



MKWAA-GIIZIS (FEBRUARY) NEWSLETTER

Wahnapiatae First Nation

February 2011

Happy New Year from the Chief

Happy New Year to all! As you may have noticed there have been some changes around our First Nation.

First in an effort to better serve the Membership, the amount of our staff has grown. The Band now owns Rockys and everything associated with it (dining room, gas bar, store, motel and campground). This is an investment to offset dependency on

INAC funding. Everyone is welcome to come down and support your community. We have 3 new rent to own homes and are planning on building a 3 plex rental unit in the Spring.

The construction of the Center of Excellence (band office and community centre) is to begin as soon as the frost leaves.

A trailer was purchased to house the

Health Department, until we move to the new complex.

If you have any questions or suggestions fell free to contact myself or Irvin George at the band office. We will do our best to help in any way that we can.

Looking forward to hearing from you.

Chief Myles Tyson

Special points of interest:

- *Workshop for Parents - Bullying and the Bus—March 1, 2011*
- *Community Sliding Party—March 5, 2011*

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McIvor Bill C-3 Update

The Indian Affairs National website was updated yesterday and we are closer to begin processing applications **BUT** no one should yet apply.

A totally new application process for people eligible under this new law is still in development stage. For the moment we are waiting for plans to be finalized and the Act is **NOT YET IN FORCE**. We do not have a date when it will be in force.

Once the Act comes into force, the Department of Indian Affairs and Northern Development Canada will make new forms available at the following locations:

Online: (Once the Act comes into force) By mail: Call **1-800-567-9604** to request an application package.

In person: At any INAC Regional office or call **1-800-567-9604**

Visit this web site for more information:

<http://www.ainc-inac.gc.ca/br/is/bll/index-eng.asp>

or call the toll free number above



Mkwaa-Giizis (Bear Moon 2011)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 "The Shattered Years" Adult Yoga/meditation 7 pm at the gazebo	3	4	5
6	7	8	9 Adult Yoga & Meditation 7-8 pm	10	11	12
13	14 Happy Valentine's Day	15	16 Adult Yoga & Meditation 7-8 pm	17	18	19
20	21	22	23 Adult Yoga & Meditation 7-8 pm	24	25 Congregate Dining 5:30 pm	26
27	28	29	30 Adult Yoga & Meditation 7-8 pm	31		

Schedule of Events

- **February 2, 2010**—Protecting the Golden Years Play—at the Fire hall at 1:00 pm
- **February 2,9,16,23,30, 2011** -Yoga & Meditation - 7-8 pm at the gazebo
- **February 14, 2011** -Valentines Day
- **February 25, 2011** -Congregate Dining - Fish & Chip Dinner - 5:30 pm at the gazebo

Reminder....

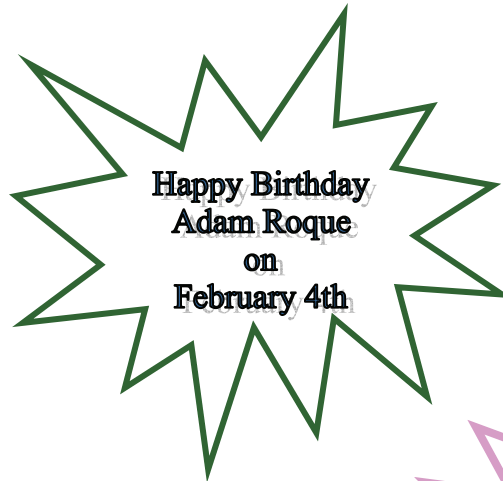
All Medical Transportation verification slips must be handed in on Friday in order to have your cheque processed for the following Thursday. If you hand in your verification slips in after Friday you will not receive your cheque until the following week.



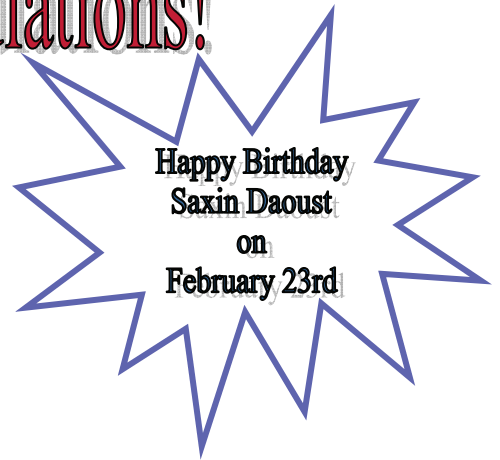
Best Wishes & Congratulations!



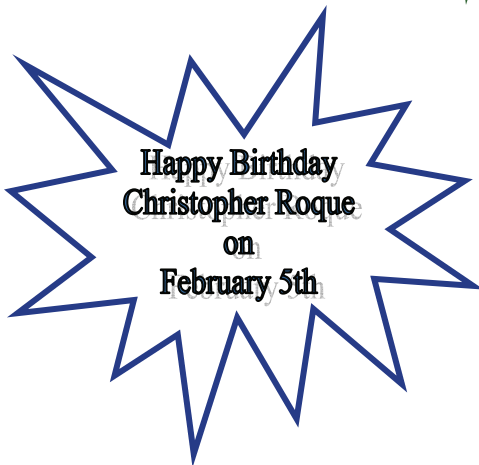
Happy Valentine's
Day



Happy Birthday
Adam Roque
on
February 4th



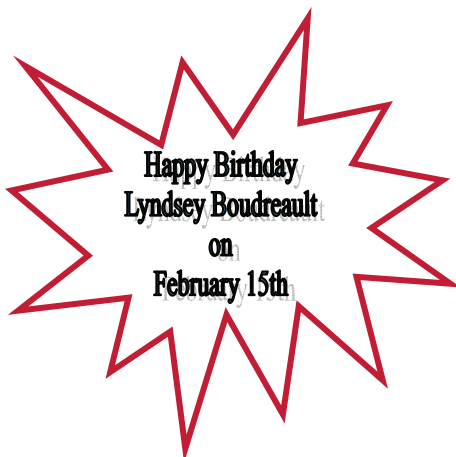
Happy Birthday
Saxin Daoust
on
February 23rd



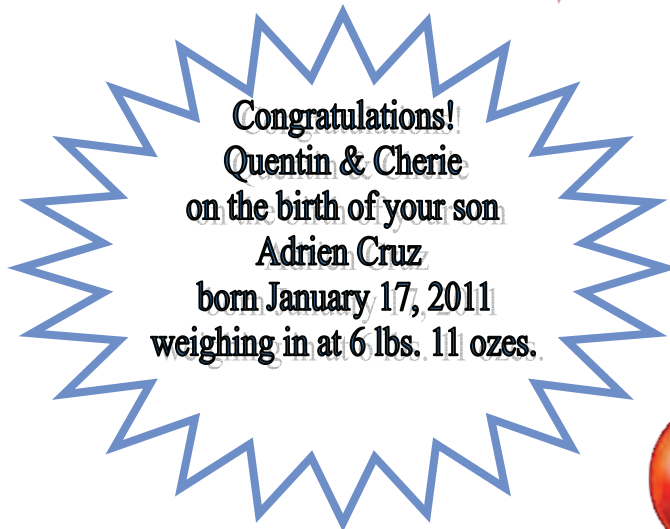
Happy Birthday
Christopher Roque
on
February 5th



Congratulations!
Ashley
on the birth of your daughter
Abigail
born on December 17, 2011
weighing 5 lbs. 6 ozes



Happy Birthday
Lyndsey Boudreault
on
February 15th



Congratulations!
Quentin & Cherie
on the birth of your son
Adrien Cruz
born January 17, 2011
weighing in at 6 lbs. 11 ozes.





Drinking Water

Typically, groundwater is naturally clean and safe to drink. Because the soil on top acts like a filter. However, groundwater can become contaminated if the casings or caps for wells are not installed in the correct way.

HEALTH EFFECTS?

Health effects that come from drinking contaminated water include;

- . Gastro-intestinal infections*
- . Nausea and vomiting*

HELPFULL TIPS

To prevent illness, people should maintain their well properly and test their well water regularly.

- .Check to ensure well cap is secure and water tight.*
- .Have your well tested at least once a year.*
- .Run the cold water tap for a few minutes each morning or when the system has not been used for a number of hours.*
- .Use only COLD tap water for drinking, cooking and making baby formula, since hot water may contain contaminants. Hot water can often sit for long periods of time in your tank and pipes.*

*Al Armstrong
CDO*

For Immediate Release

Anishinabek to participate in
long-form census

UOI OFFICES, NIPISSING (January 20, 2011) – The Anishinabek Nation is encouraging its citizens to participate in the 2011 Census in order to ensure adequate funding for such priorities as education, health care and economic development on and off-reserve.

“We are actively promoting collection of information from Anishinabek communities so we can gather specific data about our on-reserve and off-reserve citizens,” said Grand Council Chief Patrick Madahbee.

The Anishinabek Nation and Statistics Canada signed a Memorandum of Understanding (MOU) today establishing a partnership for the complete and accurate enumeration of Anishinabek citizens in the 2011 Census and the National Household Survey.



Under terms of the MOU, each Chief and Council will need to issue a Band Council Resolution authorizing the census and promoting the active participation of community members. Statistics Canada will hire at least one person from each of the Anishinabek member communities to assist in the data collection.

The Anishinabek Nation is promoting the National Household Survey, also known as the “long-form” census.

“The short-form census is really of no use to us because it does not provide data on such things as Aboriginal status and our socio-economic situation.”

“Completion of the long-form survey is purely voluntary but this is the information that is essential for our funding requirements,” Madahbee added. “This is our chance to get accurate and up-to-date data on the socio-economic status of our communities and our Nation.”

Anishinabek citizens residing on-reserve are urged to complete the National Household Survey form when the enumerator calls upon them. Those living off-reserve will receive a letter from Statistics Canada in the mail and are urged to complete the National Household Survey online, following the instructions provided in the letter.

“Involving our citizens in initiatives like the census is in keeping with the United Nations Declaration on the Rights of Indigenous Peoples,” the Grand Council Chief said. “For example, Article 14 says signatory states should work with indigenous peoples to have access to culturally-appropriate education. Data from census participation will contribute to that.”

The Anishinabek Nation established the Union of Ontario Indians as its secretariat in 1949. The UOI is a political advocate for 39 member communities across Ontario, representing approximately 55,000 people. The Union of Ontario Indians is the oldest political organization in Ontario and can trace its roots back to the Confederacy of Three Fires, which existed long before European contact.

-30-

For more information contact:

Marci Becking
Communications Officer
Union of Ontario Indians
Phone: (705) 497-9127 (ext. 2290)
Cell: (705) 494-0735
E-mail: becmar@anishinabek.ca
Follow AnishNation on Twitter
Join the Anishinabek Nation Facebook Fan Page



Lower your risk of heart disease and stroke
Let's put our Hearts into it!

Aboriginal People are more likely to have high blood pressure and diabetes, and as a result, are at greater risk of heart disease and stroke than the general population.

You can lower your risk by:

- Eating a healthy diet
- Being physically active
- Achieving a healthy weight
- Quitting smoking
- Knowing and managing your blood pressure
- Knowing and managing your diabetes

Talk to your healthcare provider to see how you can lower your risk of heart disease and stroke.

Or contact the Heart and Stroke Foundation at:

1-888-HSF-INFO (1-888-473-4636)

First Nations people and Inuit face some serious health-related challenges, such as high rates of chronic and contagious diseases and shorter life expectancy. For example, 12 per cent of new HIV and AIDS infections occur in Aboriginal people compared to the general Canadian population;

- Heart disease is 1.5 times higher;
- Type 2 diabetes is 3 to 5 times higher among First Nations people and rates are increasing among the Inuit; and
- Tuberculosis infection rates are 8 to 10 times higher.



February is Heart Health Month

Heart Attack Warning Signs

Thousands of Canadians die of heart attacks every year because they don't get medical attention quickly enough. Learn to recognize the signs of a heart attack so you can react quickly to save a life.

Pain

- Sudden discomfort or pain that does not go away with rest
- Pain that may be in the chest, neck, jaw, shoulder, arms or back
- Pain that may feel like burning, squeezing, heaviness, tightness or pressure
- In women, pain may be more vague
- Chest pain or discomfort that is brought on with exertion and goes away with rest

Shortness of Breath

- Difficulty breathing

Nausea

- Indigestion
- Vomiting

Sweating

- Cool, clammy skin

Fear

- Anxiety
- Denial

If you are experiencing any of these signs, you should:

- Call 9-1-1 or have someone call for you (Keep a list of emergency numbers near the phone at all times.)
- Stop all activity and sit or lie down, in whatever position is most comfortable.
- If you take nitroglycerin, take your normal dosage.
- If you are experiencing chest pain, chew and swallow one adult 325 mg tablet or two 80 mg tablets of ASA (acetylsalicylic acid, commonly referred to as Aspirin). Pain medicines such as acetaminophen (commonly known as Tylenol) or ibuprofen (commonly known as Advil) do not work the same way as ASA (Aspirin) and therefore will not help in the emergency situation described above.
- Rest comfortably and wait for an ambulance with emergency medical personnel to arrive.

QUICK ACTION SAVES LIVES

Cardiac arrest warning signs

A person may be experiencing cardiac arrest when he or she is:

- Suddenly not responsive, especially when called or tapped on the shoulder.
- Not breathing when you tilt the head back and check for at least five seconds.

Continued of page 8.....



Cardiac arrest warning signs continued.....

Actions

If there are bystanders nearby, follow these steps:

1. Tell someone to **call 9-1-1** or your local emergency number immediately.
2. Tell someone to get an Automated External Defibrillator (AED) if one is available and use it as soon as it arrives.
3. Begin CPR if you know it.

If you are alone with an adult experiencing a cardiac arrest, follow these steps:

Call 9-1-1 or your local emergency number immediately.

1. Get an Automated External Defibrillator (AED) if one is available, and use it as soon as you have it in hand.
2. If no AED is available, begin CPR if you know it.

Simmered Chicken Dinner

Makes 6 servings

Here's one of the fastest and easiest ways to cook a chicken, potato and vegetable dinner - all in one pot. It's also a good way to introduce children to new vegetables. This dish has sweet potatoes, which are not overpowering or as dried out as bake ones can sometimes be. You can use carrots, turnip or squash cubes instead of sweet potatoes.

Ingredients

- 1.5 Kg (3 lb) chicken pieces, skinned
- 1L (4 cups) water
- 2 slices bacon, cut in pieces
- 3 leeks or medium-size onions
- 2 bay leaves
- 5 mL (1 tsp) dried thyme
- 5 red potatoes, halved
- 1 large sweet potato, peeled and cut into chunks
- Half small head of cabbage
- 1 clove garlic, minced
- 50 mL (1/4 cup) chopped fresh parsley
- 1 mL (1/4 tsp) or less salt and freshly ground pepper



Directions

1. if using a whole chicken, remove skin first, then cut into pieces. In large pot, combine chicken, water and bacon; bring to boil and skim off any foam.
2. Halve leeks length wise and clean under running water, cut into 5 cm (2 in) lengths. If using onions, cut into quarters. Add leeks to pot along with bay leaves, thyme and red and sweet potatoes, cover and simmer for 10 minutes.
3. Cut cabbage into 2.5 cm (1-in.) wedges and add to pot, cover and simmer for 10 minutes or until vegetables are tender.
4. Using slotted spoon, transfer chicken and vegetables to six large soup bowls. Remove bay leaves from the broth.
5. Increase heat to high; boil liquid for 3 to 5 minutes or until reduced to about 750 mL (3 cups). Stir in garlic, parsley, and salt and pepper, ladle over each portion.

Nutrition information per serving

- Calories: 319, Protein: 16 g, Total fat: 7 g, Saturated fat: 2 g, cholesterol: 37 mg, Carbohydrate: 50 g carbohydrate, Fibre: 6 g, Sodium 242 mg, Potassium: 1016 mg.
- From: Anne Lindsey's Lighthearted at Home© 2010.



Heart Disease Wordsearch

B	S	T	Z	S	K	U	Y	J	R	E	P	N	E	S
F	D	A	M	O	A	J	W	S	L	Q	F	N	S	S
Z	J	B	C	H	E	S	T	P	A	I	N	N	A	E
Y	Z	H	I	Y	U	D	R	Q	O	X	O	L	E	R
H	O	C	N	S	G	I	N	F	N	I	O	U	S	T
T	S	S	E	N	T	H	G	I	T	R	Y	U	I	S
L	G	N	I	T	A	E	W	S	E	S	G	V	D	M
A	P	M	G	T	C	U	E	T	N	V	L	O	R	O
E	L	H	X	E	O	G	S	I	J	E	O	L	I	K
H	B	X	W	I	I	E	A	H	J	F	T	S	N	I
N	A	J	E	D	L	P	D	N	Y	F	R	J	K	N
U	Y	G	N	O	M	M	Q	T	R	X	A	G	I	G
O	Y	I	H	R	R	W	T	G	Q	C	E	K	N	X
D	K	C	A	T	T	A	T	R	A	E	H	U	G	Y
N	D	K	V	R	F	A	S	K	G	B	M	C	X	H

- ARMPAIN
- CHESTPAIN
- CHOLESTEROL
- DIET
- DISEASE
- DRINKING
- FATTYFOODS
- HEART
- HEARTATTACK
- INDIGESTION
- SMOKING STRESS
- SWEATING
- TIGHTNESS
- UNHEALTHY

I will be on holidays from February 7 - 21, 2011.

Please call Lynn during this time to book your medical travel requests

705-858-0610 ext: 106

Wendy Tyson
Community Wellness Worker



Remember when?

In the winter we used to try to get nibs on that cardboard box that was used for a sled.

Sliding at Jimmy's Hill. Jimmy's wife would let us warm up in her heated porch and sometimes she would even have chili to warm up the innards.

Skating at the town rink. The Catholic Women's League would sell hot dogs and hot chocolate - they were the best! Hockey games, broomball, general skating.

Everyone had their own backyard rink with a chair to help the beginner. There were no fights on who would shovel the rink, it was actually a fun thing to do.

Going home to a bowl of homemade soup, change mitts, socks and away we were gone again until supper.

Most of the time, you went back to the rink or the sliding hill after supper.

Talk about peaceful sleeps back then.

In the Spring we were always searching for that perfect, coloured piece of glass for hopscotch.

Something that we always hoped that the Easter Bunny would bring was a skipping rope, marbles, rubber balls, anything to do with outdoors fun.

Once the snow was gone the baseball games were started, whether it was at the Park rocks, old school yard or Running Ball on the street.

Go for a hike with friends, fill your mason jar with freshie, bring a sandwich and away we would go, pick morals or fiddleheads and just explore the woods.

When the water warmed up the days were spent swimming at Loosemore's, Georgie's Lake, the Lighthouse, or the government dock, pretty well anywhere there was water.

Fishing off the government dock was another pass time, when you weren't getting thrown in the channel.

I don't know how many of us learned how to swim this way. Thanks Franklin. Sure wouldn't want to get caught trying this nowadays, you would probably get charged.

My summer highlight was the town bazaar....games, bingo, raffles, food, penny table, turkey dinner at the old hall (torn down now)...dance.....and spending time with friends.

Family boat rides, shore lunch, fishing, berry picking, swimming, we had a ball! Even after my grandfather lost both legs due to diabetes, he still brought us out in the boat for that family get together. I can still see him sitting in his boat on his wheelchair with the biggest smile even though the rain was pouring down, a raincoat was covering his head and he was just so happy to be where he was come rain or shine and surrounded by family. Glad it was just a sun shower.

Seems as soon as school started the hopscotch, skipping, marbles and ball games began once again.

Then Halloween, and the first place we wanted to get to was the convent because the nuns only made so many caramel apples and when they ran out, they ran out. I think I may have got one caramel apple in my trick or treating days, I was always too slow.

The day after Halloween we always checked to see if our outhouse was still standing. Lol

The days between Halloween and snowfall was card games. We would go next door to my Uncles to learn how to Beat the Devil and play Cribbage. Then came the game 'trouble', what a time we had with that. Good game for adults and children.

Was nice to do things just for the fun of doing it. And something else, it didn't cost a thing. Cardboard boxes, broken glass, rope, pennies or rocks could be used instead of marbles.

Guess I'm kinda ancient.

Thanks for the memories...

Wendy Tyson

Community Wellness Worker

Everyone Welcome!

Wed. Feb. 2nd, 2011

Protecting the Golden Years

Time: 1:00 pm

**Wahnapiitae First Nation
Fire Hall**



Agenda

- 1:00 pm Opening comments
- 1:14 pm "Shattered Lives" a play performed by the Family Life Theatre.
- 2:00 pm—Q's & A's/
Discussion Period Re: Elder Abuse & Neglect

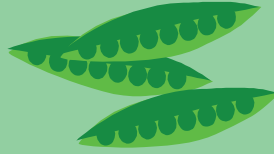
Homemade Soup,
Sandwiches
& refreshments



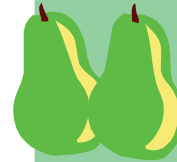
For more information call:

Wendy Tyson
Community Wellness Worker
705-858-0610 ext 107

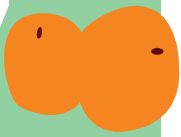




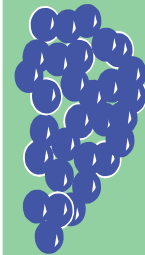
Let's Make Soup



Using Basic Ingredients
to making good nutritious
food for your family



February 1, 2011



11am at the gazebo



Healthy Babies/Healthy Children
(for mom/dads with children
6yrs of age or younger)



Receive a gift certificate
for attending



For more information contact
Wendy at 705-858-0610 ext: 107

