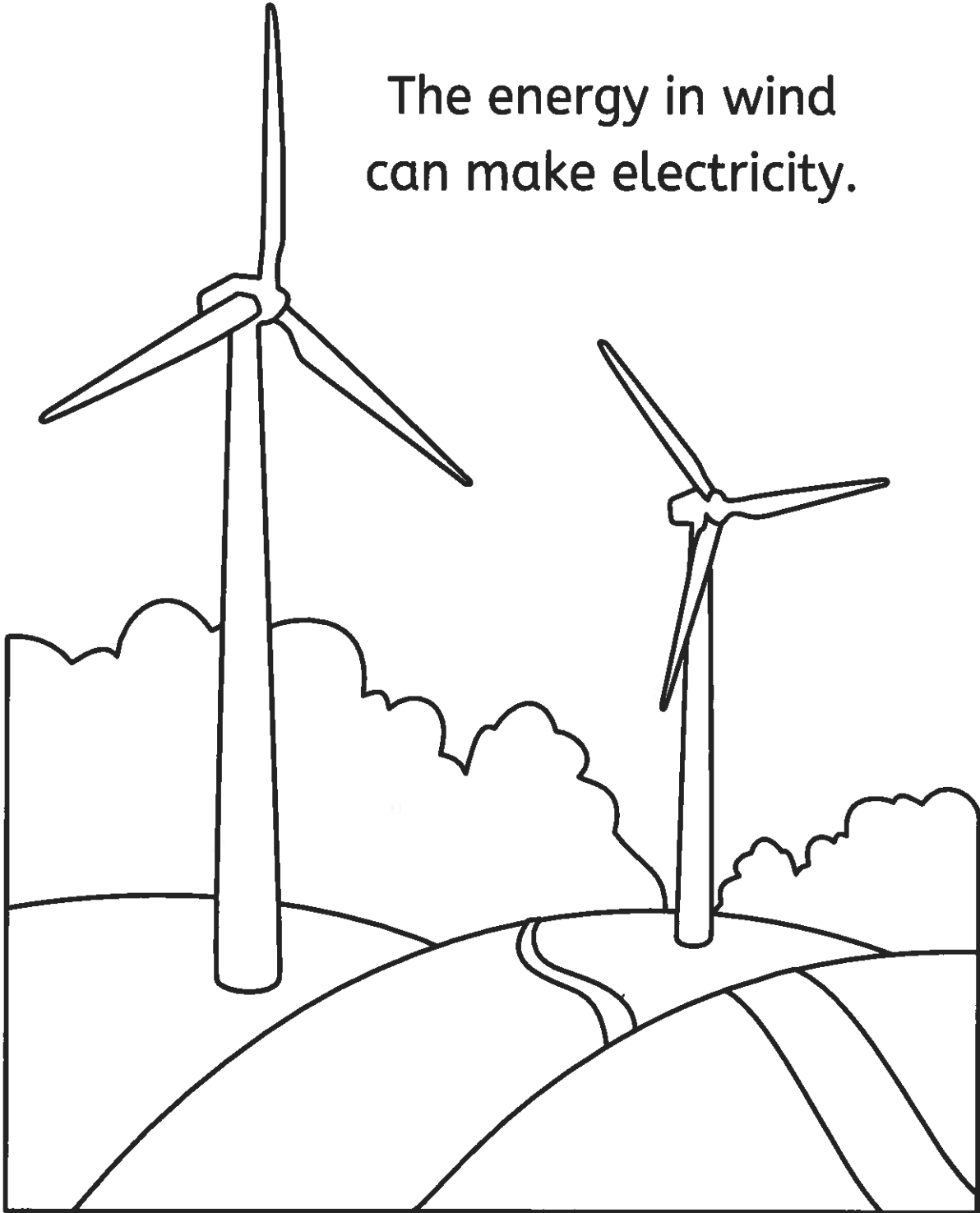
Clean energy  
can come from  
the sun.



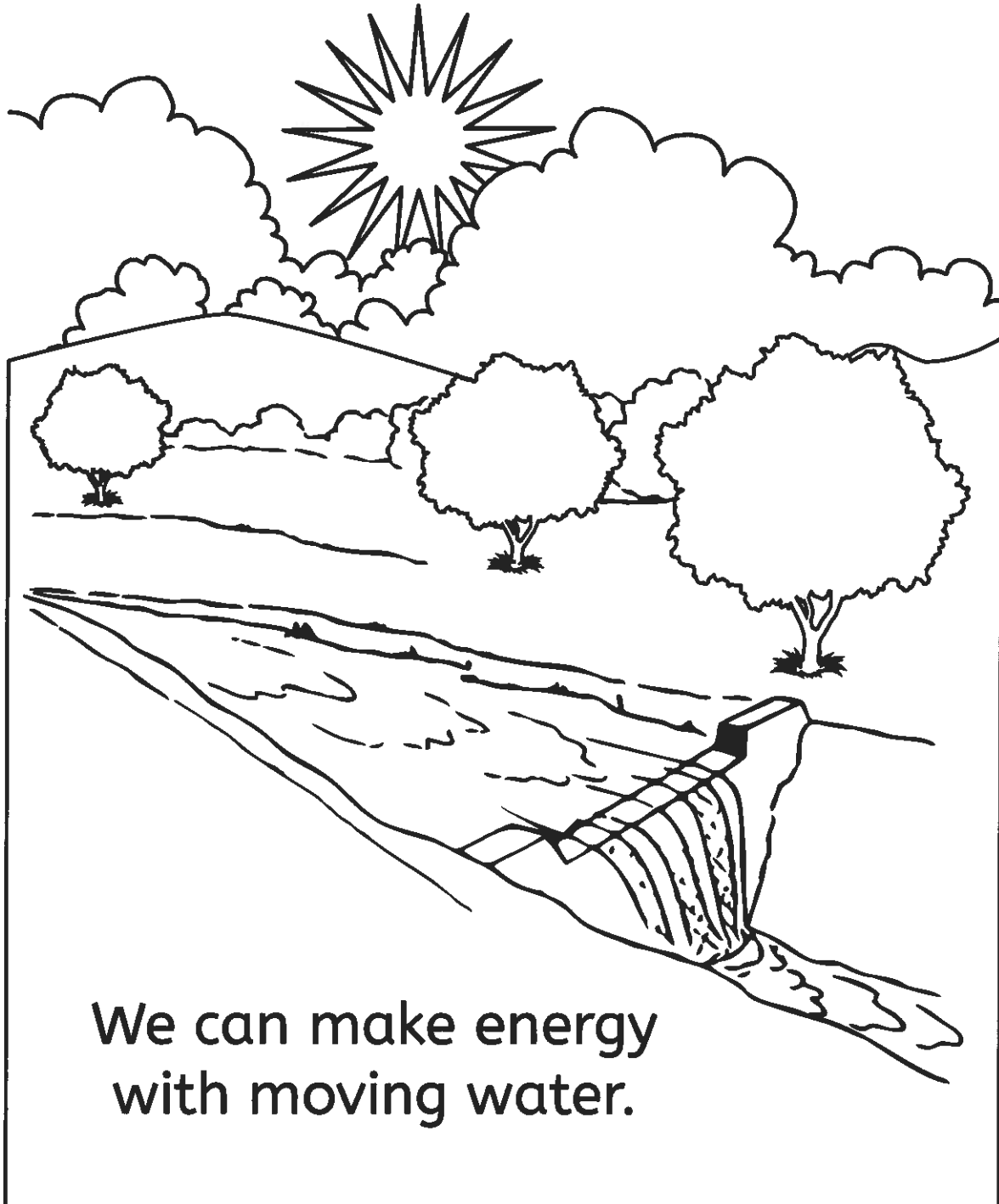


# WIND POWER

The energy in wind  
can make electricity.



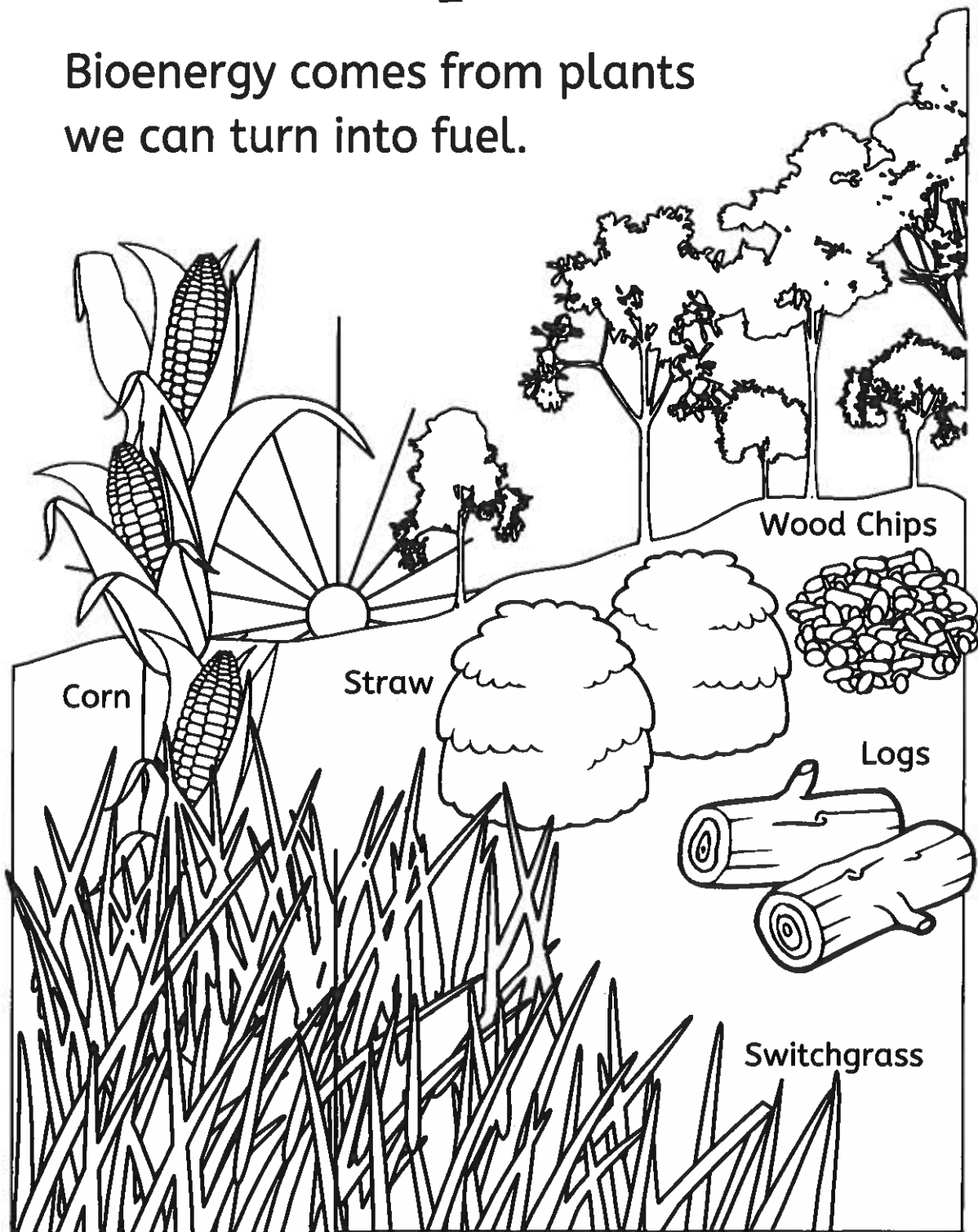
# WATER POWER



We can make energy  
with moving water.

# BIOENERGY

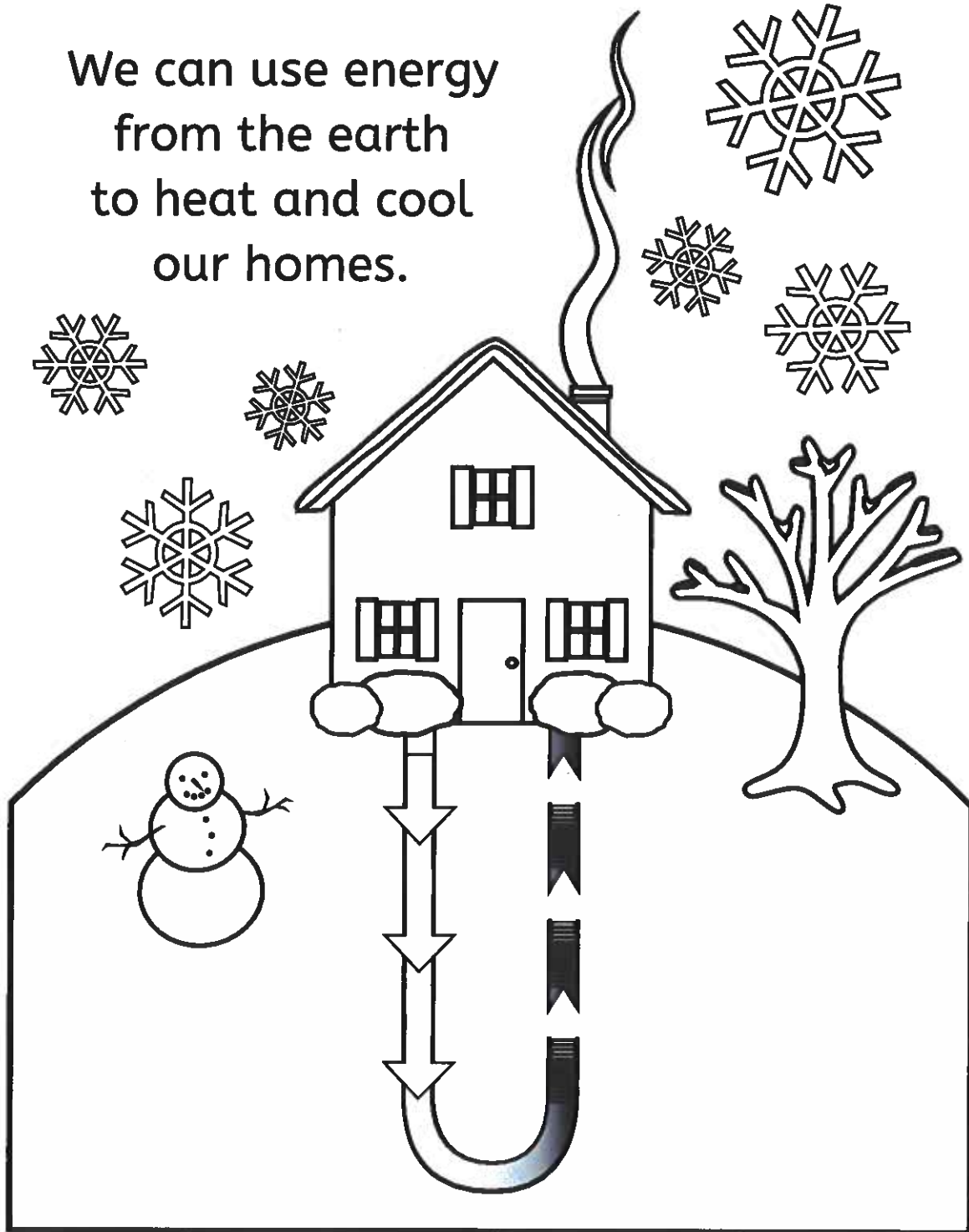
Bioenergy comes from plants we can turn into fuel.



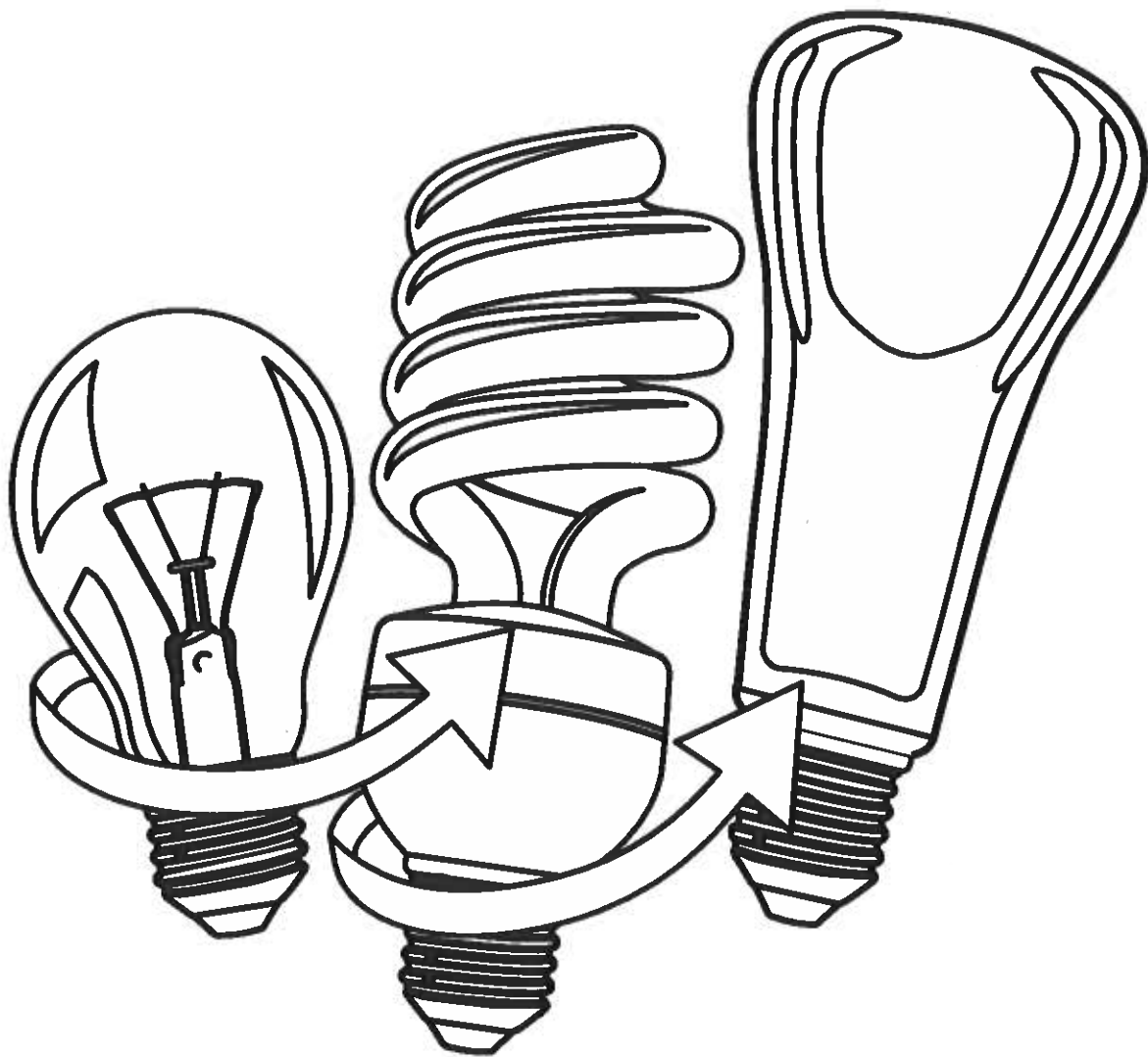


# GEO THERMAL

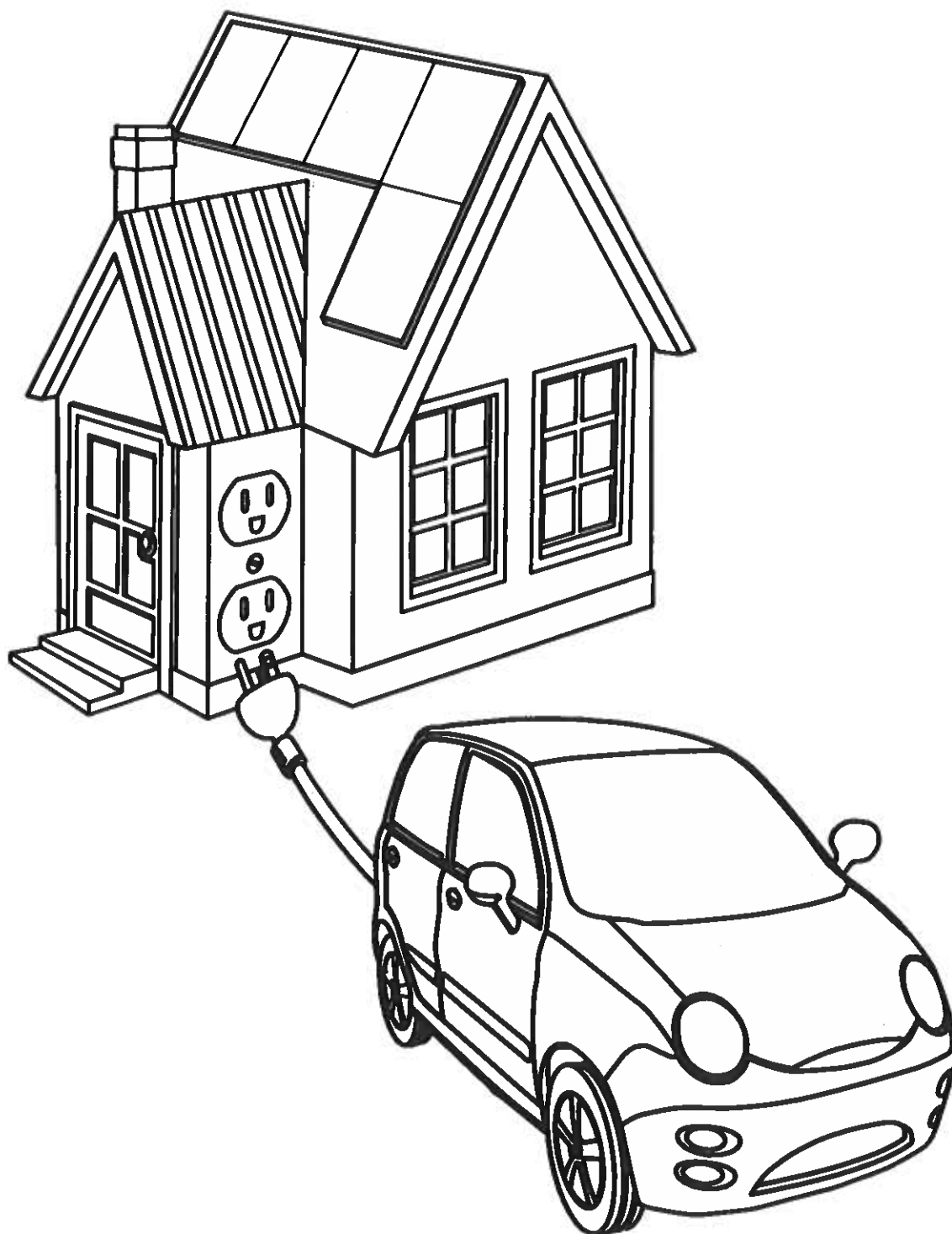
We can use energy  
from the earth  
to heat and cool  
our homes.



# Make the SWITCH.

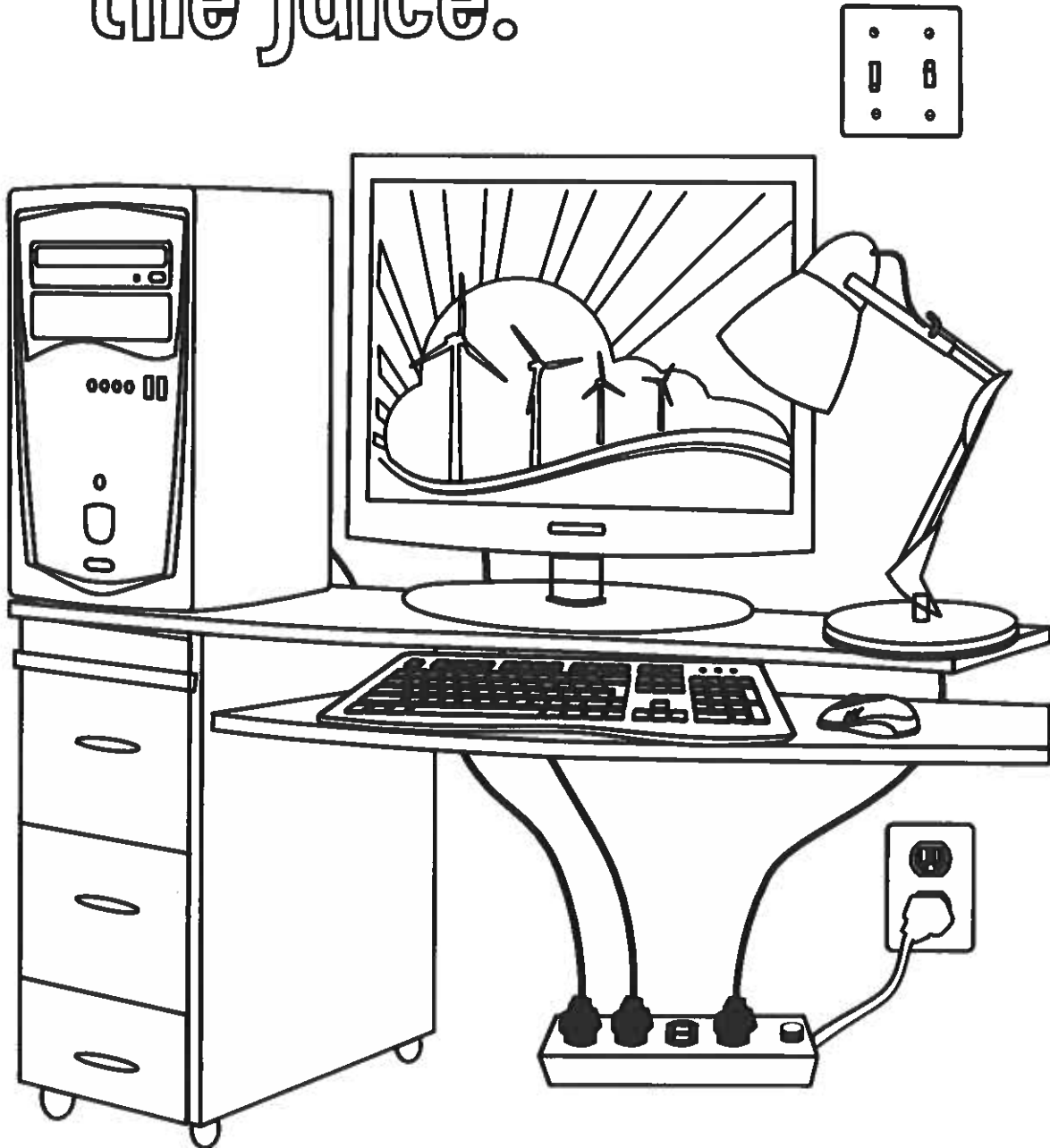


# Plug it in.





Not in use?  
Turn off  
the juice.



# December Newsletter

Goodbye November and Welcome December! The cold weather has finally decided to stay which means Christmas is just around the corner! The month of November was jammed packed we worked on many new skills! We have all begun taking off and on our own shoes and placing them into the proper spots. We have also begun working towards putting on our own winter gear by using steps we posted on to the door (I have attached a copy for you as well). We got to decorate our

for everyone to see! We played in water play experimenting with toys and objects to see which ones will float or which ones will sink! We got to enjoy the first snowfall of the season by going outside and making our own snowmen and snow castles!

With that being said I would like to send out my final reminder about winter clothing! We are still going to be outside sometimes up to **2 HOURS** in the morning depending on weather and temperature. It is important your child is coming with the appropriate clothing for the day. That means having a snowsuit, hat, boots, extra socks, mittens and clothing in the event they do get wet. The children **really enjoy** being outdoors and want to give them as much opportunity as we can to play and explore.

The month of December is a little bit shorter due to the holidays, but some activities we are planning are:

**December 5th Christmas Cookie Baking: Baking and decorating our very own cookies!**

**December 7th Christmas Sensory Day: Creating our own Christmas inspired slime and playdough!**

**December 11th Making own Ornaments: Making our own Christmas tree ornaments!**

**December 13th Hot Chocolate Day: Making our own hot chocolate and singing Christmas songs!**

**December 15th Christmas Dance Party: Dancing to some of our favourite Christmas tunes!**

**December 18th Red, white and Green day: You can dress up in your favourite Christmas colours!**

**December 20th Christmas Movie Day: Watching Frosty the Snowman!**

**WE WILL BE CLOSED DECEMBER 20TH 2023 @12:00PM UNTIL JANUARY 8TH 2024**

**We would like to wish everyone a Merry Christmas and a safe and Happy New year!**

**Any questions please don't hesitate to call (705) 857- 0957**

**Ashley (RECE), Nancy (RECE), Kathy (RECE), Darlene (Cook)**



# December 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

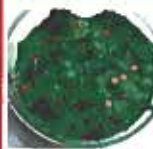
3

4



Christmas Cookie Baking!

6



Sensory Day!

8

9

10



Ornament Making!

11

12



Hot Chocolate Day!

13

14



Dance Party!

15

16

17



Red, White and Green Day!

18

19



Movie and PJ Day!

20

21



22

23

24

25



26



27



28



29



30

31







# **December**

## **Workshops/Programs**

**Kara Newton- HBHC/JP Navigator**

**Kerri Campbell- Lead Band Rep.**

**Naomi Pegahmagabow- Band Rep.**

**Jodi Contin- Band Rep.**

**Kiana Moses- Community Access  
Worker**



Band Representative On-Call Schedule

Staff Member	Start Date	End Date
Kerri	2023-11-06 16:30	2023-11-27 8:30
Naomi	2023-11-27 16:30	2023-12-04 8:30
Kerri	2023-12-04 16:30	2023-12-14 8:30
Naomi	2023-12-14 16:30	2023-12-25 16:30
Kerri	2023-12-25 16:30	2024-01-08 8:30
Naomi	2024-01-08 16:30	2024-01-22 8:30
Kerri	2024-01-22 16:30	2024-02-05 8:30

All On-Call Shifts are from day of week @ 4:30 PM to day of week @ 8:30 AM, Holidays are all day

Contact Numbers:	
Kerri	(705) 921-5202
Naomi	(705) 690-6829
Jodi	(705) 690-9146
Erin	(705) 698-2935
Kiana	(705) 921-5205

**\* Our office is open Monday-Thursday from 8:30 - 4:30 and Friday from 8:30 - 12 to provide necessary items (food, diapers, etc.). On-Call is for Child Welfare emergencies ONLY \***

# December

# 2023

## Kerri Campbell Band Rep Lead



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 BR Meeting	5 Band Reviews CHRISTMAS ON A BUDGET	6	7 BAKE N' SHARE	8	9
10	11	12 CHRISTMAS BINGO	13	14 BUN VENTURE	15 OUT OF OFFICE	16
17	18 OUT OF OFFICE	19 OUT OF OFFICE	20 OUT OF OFFICE	21	22	23
24	25	26	27	28	29	30
31						



2023

COMMUNITY  
HEALTH  
educator



354A Pickerel River Road  
Pickereel ON P0G 1T0



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

Fax: 705-857-0730  
E-mail:

kara.harkness@henveymedicalcentre.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Program Prep	5 Christmas On A Budget	6 Program Prep/In Office	7 Bake N Share All day	8	9
10	11	12 Christmas BINGO	13 Program Prep/In Office	14 Bun Venture All day	15	16
17	18	19	20 Offices close at 12pm for Christmas Break	21	22	23
24/31	25	26	27	28	29	30



# Bake & Share

Thursday December 7, 2023

on ZOOM



zoom

IT'S THAT TIME OF THE YEAR AGAIN!!!

We are doing things slightly different this year! In order to get as many participants getting 'their bakin' on, we will be providing the recipes and inviting 5 people to sign up!!!

**ONLY ONE PERSON PER  
HOUSEHOLD MAY**

**SIGN UP!!!**

**LIMIT OF 5 PARTICIPANTS!!!**



# Christmas BINGO

**DECEMBER 12, 2023 @ 10AM**

**O & M BUILDING UPSTAIRS**

LIMIT OF 20 PEOPLE!!!

Call Darcy to Sign-up!

*Non-Working Band Members have First Priority! Working Band Members will be added to wait list and moved up to any open spots closer to the 12th.*





Janice Campbell will be back  
on ZOOM to teach HIFN  
Community Members, how  
to make Real Homemade  
Buns from scratch!!!

DATE: DECEMBER 14 , 2023

TIME: 9:00 AM

Workshop starts at 9:00 am, not one minute later, if you are not on the Zoom call at 9:00am, you will not be able to participate!!!

Please inform Darcy if you  
will be needing to borrow a Tablet!

CONTACT DARCY TO SIGN UP  
705-857-1221

LIMIT OF 5 PARTICIPANTS!!!  
PLEASE PROVIDE A  
VALID EMAIL AND MAKE  
SURE YOU HAVE

ZOOM DOWNLOADED  
AND SET UP!!!



THOSE WHOM HAVE  
NEVER PARTICIPATED  
WILL BE GIVEN FIRST  
PRIORITY!!!

PRIORITY WILL BE GIVEN TO  
NON-WORKING BAND MEMBERS FIRST!!!

BUN-VENTURE





# LITTLE CHRISTMAS

@ O & M Upstairs  
12 TO 2:00 PM

**17TH  
JAN** **FOOD  
GIFTS  
& MORE**

CONTACT DARCY TO REGISTER BY JANUARY 8  
BY 4:30 PM



# Community Health Nurse



**BRENDA CONTIN**



# December 2023

Su	Mon	Tue	Wed	Thu	Fri
	<b>BRENDA</b> <b>CONTIN, CHN</b> Schedule subject to change!				<b>1</b> <b>NOT IN OFFICE</b>
<b>4</b>	<b>NOT IN OFFICE</b>	<b>5</b> Methadone Clinic/ OFFICE	<b>6</b> Methadone Clinic/ OFFICE	<b>7</b> Methadone Clinic/ OFFICE	<b>8</b> <b>OFFICE</b>
<b>11</b>	Methadone Clinic/ OFFICE	<b>12</b> Methadone Clinic/ OFFICE	<b>13</b> Methadone Clinic/ OFFICE	<b>14</b> Methadone Clinic/ OFFICE	<b>15</b> <b>NOT IN OFFICE</b>
<b>18</b>	Methadone Clinic/ OFFICE	<b>19</b> Methadone Clinic/ OFFICE	<b>20</b> Methadone Clinic/ OFFICE	<b>21</b> Methadone Clinic <b>8:30 am—</b> <b>10:30 am</b>	<b>22</b> Methadone Clinic <b>8:30 am—</b> <b>10:30 am</b>
<b>25</b> <b>MERRY CHRIST-</b> <b>MAS</b>	<b>26</b> Methadone Clinic <b>8:30 am –</b> <b>10:30 am</b>	<b>27</b> Methadone Clinic <b>8:30 am—</b> <b>10:30 am</b>	<b>28</b> <b>HOLIDAY</b>	<b>29</b> <b>HOLIDAY</b>	



# **MEET THE** *Foot Care Nurse*

## **Billie Hynes**

Welcome everyone, my name is Billie Hynes. I am a CMP, Certified Master Pedicurist trained in diabetic foot care and treating foot ailments.

My main service is cut and file nails while also thinning and sculpting thick nails. This helps keep the nail bed attached and fit comfortably in your shoes.

There are other common issues that I work with and treat. Such as:


- Nail fungus
- Athletes foot
- Ingrown nails
- Corns & calluses
- Cracked heels

Sessions are 25mins and your feet will always feel better when I am done!

While you are in the chair, I am searching for any small cuts or objects in your skin. So I take over your Foot Care needs on a regular basis. This allowing you to do things you enjoy!

I so look forward to meeting everyone!

Health & Well Wishes!

 705-857-1221

Call Health Centre to book!

# FOOT CARE



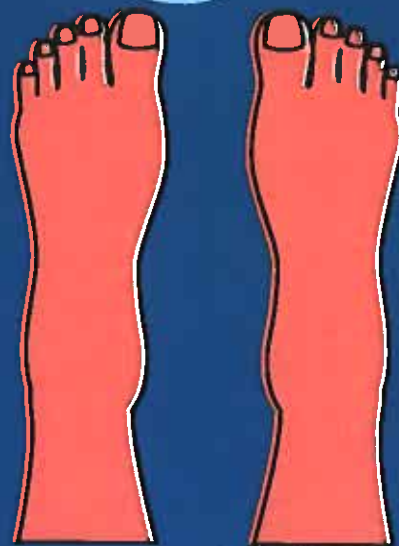
For Elders & Diabetics

**Wed. Dec 6, 2023 - Full  
Day**

**&  
Thurs. Dec 7, 2023 for  
Half day**

Appointments will be  
approximately 30  
minutes, First  
appointment at 9am &  
last appointment is  
2:30pm

Call Darcy at the Health  
Centre to book your  
appointment time!



Brenda Contin-C.H.N. 705-857-1221



# REMINDER

**HENVEY HEALTH CENTRE HAS  
RAPID TESTS AVAILABLE!!**

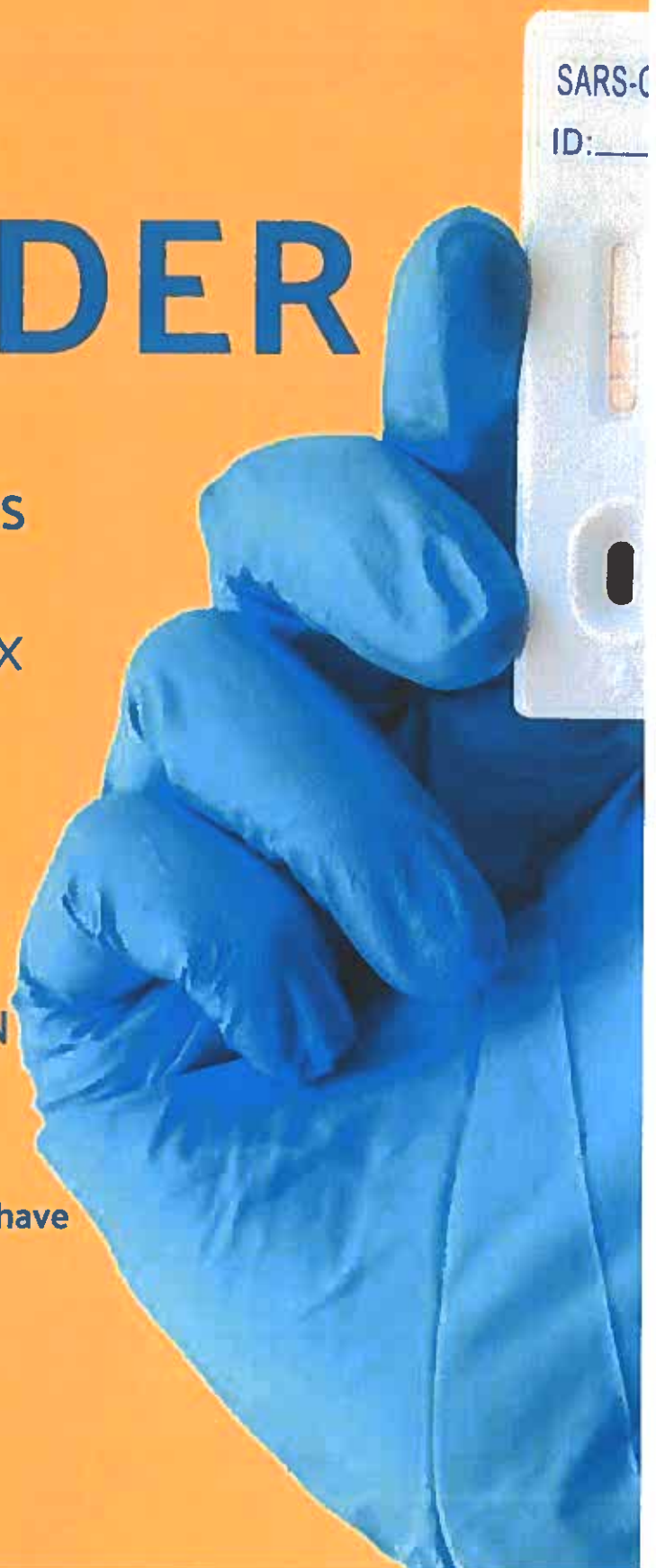
**PLEASE COME AND GET A BOX  
OR 2 TO HAVE ON HAND AT  
HOME!**

**IT IS ALWAYS BEST TO TEST  
YOURSELF UPON NOTICE OF  
ANY SYMPTOMS OF COVID.**

**COLD & FLU SEASON IS UPON  
US!**

**Please contact the Health Centre if you have  
any questions or would like some tests  
dropped off.**

**705-857-1221**





# Home Care Nurse



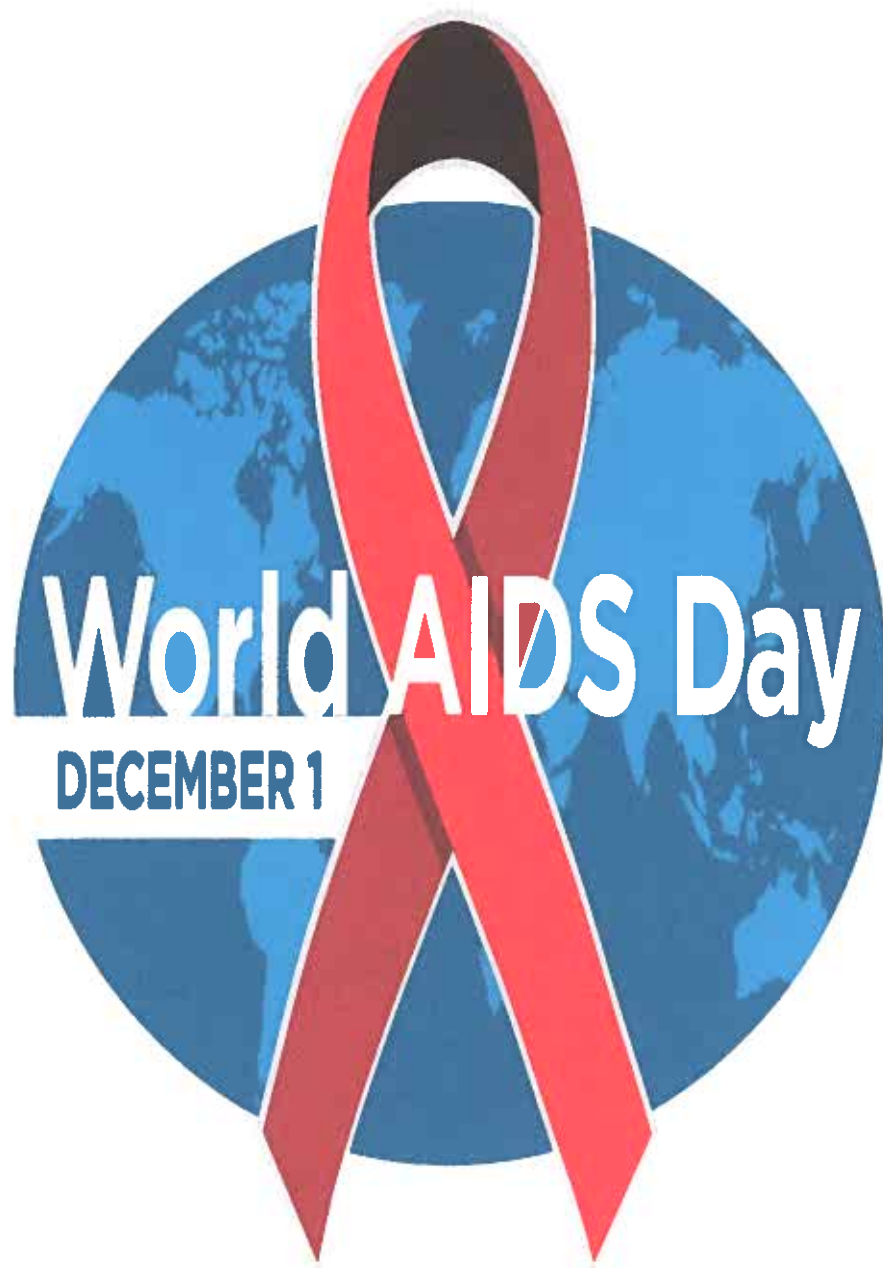
DEBBIE BRENNAN

# December 2023



DEBBIE BRENNAN  
HCN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Scheduling subject to change with Methadone Clinic hrs				1 Methadone Clinic	2
3	4 Methadone Clinic Office Admin.	5 Methadone Clinic Office Admin.	6 OFFICE Home visits HCC	7 OFFICE Medical Consultations Home visits	8 Methadone clinic	9
10	11 OFFICE Home visits HCC	12 Methadone Clinic Office Admin.	13 OFFICE Home visits HCC	14 Methadone Clinic Office Admin.	15 Methadone Clinic	16
17	18 Methadone Clinic Office Admin.	19 OFFICE Home visits HCC	20 OFFICE Closure for Holidays! Methadone Clinic	21	22	23
24	25 OFFICES CLOSED	26	27	28	29	



**WORLD AIDS DAY 35**  
Remember and Commit





# My Health is **SEXY**

Take care of you for me

## One in four people who are living with HIV don't know it

- » Knowing your HIV status is sexy. It's an important part of a healthy sex life and a good relationship.
- » Being responsible for your own health builds stronger communities.
- » Treatment is available at no cost and can suppress the virus, prevent transmission, and help people live long and healthy lives.
- » Health outreach nurses are available across the region to provide discreet and confidential HIV testing. They can meet you wherever you are.

Find out more about  
HIV and where to get  
confidential testing at:



Call for confidential  
information on how to  
obtain free testing:

**MyHealthIsSexy.com**

**1-866-778-7736**



East Nations Health Authority  
Health through wellness



Interior Health  
Every person matters



# HIV PROTECT YOURSELF

## How can I protect myself from HIV?

- Use condoms and water-based lube for vaginal and anal sex.
- Use a condom or a dental dam during oral sex.
- Do not share sex toys.
- Do not share any needles or other equipment for injecting or snorting drugs.
- When getting a tattoo or body piercing make sure the supplies are new.
- Do not share personal items such as razors & avoid contact with another person's blood.
- Disinfect any non-disposable equipment that has been in contact with blood or body fluids.

Having an untreated sexually transmitted infection (STI) like syphilis, herpes, chlamydia or gonorrhea increases your risk of getting HIV.

HIV is not spread by casual contact such as hugging, kissing or shaking hands. It is not spread by coughing, sneezing or mosquito bites. It is not found in drinking water or food.

- You can get confidential testing & treatment for HIV & sexually transmitted infections.

**Have questions? Want to get tested?**  
**Speak to your community health nurse.**



Health  
Canada

Santé  
Canada

Canada

## HIV - Are you at risk?

What is HIV? A virus that attacks the immune system and can leave the body unable to fight off diseases. This is the virus that can lead to AIDS.

### How can you get HIV?

- Having unprotected sex with a man or a woman who is infected. Having an untreated sexually transmitted infection (STI) like syphilis, herpes, chlamydia or gonorrhea increases your risk of getting HIV.
- Sharing an infected needle or other equipment when injecting or snorting drugs.
- Sharing needles or ink to get a tattoo or body piercing.
- From an infected mother to her baby during the pregnancy, delivery or from breastfeeding (All pregnant women should be tested for HIV).

### How can I protect myself from HIV?

- Use condoms and water-based lube for vaginal and anal sex.
- Use a condom or a dental dam during oral sex.
- Do not share sex toys.
- Do not share any needles or other equipment for injecting or snorting drugs.
- When getting a tattoo or body piercing make sure the supplies are new.
- Do not share personal items such as razors & avoid contact with another person's blood.
- Disinfect any non-disposable equipment that has been in contact with blood or body fluids.

## Why should you be concerned?

Aboriginal people are the fastest growing group of HIV and hepatitis C positive Canadians. They also test positive at a younger age.

### You can have HIV or hepatitis C and not have any symptoms.

HIV and hepatitis C are not spread by casual contact such as hugging, kissing or shaking hands. They are also not spread by coughing, sneezing or through mosquito bites. The viruses are not found in food or water.

Is treatment available for HIV & hepatitis C?

**Yes.** The sooner a person is tested and starts treatment the better.

## Hepatitis C - Are you at risk?

What is hepatitis C (hep C)? A virus that attacks and damages the liver, the part of the body that helps digest food and remove waste. Some people never feel sick and get better on their own. Others get a brief illness. However, many people develop a chronic infection which can cause liver failure or liver cancer.

### How can you get hepatitis C?

- Sharing an infected needle or other equipment (such as straws, pipes, spoons) when injecting or snorting drugs.
- Sharing needles or ink to get a tattoo or body piercing.
- Sharing sharp instruments or personal items (such as razors, nail clippers, toothbrushes) with an infected person.
- Having unprotected sex if the activity involves blood-to-blood contact (i.e. during menstruation or if there is a tearing of the skin).
- Rarely, from an infected mother to her baby (breastfeeding is OK but stop if the nipples are bleeding or cracked).

### How can I protect myself from hepatitis C?

- Do not share any needles or other equipment for injecting or snorting drugs.
- When getting a tattoo, body piercing or acupuncture make sure the supplies are new.
- Avoid blood-to-blood contact during sex.
- Do not share personal items such as razors or toothbrushes & avoid contact with another person's blood.
- Disinfect any non-disposable equipment that has been in contact with blood or body fluids.



[STI Awareness Week](#)

# STI Awareness Week

[STI Awareness Week Home](#)



## Individuals

If you are sexually active, or thinking of becoming sexually active, it is important that you **Talk. Test. Treat.** to protect your health. These three small actions can have a big impact on your sexual health!

### TALK

Talk openly and honestly to your partner(s) and your healthcare provider about sexual health and sexually transmitted infections, or STIs.

Talk with your partner(s) **BEFORE** having sex. Not sure how? We have tips to help you [start the conversation](#) . Make sure your discussion covers several important ways to make sex safer:

- Talk about when you were last tested and suggest getting tested together.
- If you have an STI (like herpes or HIV), tell your partner.
- Agree to only have sex with each other.
- [Use condoms](#) the right way for every act of vaginal, anal, and oral sex throughout the entire sex act (from start to finish).

[Talk with your healthcare provider](#) about your sex life as it relates to your health. This helps your healthcare provider understand [what STI tests you should be getting](#) and how often.

Here are a few questions you should expect and be prepared to answer honestly:

- Have you been sexually active in the last year?
- Do you have sex with men, women, or both?
- In the past 12 months, how many sexual partners have you had?
- Do you have anal, oral, or vaginal sex?
- What are you doing to protect yourself from infection?

Not all medical checkups include STI testing, so don't assume that you've been tested unless you discuss it with your provider. If your provider does not discuss sex or STI testing with you, [bring it up](#) .

Ask your healthcare provider whether certain vaccines, like the [hepatitis B vaccine](#) or the [HPV vaccine](#) are right for you.

### TEST

Get tested. It's the only way to know for sure if you have an STI.

Many STIs don't cause any symptoms, so you could have one and not know. If you're having sex, getting tested is one of the most important things you can do to protect your health.

Learn which [tests CDC recommends](#) for you. Even if you're pregnant, you can still get an STI. If you're having sex, you're still at risk.

Find out what STI care options are available near you. In addition to traditional, in-person visits, other options that may be available include:

- Video or phone appointments with your healthcare provider.
- Express visits allow walk-in STI testing and treatment appointments without a full clinical exam.
- Pharmacies and retail clinics, such as at a grocery store or big-box store, for on-site testing and treatment.
- At-home collection where you collect your own sample and take or mail it to a lab for testing.

If you're not comfortable talking with your regular healthcare provider about STIs, [find a clinic](#) near you that provides confidential testing that's free or low cost.

## TREAT

If you test positive for an STI, work with your healthcare provider to get the correct treatment.

Some STIs can be cured with the right medicine, and all STIs are treatable. Make sure your treatment works by doing these things:

- Take all of the medication your healthcare provider prescribes, even if you start feeling better or your symptoms go away.
- Don't share your medicine with anyone.
- Avoid having sex again until you and your sex partner(s) have all completed treatment.

Your healthcare provider can talk with you about which medications are right for you.

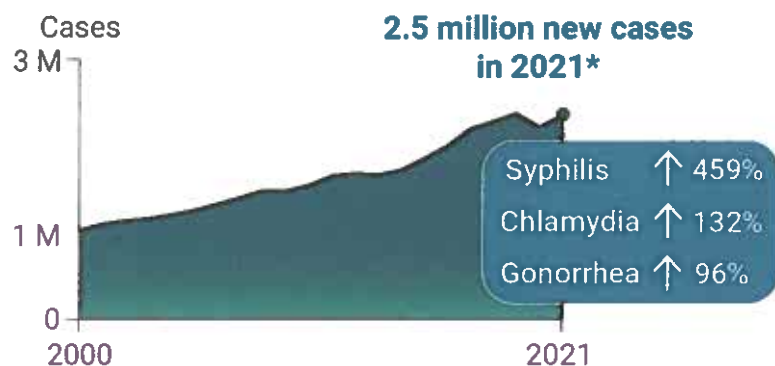
Last Reviewed: January 18, 2023

# Reversing the Rise in STIs: Integrating Services to Address the Syndemic of STIs, HIV, Substance Use, and Viral Hepatitis

Reported cases of sexually transmitted infections (STIs) have increased dramatically in recent years. HIV, substance use, and viral hepatitis affect similar populations as STIs and each of these health concerns directly affects the others. A holistic, whole-of-society approach, including addressing social and economic barriers, is required to improve this syndemic and America's health.

## STI Overview

Chlamydia, gonorrhea, and syphilis cases have been increasing for years.

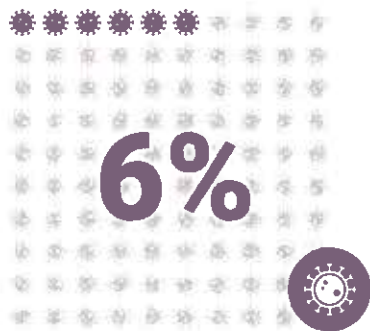


People most affected by STIs include:

- Adolescents and people aged 15-24 years
- Gay, bisexual, and other men who have sex with men
- Pregnant people
- People from some racial and ethnic minority groups

## STIs & HIV

STIs like chlamydia, gonorrhea, and syphilis increase the chance of getting HIV. STIs also increase the chance of transmitting HIV to others.



of sexually acquired HIV infections are attributed to chlamydia, gonorrhea, and syphilis.

New HIV infections attributed to STIs are costly.

In 2018, the lifetime medical costs for 1,896 new HIV infections attributed to chlamydia, gonorrhea, and syphilis totaled:

**\$800 MILLION**



💰 = \$100 Million



## STIs & Substance Use



Use of opioids and other substances has been linked to increasing STIs and outbreaks of infectious diseases.



Young adults who used an illicit drug\* in the past year were **3 times** more likely to get an STI.

## STIs & Viral Hepatitis

**4 in 10**

acute hepatitis B cases in the United States are estimated to result from **sexual transmission**.



Hepatitis B is preventable with a vaccination series that can be started and completed during STI care visits.

## Holistic, Coordinated Care Is Critical for Addressing These Overlapping Epidemics

A “no-wrong-door” approach – providing or connecting a person to all the services that meet their needs wherever they seek care – is crucial.

The first step in implementing this approach is **increasing access to quality healthcare settings**. STD clinics are important spaces for people who are uninsured, need flexible appointments, need low- or no-cost services, or are looking for expert and confidential services.

We must reduce the effect of social and economic conditions that can influence health outcomes - called social determinants of health - which have been documented as key contributors to negative health outcomes, including STI transmission. Strategies to reduce these conditions can include:

- ✓ **Promoting prevention and care in related systems**, including housing, education, and the justice system.
- ✓ **Providing patients with resources**, including housing, food, transportation, and employment.
- ✓ **Integrating existing programs**, such as syringe services, substance use disorder treatment programs, and HIV testing and pre-exposure prophylaxis programs in STD clinics.
- ✓ **Identifying “outside-the-box” opportunities for collaboration and integration**. New solutions could include developing partnerships with pharmacies and retail health clinics or modernizing and streamlining data systems.

**GET THE FACTS ON STIs • [www.cdc.gov/std](http://www.cdc.gov/std)**

\*Note: Illicit drug includes cocaine, hallucinogens, heroin, inhalers, methamphetamine, and pain relievers, sedatives, stimulants, and tranquilizers not prescribed by a doctor.



Health  
Canada

Santé  
Canada

Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

## Gonorrhea Facts



### What is gonorrhea?

Gonorrhea is a Sexually Transmitted Infection (STI) caused by bacteria called *Neisseria gonorrhoeae*.

### What causes gonorrhea?

Gonorrhea is spread through unprotected oral, vaginal, or anal sex with an infected person. Sometimes gonorrhea can be spread to the eyes by hands that have had direct contact with infected body fluids. It can also be passed from an infected mother to her baby during birth.

### What are the symptoms of gonorrhea?

Over half of men and women infected with gonorrhea have no symptoms. They can unknowingly pass the infection on to their sexual partner(s). It can take two to seven days from the time a person is exposed to gonorrhea until they have symptoms. Sometimes this period is longer.

Women may have pain during urination, or bleeding during or after sexual intercourse or pain in the lower abdomen. Intercourse can be painful. Abnormal bleeding may happen between periods. Many women may only have more white or yellow smelly vaginal discharge. A swab of the cervix will show if a woman has gonorrhea.

Untreated gonorrhea in women may lead to a condition called pelvic inflammatory disease (PID). It is a serious infection of the lining of the womb or uterus, the fallopian tubes and the ovaries. Sometimes the fallopian tubes of a woman with PID are blocked by scar tissue and her eggs cannot pass through. When this happens, she may not be able to get pregnant. If the fallopian tubes are only partly blocked so that sperm can pass through, she may have a pregnancy inside the fallopian tube. This is called an ectopic or tubal pregnancy. This is a medical emergency and the woman needs to go to hospital for treatment. Women with untreated gonorrhea may also have miscarriages. Some women will continue to have chronic pelvic pain.

Infants who are born to mothers with untreated gonorrhea may develop serious eye infections that could lead to blindness.

Men may have yellow or white smelly discharge from their penis, or itching around the urethra (opening in the penis). Men may also have to urinate more often and may have pain when they do. Pain and swelling in the testicles can occur. Gonorrhea can be diagnosed in men by testing a urine sample or swabbing the discharge from the penis.

Men with untreated gonorrhea may become sterile when the tubes carrying the sperm are blocked by scar tissue. Some men may have swelling and pain in their testicles, a condition called epididymitis.



Canada



In both men and women, gonorrhea from oral sex can cause a sore throat and swollen glands.

Gonorrhea from anal sex may cause discharge, bleeding and itchiness from the anus. Sometimes there are no symptoms. Gonorrhea can be diagnosed by swabbing the throat or the rectum.

## Who is most at risk for gonorrhea?

People who have multiple sexual partners and do not use condoms are at most risk for gonorrhea. Infants born to mothers who have gonorrhea are at risk for serious eye infections.

## How is gonorrhea treated?

Gonorrhea is treated with antibiotic pills. The medication often used is called Cefixime which is taken in a single dose. Sometimes gonorrhea is treated with an antibiotic injection. People may have chlamydia at the same time as gonorrhea. An antibiotic to treat chlamydia will be given at the same time. Even if your symptoms have disappeared, you must finish all pills to make sure that you are cured. It is important for the person with gonorrhea and their partner(s) to not have sex, even with a condom, until seven days after they have finished taking all of their medication. You can get re-infected every time you have sex with an untreated infected partner.

In some cases the doctor will advise you to have a follow-up test to make sure you are cured. This follow-up test should be done at least one week after you have completed the treatment.

## What about sexual partners?

All sexual partners within the past 60 days should be examined and treated. If you have not had sex in the past two months, then your last sexual partner should be examined and treated. Tell your partner(s) that having no symptoms does not mean there is no infection. A public health nurse can notify your partner(s) for you. Your name will be kept confidential.

## How can I reduce the risk of gonorrhea?

Learn about safer sex methods.

Talk to your partner(s) about their STI status and the use of protection.

Use condoms correctly every time you have vaginal, anal or oral sex to reduce your risk of getting gonorrhea and other STIs.

Get tested for gonorrhea if you are sexually active.







Health  
Canada

Santé  
Canada

Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

# Chlamydia Facts



## What is chlamydia?

Chlamydia is one of the most common Sexually Transmitted Infections (STIs). It is caused by bacteria called chlamydia trachomatis.

## How is chlamydia spread?

Chlamydia is spread through unprotected oral, vaginal, or anal sex with an infected person. It can take two to six weeks or longer for symptoms to appear. Sometimes, chlamydia can be spread to the eyes by hands or direct contact with infected fluids. It can also be passed from an infected mother to her baby during birth. A person remains infectious until he or she is properly treated. Untreated chlamydia can live in the body for months or years.

## What are the symptoms of chlamydia?

More than 75% of women and 50% of men infected with chlamydia have no symptoms but can still pass the infection on to their sexual partner(s).

Women with symptoms of chlamydia may have increased vaginal discharge or irritation, pain during urination, bleeding during or after sexual intercourse, pain in the lower abdomen and pain during sexual intercourse.

Untreated chlamydia in women may lead to pelvic inflammatory disease (PID). This is a serious infection of the lining of the womb (uterus), the fallopian tubes and the ovaries. Sometimes the fallopian tubes of a woman with PID are blocked by scar tissue and her eggs cannot pass through. When this happens, she may not be able to get pregnant. If the fallopian tubes are only partly blocked so that sperm can pass through, she may have a pregnancy inside the fallopian tube. This is called an ectopic or tubal pregnancy. This is a medical emergency and the woman needs to go to hospital for treatment. Women with untreated chlamydia may also have miscarriages. Some women will continue to have long-term pelvic pain.

Infants who are born to mothers with untreated chlamydia may become ill with pneumonia or eye infections.

A health professional can test women for chlamydia by taking a swab from the cervix. The cervix is the opening to the womb (uterus). Sometimes a swab may also be taken from a woman's urethra; or a urine test may be used to test for chlamydia.

Men may have discharge and itching around the urethra (opening in the penis). They may also have burning when they urinate, or pain and swelling in the testicles. These symptoms may come and go.

Men with untreated chlamydia may become sterile when the tubes carrying the sperm are blocked by scar tissue. They may have swelling and pain in their testicles. This is a condition called epididymitis.

Men can be tested with a urine test for chlamydia. Men should not urinate for one hour before this test. A swab can also be taken from the urethra in men.

Chlamydia can also be found in the throat or rectum using a swab.

## How is chlamydia treated?

Chlamydia is treated with antibiotics. It is important that a person with chlamydia and their partners complete the full treatment to make sure that the infection is cured and avoid having sex, even with a condom, for seven days after they have finished taking all of their medication. A person can get reinfected every time they have sex with an untreated infected partner.

In some cases the health care provider will advise a follow-up test to make sure the infection is cured. This follow-up test should be done three to four weeks after treatment has been completed. It is important to remember that a person with an untreated STI like chlamydia may be infected with HIV more easily from a person who has it. It is also possible to have more than one infection at a time, so it is important to be tested for other STIs.

## What about sexual partners?

All sexual partners within the past 60 days should be examined and treated. If you have not had sex in the past two months, then your last sexual partner should be examined and treated. A public health nurse can notify your partner(s) for you. Your name will be kept confidential.

## Who is most at risk for chlamydia?

People who have multiple sexual partners and do not use condoms are at most risk for chlamydia. Infants born to mothers who have chlamydia are at risk for eye and lung infections.

## What can I do to reduce the risk of chlamydia?

Learn about safer sex methods.

Talk to your partner(s) about their STI status and the use of protection.

Use condoms correctly every time you have vaginal, anal or oral sex to reduce your risk of getting chlamydia and other STIs.

Adapted from: Toronto Public Health Unit, It's Your Health







# Syphilis

## What is Syphilis?

- › Syphilis is a sexually transmitted infection (STI) that is caused by a bacteria.

**Rates of infectious syphilis have gone up 167 % in the past ten years.**

## How is Syphilis spread?

- › Syphilis is spread when someone with the infection has condomless vaginal, anal and/or oral sex with someone else.

## Signs and symptoms

- › Sometimes painless, open sores can appear on or inside the penis, vagina, rectum or mouth.
- › Swollen glands in the groin, behind the ears, under the jaw and in the armpits.
- › A body rash and/or feeling like you have the flu.

**Many people won't have symptoms at the beginning of an infection, so it's important to get tested often if you are sexually active.**

## Get tested

- › Testing is quick and simple with a blood test and/or swab.
- › If you have experienced sexual violence, you should be tested for syphilis and other STI.
- › Talk to your doctor, nurse, sexual health clinic or local health unit about being tested for syphilis and other STI.

**The number of babies born with syphilis is increasing.**

## If you are pregnant

- › You should be tested for syphilis as early as possible.
- › If you have the infection, you can pass it on to your baby before it is born or when giving birth. Untreated syphilis can cause birth defects and stillbirth.
- › Treatment for syphilis is safe during pregnancy.

## Talk to your partner(s)

- › If you have syphilis, you should tell your sexual partner(s) so that they can be tested and treated.
- › If you are uncomfortable telling your partner(s), ask your doctor, nurse or local public health unit for help.
- › Talk to your partner(s) about STI and the use of protection, so you can make an informed decision about your sexual health.

## Getting treated

- › Syphilis can be cured with antibiotics.

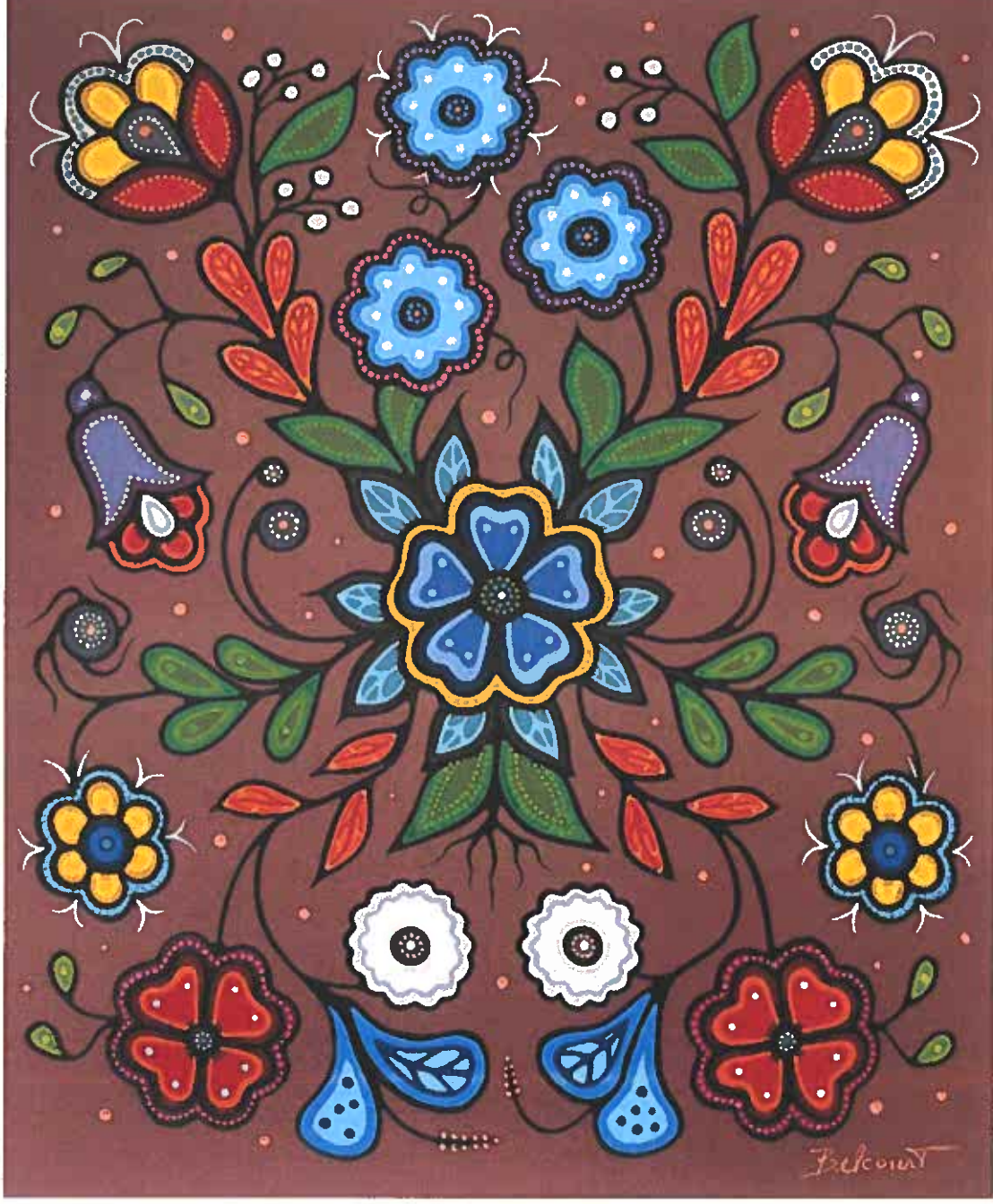
**For more information, visit:**

**[www.canada.ca/en/public-health/services/diseases/syphilis.html](http://www.canada.ca/en/public-health/services/diseases/syphilis.html)**





# 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 challenge in life is discovering who you are. The second greatest is being happy with what you find.*

## DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CHRISTMAS PARTY PREPS	2
3	4 CHRISTMAS PARTY PREPS	5 CHRISTMAS PARTY PREPS	6 CHRISTMAS PARTY PREPS	7 CHRISTMAS PARTY PREPS	8 PARTY PREPS DEADLINE FOR 7 GRANDFATHERS TEACHING AWARDS NOMINATIONS @ 12	9
10	11 CHRISTMAS PARTY PREPS	12 CHRISTMAS PARTY PREPS	13 CHRISTMAS PARTY PREPS	14 CHRISTMAS PARTY PREPS	15 CHRISTMAS PARTY PREPS	16 PARTY PREPS COMMUNITY CHRISTMAS PARTY @ 5PM
17	18 OUT OFFICE	19 OUT OF OFFICE	20 1/2 DAY IN OFFICE	21 CHRISTMAS BREAK	22	23
24/31	25	26	27	28	29	30



# HAPPY BIRTHDAY in DECEMBER

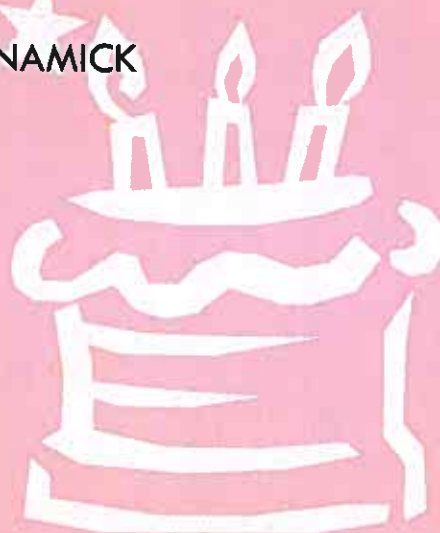
1st	MICHEAL SOLOMAN
6th	CARL ASHAWASAGAI
10th	FRED MINES
11th	NICHOLAS ZENHENKO-PANAMICK
13th	JANICE MCQUABBIE
18th	EARL OLSEN
21st	MICHELLE KAGAGINS
22nd	KELLY ASHAWASEGA
26th	JESSE MCQUABBIE-JACQUES
27th	CLARK ASHAWASEGAI
29th	IRA NOGANOSH





# HAPPY BIRTHDAY in JANUARY

2nd	JACOB ORR
4th	LYNDY MCQUABBIE-TOMS
8th	NIWOGOONH ANGLES
12th	BRYAN FOX
14th	JUDY CONTIN
15th	ERIN MCQUABBIE
15th	DIANA PACHECO
15th	ASHLEY ZENHENKO-PANAMICK
18th	AMANDA BARBE
18th	BERNIE MCQUABBIE
25th	RACHEL KAGAGINS
28th	DANTON CONTIN
31st	DANTE CONTIN





# Christmas Card Exchange

@ Community Christmas Party 2023

*We will be accepting Christmas Cards from individuals & staff who wish to participate in a mail delivery service organized by the Community Wellness Program. The deadline for accepting your card bundle will be December 15<sup>th</sup> at 12:00pm. Cards will be sorted and placed in Holiday Season bags and brought to the Community Christmas party held on December 16<sup>th</sup>. Community household members can pick up mail bags to take home after the Christmas party. Addresses are available upon request.*

*For further information please contact:  
CWW Luana McQuabbie Trailer #3 or  
Receptionist/Program Support Clerk Darcy in Trailer #1*



# CHRISTMAS 2023

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## COMMUNITY CHRISTMAS PARTY

I AM LOOKING FORWARD TO PLANNING THIS YEAR'S  
WOODLAND CHRISTMAS THEMED EVENT.

THE DATE FOR THE CHRISTMAS PARTY WILL BE SATURDAY,  
DECEMBER 16<sup>TH</sup> FROM 5PM-8PM. DOORS WILL BE OPEN AT 4PM.  
O & M BUILDING-14 SANDPIT ROAD BEHIND THE BALL FIELD.

I AM ALSO LOOKING FOR VOLUNTEERS TO HELP WITH SET UP  
ON FRIDAY AND SATURDAY BETWEEN 8:30 & 4:30. PLEASE  
CONTACT DARCY AT THE HEALTH CENTRE TO SIGN UP.

EVERYONE WELCOME.

MANY THANKS!

**COORDINATOR**  
LUANA MCQUABBIE







# Seven Grandfathers Teachings 2023 Awards **Extended Call 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. Nominations can be submitted into one of the two ballot boxes located at the Health Centre or Band Administration Office.

Submission deadline is Friday, Dec 8th @ 12 Noon.

Each winner will receive an Award and \$100.00 in cash at the 2023 Community Christmas Party on December 16th.

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

## THE SEVEN GRANDFATHERS TEACHINGS 2023 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 (Please circle only one)**

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

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

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

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings visible.

**Nominated by:** \_\_\_\_\_

Please print your name and your phone number

Please submit this Nomination Ballot into one of the Ballot Boxes located at the Band Office or Health Centre/Trailer #1 by noon on Friday, December 1<sup>st</sup>.