

tipaachimuwin

Issue No. 15

Pimuhteheu Staff Newsletter

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WALK FOR
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CREE LESSON #12

Report on Utihamataau Walk and Arrival in Wemindji for GCCQ/CRA General Assembly

by George Diamond, Healthy Communities PPRO

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

Bernice Weistche, Wemindji CHR, made a banner sign that read: "These hands will not be used in any violence." The sign was about 25 feet in width and it had people's handprints on it. On our way to the General Assembly this banner led the way. About 60 people entered the Assembly with the walkers in total with their signs.

Our Presentation Master of Ceremonies and main spokesman for all the Walkers was Bradley A.J. Georgekish, "Why are we here? It's a complex and complicated question – statistics tell us that injuries are escalating because of violence. For instance, for every 1 assault causing injury 10 are not reported. It is both disheartening and devastating to hear and witness that Crees are killing Crees. All violence can no longer be swept under the carpet. Violence is a learned behavior and we all know that learned behavior can be unlearned. Let's not normalize violence, not in Eeyou Istchee."

Following Bradley Georgekish's address, the following people spoke to the AGA: Virginia Wabano, Wayne Rabbitskin, Wemindji Youth Chief Jeremiah Mistacheesick, Matthew Natachequan

Bradley Georgekish concluded by saying, "Violence is not just a Cree health problem – it's a Cree Nation problem, it's a Cree community problem. Let's take Action. As leaders of our Cree Nation, as leaders of our Cree Communities, we expect you take an active role in having healthy and safe communities. All violence must STOP."

Julianna Mark (granddaughter of Marjorie Mark) ended the presentation with Our Father and A Prayer for Hope and a Better Future.



creehealth.org

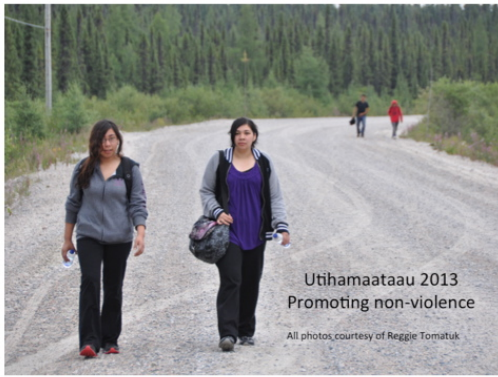
The massive My Personal Declaration for Non-Violence stretched on a Beaver Pelt frame was an instant hit and a big success. The Grand Chief and all the community Chiefs including the Chairpersons of the Cree Health Board and the Cree School Board signed beside their logos.

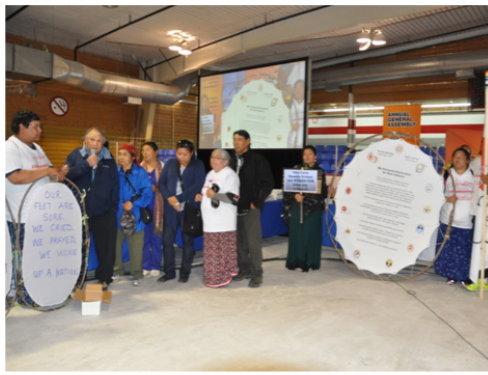
There are many people to thank for their assistance, support and encouragement:

All our Walkers	Linda Shecapio
Wayne Rabbitskin	Jeremiah Mistacheesick
Julianna Mark	Matthew Natchequan
Angus “Roadrunner” & Flossie Georgekish	Ronnie & Shirley Gilpin
Talleymen of the Traplines	Chisasibi Co-op
Wally Rabbitskin	Solomon Awashish
Dr. Rob Carlin	Reggie Tomatuk
Ron Shisheesh	Sherry Crowe
Beesuum Communications	Bernice Weistche, CHR
Grand Chief Matthew Coon Come	Deputy Grand Chief Rodney Mark
All Cree Chiefs and their Delegates	Members of the Wemindji First Nation
Deputy Chief Dennis Georgekish, Wemindji	Marjorie Mark, grandmother of Julianna Mark
Wemindji Elders Earl & Nancy Danyluk	

Paul Linton, my Director, for his encouragement and his concern about violence in Eeyou Istchee.

Our walk met all the objectives we set out to do. We started our daily walk at 8:00 am and everyone was very punctual. We had our morning and evening prayer gatherings and everyone was always present, these were led by Edith (Granny) Gull. Our spirits were lifted with her prayers and the sharing of her personal stories. Our Walkers exemplified our 4 family values that we promoted which are Respect, Love, Hope and Harmony. There were no arguments, no stealing but borrowing with asking, no loud voices, there were many Good Mornings, Thank yous, etc... and we had our Walkers’ Kitchen with Caroline and Granny running it where we shared everything. At the General Assembly, our speakers were exceptional and their presentations were very moving and emotional. Young Austin Natchequan was alone at the beginning but soon joined the group. I had concerns about Austin because his mom and 2 siblings were murdered by her common law husband 5 years ago. He was only 14 at the time but he’s a great guy and has been very stable he told me. I looked after him. Overall it was a great experience and it was worthwhile to promote non-violence. In closing one sign said it all – “Our Feet are Sore. We Cried. We Prayed. We WOKE UP a NATION.”







photos: Reggie Tomatuk

List of Walkers

Whapmagoostui

Sabrina George (19)
Stacey Menarick (19)
Austin Natachequan (19)

Wemindji

Ruby Asquabaneskum
Martina Matches
Arnold Georgekish

Waskaganish

Bob Moar
Janine Blackned Stephen
Tileen Blackned

Waswanipi

Caroline Oblin
Lyric Oblin (15)
Edith (Granny) Gull
Edith's Grandson Jared (7)

Chisasibi

Alice Nuktie
Gordon Neacappo
Mary Moar

Nemaska

Deputy Chief/CHB Vice-Chair Thomas Jolly
Diane Tanoush
Alyssa Tent
Oliver Jolly & Son

OJ

Susan Mark
Wayne Rabbitskin
Crystal Mianscum

Washaw Sibi

George Trapper
Waapikun Mowatt
Diana Wapachee
Fred Wapachee



EYOU ISTCHEE

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CREE NATION

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My Personal Declaration for Non-violence

I want a good life for myself, my family,
my community and my Cree Nation.



I will encourage and show by example what it is like
living life by our Cree family values, such as, respect, love,
hope, harmony, wisdom, courage, truth, honesty, humility,
sharing, kindness, kinship, faith, obedience, happiness,
safety, patience, good-child rearing and thankfulness.

I will not cause any type of violence to anyone regardless
of age, sex, religion or race.



I will not take any kind of violence whether physically,
emotionally, mentally and/or spiritually. If it should happen,
I know that it's OK to ask for help.

I will not stand idle when I see violence. I will speak
against violence. I will report violence.



I will assist victims to proper authorities and services.

I will tell another person when I witness any violence
or when another person gives me violence.

I am not alone when it comes to standing up against
violence in Eeyou Istchee.



By breaking the silence...I am stopping violence.

My Name

Date: _____





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

Wachiya. Kwey. Hi. Bonjour.

I will be absent between August 30th and September 17th. Dr Robinson will be my official replacement during this time.

Some people have been asking about expectations for the 'mini-department' meetings. The current idea is as follows but will be confirmed prior to the meeting taking place. The 2-day meetings will include primary file holder and allied professionals from other teams as determined by their manager. For example, the mini-Department meeting for Awash will involve

the Awash team, but might also include personnel responsible for communications, surveillance and administration.

Awash meeting will take place between October 21st and October 25th, Chishaayiyuu – between December 2nd and December 6, Ushiniichisuu – to be determined in 2014.

Topics will include the following: review of Mission Statement of Public Health Department; update on activities and review of yearly planning timeline; describing public health programming by milieu (i.e. CMC, school health, regional) – working session using existing Public Health Department Mind Map; review of team process and outcome indicators; review of team website content; update on health planning consultative planning processes (Iiyuu Ahtaawin); varia as determined by Assistant Director and Team.

Deliverables at end of meetings will include: updated public health regional action plan on missing elements – mission and indicators; updated website content.

Thank-you for your work and I look forward to working with you on my return.

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.

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

What is Allied Health?

by Adelina Feo, OT

Director of Allied Health services



It is with great pleasure that I am writing this first article in the Pimuhteheu newsletter to introduce the Allied Health team.

Allied Health is composed of occupational therapists, physical therapists, psychoeducators, speech-language pathologists and nutritionists. We take care of your hurts and aches, make sure you can participate in your daily activities, cope with the stresses of daily life, eat good food and communicate with the ones you love. We see children, teenagers, adults and elders (so pretty much everybody!) And we live in the communities, bringing the services as close to home as possible.

We will use this spot in the newsletter to write about topics of interest for healthy living, injury prevention, coping skills, special needs awareness and to keep you updated on what is happening in our little world.

The team has significantly grown over the years. Nutrition services are present in almost all communities and have also a big presence in Public Health. The Rehabilitation team has also grown from 2 Occupational Therapists in the late 90's to 18 permanent staff (and counting!) Watch for the rehab team as it descends upon Mistissini (all 18 of us!) the week of September 23, 2013 for the annual rehab meeting. We are very much looking forward to our visit!

So don't be shy and ask us what we do. It will be a pleasure to answer your questions. More information about Allied Health can be found on the website: <http://www.creehealth.org/professional-services-and-quality-assurance/allied-health>



Au revoir Iain Cook (Communications PPRO, SERC Team)

Iain will be leaving to take an educational leave on September 20. He will continue to work for Pimuhteheu on a part-time basis.

What's Going On?

Summary from the Meeting of the Board of Directors, July 30-August 1 in Chisasibi available for download

<http://creehealth.org/sites/default/files/July%2030-Aug1%202013%20Board%20Highlights.pdf>

Balance Newsletter for September now available for download

<http://www.shepellfqi.com/EN-CA/Employees%20and%20Families/Wellness%20Articles/Balancing>

Employee Assistance Program

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



Mistissini Office gets decontaminated

photos by Catherine Godin



New phone numbers for Mistissini

Name	Title	Extensions
Mary Petawabano	Administrator Officer II	42350
Pauline Rabbitskin	Administrator Officer II	42368
Jacqueline Voyageur	Administrative Technician	42351
William Merriman	Administrative Technician (Interim)	42352
David English	Documentation Technicain (Interim)	42369
Wally Rabbitskin	Program Officer- Physical Activity	42365
Catherine Godin	Program Offficer-Diabetes Educator	42364
Paul Linton	Director of Chishayiyuu Team	42363
Taria Matoush	Director of Uschiniichisuu Team	42362
Cecilia Ariano	Nursing Trainer Instructor	42360
Malika Hallouche	Program Officer -Dental Health	42902
Paul Shecapio	Prevention Technician/occupational Health	42357
Jocelytne Cloutier	Occupational Health Coordinator	42356
Vacant	Prevention Technician/occupational Health	42358
Lucy Leclerc	Program Officer -Prenatal Nutritionist	42366
Dany Gauthier	Program Officer- Breastfeeding	42367
Veronique Doutreloux	Nurse -Mental Program	42361
Chantal Vinet	Program Officer -Nutritionist	42370
Maria MacLeod	Program Officer- Youth Programming	42355
Marcel Brisson	Nurse Counsellor-Awash Team	42371
Anne Foro	Program officer/Surveillance and Research	42354
Marcellin Gangbe	Program officer/Surveillance and Research	42353

Public Health Office

203 Mistissini Boulevard

[Tel:418-923-3355 \(Direct Line\)](tel:418-923-3355)

418-923-2204 (Automated line)

Fax: 418-923-2564

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	Pimuhthehu Management	Time	Employee Drop In
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
<i>"Mini-Department" Meeting Awash CMC Programs, October 21-25 in Mistissini</i>			
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
<i>"Mini-Department" Meeting Chishaayiyuu Programs December 2-6 in Mistissini</i>			
	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

Waashteshchiiu Piisim (September)

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The time where the leaves and berries start to dry up and fall.

Fall Terms

E Ish Atihteuywaach

▽ ΔΣ ΔΠΠΣ▷◁

Leaves change colour.

Waasteschjuu

◀ ԿՆԻՐ

Leaves in full colour.