

Date Issued:

Aug 1, 2014



Nawash Ezhwebak

(What's Happening)

*THE CHIPPEWAS OF NAWASH UNCEDED FIRST NATION NO. 27
NEYAASHIINIGMIING*

Special points of interest:

- Bear Safety
-Pg. 4 - 5
- Diabetes Info Session
-Pg. 8
- Anishnabe & Holistic
Medicine Workshop
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- Walk to Wellness
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- Family Camping
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- Menopause
-Pg. 13



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10 Health Benefits of Wild Rice

- Wild rice is gluten free food.
- It does not contain sodium: good news for your blood pressure and your heart.
- It does take about an hour to cook, but rewards you with a lovely nutty flavor.
- It contains twice as much protein as brown rice.
- Wild rice can be eaten by diabetics, since it is actually a grass, and the grains are not polished or refined. Of course, small quantities are recommended.
- It is very rich in antioxidants—containing up to 30 times more than white rice! Which means regular consumption of wild rice protects you from disease and ageing.
- Because of its high fiber content, wild rice keeps your digestion smooth and helps lower cholesterol.
- Wild rice is a good source of essential minerals such as phosphorus, zinc and folate, which give you energy and nurture your bones.
- Vitamins A, C and E are essential for overall health and immunity. Wild rice contains these vital vitamins.
- A serving of wild rice is lower in calories than other rice varieties, so you can enjoy it without worrying about weight gain.

Read more: <http://www.care2.com/greenliving/10-wonderful-health-benefits-of-wild-rice.html#ixzz399Atrmlk>

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- Nawash Ezhwebak

Fees

\$2.00—Announcements.

\$5.00—Announcements with Pictures.


\$10.00—1/8 of a page.

\$15.00—1/4 of a page.

\$20.00—1/2 of a page.

\$25.00—Full page.

Fees will be used to cover the cost of the newsletter



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Chipewas of Nawash Health Centre

Environmental Assistant

Michele Desjardine

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519-534-0373

- Program Goals**
- To help ensure safe drinking water that is supplied from various sources used in the community: waterline, private cisterns, natural well or Spring water sources
 - Promote public awareness and education of environmental health issues, i.e., Housing health issues, Product recalls, Toxic Invasive Plants,
 - Engage and empower community members regarding environmental health issues /concerns
 - To ensure safe recreational water supplies
 - To provide literature and information on pest borne diseases :West Nile Virus /Lyme Disease/Robies.
- To aid and assist community members, work to resolve their environmental health issues and find answers to their questions.

General Environmental Health

While my mandate is to focus on Water, in particular water safety and education. I am more than willing to assist with other environmental issues. These issues include sewage disposal, solid waste disposal, food quality, recreation facilities, communicable disease control, pest control, housing issues, transportation of dangerous goods, environmental contaminants, and Health and Safety.



Health and Wellness is not only a matter of choosing to make healthy living a priority, conditions in our environment, our social, cultural, economic and physical surroundings also have the ability to influence health. A safe environment means safe water and food supplies suitably built and maintained housing and proper disposal of waste.

- Program Objectives**
- Educate and inform the community on matters of environmental health
 - Train and empower the community to identify environmental health issues and concerns
 - Create and organize a community forum for the purpose of community member input into activities or topics to be covered in future workshops.
 - Seek appropriate partnerships to assist in arranging and providing capacity building activities to groups or community members
- Education**
- Providing education on environmental issues is a priority. If you or your organization needs any specific environmental educations, please call the Health Centre and ask for me!
- While I can assist with the above, it is always in consultation with the programs that hold the primary responsibility of such: housing, public works, Environmental Health Officer and so on. still not sure if I can assist you? Just call and I'll help to point you in the right direction.

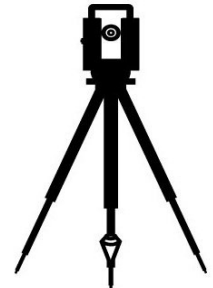


PROPERTY BOUNDARIES

Know your property boundaries before excavating, cutting wood and building structures. This helps prevent encroachment on neighboring lots and helps you define the space for which you are responsible for. Photocopies of property plans can be retrieved from the Lands Department.

SURVEYS

Land Surveys are required to sever a hatched parcel from an existing lot. This allows for the hatched parcel to be assigned a legal description which is required for land transfers, allotments, leases etc. These survey costs are the responsibility of the landholder and should be considered when selling hatched parcels. Only Canada Lands Surveyors (CLS) may survey lands on-reserve. If you require a survey, the Lands Department can assist you with finding estimates



CIVIC NUMBERS

DID YOU KNOW?

Land is either held by individuals or the band.

Individuals who hold land usually possess a Certificate of Possession (CP).

Approximately 60% of Neyaashiinigiing lands are held by CP.

Also known as 911 numbers. These numbers are assigned to a property which has a structure and laneway on it and are represented by a blue sign with white lettering. Replacement sign costs are the responsibility of the land holder.

Please contact the Lands Department if you have new development that requires a new civic number.

REQUESTS

With the high volume of requests, please submit requests well in advance of need.

Our department also requires requests to be in writing so that we have record of the request.

MEMBERSHIP DEPT. HOURS OF OPERATION

Monday to Thursday - 8:30-4:30

LANDS DEPT. HOURS OF OPERATION

Monday to Friday—8:30-4:30

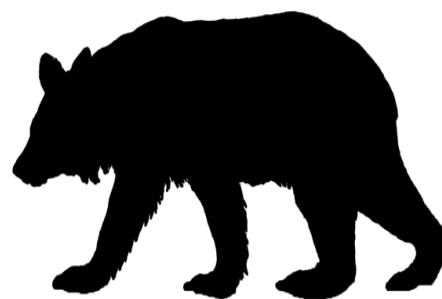
M'Kwa (Bear) Facts & Safety

Neyaashiinigiing is habitat to a vast ecosystem of plants and animals. One of these animals being the Black Bear.

They are a natural part of our wildlife environment and are beautiful and powerful animals to be respected.

Bears usually avoid people, but as they are driven by instincts to feed, sometimes our (unnatural) food sources can attract them closer to our residences and living areas and cause encounters.

For the well being of our people and the bears, it is important we encourage a peaceful co-existence by adopting good preventive and avoidance measures.



Did You Know?

- Bears are highly intelligent. Once they find food in bins or yards, they will return until this attractant is removed.
- Adult males can reach 300kg (650lbs)
- Adult females can reach 180kg (400lbs)
- They can reach speeds of up to 50km/hr
- Cubs stay with mom for 18months
- Bear are omnivores. They will eat meat, but most of their diet is vegetation, fruits and nuts.
- Bear can smell things from more than 1.6km (1 mile) away!!
- In spring, they feed on dandelion, clover, willow catkins (pussy-willows) etc.
- In summer, they feed on strawberries, raspberries, chokecherries and other fruits, etc.
- In fall, they feed on acorns, beech nuts, chokecherries, dogwoods, etc
- In summer/fall, they can consume 20,000 calories a day!
- Home ranges of females can be 15-25 sq/km
- Home ranges of males can be 10x more than females
- On hot afternoons, they can often be found near water bodies.

M'Kwa (Bear) Safety cont...



Sightings have occurred at:

Boundary Road

401 Road

Port Elgin Road (bottom of Betty's Hill & Rank's corner)

Maadookii Road (at bend near 401)

Lakeshore Blvd. (at Comm. Centre Rd intersection)

Sydney Bay (near shelter)

Park Road

Intersection of Lighthouse Road & Lil North Bay Rd.

Dump Road



Information derived from:

<http://www.mnr.gov.on.ca/en/Business/Bearwise/index.html>

AVOID ENCOUNTERS

While Outdoors;

- Do not wear audio headphones. Stay alert to your surroundings. Watch for signs (tracks, trails, fresh droppings, claw marks on trees etc).
- Make noise. Singing, whistling or talking will alert bears of your presence well before you get to them so they have a chance to avoid you.
- **Pay attention.** Occasionally scan your surroundings. When walking on road, be alert at known bear crossings.
- Learn how to carry and use bear spray. Know its limitations.
- Children should be in parents view/supervision while outdoors. It is advisable to walk in groups, especially children.

AVOID ATTRACTING BEARS

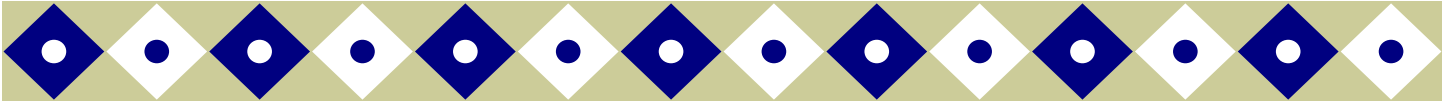
GARBAGE

- Eliminate smells. Use tight fitting garbage cans & only put this out on garbage day, not the night before.
- Put meat scraps/foam dishes in freezer until garbage day.
- Wash garbage & recycle bins.
- Clean BBQ grills
- Do not store garbage in vehicles.
- Do not put meat, fish or sweet food (fruit) into composter.
- Clean up fallen fruit from nearby trees.

PET FOOD

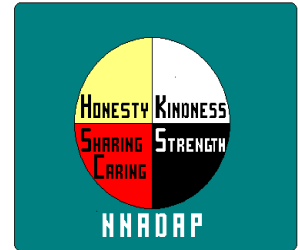
- If possible, feed your pet indoors.
- Feed pet when your pet is there, avoid leaving food outside for long periods.
- Empty out bird feeders for the summer.

After you remove the attractants from around your house, it may take a few bear visits for them to learn that there is no food for them there. They will start to move on through.



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Fax: 519-534-3685

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E-mail : nnadap@gbtel.ca



KIN WAA NOOJMOJIG
NANAWEING
WELLNESS CENTRE
& NNADAP MEN'S
GROUP 2014

Men's Group Weekly

facilitated by Randy Keeshig-Macleod

Date: July - October 2014

Wednesday Afternoons 1:00pm-3:00pm

**Where: KINA WAA NOOJIMOJIG NANAWEING
WELLNESS CENTRE**

Who: All men are welcome

No fee

Transportation Provided 519-534-3764

For more information 519-534-3710 or 519-534-3764

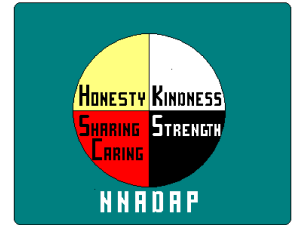
Sponsored by NIN WAA NOOJMOJIG NANAWEING WELLNESS CENTRE &

NNADAP Program, Nawash Health Centre



Nawash Ezhwebak

Nawash Health Centre



Randy Keeshig-MacLeod

A word from the New NNADAP Worker

Ahnii everyone, my name is Randy Keeshig-MacLeod and I have been hired counsellor for the National Native Alcohol and Drug Abuse Program.

Vision Statement:

Our purpose is to deliver autonomous health programs and promote holistic development of a healthy lifestyle through, education, referral, prevention and intervention.

NNADAP Goals:

To provide persons suffering from addictions with programs and services that can assist them in their recovery and healing process.

To incorporate Aboriginal Cultural practices, teachings, traditional ceremonies, medicines and therapy that supports the recovery and healing of those suffering from addictions.

To work with other community programs/services and neighbouring agencies to ensure quality services and resources are being provided to clients.

NNADAP Programs & Services:

Alcohol & Drug use assessments, information, verbal or written, one-on-one counselling, advocacy, referrals to other agencies for treatment or support, groups sessions, support and encouragement, monitoring those in treatment, after care and follow-up, case file management, coordinating special programming, facilitating partnerships for the benefits of clients in common.

*If any one needs assistance with the above issues please call the NNADAP office on our private line at 519-534-3710.

I will also be available for support services such as taking messages, arranging appointments and referrals.

Miigwetch,

Randy Keeshig-MacLeod

Diabetes Information Session A Review on Insulin

Chippewas of Nawash Health Centre

Wednesday August 6, 2014

1:00 p.m. – 2:30 p.m.

Facilitation: Pat Wilson, RN, CDE

(Certified Diabetes Educator)

Grey Bruce Diabetes Team

Talking Circle

Insulin: use, delivery, action, pens, types

and much more.

Please call the Health Centre 519 534-0373 to confirm your attendance

and if you should require more information please

ask for Terry.

diabetes GREY BRUCE

Education | Support | Treatment

A program of the Grey Bruce Health Network

"Anishnabe & Holistic Medicine Workshop

Friday September 12, 2014
Health Centre
10:00 a.m. – 4:00 p.m.
Facilitation
Carol Peltier
Traditional Medicine Gatherer
"Roots, Berries, & Bark"

Curriculum

- Provide participants with the knowledge needed to harvest and use traditional medicines to fortify themselves for the winter months.
- Build on this knowledge and learn the respect and responsibility for our resources
- Plant ID's, harvest times and methods for drying, preparing and using
- Aid in addressing anxiety and digestive disorders

Lunch is provided

Please call the Health Centre at 519-534-0373 to register by September 8, 2014.

If you should require more information please ask for Terry or Bucky.



Sage



Golden Seal



Plantain



Horsetail Grass



Chippewas of Nawash Health Centre “Walking To Wellness Program”

This interactive program was first devised in early June 2008 and implemented July 21, 2008 and today the program still continues to strive forward. This program was designed to accommodate the entire community by providing: *education and support on diabetes, chronic disease management, prevention, coping skills and strategic planning on active steps towards personal wellness.....*

The title of this program encompasses a much more in-depth meaning than one would perceive at first glance. “Walking to Wellness” is a series of pathways dotted with numerous stations along various routes of choice. What does this mean? It is a “Individual’s Personal Journey towards achieving a healthy lifestyle” not just walking!

The curriculum of this program constitutes a low ratio of difficulty and enables one to pace their foot- steps throughout their journey towards healthy lifestyle changes.

Continuous encouragement and support are intertwined with a series of assignments, field trips, talking circles, quarterly meetings and a detailed variety of workshops and health related activities. Alongside of all this the participant will learn how to develop a self-empowerment strategy to achieve success in their health related goals.

The term WALKING has been taken one step further to encompass a holistic approach. This identifies the program as rather *unique* in addressing the Dimension of Movement. Throughout this process the participant will continue to address the four quadrants: social care, mental/emotional care, physical care and spiritual care.

Thus a participants’ ultimate journey will create the continuity of a “Healthy Body and Spirit” whilst “WALKING IN BALANCE.”

Terry Optekamp, FT. Community Health Representative

Updated: July 2014. If you should be interested in joining this program please give Terry a call at 519-534-0373.

Ambe gdoodemanag, gbeshiwim zhaadaa

LET'S ALL GO FAMILY CAMPING

(FAMILY CAMPING/SLEEP-OVER CAMP/DAY CAMP)

AUGUST 11, 12 & 13

FUN, GAMES, CRAFTS AND CAMPING

SPACE IS LIMITED

pre-register with

Marleen Vogl 519-534-0373 ext 22



**WITH YMH, NAADAP, LANGUAGE NEST AND COMMUNITY ACTIVATOR,
IN PARTNERSHIP WITH NCW YOUTH PROGRAM AND RIGHT TO PLAY**



Does Your Child Need a New Backpack and School Supplies to Return to Classes in September??

In 2013, the United Way of Bruce Grey gave away 2305 backpacks and is once again, providing families with **FREE Backpacks and Basic School Supplies!!**



Backpacks will be available for pick up through the
NAWASH FOOD BANK & SOUP KITCHEN

On Monday, August, 11th, 18th, and 25th, 2014

during normal food bank hours 10:30 a.m. to 1:00 p.m only



One backpack per school age child (JK-12)

Parents will have to come and sign for their backpacks and provide Child's Name and Grade as well as your signature.

If you can't make it yourself - please keep in mind that backpacks will not be released to others without written signed request from you... please indicate your child's name and age on your signed note.

A HUGE thank you/Kitchi-Miigwetch to

the UNITED WAY BRUCE GREY for providing
Nawash families with stuffed backpacks again this year.

Menopause

Dates

August 6th

August 13th

August 20th



Time

130 pm-300 pm

A 3 Part Series

An introduction to Menopause, Ian Reich, RN, BScN

Nutrition During Menopause—Deanna Trask, Holistic Nutritionist

Intimacy and Sexuality During Menopause—Nemesis Group

At the Health Centre

Call to register, or just show up!

For more information and to register, please call Ian at the Health Centre at 519-534-9975 or email at capecrockerchn@gbtel.ca

Community Health Nurse Services

**Chippewas of Nawash
Health Centre**

Immunization/Vaccine Services

Ian is fully certified to administer vaccines for new babies, children, adolescents and adults. Regularly scheduled clinics will be held. Please call for dates and times today!

Healthy Baby/Child Clinics

Ian is well trained in assessing babies and children to ensure they are progressing through life well. Call to schedule your appointment!

Healthy Adult/Family Clinics

Call to make an appointment to talk to Ian about any health concern, have your blood pressure monitored. Looking to lose some weight, or need help to quit smoking? Call for a visit!

Prenatal Care and Classes

Are you expecting? Call Ian, let him know. He can provide you and your birth partner with an informative prenatal class. He can even provide you with a home visit if you want!

Pregnancy Monitoring

Ian is more than able to monitor non-complicated pregnancies. Although you will still need to visit your family doctor or OB doctor, Ian can provide simple monitoring to provide you with peace of mind and reassurance.

Home Visits

Do you need some help at home? Ian can provide you with a home visit to monitor your

blood pressure, or provide you with any health promotion information you desire. Call Ian to put your name on the home visit schedule!

Educational Services

Do you have a group that needs some education about health or health promotion? Ian can accommodate just about anything health related. Call to schedule a session today!

Infection Control

Ian will be working with Public Health to address any infection control needs of the community

Health Groups

Ian is eager to start regular health groups. If you are interested in starting a health focus group, please call Ian to set up dates and times!

First Aid

Ian can provide simple first aid at the health centre. Please call before stopping by to ensure he is in.

NOT A TREATMENT CENTRE

Due to rules and regulations, I am not able to provide treatments such as dressing changes, staple removals, suture removal and similar.

**PLEASE CALL BEFORE COMING TO
MAKE SURE I AM AVAILABLE**

**Thanks Ian Reich, RN, BScN
Community Health Nurse**



KOKBINAAGANIKE

Black ash basketry

**Endso Nswi giizhigad
gmaajtaadaa ngodwaaso dbagane
kina wiyaa daabizhaa**

EVERY WEDNESDAY, STARTING AT 6:00PM
EVERYONE IS WELCOME

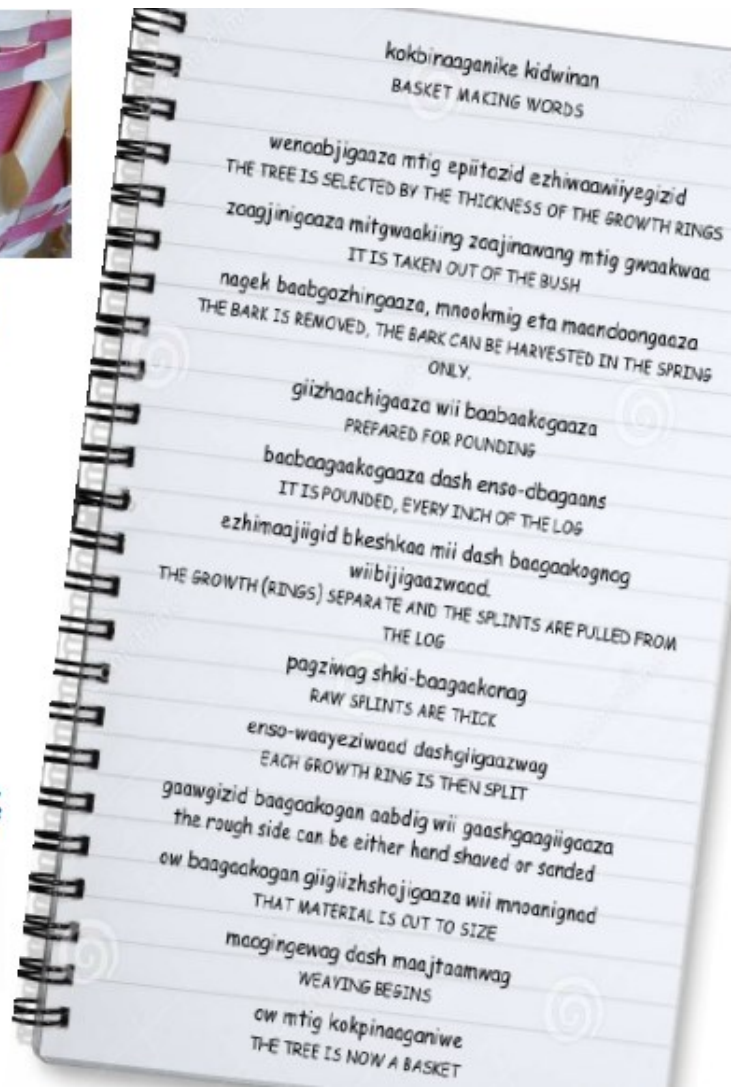
*"I have learned all of the seven Grandfather teachings
through basket making"*

—RENEE WASSON DILLARD,
MASTER BASKET MAKER

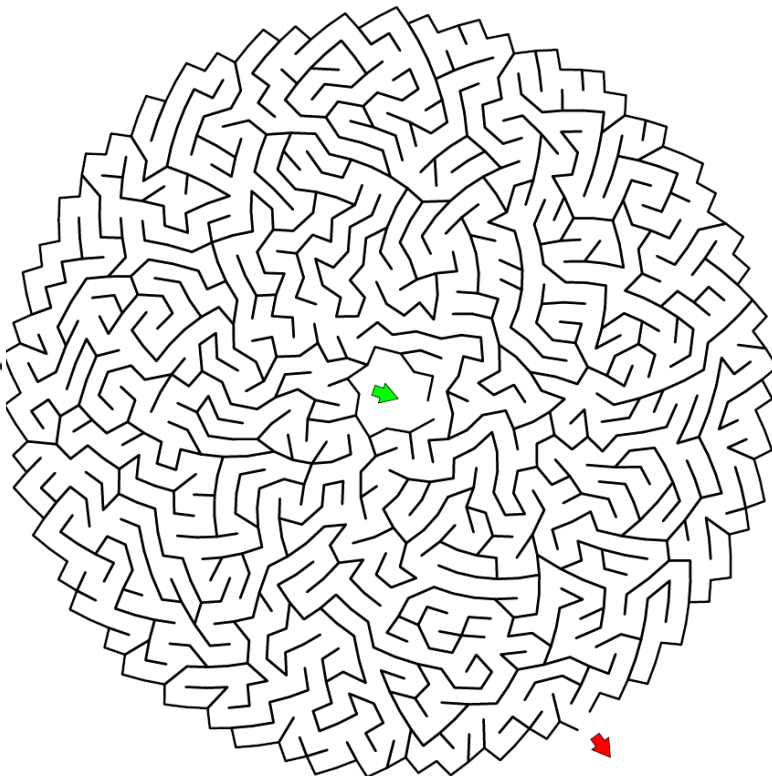
Ekowaamjigaadeg Inwewin
Language Nest
67 Community Centre Road
Neyaashuunigmiing
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languagenest@nawashfn.ca



kokbinaaganike kidwinan -basket making words provided by
Anishinaabemowin Naaknigewin



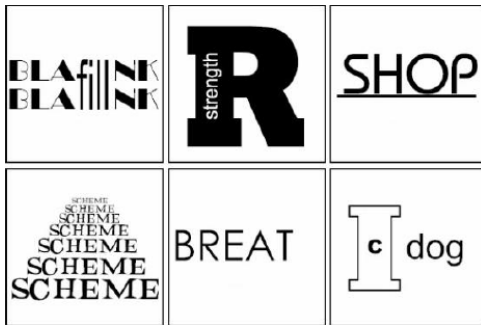
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Puzzle's & Games

	1	7		2		5	6
				3			
				7	1		2 4
5		6					7
			6				
					9		8
	3			1			
		4	2		7		1
9						4	

Puzzle Answers

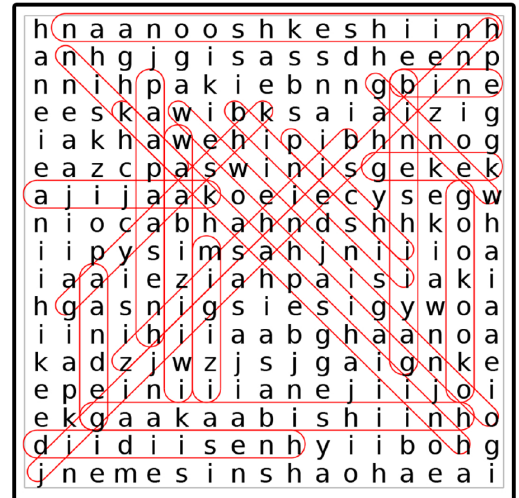


1. Fill in the blanks
2. Inner Strength
3. Shop Online
4. Pyramid Scheme
5. Short Breath
6. Seeing eye dog

Sudoku #8

1	3	6	8	9	5	7	2	4
4	9	8	2	3	7	5	6	1
5	2	7	4	1	6	9	8	3
7	5	2	9	6	1	4	3	8
3	6	9	5	4	8	2	1	7
8	4	1	7	2	3	6	5	9
9	8	5	1	7	2	3	4	6
6	1	4	3	5	9	8	7	2
2	7	3	6	8	4	1	9	5

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bineshiinyag



A Message from:

Website & Communications Support

Website & Communications Support

67 Community Centre Road
Neyaashiinigmiig, ON
NOH 2T0

Phone: 519-534-3710
Fax: 519-534-0964
E-mail : nnadap@gbtel.ca

If you have any questions, or if you have submissions. Please leave us a message.

Visit us on the Web!!
Nawash.ca