

May 2024

NEWSLETTER



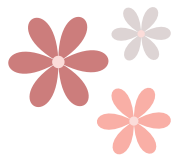
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Can you find
this icon hidden
in the
Newsletter?

Welcome to the May edition of our vibrant community newsletter! As spring blooms around us, we're excited to share the latest news, events, and happenings in our neighborhood. This month, we're celebrating the spirit of renewal and growth with a variety of activities for residents of all ages. From outdoor markets showcasing local artisans to neighborhood clean-up initiatives, there's something for everyone to get involved in and make a positive impact. Join us as we come together to nurture our community bonds and create lasting memories this May!

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May 2024

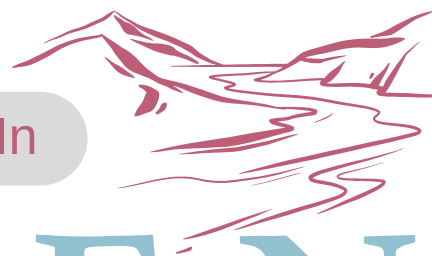


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 Sewing Group	02 Nurse	03	04
05	06 AA Meeting 7 pm - 8pm	07	08 Sewing Group	09 Nurse	10	11 Sprinkler Trailer Training Mother's Day BBQ
12 Mother's Day Sprinkler Trailer Training	13 AA Meeting 7 pm - 8pm	14	15 Sewing Group Work BC Petronas Open House	16 Nurse	17	18 Sewing Group
19	20 AA Meeting 7 pm - 8pm	21	22 Sewing Group	23 Nurse	24	25
26	27 AA Meeting 7 pm - 8pm	28	29 Sewing Group	30 Nurse	31 Community Yard Sale	



What's Going On In

H R F N



AA Meetings

Join us every Monday from
7 to 8 PM for our AA meeting

where individuals come together to support one another on their journey to sobriety. Held in the warm and welcoming atmosphere of the Band Hall, our meetings provide a safe space for sharing experiences, offering encouragement, and finding strength in community. Whether you're taking your first steps towards recovery or maintaining your sobriety, you're not alone. We're here to walk this path together.



Sewing Group

Every Wednesday at 5:30 PM
and every other non-payday
Saturday at the Daycare

Whether you're a seasoned pro or just starting out, our group welcomes all skill levels. Bring your latest project or get inspired by others as we share tips, techniques, and stories over the hum of sewing machines. It's a wonderful opportunity to connect with fellow crafters, swap ideas, and create beautiful things together. Come stitch with us and let your creativity soar!

MAY Wordsearch

K	G	N	I	W	O	M	S	V	S	D	C	Y	O	P	I	L
F	P	W	P	X	X	L	G	H	E	C	B	X	I	J	W	U
B	Q	L	R	X	H	W	O	A	S	L	G	S	Q	H	J	X
O	A	U	A	Q	G	W	P	I	D	G	E	C	H	Q	K	J
U	G	S	E	N	E	F	X	G	E	Z	I	I	O	I	J	Z
T	N	X	E	R	T	V	X	V	B	S	X	N	U	E	I	D
D	I	A	S	B	D	I	E	R	R	O	E	C	S	P	Y	P
O	K	O	P	S	A	T	N	S	E	D	C	I	E	S	A	G
O	L	Q	I	N	E	L	X	G	W	V	Y	P	C	G	D	C
R	A	D	X	R	H	Z	L	I	O	H	L	I	L	A	I	E
S	W	F	A	B	Q	Y	Y	K	L	Z	I	N	E	L	L	C
S	Q	N	F	B	R	J	L	T	F	S	B	O	A	F	O	Q
M	S	S	Z	V	W	P	I	F	W	P	E	U	N	C	H	S
Z	E	F	L	D	L	F	V	A	Q	O	R	J	I	H	Z	H
S	W	O	D	N	I	W	N	E	P	O	T	Z	N	Z	V	I
I	R	P	F	J	O	A	W	I	A	W	Y	M	G	Q	U	V
Q	R	V	J	O	J	S	U	N	S	H	I	N	E	L	Q	S

housecleaning

outdoors

holiday

open windows

planting

liberty

flowerbeds

sunshine

picnics

baseball

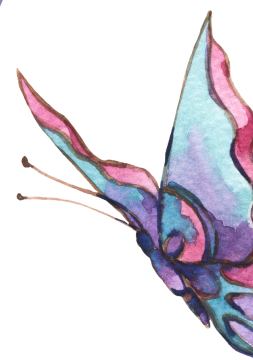
walking

showers



YOU'RE INVITED TO OUR

Mother's Day BBQ



MAY 11
11:00AM - 3:00PM
HALFWAY RIVER FIRST NATION
COMMUNITY HALL



Facial Spa & Haircuts
+
Complementary gifts for Mothers





Information from the **HOUSING DEPARTMENT**

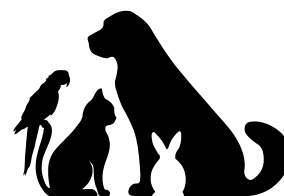
7.3 House Pets

Tenants will be allowed to keep no more than 2 common household pets or no more than one pet of any other species and this will be approved at the discretion of the Housing Department. Common household pets, these include dogs, cats/ fish, birds/ rabbits and rodents such as guinea pigs, and hamsters, kept as companion animals. All pets must be declared in the Tenancy Rental Agreement.

Large pets, such as cats and dogs,

Must be spayed or neutered and a spay or neuter certificate presented to the Housing Department. Pets must be under the control of their owners. Any damage caused by a pet is the responsibility of the Tenant. Failure to abide by these provisions is a violation of the Tenancy Rental Agreement and may result in eviction.

Additionally, Tenants with pets are required to sign an agreement that they will be responsible for their pet's actions and any damage that may be caused by the pet and may be asked to pay an additional damage deposit. All pets must be contained on the Tenant's lot by fence or leash. The Tenant shall not keep dangerous dogs or pets that pose a danger to the community and HRFN staff enforcing this Housing Policy or the Tenancy Rental Agreement.



10.1 Missed Rental Payments

All Tenants are required to make monthly rental payments.

A Tenant must make rent payments in accordance with the Tenancy Rental Agreement, which provides that the rent is due on the first day of each and every month. The rent is to be paid to the Band and delivered to the Band office, or at such other place as the Band may hereafter, from time to time/ direct. Rent payments will be made by payroll deductions, debit, e-transfer, cheque, money order or cash. Receipts will be provided for all payments made. All payments received are recorded in a spreadsheet updated by the Finance Department. If the

Tenant is receiving any monies from the Band, the amount of Rent will be automatically deducted from their payments. This money may include, but is not limited to:

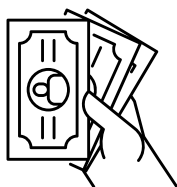
- Social Assistance
- Honoraria
- Per Diem

Payroll from employment with the Band either as a part-time, full time or temporary worker/Contract work

Education payments

Industry and/or treaty settlement monies/ and

Other payments authorized by the Band to paid to the Tenant



If a payment is made by cheque and is returned by the bank as Non-Sufficient Funds(NSF)two times, cheques will no longer be an acceptable method of payment for that Tenant. Tenants will be charged \$50 for each NSF cheque. The Housing Coordinator will prepare an Arrears Report on a monthly basis and provide copies to the Housing Committee. The Arrears Report will provide the following information: Tenant, address, balance forward, rent due, payment, balance owing, details of collections efforts, and details regarding any repayment plans agreed to. A monthly Statement of Account will be provided to each Tenant. As part of the annual rental review, the tenant agrees to make available to the Band on an annual basis, a Verification of Income and Members of Household Form (Appendix 3L). These are due by April 1s of each year.

We are pleased to announce that we have implemented e-transfer options for paying your Rent and Propane. Payments can now be conveniently made to Finance@hrfn.ca . Additionally, we are currently in the process of acquiring a debit machine to facilitate in-person payments at our location. Thank you for your continued support and cooperation.



6 REASONS TO GET UP EARLY

More time for yourself

You might be able to get some much-needed (and desperately wanted) time for yourself if you get up early and live with other humans - children or adults.



More time to exercise

Getting up early could help you find the time to work out if working out is important to you.



Less time in traffic

Early mornings can help you beat the usual traffic, which is pretty much universally beneficial.



More time to get things done

Have you ever wished there were more hours in the day? By setting your alarm an hour or two earlier than usual, you'll get your wish granted.

Helps you concentrate

We tend to feel groggy and disoriented when we first get up because our brain does not wake up immediately. You're more likely to stay focused if you wake up earlier.



Healthier skin

Your skin can show signs of rough nights in fine lines and wrinkles, paleness, and swollen or droopy eyelids. Acne is also associated with sleep deprivation.





REDUCE REUSE RECYCLE



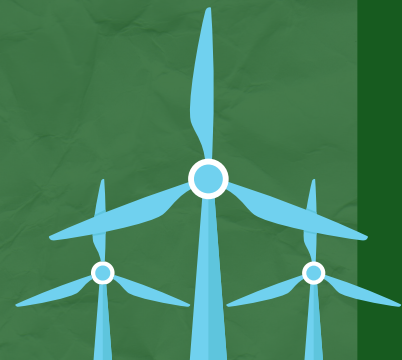
REDUCE

Reducing waste involves a shift in consumption habits, advocating for minimal packaging and embracing a lifestyle focused on essential purchases.

By choosing products with less packaging or those with reusable components, we can decrease the amount of waste generated from the outset.

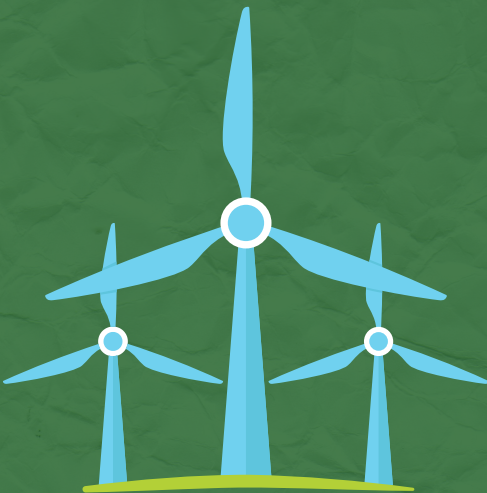
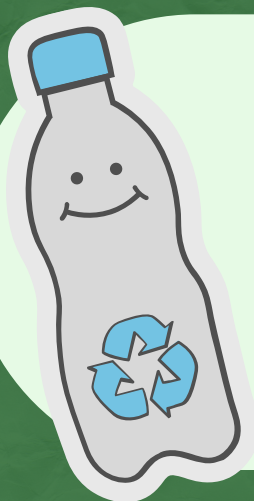
REUSE

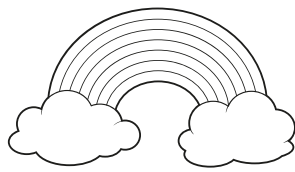
Reusing items not only extends their lifespan but also reduces the need for new resources to be extracted and manufactured. Through practices like repurposing containers, donating goods, or creatively upcycling old items, we contribute to a circular economy where materials are continually reused.



RECYCLE

Recycling further complements these efforts by diverting materials from landfills, conserving valuable resources, and fostering sustainable production processes.



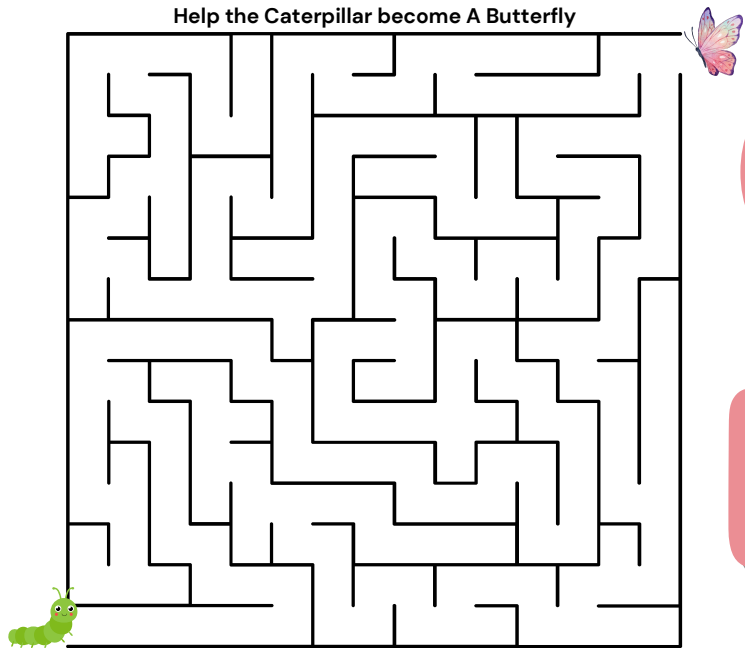


KIDZ

Find All The Words

N G V S L C T J E D F P Z O R L B
 E T O I P H R A S B I J E D M V G
 L Z R M T A O C N I A R G T Y Q N
 I P E J S N Y K F W H S L A I F I
 A Y B E G M D E P T E Q E W C K R
 D S O K R E N T Y L W H J B U I P
 M U P H T B I L D E N O C Z A F S
 K N T C D A W D G P L D B G P L M
 F S E I R Z U N O S A E S N U B L
 W H Z N A P R S M Y T L F M I W S
 P I F C L E A N I N G E B H K A V
 T N U I B M V R Z O F R C A W H R
 M E D P H C R A M B E K L N S T G
 X L F J Y A S N G L S H O W E R S
 H B R E A K O P L V C Z U F Y D K
 C F T X M U B A S I L W D H G N E
 W I H P E D L J R Y Q B S A O X R

Help the Caterpillar become A Butterfly



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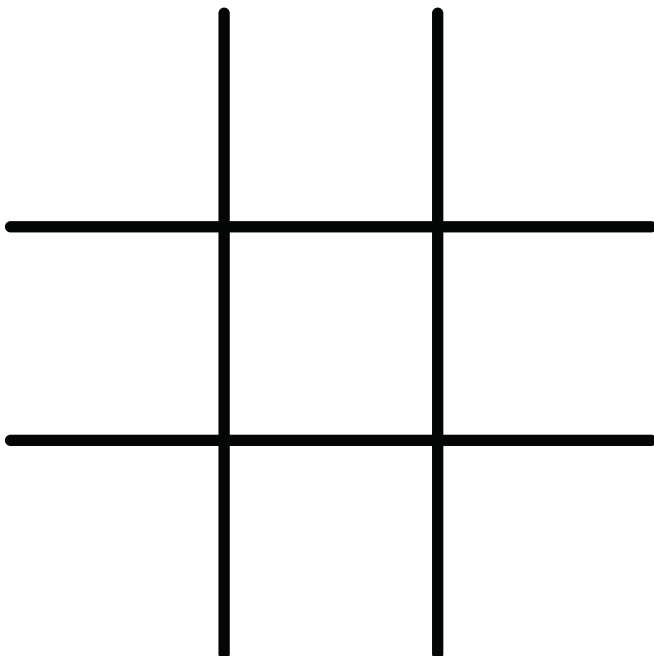
APRIL	THAW	RAINCOAT	MARCH
BREEZE	BASEBALL	SPRING	PUDDLES
JACKET	CLEANING	UMBRELLA	SEASON
RAINBOW	KITE	BREAK	SUNSHINE
SHOWERS	PICNIC	CLOUDS	WINDY

May Flowers

Recognize each color on the Flowers and color them accordingly



Play tic-tac-toe with a partner.



Color The House & Garden



NOTES
FOR
YOURSELF
OR
OTHERS

Information put here is
deemed important for
community members to
read and be aware of.
Please take the time to
read this section if one
or more pages apply to
you.

Community Bulletin

Event Posters
Found here!!

Important
Notices !!

OPPORTUNITIES
FOR COMMUNITY
MEMBERS