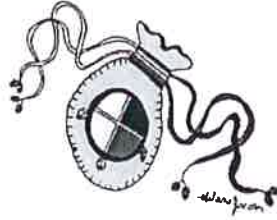


# Health & Family Services

Curve Lake Health Centre  
AND Medical Centre



Phone 705-657-2557  
Fax 705-657-3067

38 Whetung Street East  
Curve Lake, Ont. K0L 1R0



## Newsletter February 7th, 2014

### **STAPLES BOX**

February 19, 2014

### **PRODUCE BOX**

February 26, 2014

### **MEDICAL TRANSPORTATION**

NEXT HAND-IN

February 19, 2014

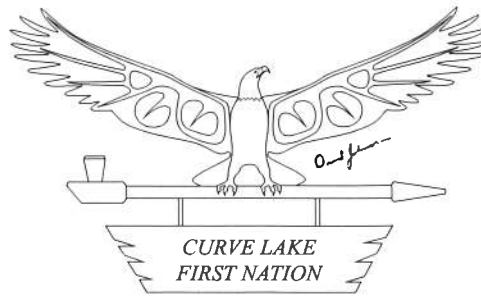
**Before 4:00 PM**

### **FOOD BANK**

February 12, 2014

10:00 – 12:00

*“What your child becomes in life depends on what you, as parents,  
teach them”*



CURVE LAKE, ONTARIO K0L 1R0

As stated in the Medical Transportation policy:

1. Only the current month and previous month can be reimbursed.
2. All sheets must be handed in every second Wednesday by 4:00pm, any sheets handed in after this time will not be processed until the next hand in date.
3. All information must be filled out on each medical transportation sheet in order to be reimbursed.
4. Parking will be reimbursed for private drivers when the parking receipt is submitted, parking receipt must coincide with an appointment on the medical transportation sheet. (Contracted drivers rates include parking).
5. Effective April 1<sup>st</sup>, 2013, all sheets must be date stamped. Any sheets handed in the drop box after 4:00pm will not be processed until the next hand in date. (Date stamp is available at front reception).
6. Please give at least 24-48 hour notice if you require the Medical bus or van.
7. A list of contract drivers and their telephone numbers is available at the Health Centre if you require a contract driver to get to your appointments.
8. Please make sure that your information, such as valid insurance, driver's license is up to date at the Health Centre. Failure to have this information on file can and will delay your medical transportation cheque

Health & Family Services Centre  
38 Whetung Street East  
Curve Lake, Ontario K0L1R0



Phone: 705.657.2557  
Fax: 705.657.3067  
www.curvelakefn.ca

WshkiiGoomaang MnoBmaadziwin Gamig

## Curve Lake First Nation

### Foot Care Policy

This letter is a reminder of the Curve Lake First Nation Foot Care Policy Section 1.4 Cancellation Fee which states:

***Should the client be unable to make their scheduled appointment they must inform the Curve Lake Health Centre a minimum of 24 hours in advance***

***If a cancellation notice is not provided, the client will be responsible to pay \$22.00 (which is half the cost of a full session).***

***Only in emergency or extreme circumstances will a cancellation fee not be applied and is subject to the approval of the Manager of Health and Family Services.***

***If a client has an unpaid cancellation fee, they are unable to access foot care services until the balance is paid in full.***

Please ensure future appointments are cancelled 24 hours in advance to avoid these fees being charged to you.

If you have any questions regarding the Foot Care Policy, please contact the Health and Family Services at 705-657-2557.

Health & Family Services Centre  
38 Whetung Street East  
Curve Lake, Ontario K0L1R0



Phone: 705.657.2557  
Fax: 705.657.3067  
www.curvelakefn.ca

WshkiiGoomaang MnoBmaadziwin Gamig

## CURVE LAKE FIRST NATION

### REFLEXOLOGY/MESSAGE THERAPY POLICY

#### Section 1.4 Cancellation Fees

*>Should the client be unable to make their scheduled appointment they must*

*Inform the Curve Lake Health Centre a minimum of 24 hours in advance.*

*>If a cancellation notice is not provided the client will be responsible to pay*

*\$21.00 (which equals half of the cost of a full session).*

*>Only in emergency or extreme circumstances will a cancellation fee not be applied and is subject to the approval of the Manager of Health and Family Services*

*>If a client has an unpaid cancellation fee, they are unable to access reflexology services until the balance is paid in full.*

**Please ensure that future appointments are cancelled 24 hours in advance to avoid cancellation fees being charged to you.**

As stated in the Medical Transportation policy:

1. Only the current month and previous month can be reimbursed.
2. All sheets must be handed in every second Wednesday by 4:00pm. Any sheets handed in after this time will not be processed until the next hand in date.
3. All information must be filled out on each medical transportation sheet in order to be reimbursed.
4. Parking will be reimbursed for private drivers when the parking receipt is submitted, parking receipt must coincide with an appointment on the medical transportation sheet. (Contracted drivers rates include parking)
5. Effective April 1<sup>st</sup> 2013, all sheets must be date stamped. Any sheets handed in the drop box after 4:00pm will not be processed until the next hand in date. (Date stamp will be available at front reception)



Consumer Product Safety News: 3 New Recalls

CPS-SPC

to:

CPSN

2013-12-12 02:40 PM

Sent by:

Consumer Product Safety News <cps-spc@hc-sc.gc.ca>

Please respond to cps-spc

Show Details

Provided here for your convenience are the links to 3 new recall notices:

World Famous Sales of Canada Inc. recalls UVX 1 and UVX 2 Waterproofing Protector

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/37135r-eng.php>

Electronic Distributors International Inc. recalls Solar Panels

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/37153r-eng.php>

Allstar Vending recalls Flashing Puffer Balls and Non-Flashing Puffer Balls

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/37179r-eng.php>

Le texte français suit le texte anglais.

A recall has been added to the CFIA's Food Recall Report.

Class 1

Reason for Recall: Allergen - Milk

Product(s): Dark Chocolate Hazelnuts and Dark Chocolate Almonds

Recalling Firm: Advantage Health Matters Inc.

Distribution: National

Provided here for your convenience are the links to 4 new recall notices:

ALERT: IKEA Canada recalls SMILA wall mounted lamps

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/37149r-eng.php>

Solowave Design recalls Home Playground Tube Slides with Port Holes

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/37031r-eng.php>

Canadian Tire Corporation recalls Mastercraft Multimeter Kit

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/37127r-eng.php>

Amerella/RunNorth Inc. recalls the pink soft touch Kitty Nunu blanket and the hat/booties

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/37163r-eng.php>

\*\*\*\*\*

Class 3

Reason for Recall: Allergen - Tree Nuts (Almonds)

Product(s): Quinola Quinoa Granola

Distribution: Ontario

Product details are available at

<http://www.inspection.gc.ca/eng/1386702533862/1386702578313>

Common food allergens - [http://www.inspection.gc.ca/food\\_allergies](http://www.inspection.gc.ca/food_allergies)

Modify your email options or unsubscribe:

<http://inspection.gc.ca/english/util/listserv/listunsube.shtml>

\*\*\*\*\*



Consumer Product Safety News: 2 New Recalls  
CPS-SPC

to:

CPSN

2014-01-29 03:15 PM

Sent by:

Consumer Product Safety News <cps-spc@hc-sc.gc.ca>

Please respond to cps-spc

Show Details

Provided here for your convenience are the links to 2 new recall notices:

**Expanded recall - IKEA recalls IKEA KRITTER and SNIGLAR Junior Beds**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37755r-eng.php>

**Expanded recall: Variétés Pierre Prud'homme Inc. recalls Boutique Sélection plush toys**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37733r-eng.php>

Provided here for your convenience are the links to 4 new recall notices:

**No Excess Inc. recalls Relakz brand children's upper outerwear with drawstrings**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37757r-eng.php>

**Fred & Friends recalls Chill Baby Pacifiers**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37753r-eng.php>

**Expanded Recall: Gree Electric Appliances, Inc. recalls Danby, Fellini, Frigidaire, GE, Gree and Premiere Dehumidifiers**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37739r-eng.php>

**Britax Child Safety, Inc. recalls BRITAX B-AGILE and BOB MOTION Strollers**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37685r-eng.php>

**Ergotron Inc. recalls Ergotron Interactive Wall Mounts, HD and VHD**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37747r-eng.php>

**Horizon Hobby, Inc. recalls Blade 500 X Remote Controlled Model Helicopters**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37741r-eng.php>

**Reebok-CCM Hockey Inc. recalls EP20K Senior (SR) Elbow Pads**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37609r-eng.php>

**Recall of U.S. Versions of Plasti-Dip Coating Products**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37447r-eng.php>

A recall has been added to the CFIA's Food Recall Report.

Class 2

Reason for Recall: Allergen - egg, peanuts

Product(s): certain Tago brand wafers

Recalling Firm: Omega Food Importers Co. Ltd.

Distribution: National

**MTD Products Inc. recalls Remington Mighty Sweep hand help electric blower**

<http://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2014/37711r-eng.php>



## Program Requirements:

- Ontario Secondary School Diploma, General Equivalency Diploma, or **willing to upgrade (within two years of program start date)**
- Grade 10 Math recommended
- Submit an application with Mizive Bilk to determine eligibility
- Short letter expressing interest
- Physical stamina
- Scheduled interview with panel
- Must be over the age of 18

## Additional training, certifications and services provided:

- First Aid Certificate
- WHMIS certificate
- Stone Saw operation
- Chain Saw operation
- Pesticide Technician Certification
- Native plants course/environmental sustainability

## PROGRAM PRESENTED BY:

HORTICULTURAL TRADES ASSOCIATION

[landscapeontario.com](http://landscapeontario.com)



Green for Life!



TORONTO  
BOTANICAL  
GARDEN



**IF YOU ARE INTERESTED,  
PLEASE CONTACT DANBI  
OR GAVIN AT MIZIWE BILK:**

167 Gerrard Street East  
Toronto, ON M5A 2E4, Canada  
Tel: (416) 591-0746, (416) 591-0960  
Fax: (416) 591-3602  
[danbi@miziwebilk.com](mailto:danbi@miziwebilk.com)  
[gavin@miziwebilk.com](mailto:gavin@miziwebilk.com)



**Grow yourself a new career**

**Aboriginal  
Horticulture  
Pre-Apprenticeship  
Training  
Program**



# Aboriginal Horticulture Pre-Apprenticeship Training Program

Pre-apprentice program training provides additional training and industry experience – no tuition is required and all training materials are provided to students.

## A Unique Training Opportunity

- Are you interested in skilled trades?
- Do you like working with plants and people?
- Do you want to work outdoors with your hands?
- Are you interested in the environment?
- Do you want to get your GED or upgrade your skills?

## What will you study?

Cultural Studies, Landscape Construction & Materials, Turf Management, Trade Calculations, Plant Identification, Plant Science, Plant Material Handling- Horticulture Skills, Pest Control, Landscape Equipment Maintenance, Workplace Communications and Workplace Safety.



## What is provided to students?

- Steel toed work boots
- Work gloves/socks
- Safety glasses
- Pruners/holster
- Safety vest
- Hard hat
- School t-shirt
- All text books
- Binders/writing supplies/thumb drive

## START DATE

February 3 – April 25, 2014

Part 1 Training held at the  
Toronto Botanical Garden

April 28 – October 31, 2014

Co-op placement and employment  
in the industry

November 3 – December 12, 2014

Part 2 Training held at Humber College  
North Campus





## **Spring Water Sources**

Springs, because they usually produce clear cold water, are often regarded as reliable sources of water. However, clear cold water does not guarantee the absence of harmful bacteria. Spring water may originate from a great distance from its' outlet and may have passed via a pond during its' journey. The area around the outlet of the spring may become contaminated by humans or animals.

Because of this uncertainty, untreated spring water cannot be regarded as safe for consumption and should be treated in the same manner as open sources of water such as lakes or streams. Satisfactory bacteriological results on occasional test of spring water in no way indicates that the water is safe for consumption at all times.

For more information contact your local Environmental Health Officer.

## How to Heat Disinfect a Water Heater

A sulfurous or rotten egg-like odor in the hot water is caused by bacteria growing in the water heater. This usually happens when the water heater is turned off while on vacation, when the hot water has not been used for a long time, or when the temperature setting on the heater is set too low. The bacteria in the water heater are not a health threat; however, they must be eliminated to stop the odor problem.

The procedure for eliminating the bacteria is called heat disinfection. It is a complex procedure that involves draining the water heater, maximizing the temperature in the water heater, and then draining the water heater again. This procedure is outlined in the following steps.

1. One evening, drain the water heater: turn the thermostat on the heater off so that only the pilot light remains on. If the heater is drained while the heating flame is on, the heater may be damaged.
2. Turn off the water supply to the water heater. There may be a valve to do this right at the inlet to the water heater, or the water supply to the entire property may need to be shut off at the house valve.
3. Open one or more hot water faucets inside the house. This allows air to enter the heater as the water drains out in step 6.
4. Attach a garden hose to the draincock located at the bottom of the water heater. The draincock usually looks like a regular hose bib (garden faucet) or a round dial with a threaded hole in the middle.
5. Extend the garden hose to a place where the water can be disposed of (e.g. a drain, the driveway, etc.).
6. Open the draincock and allow all of the water to drain out of the water heater. This can take anywhere from five minutes to half an hour or more depending on the capacity of the heater and the size of the draincock. **Caution: the water that drains out will be very hot. Also note that if the draincock is made of plastic and the water heater is several years old, it may be difficult to open and may break easily if forced.**
7. When the water heater is empty, close the draincock and remove the garden hose.
8. Turn the water supply to the water heater back on. Leave the hot water faucet(s) inside the house turned on. This will allow the air in the water heater to escape as it refills with water. There will likely be "hissing" sounds and/or "spitting and sputtering" as air and water begin coming out of the hot water faucets. When the water flow from the faucet(s) returns to normal, shut them off.
9. That night (before going to bed): turn the thermostat for the water heater to its highest temperature setting for one night. **Caution: make sure everyone who uses the water is aware that the hot water is going to be hotter than usual.**
10. The next morning: turn the thermostat on the heater off so that only the pilot light remains on. If the heater is drained while the heating flame is on, the heater may be damaged.

11. Drain and refill the water heater by repeating steps 2 through 8.

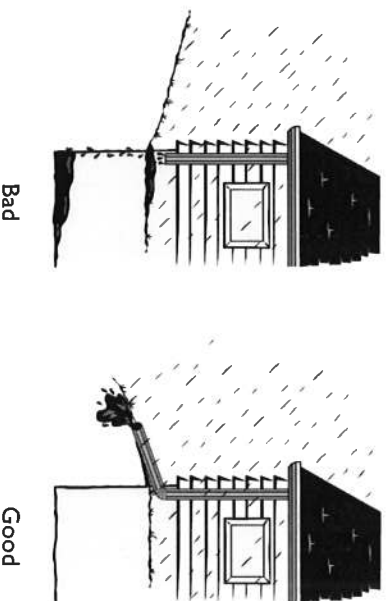
12. Return the thermostat on the water heater to the normal setting (usually around 130°F).

If you do not feel comfortable doing this work yourself, hire a licensed plumber to do it for you.

- Clean hard floors with a damp mop.
- Remove unnecessary furniture that collects dust.
- Do not bring furniture that has been stored in a moldy place into your house.
- Cut down the number of potted plants in the house—soil is a good place for mold.

### Outside the house

- Install downspout extensions to take rainwater and melted snow away from the house.
- Make sure that eavestroughs, downspouts and downspout extensions are connected and working.
- Grade the soil so the ground slopes away from the house.
- Fix problems as quickly as possible.



### How to tell if there is mold in your house

Mold grows in damp places. The best places to look for mold are the basement, under or behind stored items, under the kitchen or bathroom sink, on the wall or floor next to the bathtub, at the bottom edge of windows or in closets.

Mold can be black, white or almost any colour. It often looks like a stain or smudge. It may smell musty.

To find out if a stain or a smudge is mold, carefully dab the mark with a drop of household chlorine bleach.

If the colour of the stain or smudge changes or disappears, it is probably a mold.

### How to clean up small mold areas

Mold areas less than the size of a standard garbage bag folded in half are considered small. You can clean small areas yourself. For moldy areas that are larger, consult your housing department.

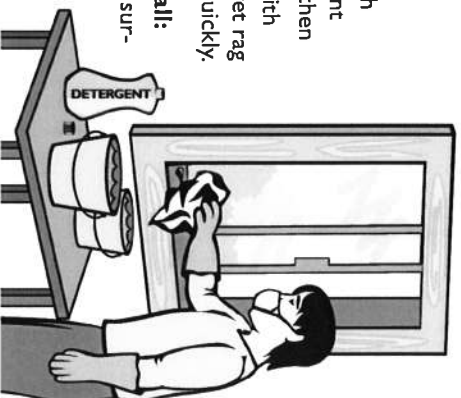
Wear rubber gloves, glasses or safety goggles, a dust mask and a shirt with long sleeves.

#### Washable surfaces:

- scrub with a detergent solution; then
- sponge with a clean, wet rag and dry quickly.

#### Moldy drywall:

- clean the surface with a damp rag using baking soda or a bit of detergent. Do not allow the drywall to get too wet.



If mold comes back after cleaning, or you think your house has lots of mold, contact your housing department for more information.



IRST

NATIONS

OCCUPANTS'

GUIDE

TO

MOLD



 Indian and Northern Affairs Canada    Affaires indiennes et du Nord Canadien  
 Health Canada    Santé Canada



HOME TO CANADIANS

Canada

Mold can cause allergies. It can make it hard for some people to breathe. Mold can make it harder for your body to fight off infections. Mold can even cause serious illness.

Mold can grow in your house. You can prevent it from growing. If you have a little mold in your house, you can clean it up.

### This pamphlet tells you:

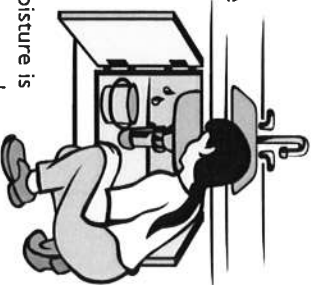
- how to prevent mold from growing;
- how to find out if mold is growing in your house; and
- how to clean up small amounts of mold.

### How to prevent mold from growing

Mold needs moisture to grow. Controlling the moisture and keeping the house dry prevents the growth of mold.

Check your house for signs of moisture or molds. Find out if water is coming in from the outside or if lots of moisture is produced inside the house.

Check your house foundation, walls and roof for leaks. Check for plumbing leaks. If you find any, fix them.



Think of the different ways moisture is produced inside the house (for example, cooking, bathing). Remove the moisture as it is produced by opening a window or using exhaust fans.

Reduce the amount of stored materials, especially items that are no longer used. Fabrics, paper, wood and practically anything collect dust and hold moisture.

### Mold-proofing your house, room-by-room

#### Basement or crawl space

- Get rid of clothes, paper and furniture stored in the basement. Keep only the items you can wash. Throw out wet and badly damaged or musty smelling materials. Keep the basement tidy so air can move around more easily.



- Store firewood in a shed or garage, not inside the house.
- Avoid having carpets on the basement floor.
- Periodically clean the drain in your basement floor. Use half a cup of bleach, let it stand for a few minutes, then flush with plenty of water. Keep the drain trap filled with water.
- A dehumidifier helps to reduce moisture in the basement during the warmer months. Close the basement windows when the dehumidifier is running.
- Avoid standing water. Keep your sump pit covered. Use a piece of metal or you can make a good cover by wrapping plywood in plastic.

#### Furnace

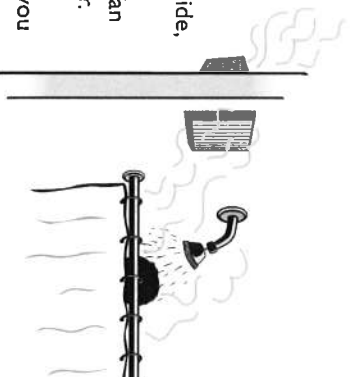
- Regularly clean and replace the furnace filters. Use a pleated, one-inch filter, not a coarse filter.
- If you have a heat recovery ventilator (HRV), clean the filter inside the HRV often.
- If you notice mold or signs of dampness, such as water on your windows or wet spots elsewhere, do not humidity. Disconnect furnace humidifiers that are no longer used.

#### Laundry

- Connect your clothes dryer to an exhaust ducted to the outside.
- Remove lint every time you use the dryer.
- Avoid hanging laundry indoors to dry.
- Dry your laundry tub and washing machine after you use them.

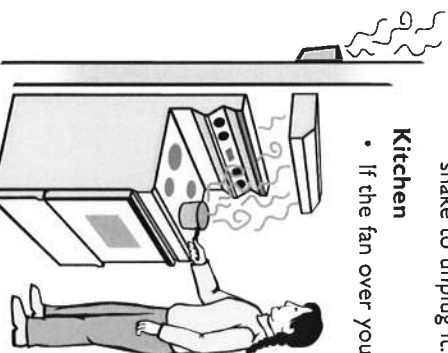
#### Bathroom

- Check the bathroom fan to make sure it exhausts to the outside, not to your attic.
- Turn the bathroom fan on when you shower. Keep it running for a few minutes after you finish your shower.
- Take short showers if possible.
- Keep surfaces that get wet, such as the walls around the bathtub and shower, clean and dry.



- If there is a carpet in your bathroom, remove it.
- Keep drains in good shape by removing debris from them. To clean a drain
  - pour a handful of baking soda into it
  - add a cup of vinegar
  - put the plug in the drain
  - let the vinegar and baking soda work for about 20 minutes
  - run fresh water into the drain.
- if the drain is still plugged, use a small plumbing snake to unplug it.

#### Kitchen



- If the fan over your stove exhausts outside, use it when you cook.
- Minimize prolonged boiling.
- Keep your drains in good shape. Follow the steps in the Bathroom section, above.
- There's a drip pan at the back of your refrigerator. Pull the refrigerator out to clean the drip pan. At the same time, vacuum dust from the coils at the back of the refrigerator.
- Check under the kitchen sink to make sure there are no leaks.
- Take out the garbage daily to prevent odours and spoiling.

#### Closets and bedrooms

- Get rid of clothes or other stored items that you don't use. Keeping your closets and bedrooms tidy makes it easier for air to circulate and harder for mold to grow.

#### Other parts of the house

- When family and friends come into the house, have them take off their shoes.
- Vacuum often. If you are buying a vacuum cleaner, try to get one with a HEPA (High Efficiency Particulate Air) filter. A HEPA vacuum cleaner is more efficient in removing small particles of dust and molds.

# February 2014

## Curve Lake Health & Family Services

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 Karate	11 Youth Empowerment	12 FOOD BANK Floor Hockey	13	14	15
16	17 Karate	18 Youth Empowerment	19 Staples Box Floor Hockey	20	21	22
23	24 Karate	25 Youth Empowerment	26 Produce Box Floor Hockey	27	28	