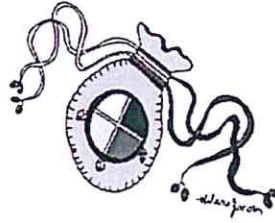


Health & Family Services

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 March 21, 2014

STAPLES BOX
April 16, 2014
PRODUCE BOX
April 23, 2014

MEDICAL TRANSPORTATION

NEXT HAND-IN
April 2, 2014
Before 4:00 PM

FOOD BANK

April 7, 2014
9:00 – 12:00

*“Certain small ways and observances sometimes have connection
with large and more profound ideas.”*



***VON Peterborough, Victoria & Haliburton
invites you to join us at our***

Open House

***for our new
Curve Lake VON Day Program***

Tuesday March 25th, 2014

***9:30 a.m. - 3:30 p.m.
At The Health Centre***

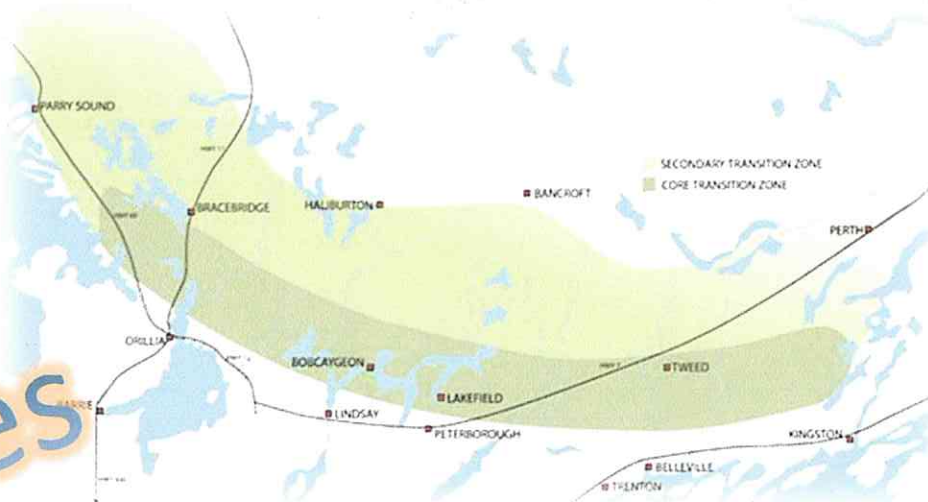
Come meet the staff, enjoy some refreshments and learn more about VON services available in the Curve Lake area.

Graphic DESIGN Contest

for the Ontario Archaeological Society to utilize at their Annual Conference in October 2014.

Theme:

The Land Between



Prizes

Sponsored by
Peterborough Chapter of OAS

1st Place - \$100 Cash

2 Gift Cards - Michael's Crafts

Specifications: 8.5 x 11 inches maximum size, any medium but must be able to be digitized.

Deadline for submissions: Saturday March 15th, 2014

Judging of submissions: Tuesday March 25th, 2014

Please submit your entries to:

Anne Taylor - Cultural Archivist

Curve Lake Cultural Centre

1024 Mississauga Street,

Curve Lake, Ont K0L1R0

Tel: 705-657-2758

Email: culturalarchivist@curvelakefn.ca

ENWEYANG LANGUAGE SYMPOSIUM

The Way We Sound

Thursday April 3, 2014

Curve Lake Community Centre

Please join us as we gather Language instructors, students, and organizations to share programming and discuss needs to move forward together.

- 8:30 – Registration
- 9:00 – Opening
- 9:30 – Morning Sessions – sharing
- 12:00 – Catered Lunch
- 1:00 – Morning Sessions Continued
- 2:30 – Break into Focus Groups
- 3:45 – Closing

For further information, or if you would like to present, please contact Louise Musgrave; Education Manager – 705-657-8045 or email education@curvelakefn.ca

ENWEYANG LANGUAGE SYMPOSIUM

The Way We Sound

Thursday April 3, 2014

Curve Lake Community Centre

REGISTRATION

Name: _____

Contact Information;

Phone: _____

Address: _____

E-mail: _____

Focus Group; (please choose one)

Language Student _____

Language Teacher _____

Enweyung Participant _____ (Curve Lake project Jan-Mar 2013)

Community Member _____

High School Student _____

Other (please specify) _____

Please return to Louise Musgrave, Education Manager, Curve Lake FN

Fax 705-657-8708 or email education@curvelakefn.ca by March 21, 2014

Hydrogen Sulphide Sources and Removal

If your water gives off the odour of "Rotten Eggs", a condition which is especially obvious in hot water, it is highly likely you have the gas "Hydrogen Sulphide", (H₂S) dissolved in your water supply.

Hydrogen Sulphide in reasonable low concentrations, is not a health hazard, but is certainly an odour and taste nuisance. The smell of the gas is most obvious in hot water for the gas is coming out of its solution state more rapidly than in cold.

The sources of Hydrogen Sulphide are both chemical and biological. Water derived from wells near coal fields or from wells that penetrate shale or sandstone frequently contain hydrogen sulphide. Most commonly, sulphites in water containing little or no oxygen will be reduced to sulphites by sulphur bacteria, releasing the gas into water. For this reason, it is important that your well be vented properly to the outside air. The removal of the hydrogen sulphide already formed, is more difficult and will be shortly discussed.

If you have a hydrogen sulphide problem, we recommend the following steps:




- 1). Check your well to see if it is properly vented.
- 2). As a precautionary measure, obtain a water bottle from our office or the CHR's office and take a sample for bacterial analysis.
- 3). The addition of chlorine to your water supply may slow the activity of sulphur bacteria and prevent formation of hydrogen sulphide in your water. The chlorine may be had from such household bleach such as "Javex". To chlorinate, simply add two or three litres of bleach to your well supply. Turn on all your taps until the smell of the bleach is evident. Turn off all taps and allow a standing period of 24 hours before use. At the end of this time, allow your water to run to waste until the smell of bleach disappears. The chlorination procedure is complete.

To remove Hydrogen Sulphide, already present in your water supply, there are only two effective methods:

- 1). Aeration is effective, but not financially feasible for a family home supply.
- 2). The use of activated charcoal filters on your taps. These filters work on the same principal as the gas mask, removing the majority of tastes and odours from water. These filters may be purchased relatively cheaply from nearly all hardware stores. This method too, has limitations. The canister filters in these units have to be replaced periodically when they are used up or clogged with debris, and are not 100% effective for hydrogen sulphide removal in any case. Water softening processes are effective for the removal of hardness in water, but to our knowledge, are not effective for the removal of dissolved gasses, such as hydrogen sulphide.

For more information on this subject please contact the Environmental Health Officer in your area.




Water Is Our Best Friend

- You cannot see it, but water moves in the air to make clouds.
- Then it falls as rain or snow.
-  the ice blue.  the rain yellow.
-  the clouds grey.
- This is part of the water cycle.

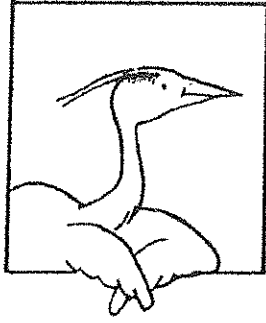
Colour me
Colorie moi!



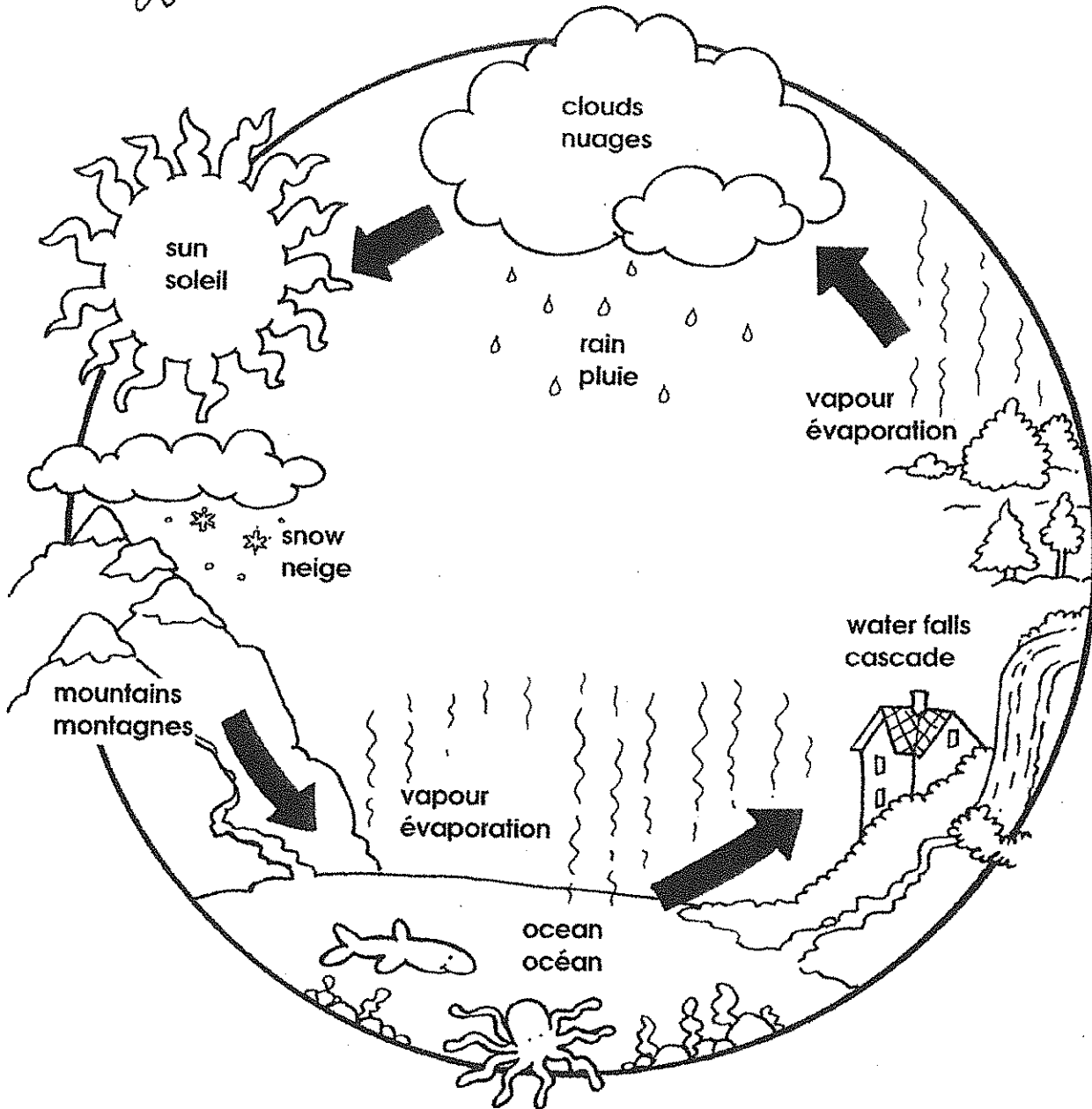
L'eau est notre meilleure amie.

- Même si tu ne peux pas la voir, l'eau monte dans l'air pour former les nuages.
- Puis elle tombe en pluie ou en neige.
-  l'eau est bleue,  la pluie est jaune,
-  les nuages sont gris.
- Cela fait partie du cycle de l'eau.





The Water Cycle At Work



Voici comment fonctionne
le cycle de l'eau.



~ April 2014 ~							May ▶
◀ March	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1		2 Medical Transportation hand in	3 Enweyang Language Symposium	4	5
6		7	8	9	10	11	12
13		14	15	16 Staples Box – at Health Centre	17	18 Good Friday – Health Centre closed	19
20		21 Easter Monday – Health Centre closed	22	23 Produce Box – at Health Centre	24	25	26
27		28	29	30	Notes:		