

Northern Health

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS019

June 2017



Photo by Theresa Robillard - Lynx by the Road
Do you have a great photo? Send it to phuerto@athabascahealth.ca & it might be featured on an upcoming cover!

A Healthy Environment

>> Source: <http://www.un.org/en/events/environmentday/>

World Environment Day is June 5. Every World Environment Day has a different global host country, where the official celebrations take place. This year it is Canada.

Our rich and spectacular natural heritage is a source of pride and identity for Canadians. Abundant natural resources also support the country's economic prosperity – through tourism as well as sustainable use – and the health and well-being of our 36 million inhabitants. Let us heal our land, as it heals us.

"Without a healthy environment we cannot end poverty or build prosperity. We all have a role to play in protecting our only home: we can use less plastics, drive less, waste less food and teach each other to care." — Secretary-General, António Guterres

If you have stories, updates, events or information you'd like included in the next monthly issue please contact: Pam Huerto - phuerto@athabascahealth.ca / 306-439-2647

In this issue:



A big welcome to our new CEO! Learn more on pg. 6



As of July 17, AHA will be responsible for medical transportation (pg.3)



Do you have an emergency kit packed? (pg. 3)

Joke of the Month

Why don't oysters give to charity?

Because they're shellfish

Dene Word of the Month

ech'ere
Animals



Trivia of the Month

True or False?

There are 23 different aboriginal language spoken in Canada.

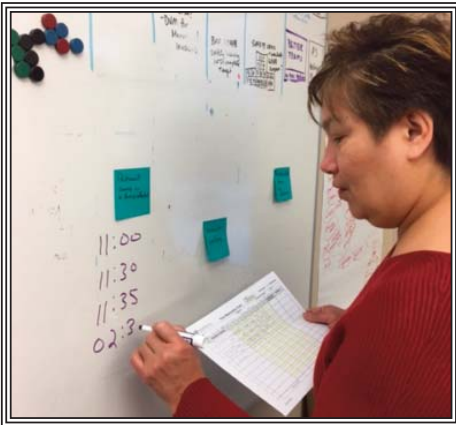
False. There are over 50!

Do you have an emergency kit packed? (pg. 3)

Q.I. Corner

“Quality Improvement (QI) is a range of tools and strategies used to make something better. It's looking for opportunities for improvement, trying new approaches, and adopting them if they work. **Quality** healthcare is often defined as care that is safe, effective, efficient, timely, client and family-centred, and equitable.”

If you sometimes find yourself reading QI corner you are likely aware of the Athabasca Health Authority's commitment to our Vision of Healthy People Healthy Land through a Mission of Creating a Space for Northern People to Heal. A few of our key strategic priorities to getting us there include implementing a continuous improvement system. To create, nurture, sustain and spread a system like this we need to set those who are in service of the AHA communities up for success. One way we can do this is by training and education; currently we have four AHA employees learning how to use, lead and champion Quality Improvement. They have all been doing such great work for those they are so committed to helping that we wanted to share with you a little bit about their Quality Improvement journey so far. Here are a few words from two of our learner/teachers.



Sandra Hansen – Mental Health and Addictions Manager

When you started taking QI training what were you expecting? I first thought... what kind of Quality are we dealing with? After learning what it meant, QI is something we do every day-making things better for our communities, we just don't show it to people, over time how we are doing it. It's very interesting.

What has surprised you so far or stood out for you about Quality Improvement? We don't just use QI in our work, but our lives, where we can help our communities.

How have you taken the tools and skills you are learning and applied them to your everyday work and world? Just taking training makes us better, better clinical workers and better at self care so we can care for others. But the word LILT threw me off (laughing). [The program is known as Lean Improvement Leader Training (LILT)].

What mistakes have you accomplished that gave you insight?

QI helps me work on a better structure and service for our clients. I've been working on creating spaces to make people feel safe. I used 5's and created a new physical space but then had to test many different times the right area to make sure spaces were private and confidential for our clients. I just kept trying to make it right, I'm now thinking always about how to keep making it better, just keep learning and trying... oh and the data has been interesting, now I know how to use it [information] to see our services and opportunities we have...

Pamela Huerto –Health Promotions Manager

When you started taking QI training what were you expecting?

I don't really know what I was expecting... I knew people who talk about Lean either seem to love it or hate it. I was a bit intimidated really, I wondered how this could be used in my department.

What has surprised you so far or stood out for you about Quality Improvement? One of the most surprising things is how quickly things can happen if you get out on the gemba (front line/where the work happens/where people are at etc.) and try things, getting out of the meeting rooms and into action. I was also surprised to learn how many of our problems are consistent; I see we all have similar challenges. I work by myself a lot, it's been helpful to know and see what colleagues do and learn more about their work while seeing the perspectives of other departments, I see how our problems are so interconnected, and we're a system.



How have you taken the tools and skills you are learning and applied them to your everyday work and world?
It's been really helpful to do stats and use data to help me see, data has made issues more visible and helps us understand where we can improve.

What mistakes have you accomplished that gave you insight?

Ongoing, I make a lot of mistakes (laughing). Dealing with all the firefighting and the many priorities I face, making LILT a priority I realized how doing the improvement work we often put to the back burner is what is really going to help you eliminate some of those fires and maybe stop new ones from starting. I realize how doing the work of improvement and really digging in to understanding your problems is what then can help you find opportunities to make things better. We should never put off measuring, identifying good ideas and testing them.



Who Can I Contact?

For more information or to get involved you can contact Taylor with Quality Improvement:

Phone (306) 439-2604,
Cell or Text: (306) 261-5290 or Email
tbassingthwaite@athabascahealth.ca

Medical Transportation

The Athabasca Health Authority is pleased to announce that they will be assuming responsibility over a majority of the medical transportation benefits. As of July 17, 2017, AHA will be responsible for the meals, accommodations & in-city transportation for medical patients from the communities of Fond du Lac, Stony Rapids, & Black Lake.

For more information, questions and/or concerns, please contact the following:

BLAIR MCKAY

MEDICAL TRANSPORTATION COORDINATOR

Stony Rapids, SK

Direct line: 306-439-2611

Toll free: 1-844-439-2900

MELISSA THROASSIE

TRANSPORTATION CLERK

Black Lake, SK

Health Centre: 306-284-2020

Toll Free: 1-844-644-2900

SYLVIA MARTEN - TRANSPORTATION CLERK

Fond du Lac, SK

Direct Line: 306-686-2164

Toll Free: 1-844-686-2900

SHANIA SAYAZIE

RECEPTION/TRANSPORTATION CLERK

Health Centre: 306-439-2200

reception@athabascahealth.ca



Wild Fire Evacuation Tips

In the event an evacuation prepare a READY-TO-GO KIT so that you are prepared with supplies in case of an emergency.

READY-TO-GO KIT

- 2 litres of water for each person
- Non-refrigerated food and a manual can opener
- Plastic or paper plates, cups and utensils
- Flashlights and extra batteries
- Radio with batteries
- A change of clothes
- Emergency contact information and the number of someone to call who lives out of town
- Pet food and supplies for at least three days
- Small first aid kit
- Personal identification card
- Clothing for 3 days
- Personal hygiene items, soap and hand sanitizer
- Store medicine you usually take near your ready-to-go kit
- Cash in small denominations

WHEN YOU LEAVE, REMEMBER TO:

- Make sure you are safe before assisting others
- Check online or listen to the radio or television for information from authorities
- Turn off your home water, electricity and gas
- Post easy to see signs for water and gas shut-offs
- Follow your family evacuation plan
- Bring your ready-to-go kit
- Close doors and windows





Community Arts



YOU ARE INVITED!

MAKE YOUR MARK BEADING PROJECT

Thursdays (June 8, 15, 22)
4-6pm

GREETINGS FROM THE NORTH POSTCARD PROJECT

Saturdays (June 10, 17, 24)
1-3pm

You are invited to contribute to two collaborative artwork projects developed and hosted by visiting community artist Laura Hale. Laura is working with Stony Rapids and Black Lake until the end of June and then in Fond du Lac until the end of July.

Free, open to all, drop-in

All projects held in the Multipurpose Room at AHA

Make Your Mark Beading Project

Laura has brought a deer hide up with her in hopes of getting as many people as possible to bead a simple mark or design on it before she returns home. She will find a special place to display this collaborative artwork when she heads back down south. No beading experience necessary just come and contribute and make your mark.

Greetings from the North Postcards

On one side of the postcard share a story that you would like our friends in the south to know about the north, or about your community, or your self, or your culture. On the other side (which already has the name of your community printed on it) you get to draw, color, and customize your postcard. Laura will mail out all postcards randomly to people in the south.

Funding provided by the Saskatchewan Arts Board, SaskCulture, and the Saskatchewan Cultural Exchange Society.

Welcome!



This summer we are very fortunate to have first year nursing student, Samantha Sidebottom, working in Uranium City. Samantha is working in the health clinic as well as collaborating with Health Promotions on a number of the Nutrition North projects for UC. She's already done some excellent work, and we look forward to seeing what else we can accomplish together!

Congratulations!



AHA would like to congratulate Corinne Martin who just finished her "Diabetes Education for Health Care Providers" program! She now has the knowledge, judgment, skills and attitudes needed to meet the health care needs of community members with diabetes. Good job!

CONGRATULATIONS!

To all our local high school graduates & those graduating from post secondary education!



You don't have to brush your teeth

Just the ones you want to keep

Get regular checkups for your teeth:



Black Lake
Health Centre: 284-0038

Stony Rapids
School Clinic: 439-2668

Fond Du Lac
Health Centre: 686-4816
School Clinic: 686-4828

Uranium City
Call Health Centre
for next visit

Abusive Relationships - A Message from the Domestic Violence Outreach Team

People being abused whether physically, emotionally or psychologically tend to ignore the facts about abusive relationships.

Here's a Story - "It all happened over a period of time. Andy and Sarah had been married for four months. At first things seemed like a romantic fairytale with the handsome and charming prince and the beautiful, fun loving princess living a "happily ever after life". However, as the days passed on Sarah grew distant from the family, spending more time with Andy than with them. There was also the endless phone calls and questions about what she was doing at every moment of the day. The once outgoing girl soon lost interest in the things she liked, being all secretive and moody. To top it all there was Sarah's constant denial that there was something wrong between the couple. So what is it that changed this relationship and the lives of this happy couple?"



People in an abusive relationship often ask themselves as to whether they are suffering from abuse. This is because not many of us understand the true meaning of abuse and the facts about abusive relationships.

For example: It can even seem flattering to think of a friend whose boy/girlfriend is insanely jealous and a controlling behavior which might indicate that they really care. People often fail to see that this type of behavior isn't a sign of affection at all!

It is difficult to define abusive relationships because they relate not just to your spouse or partner but can also extend to a colleague, a neighbor, an employee, an employer, a past or present spouse or children. However, the basis of any relationship abuse lies in the means to extend power and control over a person. This can be any form; be it physical, verbal or psychological.

If you are involved in an abusive relationship or know someone who is, then **getting help is essential!** This is because it is often impossible to leave an abusive relationship without support.

The best course of action for a relationship breakup in such a case is to seek help from shelters, law enforcement officials, community groups of friends and family who are willing to provide support.

Although recovering from the emotional, physical and financial costs of an abusive relationship takes time, it is still worth the effort to save your life and peace of mind!



1 in 5 women and 1 in 7 men have been victims of severe physical violence by an intimate partner in their lifetime

Learn some myths & facts on page 7!

>> Resource: <http://fitwrr.com/>

YOGA POSE OF THE MONTH:

Locust Pose



This pose opens & stretches the chest & the abdomen.

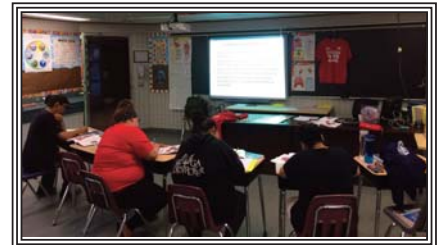
The primary benefits of the Yoga locust pose is to increase flexibility in the front part of your upper body and build strength in the back.

- 1 To begin, lie face-down on your yoga mat and keep your big toes turned inward and your thighs rotated.
- 2 Keep your arms at the side, next to your torso, forehead resting on the ground, and palms facing up. Clasp your hands behind your lower back.
- 3 Use a big inhale to lift your chest and feet off of the ground. Take a few breaths here, at least 3-5. Repeat the steps 2-3 more times.

Keep an eye on the AHA Facebook Page & North of 59 Yoga Facebook group for upcoming workshops & classes!

Congratulations to our New Fitness Leaders!

Florence Seegerts
Crystal Seegerts
Gabrielle Dumais
Terence Kasagan



A Welcome for our New CEO

Mr. Darryl Galusha has been selected to serve as the new Chief Executive Officer for AHA. Mr. Galusha assumed the position effective May 29, 2017.

Most recently, Mr. Galusha worked in Nunavut where he served as the Executive Director for the Baffin Region working for the Government of Nunavut. Prior to Pangnirtung Nunavut, he was the Director of Health Services for Fort Frances Tribal Area Health Services. In this role, he was responsible for the health care of ten First Nations communities across the Rainy River District of North Western Ontario. He also served as the Director of Care, Administrator and Vice President of Senior Services in three Long Term Care Facilities.

Mr. Galusha began his career in Health Care as a Registered Nurse working as a flight nurse and nurse in several remote First Nations fly-in communities in Northern Ontario. He completed several terms in rural and urban United States as an Emergency Room and ICU nurse which provided the experience for his employment as the Nursing Supervisor in several different facilities. His educational background includes a BHSn degree, a Master's in Business Leadership along with First Nations Health Leadership certification.

Mr. Galusha is an accreditation surveyor for Accreditation Canada and he enjoys meeting new people and helping address facility issues. He has been married for 19 years to his wife Leah, who is a Professor of Nursing and a practicing Nurse Practitioner. They have a 17 year old daughter and a 16 year old son. He grew up on the land and water, hunting and fishing, and living off the land. Darryl looks forward to meeting and working with you all to continue providing excellent care to the members of the Athabasca Health Region.

Please join us in welcoming Darryl to the Athabasca Health Authority!

HELLO

Abusive Relationships - A Message from the Domestic Violence Outreach Team

Myth: Abusive relationships are restricted to certain “problem” families, ethnic minorities, uneducated or poorer areas

Fact: Abuse be it physical, emotional or psychological pervades every ethnic, social strata with financially independent people being just as likely to suffer abuse as are people on low income. It is therefore not dependent on the social standing but rather on an individual's internal need for power, the belief that they have the right to control someone else.

Myth: Domestic abuse is a family matter.

Fact: Battering, assaulting or raping another person is a criminal offense where the perpetrator should be punished.

You are worth it.



Myth: Abusive relationships is not such a big problem. After all, only a few women are actually badly hurt.

Fact: So you know that an estimated 1.8 million women are battered each year in America with battering being the single major cause of death to women, exceeding rapes, mugging, and auto accidents.

Myth: If it was that bad, he/she should leave.

Fact: Leaving a partner in the attempt to ending a relationship is just not that easy. There are many emotional, social, spiritual, financial hurdles and other relationship issues to overcome before someone being abused can leave. Sometimes, leaving or trying to leave an abuser can increase the violence or abuse.

Myth: Abusers are always coarse, nasty, violent men.

Fact: Anyone irrespective of looks or social can be an abuser. In fact 80% of men who batter and abuse, commit no other crime.



Myth: Some people provoke it, want it or even deserve it.

Fact: Nobody wants or rather deserves to be abused. This myth just does the job of shifting the blame from the abuser to the abused and avoids the stark reality that the abuser is responsible for his/her actions.

Some signs to watch for:

- Jealousy and possessiveness
- Tries to exert control by being bossy or demanding
- Makes decisions without consulting a partner
- Isolating the person from family and/or friends
- Public humiliation, name calling & insults
- Criticism about actions, sizes, and appearance, and abilities
- Violent or loses his/her temper quickly
- Threats and intimidation
- Physical abuse such as hitting, choking, kicking, throwing things or unwanted physical contact
- Sexual pressures and demands for sexual activities that the person isn't comfortable with
- Holding the submissive partner responsible for his/her emotional state
- Placing the blame for mistreating the person
- Worry about the reaction by the abusive partner to the things said
- Leaving and then returning to the abusive partner repeatedly, against the advice of friends, family and loved ones
- Trouble ending the relationship
- Use children/possessions for control

Garden Towers in Uranium City



JUNE 13TH GARDEN TOWER PICKUP & TRAINING

Grow Your Veggies At Home!

As part of the Nutrition North funding the communities of Stony Rapids & Uranium City have purchased garden towers for community members with the assistance of AHA Health Promotions.

On June 13th between 2:00-6:00pm come to the AHA facility to pick up your garden tower & learn how to use it!

For Full Time Stony Rapid Residents - One tower per household, please bring ID.

(Part Time Residents will be put on a list, & may receive a tower if there are any leftover)

Soil, seeds, squirms & other accessories provided!

UC Residents – Contact Dean Classen for more info

If you are from Black Lake or Fond du Lac & are interested in the towers, please talk to your local health director about what projects you'd like to see funded this year with Nutrition North Funding!

Let's get growing!

June 13th

2:00-6:00PM

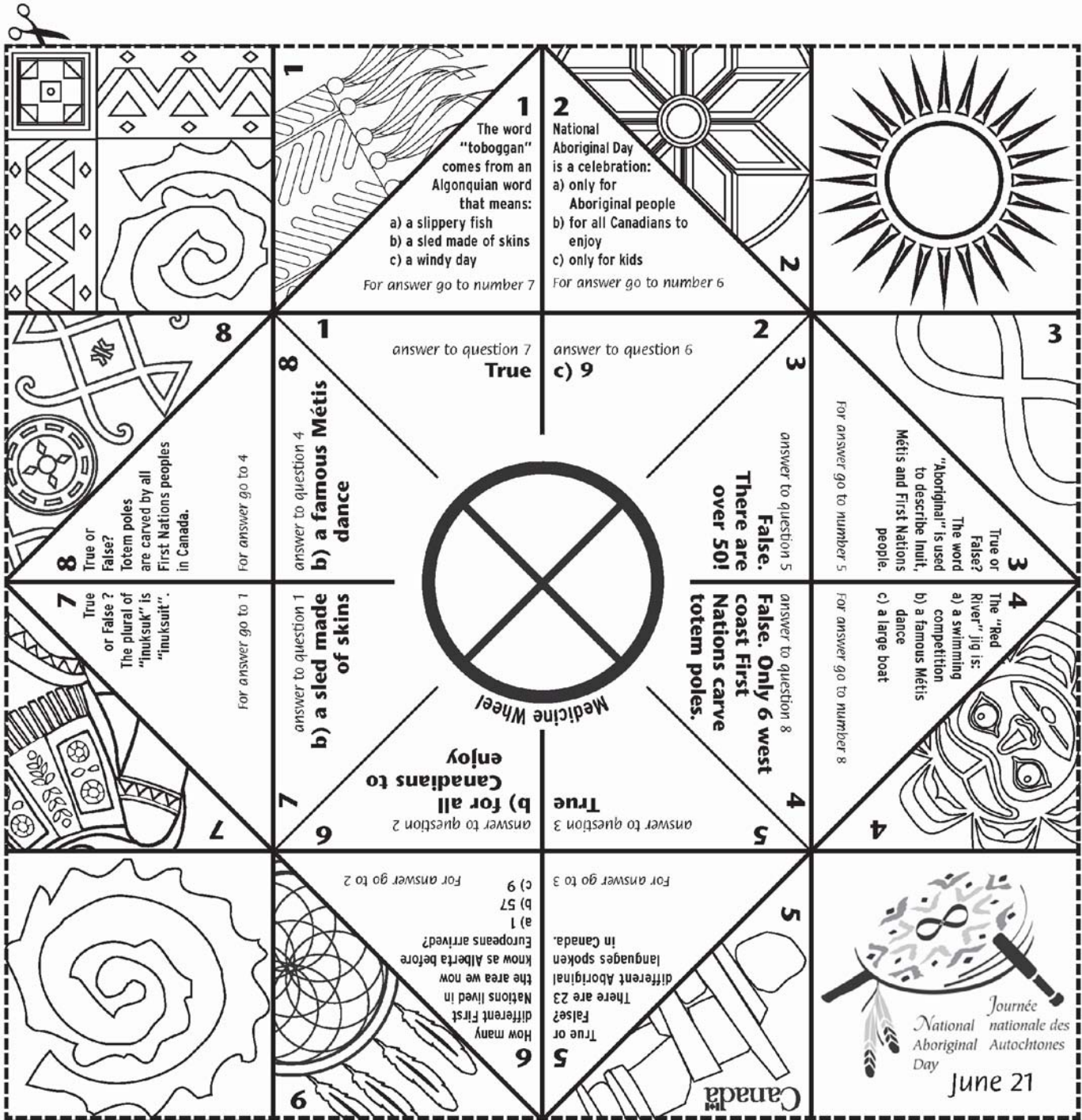
AHA Facility

Acquired Brain Injury Team

The Northern Outreach team visited the basin in May to spread some safety knowledge! Uranium City & Fond du Lac students got to experience the Brain Waves program.

And Stony Rapids & Black Lake got some bike safety sessions. Thanks to Jennie Knudsen & Nicole Storoschuk for visiting & teaching our students!





Instructions for Folding a Crumcher

- 1 Illustrations Facing Down - Fold all four corners together so that they meet in the middle of the paper, crease firmly & leave them there.
- 2 Flip Over - Again fold all four corners together so that they meet in the centre of the paper, give a good crease and leave them there.
- 3 Fold in half in one direction, then in half in the other direction.
- 4 Finish - Stick your thumbs and first two fingers into the four pockets on the bottom of the crumcher and start crumching.

How to Play the Game:

- Spell out your name, or count out the number of letters in your name, at the same time as you open & close your crumcher.
- Choose a number from one of the Aboriginal illustrations from one of the inside triangles.
- Count out the number you've chosen from the inside triangles, at the same time as you open & close your crumcher.
- Again, choose a number from one of the Aboriginal illustrations from the inside triangles, but this time peek under the flap and read the question at the top.
- The sentence under the question will tell you where to go to find the answer. Go there and see if you answered right! If not, see what you learned.
- Go crumcher crazy and repeat the steps as many times as you want!

News Flash

Congratulations

We would like to acknowledge the hard work & dedication shown by those in our mental health department who have been received their certifications through the Indigenous Certification Board of Canada:

- Carmen Good – Certified Indigenous Addictions Specialist at Level III
- Theresa Donard - Certified Indigenous Addictions Specialist at Level II
- Mary Bigeye - Certified Indigenous Addictions Specialist at Level II
- Sandra Hansen - Certified Indigenous Team Leader in Addiction Services



A Great Honor

Sandra Hansen, Jordan Denechezhe & Mary Bigeye were part of the 'Inter-Ministry Team' who responded to the needs of the La Loche community following the tragic events of January 2016. The compassion, innovation and dedication they showed has been recognized in the domain of Quality Service with a Premier's Award for Excellence in Public Service.

We are very proud of them!

New Autism Consultant

Hello! My name is Olivia O'Neill and I am the new Autism Consultant for the Athabasca Health Authority. I moved to Saskatoon, Saskatchewan one year ago from Ireland to work with Autism Services of Saskatoon. My background is in Psychology and I am very excited to share my knowledge and experience with the families of the Athabasca communities. My role as the Autism Consultant will involve working directly with 0-19 year olds presenting with Autism and behavioural issues. I will be doing family consultation throughout the Athabasca communities, as well as developing intervention and transition programs for clients. I look forward to meeting the members of the Athabasca communities when I make my first trip up in June.



A Thank You from Lucas Carrier

I would like to thank everyone from Athabasca Health Authority and the northern communities of the Athabasca Basin for welcoming me for the past year as their Autism Consultant. I enjoyed my time and have learned and grown as a professional by providing services in your communities. I will be leaving you in the capable hands of Olivia O'Neill as she will be replacing me in June. Thank you! - Lucas Carrier M.Ed.



Farewell to Lawrence Robillard

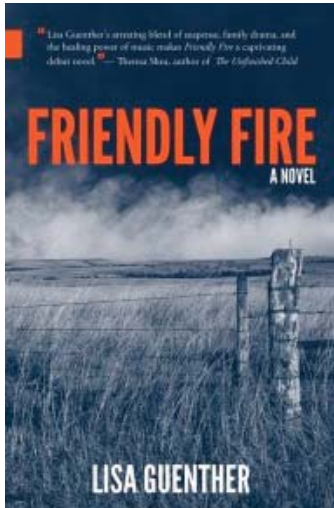
We said farewell to our LTC client, Lawrence Robillard this month. He is moving to a home in Prince Albert.

The staff put together some care items, a money tree & other mementos to send along with him. We will miss having him here, but wish him all the best!

Look in a Book *Are you doing the reading challenge?*

“Today a reader, tomorrow a leader.” – Margaret Fuller

Saskatchewan Author



Friendly Fire - Lisa Guenther

As a long, hot Saskatchewan summer dawns, Darby Swank's life is forever changed when she finds her beloved aunt floating dead in a lake. All at once, her blinders are lifted and she sees the country lifestyle she's always known in a whole new way, with hidden pain and anguish lurking behind familiar faces, and violence forever threatening to burst forth, like brushfire smouldering and dormant under the muskeg.

With her first novel, Lisa Guenther lays bare familial bonds, secret histories and the healing potential of art. Friendly Fire recalls the work of Ann-Marie MacDonald and Lynn Coady as it eviscerates small-town platitudes and brings important issues to light.

Reading Challenge Tip: This could be your book by a Canadian Author!

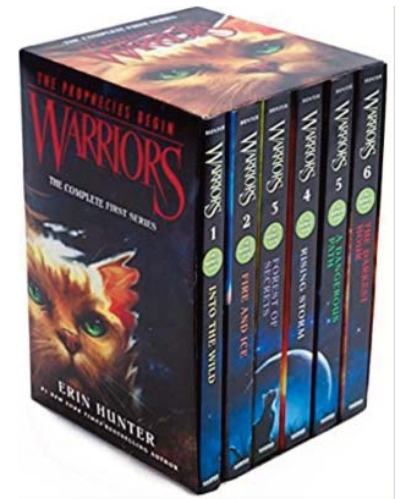
Fantasy

Warriors Series - Erin Hunter

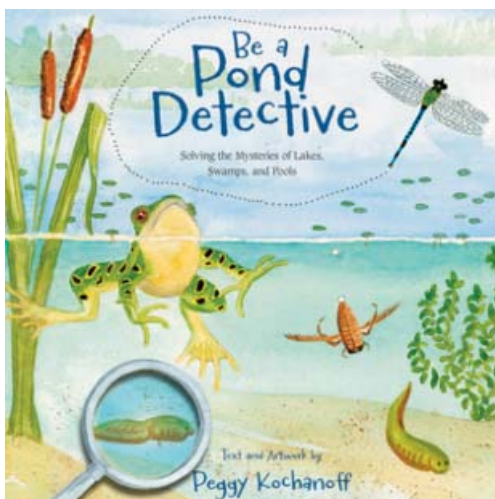
For generations, four Clans of wild cats have shared the forest according to the laws laid down by their warrior ancestors. But now ThunderClan is in grave danger. Rival ShadowClan is growing stronger, a traitor may be hiding in their midst, and rising tensions threaten every cat in the forest.

In the dark days ahead, ThunderClan's fate will rest in the paws of an unexpected hero: an ordinary house cat named Rusty...who may yet turn out to be the bravest warrior of them all.

Reading Challenge Tip: Animals are featured as main characters!



Young Readers



Be a Pond Detective - Peggy Kochanoff

Do dragonflies bite?
What is the difference between a frog and a toad?
Are leeches dangerous?

Naturalist and artist Peggy Kochanoff answers these questions and more in this illustrated guide to solving pond mysteries. From the life cycle of mosquitoes to the many uses and varieties of pond plants, Kochanoff takes young readers on an entertaining and enlightening tour of life in and around a freshwater pond. The perfect way to discover the nature mysteries in your own backyard!

Reading Challenge Tip: A 'how to' book!

“Because **Safety Starts With You!**”

Who Can I Contact?

For more safety information contact:
chuerto@athabascahealth.ca

Safety Source

FireSmart, Wildfires, Yards, Camping & When Fire Approaches

Remember, if your fire goes wild, you may be held liable to pay for damages.



For tips on fire safety or reducing wildfire risks, visit www.saskatchewan.ca/fire or contact your local Saskatchewan Ministry of Environment office.

To report a wildfire, call [Firewatch](tel:1-800-667-9660), toll-free at 1-800-667-9660.

Saskatchewan Ministry of Environment Forest Protection Office - Stony Rapids Fire Base – 306-439-2087

What is FireSmart?

FireSmart is living with and managing for wildfire on our landscape. Preparing for the threat of wildfire is a shared responsibility. From home owners, to industry and government we all have responsibility to lessen the effects of wildfire. Wildland Urban Interface is a popular term used to describe an area where structures and forested areas meet.

Simply put, Wildland Urban Interface is where the urban lifestyle meets environments that are prone to wildfire. By choosing to extend our lifestyle and communities further into forested areas, we become more exposed to the danger of wildfire.

FireSmart Canada helps you understand the potential of wildfire affecting your home and your community. For more information about FireSmart visit: <https://www.firesmartcanada.ca/>

Wildfire Reality

Wildfires are a natural part of Saskatchewan's wildland ecosystems. Without wildfire, the landscape loses its diversity. Wildfires recycle nutrients, help plants reproduce and create a mosaic of vegetation that provides habitat for a variety of wildlife.

By choosing to extend our lifestyles and communities further into forested areas, we become more exposed to the danger of wildfire. Living where wildfires can occur puts your home at risk, but it is possible to live safely with this natural event. The recommendations in this manual will reduce the risk of wildfire to your home and neighbourhood and help firefighters defend your home.

FireSmart: When Wildfire Approaches

If a wildland fire is immediately threatening your home, remain calm. The key is not to panic.

Here are some useful steps and tips to ensure you and your family's safety:

- Report the fire immediately by dialing the FireWatch number at 1-800-667-9660, your local fire department or 911 where available.
- Activate whatever alert signal is used by your community disaster warning system.
- Dress properly to reduce risk of burn injuries (long pants and shirt of cotton or wool and sturdy footwear).
- Have firefighting tools and ladders propped against the house in a visible place.

Should a house be threatened by wildfire, the occupants may be advised to evacuate by a fire or law enforcement official. If this happens, follow these guidelines:

- Evacuate all family members, as well as pets.
- Contact a friend or relative and relay your plans.
- Make sure family members are aware of the prearranged meeting place.



- Advise your local authority that you have evacuated and how you can be reached.
- Tune into a local radio station and listen for instructions.
- Place vehicles in the garage, have them pointing out, and roll up windows.
- Place valuable papers and mementos in the car.
- Close the garage door, but leave it unlocked. If applicable, disconnect the electric garage door opener so that the door can be opened manually.
- Shut off propane at the tank or natural gas at the metre.
- Carry gloves, a handkerchief to cover face, water to drink and goggles.
- Close all exterior vents.
- Make sure all garden hoses are connected to faucets and attach a nozzle set on "spray".



More Things You Can Do:

- Soak rags, towels, or small rugs with water to use in beating out embers or small fires.
- Inside, fill bathtubs, sinks, and other containers with water. Outside, do the same with garbage cans and buckets. Remember that the water tank and heater are available sources of water.
- Close all exterior doors and windows. Close all interior doors.
- Open the fireplace damper, but place the screen over the hearth to prevent sparks and embers from entering the house.
- Leave a light on in each room.
- Remove lightweight & non-fire resistant curtains & other combustible materials from around the windows.
- If available, close fire resistant drapes, shutters, or venetian blinds. Attach pre-cut plywood panels to the exterior side of windows and glass doors.
- Move overstuffed furniture to center of the room.
- Keep wood shake or shingle roofs moist with spraying water. Do not waste water. Consider placing a lawn sprinkler on roof.
- Continually check the roof and attic for embers, smoke, or fire.

The FireSmart Campfire

There are only two causes of wildfire: lightning and people. We can't do anything about lightning, but we can avoid accidentally starting a wildfire.

- 1 Make sure it is not too windy, hot or dry
 - Fires are harder to control when it's windy
 - Fires start and spread more easily and rapidly when it's hot and dry
- 2 Build your campfire in a barbecue pit or stand when provided
 - Fire receptacles in campgrounds are designed to keep your campfire from going wild
- 3 In the wild, build fires on rock, clay or sand
 - Clear away all surface debris within one metre of your fire
 - Keep your fire small and supervised
- 4 Keep a pail of water and a shovel nearby
 - Equipment that you can grab and use quickly can help you keep your fire from escaping
- 5 Use lots of water to put out your fire – float and stir the coals
 - Using lots of water and a bit of caution to put out your fire could save a forest
 - Coals should be cool to the touch before you leave the site
- 6 Double check the coals for heat before you leave
 - Carelessness can result in a dangerous wildfire.

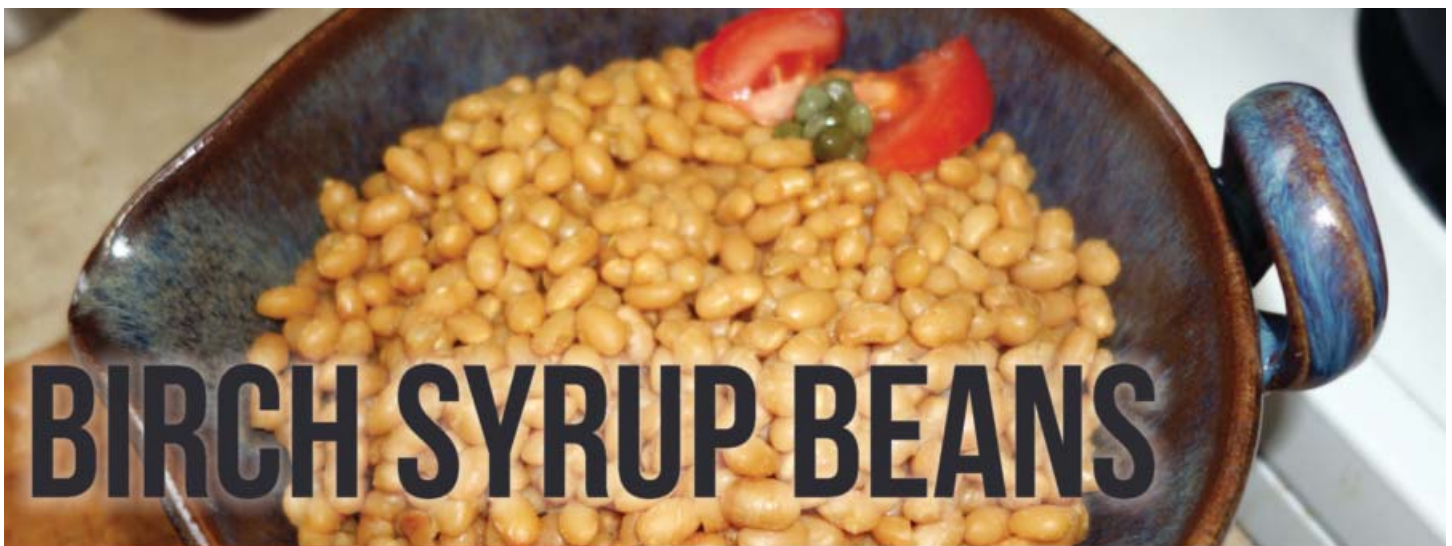


The FireSmart Yard

All homes and outbuildings are potentially at risk from wildfires.

You never know when a fire can strike but, if you're FireSmart, you have a better chance of saving your home, yard, outbuildings – even your family and yourself. With awareness and responsible practices, we as individuals can make a difference by preventing fires from starting and protecting ourselves against fires. We can help to preserve and protect both our natural resources and our property.

- 1 Create a 10 metre fire-resistant zone around your buildings
- 2 Construct your fire pit or burn barrel out of concrete blocks or metal
- 3 Locate your fire pit or burn barrel three metres from any trees and cover it with an 8-16 millimetre screen
- 4 Have a 30 metre garden hose attached to a water supply and a shovel on hand
- 5 Consider purchasing an exterior sprinkler system to mount on your roof



BIRCH SYRUP BEANS



INGREDIENTS:

- 3 cups (750 ml) dry white navy beans
- 1 tsp (5 ml) mustard
- 2 tsp (10 ml) ketchup
- ¼ cup (60 ml) unsweetened birch syrup
- 1 small chopped onion (optional)
- 6-8 cups (1.5-1.75 l) of water
- Salt and pepper to taste

You can substitute any type of meat or vegetable stock for the salt pork.



Recipe by:
Teresa Trudeau

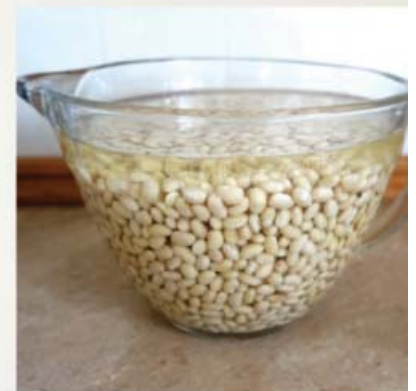
Teresa is from Wikwemikong First Nation on Manitoulin Island in northern

Ontario. She has 7 children and 6 grandchildren. She currently works as the Traditional Health Coordinator at Anishnawbe Mushkiki in Thunder Bay, Ontario.

Some adaptations have been made to the original recipe.

METHOD:

1. Soak beans overnight in water (at least 12 hours).
2. Preheat the oven to 275°F.
3. Drain the water.
4. Place beans in a 5-6 litre oven-safe baking dish. A dutch oven works well.
5. Mix beans in the dish with the rest of the ingredients. Make sure the water fully covers the beans.
6. Bake for 2-2 ½ hours, stirring every 30-60 minutes, until beans are soft and most of the liquid is absorbed.
7. Beans can also be made in a slow cooker: Leftover beans can be frozen.





NOTES FROM the cook

Birch syrup was traditionally prepared by First Nations, usually following the maple sap harvest. It is much thicker and less sweet than maple syrup (similar to molasses) and requires a greater ratio of sap to make the birch syrup – therefore takes more time to make and is more valuable.

It can be difficult to find commercial birch syrup, but there are multiple online suppliers. In a pinch you could use maple syrup or molasses.

There are traditional medicinal benefits of birch syrup - “trees are medicines.” This recipe doesn’t contain any refined sugar and requires very little salt. The dish is a good source of fibre, an inexpensive protein, and easy for seniors to eat.

**“Especially good with
fresh caught fish in the
summertime.”**

This resource was developed through a generous contribution from the Canadian Home Economics Foundation and the Aboriginal Nutrition Network, Dietitians of Canada.

Canadian
Home Economics
Foundation



La Fondation
canadienne
Pour l'Économie familiale

 **Dietitians of Canada**
Les diététistes du Canada



Upcoming Events: Fruit and Vegetable I Spy

STONY RAPIDS

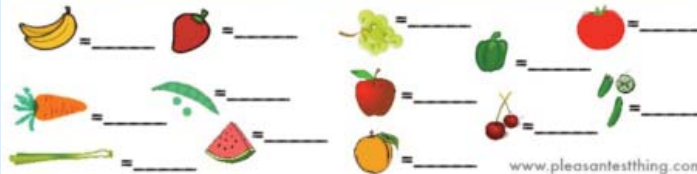
- June 13 & 14 - Garden Tower Pickup & Training
- June 16-18 - Family Conference
- Thursdays - June 8, 15, 22 - 4-6pm Make Your Mark Beading Project @ AHA
- Saturdays - June 10, 17, 24 - 1-3pm Greetings from the North Postcard Project @ AHA

BLACK LAKE

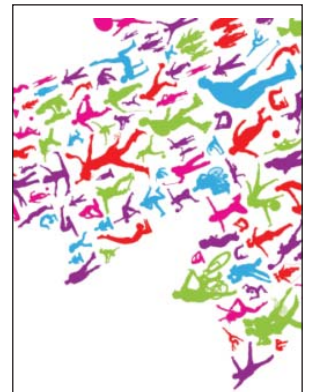
- Mondays - AA Meetings 7:00pm-9:00pm
- Wednesdays - Men's Group
- Thursdays - Women's Domestic Violence H.O.P.E. Group Meetings Health Clinic @ 6:00pm-9:00pm

FOND DU LAC

- Mondays - Women's Group 6:30pm-7:30pm
- Community Addiction Recovery Program (CARG) Thurs 6:00-7:00pm Clinic Boardroom
- Women's Fitness Class @ Gym Tues & Thurs 7:00-8:00pm



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June 3rd
is
National
Health
&
Fitness
Day

Healthy Cooking on a Budget

Maple Berry Rice Pudding

Ingredients:

- 1 tbsp all-purpose flour (\$0.05)
- 2 cups 1% milk (\$1.50)
- 1/3 cup rice (\$0.40)
- 2 tbsp maple syrup (\$0.30)
- 1/2 tsp vanilla extract (\$0.14)
- 2 cups berries (thawed, if frozen) (free, if locally picked)

This is a creamy rice pudding that bursts with berry flavour and just a touch of maple sweetness. It makes a terrific snack, dessert or even breakfast, served warm or cold.

Total cost: \$2.39 Cost per serving (Serves 4): \$0.60

>> Item prices from Stony Rapid stores

- 1 In deep, heavy saucepan, whisk flour into milk. Stir in rice and bring to a simmer over medium heat, stirring often.
- 2 Reduce heat to low; cover and simmer, stirring occasionally, for 20 to 25 minutes or until rice is very tender. Remove from heat and stir in maple syrup and vanilla extract. Let cool slightly (the pudding will thicken upon cooling). Stir in berries. Divide the pudding among 4 small bowls. Serve warm or cold.

Berries (raspberries, blueberries, blackberries) are a good source of Vitamin C! Vitamin C is important for growth and repair of bones, teeth, skin and other tissues.

