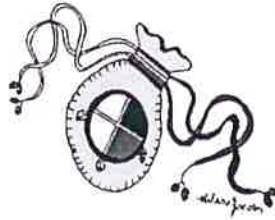


Health & Family Services

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 November 1, 2013

STAPLES BOX

November 20th

PRODUCE BOX

November 27th

MEDICAL TRANSPORTATION

NEXT HAND-IN

November 13, 2013

Before 4:00 PM

FOOD BANK

November 13th

10:00 – 12:00



*"Wear a Poppy to remember those who fought for our freedom and
nour those who continue to ensure we have this right"*



For those of you who signed up for Karate it will be starting up on
Monday November 18th, 2013 at the community Centre

6-7pm for 7 years and under

And

7-8pm for 8 years and older

Karate is a healthy choice; it helps build awareness, self-defense,
concentration, focus, balance, control, respect and discipline, set goals,
self-confidence and most of all its fun!!

Please Call Courtney Taylor at the Health Centre (705) 657-2557

CHRISTMAS SHOPPING TRIP

WHERE?? DIXIE MALL

WHEN?? FRIDAY DECEMBER 6, 13

COST?? \$5.00

LEAVE CURVE LAKE AT 8 AM

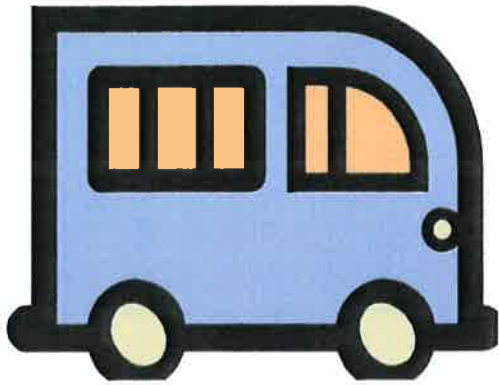
ARRIVE HOME APPROX 8 PM

CALL THE HEATH CENTRE TO SIGN UP!!

We must have 15 members sign up!!



!!SHOP TILL YOU DROP!!



Peterborough Diabetes Expo

*Date: Friday Nov 8, 2013
Leaving Curve Lake at 12:00 pm
Space is limited!! There will be a \$5.00 cost for transportation. Event is free admission.
Please call Melinda @ the Health Centre to sign up.*

Monthly Information Days

Woman's Day

Tuesday Nov 5, 2013

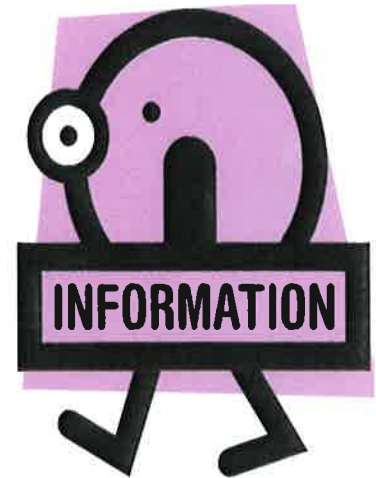
Topic – Diabetes - How it affects a woman?

Men's Day

Tuesday Nov 19, 2013

Topic – Diabetes – How it affects a man!

Drop in anytime during the day to get information on these topics. No need to sign up! Mail out can be arranged.



POTLUCK Social

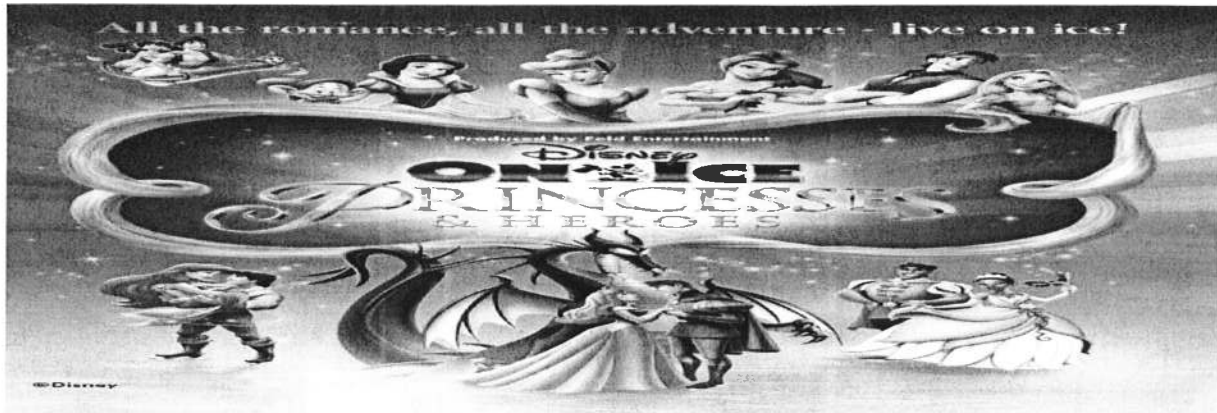
When?? Friday November 29, 2013

Time?? 5pm – 8 pm

Place?? Community Centre

Roast beef and buns will be provided so bring your favorite side dishes!!!

There will be a drum, therefore, everyone is welcome to wear their Regalia and come dance!!



PLEASE NOTE SIGN UP DATE CHANGE

DISNEY ON ICE: PRINCESSES AND HEROES

FRIDAY DECEMBER 27TH, 2013

AT 12:00 PM

AT THE ROGERS CENTRE

COST: 5.00 PER TICKET

REGISTRATION WILL BE ON NOVEMBER 14TH FROM 4:00 PM – 5:30 PM AT THE HEALTH CENTRE AND NOVEMBER 21ST FROM 4:00 PM – 5:30 PM AT THE HEALTH CENTRE. WHEN REGISTERING, PLEASE BRING COMPLETE REGISTRATION PACKAGE (FORM AND MONEY)

BUS WILL LEAVE FOUR CORNERS AT 9:30 AM

AND WILL RETURN AT APPROXIMATELY 5:00 PM

BUS WILL NOT STOP ON THE WAY THERE BUT WILL STOP FOR A SHORT BREAK ON THE WAY HOME.

Registration Form
DISNEY ON ICE

Registrants Name: _____

Date : DECEMBER 27TH , 2013

Family members attending trip(including registrant) Please list ages of children under 18

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Contact Information

Phone Number to be reached at: _____

Mailing Address: _____

TERMS AND CONDITIONS OF ATTENDING

- 1) We will require a \$5.00 non-refundable CASH deposit on the day of registration per person.
- 2) Any other costs will be the responsibility of the registrant
- 3) If you are attending the trip as part of the Family Initiatives Group, you will be required to utilize the transportation offered by the group, we will be taking coach buses which will have toileting facilities available.
- 4) We expect that because this is a family oriented trip, you will be expected to act in a responsible manner.
- 5) As per Section 79(3) of the Child Welfare Act:

Leaving child unattended

No person having charge of a child less than sixteen years of age shall leave the child without making provision for his or her supervision and care that is reasonable in the circumstances.

Reverse onus

(4) Where a person is charge with contravening subsection (3) and the child is less than ten years of age, the onus of establishing that the person made provision for the child's supervision and care that was reasonable in the circumstances rests with the person.

Allowing child to loiter, etc.

(5) no parent of a child less than sixteen years of age shall permit the child to,
(a) loiter in a public place between the hours of midnight and 6 a.m.; or
(b) be in a place of public entertainment between the hours of midnight and 6 a.m., unless the parent accompanies the child or authorizes a specified individual eighteen years of age or older to accompany the child.

As such any child under the age of 16 years of age **MUST** be under the supervision of an adult at all times.

7) Per the Activities and Events Participation Policy section 5.1 Cancellations

- 1. If a person signs up to attend/participate in an event which requires advanced purchase tickets, and then does not attend the event, other than in emergency situations the person will be required to pay the cost per ticket of the event (not including the bus cost). Participation in future events/activities will be limited until Curve Lake First Nation has been reimburse for this cost.***

As such any person who signs up for the trip and cancels will be responsible for 100% of the cost (including Gaming Revenue Funding).

By signing below I am acknowledging that I have read and agree to abide by the above terms and conditions.

Name: _____

Signature: _____

Date: _____



PLEASE NOTE DATE CHANGE AND LOCATION AND SIGN UP DATES

TORONTO MARLIES VS. HAMILTON BULLDOGS

BOXING DAY CLASSIC AT THE AIR CANADA CENTRE

WHEN: THURSDAY DECEMBER 26, 2013

THE SCHEDULE WILL BE AS FOLLOWS:

10:00 AM – LEAVE CURVE LAKE

12:00 PM – ARRIVE AT THE AIR CANADA CENTRE

1:00 PM – GAME TIME

COST: 5.00 PER TICKET – SEATS ARE LIMITED

BUS WILL LEAVE THE AIR CANADA CENTRE WHEN THE GAME IS OVER AND WILL STOP FOR SHORT BREAK ON THE WAY HOME. BUS WILL NOT STOP ON THE WAY THERE, PLEASE PLAN ACCORDINGLY.

REGISTRATION WILL BE HELD ON NOVEMBER 14TH FROM 4:00 PM – 5:30 PM AT THE HEALTH CENTRE AND NOVEMBER 21ST FROM 4:00 – 5:30 AT THE HEALTH CENTRE. WHEN REGISTERING PLEASE COME WITH COMPLETE REGISTRATION PACKAGE (FORM AND MONEY).

Registration Form
TORONTO MARLIES

Registrants Name: _____

Date : DECEMBER 26TH , 2013

Family members attending trip(including registrant) Please list ages of children under 18

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Contact Information

Phone Number to be reached at: _____

Mailing Address: _____

TERMS AND CONDITIONS OF ATTENDING

- 1) We will require a \$5.00 non-refundable CASH deposit on the day of registration per person.
- 2) Any other costs will be the responsibility of the registrant
- 3) If you are attending the trip as part of the Family Initiatives Group, you will be required to utilize the transportation offered by the group, we will be taking coach buses which will have toileting facilities available.
- 4) We expect that because this is a family oriented trip, you will be expected to act in a responsible manner.
- 5) As per Section 79(3) of the Child Welfare Act:

Leaving child unattended

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By signing below I am acknowledging that I have read and agree to abide by the above terms and conditions.

Name: _____

Signature: _____

Date: _____



BABY FOOD MAKING CLASS

WHEN: WEDNESDAY NOVEMBER 13

WHERE: CURVE LAKE HEALTH CENTRE

TIME: 9:30 AM – 11:30 AM

PLEASE CALL CAMILLE AT THE HEALTH CENTRE TO SIGN UP



BOYS AND GIRLS GROUP – AGES 6 TO 9


“BUILDING SELF ESTEEM, HEALTHY RELATIONSHIPS AND LIVING WELL”

WHEN: STARTING NOVEMBER 6TH , EVERY WEDNESDAY

TIME: 4:30 PM – 6:00 PM

WHERE: FAMILY RESOURCE CENTRE

PLEASE CALL CAMILLE OR MARY AT THE HEALTH CENTRE TO SIGN UP



Mom & Baby

PLEASE NOTE START DATE CHANGE

COME ON OUT FOR SOME MOM AND BABY FUN.

WE WILL BE STARTING A MOM AND BABY GROUP

FOR THOSE COLD WINTER DAYS....

WHEN: EVERY WEDNESDAY STARTING DECEMBER 11TH

TIME: 10:30 AM – 12:30 PM, LUNCH WILL BE SERVED

WHERE: CURVE LAKE FAMILY RESOURCE CENTRE

***WHAT WILL WE DO: WE WILL CHAT, MAKE BLANKETS,
MAKE MOCASSINS, GO SWIMMING, GO TO THE
MOVIES, HAVE GUEST SPEAKERS, DO CRAFTS AND
WHATEVER ELSE YOU WOULD LIKE TO DO....***

HOPE TO SEE YOU THERE!!

***PLEASE CALL CAMILLE AT THE HEALTH CENTRE TO SIGN
UP, 705 657 2557.***

NATIONAL CHILD DAY

HONOURING THE RIGHTS OF OUR CHILDREN



WHEN: WEDNESDAY NOVEMBER 20TH, 2013

WHERE: COMMUNITY CENTRE

TIME: 5:00 PM – 7:00 PM

DINNER AND CHILDREN'S ENTERTAINMENT

FOR MORE INFORMATION PLEASE CALL CAMILLE AT THE HEALTH CENTRE

"Our children are our most valuable resource, and our best hope for the future"



STRESS REDUCTION & Relaxation



We all have to deal with stress, if you would like to learn how to reduce your stress level, and lower sugar levels through mediation!!

Speaker: Lisa Bourque

Date: Wednesday November 13, 2013

Time: 4:30 pm – 7:30 pm

Place: Curve Lake Health Centre

Light snacks will be provided!

Please call the Health Centre to sign up.

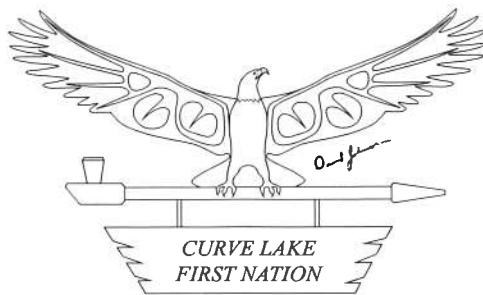
rural water stewardship **check-list**



- ✓ Test well water quality three times a year after heavy rains.
- ✓ Clean debris from around well.
- ✓ Check well cap and seal are intact and water tight.
- ✓ Ensure ground is adequately graded around well to direct surface run-off away.
- ✓ Maintain low growing grass or ground cover around well.
- ✓ Keep animals and animal waste far from well.
- ✓ Seal wells that are no longer in use.
(Contact a licensed well technician to do this correctly.)
- ✓ Install water conservation devices (low-flow toilets, showerheads, faucet aerators).
- ✓ Pump septic tank every 2-3 years.
- ✓ Check septic bed for signs of system failure (compacted areas, spongy spots, bad smell, excessive growth of vegetation, trees over the leaching bed) and have repairs done promptly.
- ✓ Avoid putting fats, paints, antibacterial products, etc. into septic that will lead to failure.
- ✓ Dispose of oil, gasoline, antifreeze, paints, toxins at hazardous waste centres.
- ✓ Capture rain water for lawn and garden watering.
- ✓ Naturalize lawns and gardens and use alternatives to cosmetic pesticides and fertilizers.
- ✓ Talk to your neighbours about well stewardship.

I want 
to make a
difference!

Well
Aware.ca



CURVE LAKE, ONTARIO K0L 1R0

Health Canada Recalls

The following food alerts and/or consumer product safety recalls have been issued:

1. Shimano Canada Ltd disc brake calipers
2. Crosman Corp air pistols
3. The Children's Place children's sleepers
4. Tendertyme/1218216 Ont.Ltd small wonders pacifiers
5. Estes-Cox Red Rider and Helios Rockets
6. One's Better living Q Sweetie Musical Plush Doll
7. Reser's fine food and market pantry salad products
8. Sunspun Bearpaw shaped beef burgers
9. Compliments traditional beef burgers
10. Bodico Hand Sanitizers – undeclared ingredient
11. Belmont uncooked lean ground beef
12. Spirit Halloween/Be Amazing – Monster Science Growing Spider
13. Regal Snacks KCB & RFP baked goods

For more information, please contact the Curve Lake Health Centre 705-657-2557



Stick it to the Flu!

Missed the Flu Clinic?

You can still get your flu shot!



**Please contact Dr.
Mallory's office for
an appointment
(705) 657-1544**

**Protect yourself, your family, and
your community**

~ November 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
			 6 Hoop Dancing Boys & Girls Group	 7 Youth Drum	8 Diabetes Expo	
10	11	12	13	14	15	16
	 11 Remembrance Day Health & Family Services Office Closed		 13 Hoop Dancing Baby Food Making Class	 14 Youth Drum	15	
17	18	19	20	21	22	23
	 18 Karate Starts Traditional Healer	 19 Men's Day Traditional Healer	 20 Hoop Dancing National Child Day	 21 Youth Drum	22	
24	25	26	27	28	29	30
			 27 Hoop Dancing	 28 Youth Drum	 29 Potluck Social	