

# tipaachimuwin

Issue No. 12

Pimuhteheu Staff Newsletter

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## Public Health to participate in Cree Nation Fitness, Health and Wellness Symposium

The Cree Regional Authority Leisure, Sports and Recreation Department in collaboration with the Recreation Department of Wemindji and other partner organizations are excited to announce the Cree Nation Fitness, Health and Wellness Symposium to take place June 11-13 in Wemindji.

The Symposium is designed to address many issues facing the Cree Nation in today's world. Some of the topics that will be covered in the three-day event are: fitness, exercise, mind/body/spirit connection, nutrition, diabetes, commitment to change, and community responsibility.

There will be an emphasis put on the **positive** stories that are out there in the Cree Nation to inspire others. Their stories will show that there are other people that have gone through difficult circumstances, and that they have overcome them and are now living fulfilling lives; lives full of fun, energy and love.

This Symposium will be different from other symposiums. The delegates/attendees will be expected to participate and apply what they are learning in exciting and fun activities placed throughout the day and the event.

For additional information on the Symposium please contact Wally Rabbitskin, PPRO Physical Activity (418 923 3355).



creehealth.org



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

This month's Newsletter highlights the Wellness Symposium to take place in Wemindji in June.

I look forward to hearing the follow-up from this event.

And, I leave you with a quote from a Wemindji resident that I heard on a recent CBC documentary:

“We're not Indians – we're the Cree of Eeyou Istchee ... we're business owners, we're entrepreneurs, we're artists, we're musicians, we're fathers, we're mothers. I mean, we have ourselves established.”

**We will continue to have employee drop-ins after each scheduled management meeting.** The schedule for June 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.

## Mistissini employee questionnaire for long-term office move

Josée Quesnel is working on a questionnaire for employees to fill-out to find out their long-term office space requirements. Contact Josée for more information: [Josee.Quesnel@ssss.gouv.qc.ca](mailto:Josee.Quesnel@ssss.gouv.qc.ca)

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

## Kwey Mae Lafrance!



Mae is joining the Uschiniichisuu Team as Nurse Counsellor–School Health, starting July 9.

She is a familiar face to many of us in Mistissini, as she comes to the Pimuhtheu Department from her previous job as school nurse at Mistissini Voyageur School.

“I have been working for the CHB for the past 12 years and during the last 6 years as the School Nurse in Mistissini. I have adopted a more educational practice with the youth centered on the prevention and promotion of health. During these years, I have gained experience working with Cree Native Youth which provided me with good understanding of the educational, social issues and what challenges and influences youth are faced with today’s society within the Cree Communities.

Moreover, I have an expertise in teaching and actually I’m a teacher at the UQAT (University of Abitibi–Témiscamingue) for the Bachelor degree in Nursing for the following courses: Nursing in Community Health (STD, Contraception, Immunization, etc,) and Pathophysiology.”



## Kwey Catherine Helik!

Catherine will be working in Institutional Foodservice, Regional Daycares, and developing a Meals-on-Wheels program, as part of the Chishaayiyuu Team (replacing Lily Kandiliotis who is on maternity leave).

“I graduated from McGill University in 1993 with a BSc (NutrSc) specializing in nutrition.

I have worked in long term care for 9.5 years most recently as a Support Services Manager and then as a Director of Support Services. My duties involved the management of all aspects of three departments: Dietary, Laundry, and Housekeeping.

I grew up in Montreal, Quebec where I met my husband of almost 26 years. We have a 13-year old daughter, who will be graduating from grade 8 in June, 2013. I moved to Mistissini from Markdale, Ontario where we had been living since November, 1998.”

# What's Going On?

## **Summary of Board Meetings now available online**

In another move towards more transparency in the organization, Board Meeting summaries are now available online, to read in English and listen-to in Cree.

<http://creehealth.org/board-directors/board-meetings>

## **The Healthy Aboriginal Network has new books available.**

The Gift - dog bites with a sub-theme on life-long learning

Lost Innocence - a fictional story (but based on documented real life experiences of survivors) of a brother and sister's residential school experience in the 1930's.

Drawing Hope - living with FASD - a collection of five stories, based on stories told by members of the Whitecrow Village community. The stories are about struggling in school, the importance of friendships and receiving support from friends and family.

Their pricing is published at [www.thehealthyaboriginal.net](http://www.thehealthyaboriginal.net). [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net)

## **Final program now available for CPHA's 2013 Annual Conference**

This year's theme focuses on the importance of evidence, and all kinds of evidence, in the work that we do. We know that any action not based on evidence is destined to fail. Evidence is the cornerstone of all we do in public health and yet evidence is under attack in our country. From plebiscites on municipal water fluoridation to the muzzling of scientists, evidence is being held hostage to ideology and political expediency. This conference is a sentinel in the defense of evidence in all its forms. [Register today!](#)

## **NEW PUBLICATION: Evidence for Health: From Patient Choice to Global Policy**

This new title from Anne Andermann provides health practitioners and policy-makers with a broad overview of how to improve health and reduce health inequities, as well as the tools needed to make informed decisions that will have a positive influence on health. Chapters address questions such as: What are the major threats to health? What are the causes of poor health? [Read more.](#)

## **Read the 2013 Report Card on the Physical Activity of Children & Youth**

The always provocative Active Healthy Kids Canada Report Card on the Physical Activity of Children and Youth has just been launched, true to form. This year the spotlight is being shone on the dramatic decline in active travel among children and the corresponding increased reliance on motorized transportation. [Read the Report Card.](#)

## **Black Rock Mining Project public consultations scheduled for June 11 and 12**

Two consultation sessions are planned, one in Oujé-Bougoumou, June 11, 2013 and the other in Chibougamau, June 12, 2013. The BlackRock Mining project involves development of a reservoir for the production of iron ore concentrate vanadium, situated about 30 km south of Chibougamau.

# What's Going On? (continued)

## **SOPFEU offers email notification system for forest fires in your region**

At any time during the summer, the forest fire situation could change very quickly. Take advantage of their automatic services to get the information you need. Just fill out the form on their webpage and check the box with the type of information you would like to receive.

CreeHealthCommunications uses this service to monitor forest fire conditions in EI and posts updates on our social media (CreeHealth Facebook Page and Twitter feed) and on [creehealth.org](http://www.sopfeu.qc.ca/en/subscriptions).  
<http://www.sopfeu.qc.ca/en/subscriptions>

## **Mistissini to host training on the updated CSA Standard Z317.13-12**

This two-day training, organized by the Canadian Standards Association will take place June 26-27.

Day 1: Infection Control during Construction, Renovation, and Maintenance of Health Care Facilities

Day 2: Effective Implementation and Practical Applications of Infection Control During the construction and Renovation of Health Care Facilities.

Limited spaces are available. If you are interested in attending, please contact:

Jocelyne Cloutier, Occupational Health Nurse Counsellor

Tel: 418-923-2500 X 344

Cell: 418-770-8859

[jocelynecloutier@ssss.gouv.qc.ca](mailto:jocelynecloutier@ssss.gouv.qc.ca)

## **Chisasibi Housing Conference to take place June 11-12**

Contact Reggie Tomatuk, Environmental Health PPRO for more information.

[rtomatuk@ssss.gouv.qc.ca](mailto:rtomatuk@ssss.gouv.qc.ca)

## **Union update**

Helen Iserhoff (Mistissini CHR) and Iain Cook (Communications PPRO) are your two Mistissini union reps. The third position is vacant. As a newly-elected union rep, Iain will be receiving an orientation on policies and procedure in the fall, and will be better-equipped to handle your inquiries after this training.

Here is a list of the present executive with their contact information: Martine Saddik, V.-P. Category 3 and interim President 819-855-5858; George Diamond, V.-P. Workplace Health & Safety 819-855-6544; Mable Chewanish, V.-P. Category 4; Ron Shisheesh, V.-P. Grievances 819-855-6266; Sherry Crowe, Secretary 819-855-6876; Daisy Fireman, interim Treasurer 819-855-5459. The union can always be reached on email: [csn1union@gmail.com](mailto:csn1union@gmail.com)

## **Balance newsletter available online from EAP (Employee Assistance Program)**

This newsletter helps to balance your life with health and wellness information. Feature articles this month: *Digital communications in the workplace* and *Effective communication in a culturally diverse workplace*.

<http://archive.constantcontact.com/fs108/1108194616463/archive/1113236229929.html>

# Come to the Employee Drop-In

**Want to know what is happening at Public Health 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.**

Date of PH Management	Time	Format	Employee Drop In
Wednesday, June 05	9-10:15	Telephone	10:30-10:45
Wednesday, June 12	9-10:15	Telephone	10:30-10:45
Wednesday, June 19	9-10:15	Telephone	10:30-10:45
Wednesday, June 26	9-10:15	Telephone	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

## Maasmwaakw Piisim (June)

ኢ.ፌ.ላ.

The time when the grey goose arrives in this area.

# Everyday Terms

# Chischeyihtamihiitakw

סיוט ויז'ניקוויץ

**(Past-tense)**

## Someone had informed us what's happening

# Nituuchischeyihtaakanuu

# Chekwaan

מ.ב.ג. פסח"ג וקריכס

## (Future-tense)

## To check on something