

# tipaachimuwin

Issue No. 8

Pimuhteheu Staff Newsletter



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

Thanks to the hard work of a group of individuals, the Cree Health Board received funding for a Public Health Department in 2001. Since that time, our department has grown and developed. We have implemented and adapted many elements of the Quebec Public Health Program (2003–2012) while experiencing both successes and challenges. This year, we have been asked to update our planning to align with the 2013–2018 strategic plan of the Cree Board of Health and Social Services.

So, in February, the Public Health Department is planning to come together once again as a group to share these past experiences and formulate our action plans for the year(s) ahead. The overall goal of our 3 days together is to have a working session to update the planning within our teams, share our learning as a group, and prioritize our actions. Although a more detailed agenda will follow, please feel free to discuss with your manager any particular goals, activities, or work that you would like to see included in our time together.

## Kwey!



Please welcome Anne Foro to the SERC team for the next three months. Anne will be working with us on the climate change project with the INSPQ and then the development projects project in collaboration with the CRA. She will be working with Laure Beziers, Elizabeth Robinson and Jill Torrie on these projects.

Anne was a physician in Burkina Faso but since coming to Canada she has completed her doctorate and post-doctorate in public health at the University de Montréal. She has an extensive background in evaluation.

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creehealth.org



# FASD Action Forum in Montreal

## Bella M. Petawabano's opening remarks to the Forum

While there are no confirmed statistics on the prevalence of FASD diagnoses in Canada, one commonly quoted estimate proposes that 9 in 1000, or almost 1 % of all children born, have a fetal alcohol spectrum disorder. We also have no confirmed statistics on the FASD prevalence rates for births in Eeyou Istchee, although we know that the numbers reported from some First Nations communities are significantly higher than this national average.

In confronting the challenge of FASDs, our first concern must be prevention. If we say that we must simply keep pregnant women from drinking alcohol, we are ignoring the nature of this health and social problem. Saying this is the equivalent of saying that we can stop diabetes by telling people not to eat.

Instead, the solution lies with all of us, and we need to acknowledge our responsibilities for finding ways to help ensure that our Eenu babies are born healthy, and grow up in healthy families and communities. Historically, we once had ways through which families, extended families and the whole camp or community took responsibility for the care of a pregnant woman, helping her to have a healthy pregnancy and preparing for a safe birth. The mother-to-be was encouraged to care for herself to ensure she did not risk serious sickness by catching a cold or chill; she was counseled to eat well, to be active and to minimize activities that might cause harm to the unborn. The mother was also taught to prepare for the birth by doing such things as making clothing for the baby.

But while pregnant women and mothers always had a central responsibility for ensuring the health of the infant, they never did this alone. Fathers also played a role in supporting their partners throughout pregnancies; historically a Cree father was encouraged to take responsibility for his wife's well-being, while families sought to encourage and to provide a healthy environment. With the family's and community's involvement, the mother was assisted in carrying, and then caring for, a healthy infant.

(read the full speech [speech -bit.ly/TizLEU](https://bit.ly/TizLEU))



## The Journey of Nishiyuu

7 Youth with two guides are walking from Whapmagoostui to Ottawa. This walk sends a strong message of unity to prove to other First Nations across Canada that the Cree Nation of Quebec are not sellouts, but keepers of the Language, Culture, and Tradition. More importantly – today, we still carry the sacred laws of our ancestors. In unity, in harmony, in peace, we will achieve.

from: <https://www.facebook.com/groups/351350614972320/>

# 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.

Date of PH Management	Time	Format	Employee Drop In
Wednesday, February 06	9:30-10:15	Telephone	10:30-10:45
Pimuhtheu or Public Health Meeting February 12-14 in Montreal			
Wednesday, February 20	9-10:15	Telephone	10:30-10:45
Wednesday, February 27	9-10:15	Telephone	10:30-10:45
Wednesday, March 13	9-10:15	Telephone	10:30-10:45
Wednesday, March 20	9-10:15	Telephone	10:30-10:45
Wednesday, March 27	9-10:15	Face to Face in Mistissini or Telephone	10:30-10:45
Wednesday, April 10	9-10:15	Telephone	10:30-10:45
Wednesday, April 17	9-10:15	Telephone	10:30-10:45
Wednesday, May 01	9:30-10:15	Telephone	10:30-10:45
Wednesday, May 15	9-10:15	Telephone	10:30-10:45
Wednesday, May 22	9-10:15	Telephone	10:30-10:45
Wednesday, May 29	9-10:15	Face to Face in Mistissini or Telephone	10:30-10:45
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#

Looking for previous newsletters? <http://bit.ly/WX4T7W>

# What's new on the CHB website (creehealth.org)



Dr. Darlene Kitty featured on SRC TV program Hippocrate

<http://www.creehealth.org/news/community-stories/dr-darlene-kitty-featured-src-tv-program-hippocrate>

FASD (Fetal Alcohol Spectrum Disorder) Action Forum

<http://www.creehealth.org/library/online/health-promotion/fasd-fetal-alcohol-spectrum-disorder-action-forum>

Smoking Sucks Workshops: Training peer-educators for tobacco reduction among Cree youth

<http://www.creehealth.org/library/online/health-promotion/smoking-sucks-workshops-training-peer-educators-tobacco-reduction>

Professional Services and Quality Assurance

<http://www.creehealth.org/pimuhteheu-department/professional-services-and-quality-assurance>

Online program evaluation resources

<http://www.creehealth.org/library/online/research/online-program-evaluation-resources-public-health-department>

Cree non-insured health benefits (CNIHB)

<http://www.creehealth.org/services/cree-non-insured-health-benefits-cnihb>

Foster Parents

<http://www.creehealth.org/services/foster-parents>

Family Group Conferences

<http://www.creehealth.org/services/family-group-conferences>

## Did you know?

In January, **1,405 people** visited **creehealth.org**, viewing **7,875 pages.**

PHD Calendar: <http://goo.gl/U3R5Y>  
Community Events: <http://goo.gl/Kxs8T>  
Corporate Calendar: <http://bit.ly/WhEOCu>

# What's climate change got to do with public health?

by Jill Torrie

Planning for how to adapt to climate changes is a public health topic in environmental health. The Public Health Department is carrying out consultations on knowledge about climate change and planning for adaptations to address changes in weather patterns.

Jill Torrie, Elizabeth Robinson, Laure Béziers and Anne Foro are currently working on this consultation in collaboration with the National Public Health Institute of Québec (INSPQ) and Ouranos. The INSPQ is the centre of expertise for our public health network within the Ministry of Health of Québec. Ouranos is a non-profit scientific organization focused on adaptations to climate change. It is located in Montreal and made up of a consortium of universities, government departments and public utilities from Québec and some other provinces.

Climate change also touches issues concerning the natural environment including plant, animal and fish populations; individual safety practices in relation to



the natural environment; civil security and emergency planning for extreme events; approaches to infrastructure development, and issues of knowledge translation, among others. It also concerns development projects and in some jurisdictions is part of evaluating the cumulative impacts to be anticipated in the context of large projects.

With this consultation we hope to be able to identify the state of the situation within Eeyou entities regarding knowledge about and planning for adaptations for climate changes. We also hope to determine your interest in having the INSPQ develop tools and guides to better help decision-makers, leaders and professionals in Eeyou Istchee plan for adaptations to climate change in your work in EI.

Interviews are currently happening and we hope to present the draft report in early March.

## STRATECO uranium mine update

The environmental impact study has been done and there have been public hearings. The committee that examines these studies (COMEX – which includes Cree reps) – recommended over a year ago to the Minister of the Environment, that the project go ahead, under certain conditions. The company is waiting for a Certificate of Authorization from the Minister, and is now taking the government to court to try to get them moving. <http://bit.ly/VjYHfY>

Here is the Cree's response: <http://bit.ly/Wg6JEK>

# I.D. your colleague!



## Hint:

Now sleeps in a proper bed. Most of the time.



2013 Cree Health Board calendar now available

2013 Wall calendar for CBHSSB staff, showing paydays and statutory holidays. 11x17 full colour poster. Also available in French.

Design: Tyrone Smith. Art: Stephanie Lemmert. The poster depicts a traditional Cree walking out ceremony.

Download it here:

<http://www.creehealth.org/library/online/corporate/2013-calendar-calendrier>

# Cree Lesson

February

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Shaking of pine needles, in the past that's when the last cold spells happen, the blizzards and pine needles start falling.