

Newsletter



July 2006

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Water is one of the most sacred gifts given to the Anishinaabe people. In our culture, women are the givers of life, and it is their responsibility to look after and speak for the water at ceremonies.

In childbirth, the water comes first and then the baby. Without the woman—and without the water—none of this is possible. That is why the role of the woman is very sacred. Their roles as life givers, caregivers, and teachers are crucial to on-going life, to nurturing children and families, and building communities.

WATER SAFETY TIPS

BOATING!

1. Always wear your life jacket or PFD.
2. Don't drink alcohol while swimming or boating.
3. Check the weather before you head out in a boat and be prepared to head to shore if the weather turns bad.
4. Get your Pleasure Craft Operator Card if you operate a boat, and know how to respond in an emergency by taking first aid lessons. Learn the basic rules of navigation.



SWIMMING!!

1. Supervise children at all times, especially in and around water including the bathtub, swimming pool or lake.
2. Be cautious about swimming in currents.
3. Be extra careful before you dive into water. Head and spinal injury can happen in shallow water.
4. Take swimming and water safety lessons.

Sun Safety

Protect yourself and your family all year round:

1. Seek the shade, especially between 10 a.m. and 4 p.m.
2. Use sunscreen and cover up.
3. Wear a hat.
4. Wear sunglasses that provide UV protection.
5. Keep newborns out of the sun.



Signs of trouble:

Heat Exhaustion

Profuse sweating

Fatigue

Muscle cramps

Nausea, vomiting

Faintness, unsteadiness

Headache

Heat Stroke

Sweating ceases

Increase in body temp

Rapid, shallow breathing

Confusion, disorientation

Seizures

Fainting

Heat stroke and exhaustion may effect otherwise healthy people. Babies and the elderly are more susceptible to these conditions. Obesity, diabetes, alcohol consumption and chronic heart failure all decrease the body's ability to lose heat. If left unrecognized and untreated these conditions can lead to coma and possibly death.

Heat-related disorders can be largely prevented by avoiding strenuous activity and exertion in the heat of the day, spending as much time in the shade, consuming large quantities of liquids (i.e. water) and avoiding alcoholic beverages.

Always remember to BE SUN SAFE and have a great Summer!

Safe drinking water ...

Be sure to have your drinking water tested regularly by Health Canada. Pollutants such as cryptosporidium (an oocyte, or a shell-encased "bug" that is hard to kill with regular water treatment) have been found in different lakes. This type of organism can only be removed through a process called "micro filtration", such as the water treatment plant at Iskatewizaagegan No.39 Independent First Nation.

Boiling water for a minimum of five minutes also helps to rid drinking (and cooking) water of pollutants. For more information please contact your Environmental Health Officer at First Nations and Inuit Health Branch (FNIHB).

Ten quick bites under 150 calories

for those busy summer days

- ★ Jello "O" strawberry gel cup light
- ★ 1 medium kiwi
- ★ 2 tbsp. Cheez-Whiz spread with 1 medium celery stalk
- ★ 2 tbsp. Kraft Calorie-Wise ranch dressing with 10 baby carrots
- ★ 2 Fig Newtons
- ★ 1/2 cup Post Shreddies cereal with 1/2 cup blueberries
- ★ 1 tbsp. smooth peanut butter light with 1 graham cracker
- ★ 1 Kraft Singles slice light with 1 medium apple
- ★ 1/2 cup Post Selects Cranberry Almond Crunch with 1/4 cup fat free yogurt
- ★ 2 tbsp hummus with 3 Stoned Wheat Thins crackers

NEW CLINIC CONTACT INFORMATION:

467-8773 (phone)

467-2666 (fax)

Head office/administration unchanged (543-1065)

JULY 2006

COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOR CANADA DAY	4 DR @ KAHAC LS,LAM @ WD JM @ SL40 LED,BP @ KAHAC	5 LAM,BP @ KAHAC JM @ GN LED @ NWA37	6 LAM @ NWA37 JM @ Foot Clinic LED @ GN BP @ WFB	7 LS,LAM @ KAHAC LED @ KAHAC - AM
10 DR @ KAHAC - PM LAM,BP @ KAHAC JM @ DALLES - AM JM @ NWA37 - PM	11 DR @ KAHAC LAM,BP @ KAHAC JM @ Nechee	12 LAM,LS,BP @ KAHAC JM ,JR @ WD	13 DR @ KAHAC - AM LAM,LS @ SL39 JM @ Fellowship BP @ KAHAC	14 DR @ KAHAC - AM LAM,LS @ KAHAC BP @ KAHAC - AM
17 DR @ KAHAC - PM LAM,LS @ Minaki JM @ WFB IC,BP @ KAHAC	18 DR @ KAHAC LAM,LS @ Dalles JM @ WD Clinic IC @ KAHAC	19 LAM,LS @ KAHAC JM @ GN IC @ KAHAC	20 DR @ KAHAC - AM LAM, LS @ WFB JM @ Foot Clinic IC,BP @ KAHAC	21 DR @ KAHAC - AM LAM,LS,IC @ KAHAC BP @ KAHAC - AM
24 DR @ KAHAC - PM LAM, LS @ RP IC,BP @ KAHAC	25 DR @ KAHAC - AM LAM, LS,IC,BP @ KAHAC JM @ WFB	26 LAM, LS @ GN JM @ WD IC, BP @ KAHAC	27 LAM,LS @ SL40 JM @ Fellowship IC,BP @ KAHAC	28 LAM, LS,IC @ KAHAC BP @ KAHAC - AM
31 DR @ KAHAC - PM LAM, LS,JM @ KAHAC BP @ SL39				

Treaty #3 First Nations
2006 Pow Wow Listings
Onigaming—July 7-9
Naotkamegwanning—July 21, 22, 23
Seine River—July 14-16
Rat Portage—July 21-23
Naicatchewenin—July 28-30
Dalles—July 28-30
Eagle Lake— August 4-6
Big Grassy— August 11-13
Shoal Lake #39— August 18-20
Lac Seul— August 18-20
Big Island— August 25-27
Washagamis Bay— August 25-27
Wabaseemoong— September 1-3
Wabigoon— September 1-3
Lac La Croix— September 8-10

Communities

GN	Grassy Narrows	WD	Whitedog
NWA33A	Dogpaw Lake	WFB	Whitefish Bay
NWA33B	Angle Inlet	SL39	Shoal Lake 39
SL40	Shoal Lake 40	RP	Rat Portage
NWA37A	Regina Bay	DA	Dalles
NWA37B	Windigo Island	WAB	Wabigoon Hall, Wesawkwete
OBK	Obashkaandagaang		

MM	Malcolm McCormick, Nurse Practitioner
LED	Lee Ann Desrochers, Nurse Practitioner
JR	Jennifer Roberts, Nurse Practitioner
BP	Barb Pernsky
JH	Dr. John Hammett
HH	Dr. Hanna Hulsbosch
AA	Allan Anderson, Dental Health Educator
RW	Randy White, Traditional Health Coordinator
IC	Ida Copenace, FASD Consultant
SL	Serena Lewis, FASD Consultant
MB	Maria Blackhawk, HIV/AIDS Coordinator
JM	Judith McLeod, Diabetes Educator
LS	Leticia Santos, Diabetes Educator
LAM	Lauri-Ann Marshall, Diabetes Educator

STAFF