

TIPAACHIMUWIN

OCTOBER 2012 • CANCER AWARENESS MONTH

Bella M. Petawabano voted-in as new Chair of BOD for Cree Health Board



Bella M. Petawabano has been elected Chair of the Cree Health Board in elections held September 26. She defeated Roderick Pachano with 70% of the vote. Bella will replace the outgoing Chair of the Board of Directors, James Bobbish for a 4-year term.



Aasumiih needs your help

Assumiih Organization provides a helping hand to build strong families in Mistissini.

If you have dry food/goods you would like to donate to Aasumiih, drop them off in

the basket at the entrance to the office.

For more info about Assumiih, contact Lucy Trapper, Mistissini community organizer.



EMAIL TIP #2

Check your subject line. Every time you send an e-mail, you're competing with hundreds of others for the recipient's attention. Your subject line is critical. <http://buswk.co/UfnVWt>



HEALTHY ABORIGINAL NETWORK creates comic books on health and social issues. Topics include: maternal child health, sexual health, mental health, and more. Check out their list of comic books: <http://bit.ly/PpsMGf>



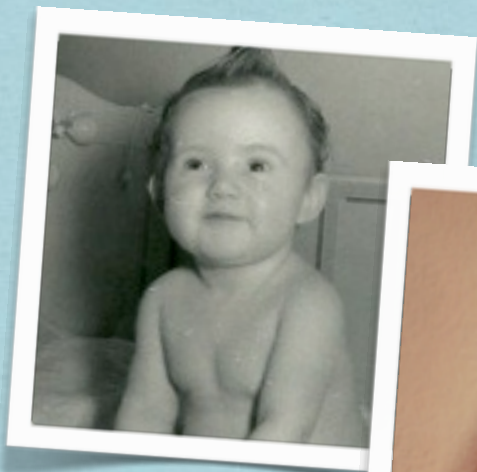
NEW ON OUR WEBSITE: Read about Veronique Laberge-Gaudin's work and research on Cree traditional foods. <http://bit.ly/OFcUfS>

I.D. YOUR COLLEAGUES



Double the fun! Look for two of your colleagues in this photo...

HINT: One is a recently-certified Lemon Cree fitness trainer. The other is a keen volleyball player.



2 photos, one colleague.

HINT: As a teenager - ace broomball goalie.

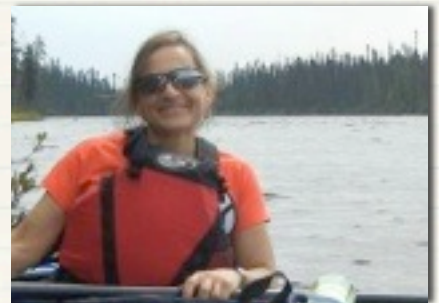
She now has a work-related blog with over 16,000 hits!



KWEY!



Lily Kandiliotis (nutritionist, Chishaayiyuu Team) with her baby daughter, Melissa-Evangeline, born in September.



Cecilia Ariano (Nurse Training Instructor, Pimuhthehu)

AU REVOIR



Dana Williams, administrative assistant for the Montreal office, is leaving us to take up a position at the McGill First People's House. Plans are underway to clone her.

What's happening in October?

by Tracy Wysote

Research Administrator

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Chisasibi

Average Joe's Running Programs for everyone
M-T-T-F and weekend (6 p.m. to 10 pm.)

Wemindji

October 9-13

Youth Appreciation Week

(Cultural Awareness Promotion, Motivational and Inspirational workshops, Free Youth Spa, Coffee House, Motivational Speech Contest, Youth Achievement Awards, Sports Night)

Mistissini

DATES AND TIMES TO BE CONFIRMED:

- Spinning
- Boxercise
- Bouncefit
- Yoga
- Afterschool Program
- Swimming
- Indoor Flag Football
- Youth Hockey
- Social Hockey League
- Minor Hockey and Broomball

Oct. 1 - Nov. 17 • High Intensity Training

150.00 per person. For more information see Thomas Neeposh

Oct. 10-14 Arts Festival @ Sports Complex

October 16, 17, 18 • Local Dodgeball Tournament

October 25-26 • Mark Petawabano Hockey Tournament

October 31 • Halloween Dance @ Sports Complex

November 1 • Clean-Up

Waswanipi

September 24 - October 12

Moosebreak (floating weeks)

First week of October

Opening Ceremony for the New Elders Office

October 31

Halloween Costume Party

Chibougamau

October 24th, 3:00 p.m.

Les expéditions d'atlas Geocircus
12\$

New ministers

The new government in Quebec has appointed its cabinet; among the new ministers are Dr. Réjean Hébert, Minister of Health and Social Services and Minister Responsible for Seniors, Véronique Hivon, Public Health and Youth Protection and Élisabeth Larouche, Aboriginal Affairs.

Work-life balance: Yoga can't help you here (or maybe it could).

by **Marsha Wysote**

Prevention Technician

...

Do you ever feel like there just aren't enough hours in a day? Is work interfering with life? Maybe you haven't found the balance between your life and work yet.

Research from Health Canada indicates that there are four broad categories associated with work-life balance:

Role overload: Multiple roles may require too much time and energy to complete the necessary tasks

Work-to-family

interference: Work demands and responsibilities make it more difficult to fulfill family-role responsibilities (missing a child's performance to work overtime)

Family-to-work

interference: Family demands and responsibilities make it more difficult to fulfill work-role responsibilities (difficulties at home don't allow you to focus at work)

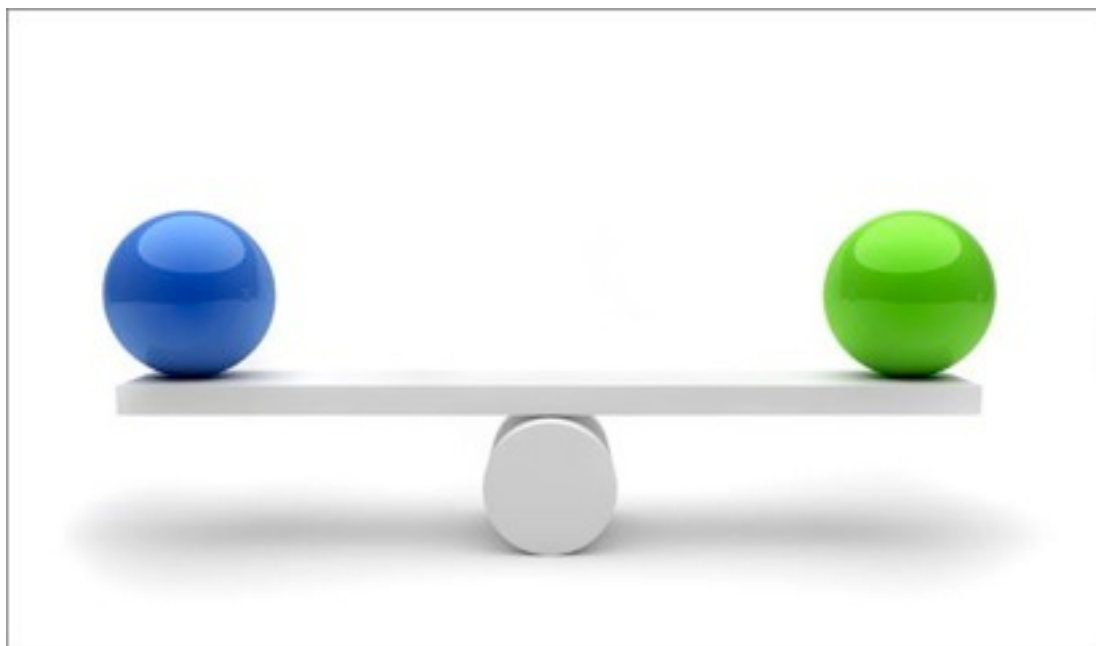
Caregiver strain: Overall strain attributed to the need

to provide care or assistance to someone else who needs it.

Work/life initiatives can potentially deal with a wide range of issues including:

On-site childcare, eldercare initiatives, flexible working arrangements, family leave policies, educational or training leaves, employee assistance programs, on-site seminars and workshops, fitness facilities or fitness membership assistance (financial).

The need for balance is essential. Studies on work/



Work-life balance (continued)

life balance programs have reported such benefits as:

- Attracting and retaining staff,
- improving morale,
- enhancing working relationships between colleagues,
- increasing levels of production and satisfaction, and
- reducing sickness, absenteeism, stress and burn-out.

To get started, form a committee, research the needs and implement the program. The CCOHS suggests the following steps:

- Assess the workplaces' current situation, objectives and needs and make sure to get opinions from all levels.
- Be clear how hours, productivity and deadlines will be monitored.
- Create a policy or guideline; clearly state its use and purpose. Be clear about the impact on vacation time, compensation and other benefits, if any.
- Initiate a trial period and/or a pilot study.
- Monitor, re-survey, and make any adjustments that are necessary.

Some common concerns or challenges that may need to be addressed include the misconceptions that:

People should keep their personal lives at home; being present equals being productive (hours at work equals performance); benefit programs can make people happier, but not more productive; family-friendly policies are soft human resources issues, mainly for women; management will lose control; it's only for non-managerial positions; one program is good for everyone; participation will be a career-limiting move.

As usual, you can find more information on the Canadian Center for Occupational Health and Safety website at http://www.ccohs.ca/oshanswers/psychosocial/worklife_balance.html.

For more information on incorporating flexible work schedules into your work-life balance, stay tuned to next month's edition of the newsletter.

Everyday Cree Expressions

Where is...(name) Taante eihtaat...

Where is it? Taante eihtakuch?

Why? Chekwaan maak?

Who? Awen?

Who is it? Awen uu?

Where? Taante



**Photo of the Month
From the Archives:**

In 2010, CHB employees shaved their heads and raised over \$6000 for the Janie Mattawashish Cancer Foundation

Work Calendar

CREE DIABETES NETWORK (CDN) CONFERENCE CALL.

Mondays, 11 am
Call in number:
1-866-392-3211
Conference ID: 2913541#

EMPLOYEE DROP-IN

Wednesdays, 9:45 am

COMMUNICATIONS DROP-IN

Wednesdays, 11am

HEALTHY WORKPLACE WORKING GROUP

Thursdays, 11 am
Call-in number:
1-877-534-8688
Conference ID: 2101030#

[Online calendar of activities](http://bit.ly/OO8LWu)
(<http://bit.ly/OO8LWu>)

LAST FRIDAY OF THE MONTH

Office clean up afternoon.
Clean up your files, boxes etc

Birthdays in October

- 4th** Rachel Martin
- 12th** Wally Rabbitskin
- 14th** Jeanette Loon
- 15th** William Merriman
- 17th** Laura Atikagesse
- 22nd** Monique Laliberté
- 28th** George Diamond

This month's newsletter comes in 2 tasty formats: paper and PDF. Check your email to download the PDF version to follow the links mentioned in the articles.

NEWSLETTER STAFF

- Iain Cook (editor)
- Tracy Wysote (activities calendar)
- Marsha Wysote (healthy workplace tips)
- Dana Williams (admin support)
- David English (admin support)

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October, 2012

October is Cancer Awareness Month