

TIPAACHIMUWIN

SEPTEMBER 2012 • HEALTHY SCHOOLS MONTH

James Bay Cree Nation Enacts Permanent Uranium Moratorium in Eeyou Istchee

The James Bay Cree Nation has declared a Permanent Moratorium on uranium exploration, uranium mining and uranium waste emplacement in Eeyou Istchee, the James Bay Cree territory.

The resolution is available at <http://www.gcc.ca/pdf/Uranium-resolution-English.pdf>

continued on page 2



Sol Awashish finishes his 600km walk and presents latest diabetes figures to CRA General Assembly

On August 7, Sol Awashish (PPRO Chronic Disease Prevention, Chishaayiyuu Team) finished his 600 km-long walk from Mistissini to Waskaganish.

After arriving in Waskaganish, Sol presented the 2012 Cree Diabetes Information System

(CDIS) Report to the Cree Regional Authority Annual General Assembly.

[Read his presentation \(http://bit.ly/SRyd2B\).](http://bit.ly/SRyd2B)

[Read the CDIS report \(http://bit.ly/RyQkEI\).](http://bit.ly/RyQkEI)



EMAIL TIP #1

Be concise. Longer messages are difficult to read, and most people will put them aside.



FIRST AID TRAINING? Contact Jocelyne Cloutier if you are interested in taking a Red Cross training in basic first aid.



For immediate and confidential assistance 24/7/365
1-866 833 7690
<http://workhealthlife.com>

Have you been asked to develop a briefing note? Looking for an easy-to-use template?

A briefing note informs decision-makers about an issue by succinctly describing the issue and background information, describing key considerations, options to address the issue and recommended actions.

This template was developed by Health Evidence. It outlines key pieces of information for writing a briefing note, a description of an issue that draws on research and practice-based evidence to provide options, and recommendations to address the issue.

For more info, check out: [Briefing Note Template](http://bit.ly/OeBSSY)
(<http://bit.ly/OeBSSY>)

Webinar Invitation Community Water Fluoridation: What's the Evidence?

Health Evidence will be hosting a 90 minute webinar funded by the Canadian Institutes of Health Research, on community water fluoridation, presenting key messages and implications for practice on Tuesday September 11, 2012 at 1:00 pm EST.

>> [Click here to register for this webinar](http://bit.ly/PZ981d) (<http://bit.ly/PZ981d>)



Bella M. Petawabanao, head of Awaash Team, is running as a candidate for Chair of the Cree Health Board. Taria Matoush (head of Uschiniichisuu Team) will replace her on a temporary basis.

More info about the election:
<http://bit.ly/RvwRZT>



Yv Bonnier Viger, former head of Public Health Department, is running as a candidate in the provincial election (Beauce-Nord)

<http://bit.ly/UklilE>



Rachel Martin, head of Admin Team, has had her maternity leave extended until November.

HERE ARE YOUR COLLEAGUES



David English, Documentation Technician, is fourth from the left.



Josée Quesnel (PPRO for Mental Health)

I.D. more colleagues next month!

Monthly Word Search Puzzle

by Tracy Wysote

Healthy School TW

g n i n i a r t e f i l v e g f n
p m o t i v a t i o n u e y g r e
r h r i e n o i t a p p t n a i t
r i y f t v u i n t t s r t e e i
r e f s n a r t e g d e l w o n k
o n s e i o c l r g n e i n p d o
l c c p i c i u u i n t o s c s t
e o c f e a a t d e t i f i t h l
m u h c a c i l a e t i y c o i t
o r n o d t t m a c r m o d i p s
d a n n m e g f a c i e a n u s n
e g u s s e c c u s t n e d u t s
l i u f t r w e s l g i u p c m s
s n l n i o u o d t u i v m s o t
i g e i s m c o r i m n h i m s i
i i t n g n t o a k n i n m t o k
m s r d n p l d i n w s n c l y c

Student Success
Peer education
motivation
action
life training
homework
encouraging
studying
knowledge transfer
friendships
role models
physical activity
nutrition
communication
respectful

New on our website

A Screening Success: CE/CLE genetic screening program

For more information go to:
www.creehealth.org/CLE-program-eval

Elections for the office of Chairperson of the Cree Health Board have been called

<http://bit.ly/RvwRZT>

Workplace bullying: The Bull Stops Here!

by Marsha Wysote

Prevention Technician

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Given the recent publicity concerning schoolyard bullying, you might assume that bullying stops once you leave school and begin your life at work. Unfortunately, that isn't the case. There should be a course at school that starts with "bullies are everywhere and this is how you deal with them". While this is not meant as an instructional on how to deal with bullies, this article may help you recognize if you are being bullied at work and how you can get help dealing with the situation.

Bullying usually involves repeated incidents or a pattern of behaviours that are intended to intimidate, offend, degrade or humiliate a particular person or group of people. In general, there will be differences in opinion and sometimes conflicts at work. However, behaviour that is unreasonable and offends or harms any person should not be tolerated.

Bullying affects the overall "health" of an organization.

In general these include:

- Increased: absenteeism, turnover, stress, costs for employee assistance programs (EAPs), recruitment, etc., risk for accidents / incidents
- Decreased: productivity, motivation and morale

The list below, although not exhaustive, is included as a way of showing some of the ways bullying could happen in a workplace.

Examples include:

- spreading malicious rumours, gossip, innuendo or making jokes that are "obviously offensive"

- intimidating a person, yelling or using profanity
 - undermining or deliberately impeding a person's work; blocking applications for training, leave or promotion
 - withholding necessary information or purposefully giving the wrong information
 - intruding on a person's privacy by pestering, spying or stalking or tampering with a person's personal belongings or work equipment
 - criticising a person persistently or constantly and/or belittling a person's opinions
- (continued on next page)



Workplace Bullying (continued)

What should you do if you suspect that you are being bullied? The Canadian Center for Occupational Health and Safety recommends doing the following:

- Firmly tell the person that his or her behaviour is not acceptable and ask them to stop. You can ask a supervisor or union member to be with you when you approach the person.
- Keep a factual journal or diary of daily events.
- Record the date, time and what happened in as much detail as possible, along with the names of witnesses and the outcome of the event.
- Keep copies of any letters, memos, e-mails, faxes, etc., received from the person.
- Report the harassment to your supervisor or a delegated manager - if your concerns are minimized, proceed to

the next level of management.

- **Do not retaliate.** This could cause confusion for those responsible for evaluating and responding to the situation.

Most of the information in this article is from from the Canadian Center for Occupational Health and Safety website. (<http://www.ccohs.ca/oshanswers/psychosocial/bullying.html>)

They provide links and a more comprehensive review if you would like further information.

Out and About

by Tracy Wysote

Research Administrator

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Eastmain

Sept 1, 2012

Goose Dance

Sept 14-15-16

Traditional Pow Wow

Mistissini

Thursdays 3:30-5 p.m

Quebec En Form Cooking
Classes (ages 9-12)
High School Kitchen
(3rd floor)

Sept 9

Collective Kitchen (across
from old Clinic)
Registration now open at Local
Community Wellness
Department

Sept 25-26-27

Local Health Conference:
Creating Partnerships
Sports Complex

Ouje

Mini Baseball Tournament

Waskaganish

September 4-5-6

Co-ed softball tournament



Photo of the Month
Eat Well at School (Waswanipi)
by Bonnie Leung

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/008LWu)
 (<http://bit.ly/008LWu>)

**Local TV channels in
 your area have gone
 digital: Don't lose your
 channels (or your mind)**



Over-the-air television transmission has switched from analog to digital in many parts of Canada. If you've lost your over-the-air TV because of this change, you may be eligible for the "Local Television Satellite Solution" program, which would allow you to continue to receive CBC/ Radio-Canada's signals, courtesy of Shaw Direct.

For more information, call

1-888-782-7602, or go to <http://www.shawdirect.ca/dtv>

Birthdays in September

3rd

Elena Kuzmina

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 (social calendar)

Marsha Wysote and Jocelyne

Cloutier (healthy workplace tips)

Sol Awashish (team updates)

David English (admin support)

TIPAACHIMUWIN

September, 2012

September is
 Healthy Schools Month