

# tipaachimuwin

Issue No. 14

Pimuhteheu Staff Newsletter

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WALK FOR  
NON-VIOLENCE

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CREE LESSON #11



creehealth.org

## Pimuhteheu Group springs into action during forest fire emergency

Pimhuhteheu Group members played a key role to ensure the successful evacuation and return of Eastmain residents



Reggie Tomatuk wore two hats during the emergency: environmental health PPRO and interim Coordinator of Emergency Measures.

On Friday, June 28, the community of Eastmain was partly evacuated due to heavy smoke from a forest fire nearby. On Sunday, July 7, Eastmain community members returned back to the community.

Pimuhteheu members involved in the campaign: Laura Bearskin, Dr. Rob Carlin, Gregory Brass, Louise Carrier, Paul Linton, Jason Coonishish, Reggie Tomatuk, Dr. Elizabeth Robinson, Iain Cook, along with Mental Health support staff Daisy Ratt and Mary Louise Snowboy.



Gregory Brass

### Mental Health Team

Members of the Mental Health Team were involved in the coordination of psychosocial supports for the residents and workers of Eastmain. "Over a span of three weeks we were able to send several therapists and psychologists into the community to provide counselling services and debriefing," says Gregory Brass, Regional Mental Health Coordinator.

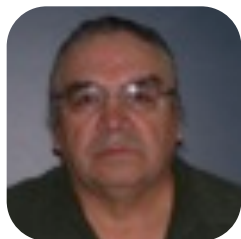
"We also arranged for cultural support for Elders. Our office

would like to send our thanks to Liat Azoulay, Normand

D'Aragon, Elsie Duff, Nicki Garwood, Juliia Grunberg, Gerald Kroetsch, Bobby Neacappo, Peggy O'Byrne, Juliana and Harry Snowboy, and Dennis Windego."

## Utihamaataau Walk and Arrival in Wemindji for GCC/CRA General Assembly

by George Diamond, Healthy Communities PPRO (Chishaayiyuu Team)



The purpose of this walk is to promote non-violence by teaching and enhancing our Cree family values. It is a Walk to promote non-violence in Eeyou Istchee. We are emphasizing our four important values: Respect, Love, Hope and Harmony.

Every year for the past few years Solomon Awashish (Chronic Disease PPRO, Chishaayiyuu) would do a presentation at the General Assembly. The topics varied on what Solomon and Public Health would agree on whether it was Diabetes, or other chronic diseases. Solomon is on deferred leave and we thought we would continue this tradition he had started.

The local Wemindji CTA (Cree Trapper's Association) has agreed to assist on Campsites and to be our "Roadrunners" during our Walk. We are encouraging our Walkers to bring their own tents and sleeping bags. Participants will be encouraged to make their own signs.

Hopefully, a Chief / Deputy Chief will make a motion to table a resolution to address the violence issue in Eeyou Istchee.

Interested in taking part?  
[gdiamond@ssss.gouv.qc.ca](mailto:gdiamond@ssss.gouv.qc.ca)

Listen to George talk about the campaign on CBC Radio North:

<http://www.cbc.ca/winschgaoug/episodes/2013/07/18/otihamaataau-to-promote-non-violence-in-eeyou-istchee/>

### Walk Schedule

August 4th – Walk starts at km96 to Km 77 (19 km); August 5th – Walk from Km 77 to Km 47 (30 km); August 6th - Walk from Km 47 to Km15 (32 km); August 7th - Walk from Km15 to Km 0 (15 km). Arrive at General Assembly at 11:30am

### Walkers' List of Items:

1. Light Warm Jacket
2. Food
3. Drinks
4. Walking Poles (optional)
5. Insect repellent
6. Sun Cream
7. Sun Glasses
8. Water bottle
9. Small pack sack
10. Light rainwear
11. Synthetic layer: for active sports wears is best, they are very comfortable, and will dry very fast from sweat or rain
12. Light wool socks: keeps your feet from getting blisters
13. Walking Boots: runners, boots that you find good for long treks
14. Hat & Gloves: is use as sun blocks – base ball caps – helps you in hot weather, gloves in case of cold weather conditions
15. Food; gives you energy to walk longer distances, lunch will need to be prepared before your walk everyday
16. Warm Sleeping Bag and Tent – for you to sleep.

### What's going on in this photo?

During the Mistissini Aboriginal Day events, a participant hurls his shoe in the Shoe Toss Competition.

Catherine Helik came closest to guessing the correct answer, when she guessed, 'They are participating in the Mistissini Running Club.' Close, but no cigar.





## Message from Dr. Rob Carlin, interim Head of Public Health

Utihamaataau.

This is the theme carried by the walkers to this year's Annual General Assembly aimed at promoting non-violence and enhancing Cree values of respect, love, harmony and hope. Early childhood visits, firearm prevention strategies, and school based programs are just some examples of activities that aim to prevent violence in the community. Beyond public health, supportive mental health programs also serve to prevent violence.

The promotion of non-violent environments is more complex. However, we can all take steps to include positive coping skills and behaviours into our lives through friendships, exercise, relaxation, cooperation... I invite you to take a few moments next week to think about how you can promote non-violence in your own lives, the life of your community, and in your activities.

For myself, I can think back to my own week. It was a loving email from family far away and the generosity of friends with food that helped me find balance this week.

Hopefully, some of my actions also helped others to grow this week, as well.

**We will continue to have employee drop-ins after each scheduled management meeting.** The schedule for August through December is in this newsletter.

Also, if there is information that you want to share with the Department, remember that Tipaachimuwin is published each month and [is available online](#). Contact [Iain Cook](#), if you have anything to share.



## Au revoir Rachel Martin

Rachel will be leaving her position as Head of Administrative Services & Executive Assistant to AED Pimuhteheu on August 9. She is moving to a job with the Cree Regional Authority as their new Manager of Capital Assets. Rachel's replacement has yet to be announced. We wish her the best!

PHD Calendar: <http://goo.gl/U3R5Y>  
Manager Travel Calendar: <http://goo.gl/MJSDT>  
Corporate Calendar: <http://bit.ly/WhEOCu>

# What's Going On?

## 2012-2013 Annual Report of the Cree Health Board

The 2012-13 Annual Report from Corporate Services will be available to employees in August. It can be found on the CHB website: <http://creehealth.org/annualreports>

### Some reliable sources of information about moulds and health

by Elizabeth Robinson, MD, public health physician

#### Our own CHB website

<http://www.creehealth.org/moulds>  
<http://www.creehealth.org/fr/les-moisissures>

#### Guide to mold in the workplace (US Occupational Safety and Health Administration)

<http://www.osha.gov/dts/shib/shib101003.html>

#### Basic facts from the US Centres for Disease Control (CDC)

<http://www.cdc.gov/mold/basics.htm>

#### Facts about Stachybotris, a type of mould, from the CDC

<http://www.cdc.gov/mold/stachy.htm>

#### Mould in indoor air, Health Canada

<http://www.hc-sc.gc.ca/ewh-semt/air/in/poll/mould-moisissure/fact-info-eng.php>  
<http://www.hc-sc.gc.ca/ewh-semt/air/in/poll/mould-moisissure/fact-info-fra.php>

#### Info sur le site du MSSS

<http://www.msss.gouv.qc.ca/sujets/santepub/environnement/index.php?moisissures>

## Balance Newsletter for August now available for download

<http://archive.constantcontact.com/fs108/1108194616463/archive/1114083183614.html>

## Employee Assistance Program

For immediate and confidential assistance 24/7/365  
1 866 833-7690



## Assembly of First Nations passes emergency resolution on nutritional experiments

Canada's largest aboriginal group passed an emergency resolution based on a report that the federal government once conducted nutritional experiments on hungry native children and adults. <http://www.theglobeandmail.com/news/politics/assembly-of-first-nations-mulls-emergency-resolution-on-nutritional-experiments/article13301241/>

## Kwey Marcel Brisson

We welcome Marcel Brisson, the new Immunization PPRO, to the Awaash Team. He will start working with us on August 19.

# Come to the Employee Drop-In

Want to know what is happening at Public Health and Pimuchteheu Management Meetings? For an update, come to the Employee Drop-In, which follows each Management Meeting.

The Communications Drop-In (peer review of communications projects) takes place every Wednesday at 11 am.

Public Health Management	Pimuchteheu Management	Time	Employee Drop In
	Wednesday, August 14	9-10:30	10:30-10:45
Wednesday, August 21		9-10:30	10:30-10:45
Wednesday, September 18		9-10:30	10:30-10:45
	Wednesday, September 25	9-10:30	10:30-10:45
Wednesday, October 9		9-10:30	10:30-10:45
	Wednesday, October 23	9-10:30	10:30-10:45
"Mini-Department" Meeting Awash CMC Programs, October 21-25 in Mistissini			
Wednesday, November 6		9-10:30	10:30-10:45
	Wednesday, November 27	9-10:30	10:30-10:45
Wednesday, December 4		9-10:30	10:30-10:45
"Mini-Department" Meeting Chishaayiyuu Programs December 2-6 in Mistissini			
	Wednesday, December 18	9-10:30	10:30-10:45

**Employee Drop-In**  
(update on Management Meeting)

Call-in number is 1-877-534-8688  
Conference ID: 2101030#

**Communications Drop-In**  
(Peer Review of communications projects)

Call-in number is 1-877-534-8688  
Conference ID: 2101030#

# Cree Lesson 11

Akwaaniiu Piisim (August)  
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The time where you cannot peel the bark off trees; the leaves are starting to change colour.

## Weather Terms

Naanaahteu  
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Chimuwin  
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Heatwaves

Rain