



Muskiki Mukwa Achimowin Medicine Bear News

Garden Hill * St. Theresa Point * Red Sucker Lake * Wasagamack
Volume 2 Issue 1 Spring 2007

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Four Arrows Celebrates 5 Years ...

To commemorate this special occasion, on the week of February 12-16th, staff members travelled to Island Lake to celebrate and host festivities in each of the four Communities.

First stop, Feb 13, was in Garden Hill First Nation. Opening and commemoration ceremonies were held at the local High School in the latter part of the afternoon. This followed with a community feast where the host community health authority staff helped in the preparations of the food. Attendance at the feast was more than expected but all were well fed. We held the 1st Annual FARHA Talent Search where we had 15 entries from the region. Northern

legend, Ernest Monias was our special guest and he belted out some real good and down home tunes for the audience. Special thanks to Ernest and his son, Orville for the visit. Also, a big thank you to Mr. Mark Munroe for all his assistance in setting up the talent show. Congratulations to Mr. Floyd Mason from Wasagamack for winning the 1st prize package of an album recording. All contestants were great.

Day 2 - STP & RSL

This day was basically the same as Garden Hill where the local health authority & school assisted in the preparation of the feast food. Again, we had a lot of visitors and all were fed and stuffed. Thank you to

all and the school for providing the space. The Community hall was the sight of the Gospel Jamboree where, again, we saw and heard the singing talents of the Island Lake membership. This event was televised locally and broadcast via radio regionally. Thank you to Gospel Harmony of Garden Hill for providing back up music for the talent show. The RSL portion of the celebrations can be read on page 5.

Day 3 & 4 - Wasagamack

This community hosted the Good Time Square Dance competition. This event saw 15 square dance teams vie for the championship. Each team had 2 changes and was, again, impressive

Con't on Pg 2



Carl Bird, Mide Meegwun enjoys the Dinner & Entertainment during the MBS-Live Life Alive Dinner

3RD ANNUAL MIND, BODY & SPIRIT HEALING THE HEALER CONFERENCE

March 7, 8 & 9th marked the 3rd Annual MBS Conference and congratulations to all who attended, helped and contributed to making this conference a success. Although the conference started off with a slow and confusing start, once the wheels started rolling, it ironed itself out and conference delegates stated that they, "enjoyed the presentations, presenters & especially the Live Life Alive dinner. Delegates

came from 19 different First Nations throughout Manitoba and Ontario. Presenters included; Lawrence Martin, Gary Quequish, Carl Bird, Cindy Fawcett, Corry Stevenson, John & Nerina Robson and the FARHA Mental Health Coordinators; Frances Ravinsky & Robert Miller. The Live Life Alive dinner was emceed by Lawrence Martin (Waspistan) and Byron Beardy and featured the debut of the play 'Kigeet'.

Con't on pg 2...

Message from Executive Director

Hello again, and welcome to our spring issue of the Muskiki Mukwa Achimowin, the Medicine Bear News. Our last publication was the Christmas issue, and our communities and organizations have been very busy over the past few winter months. Even though it was not a very cold winter, the season was unusually conducive to the winter road. All our communities were very fortunate and received most of their winter freight and families were able to accomplish a lot of personal and home shopping.

On a very sad note, the very first tragic death ever, on the winter road since people have been traveling back and forth befell the Wood family from Wasagamack, who lost a beloved family member. Our hearts, condolences and prayers go out to the family members and numerous friends in both Wasagamack and St. Theresa Point.

During the month of February, our organization visited and celebrated in our four First Nation communities, the fifth year anniversary of the founding of our regional health organization. It gave us great pleasure to prepare and host community feasts in each of our communities and to celebrate through concerts, gospel jamborees and square dancing. We felt very fortunate to be able to visit and celebrate with our many families and friends in each of the communities and we truly appreciated the reception and welcome we received in the host communities. If you have not already done so, I would like to urge you to obtain a copy of our 5th anniversary booklet which provides a little insight into what our organization does and what it is all about.



We also were fortunate to host our annual Mind, Body and Spirit conference in Winnipeg, and we feel a little more experienced on how to organize events of this magnitude. We are confident that our conference next year will be the best ever and we hope that you will join us, sometime during the second weekend of March 2008.

We hope and welcome your participation in our upcoming activities this summer. As most of you know, we convene two regional summer activities every year; the regional Diabetes Camp for Kids at the Old Post and the regional Youth and Elders Gathering in Wasagamack. Presently we are encouraging and soliciting recommendations for these two activities from the communities and our posters, agenda and notifications should be distributed during the very near future.

I would like to make a special mention and CONGRATULATIONS to Jackson Beardy III, Wasagamack First Nation, for being nominated and named as the 2007 Manitoba in Motion Champion. His nomination came from the Minister of Healthy Living, Kerri Irvin-Ross and Minister of Culture, Heritage and Tourism, Eric Robinson. As we may know, Jackson and his dad travel throughout Manitoba and the country performing the hoop dance and also offer hoop dance workshop presentations. These performances promote physical activity and cultural awareness. If you would like more info. on *Manitoba in Motion*, please visit www.manitobainmotion.ca and also, more information on Jackson Beardy III, can be found at www.jacksonbeardy-hoopdancer.piczo.com. Again, Congratulations and keep up the good work.

FYI: Jackson and his dad, Byron, will be traveling for performances at the Open Sky Festival in Fort Simpson, NWT during the Canada Day Celebrations weekend.

In closing I would like to provide a quote from one community member who phoned in during one of our TV presentations. "Thank you for coming. It is good to know that someone cares enough about what happens in our community and is willing to take the time to come and visit us during our time of crisis." This thank you was very heartfelt and appreciated and makes all our work worthwhile. It makes us all want to try harder to make our communities safe and healthy.

So until next time, be good, stay well and may the Creator watch over all of you.

Cont. from pg. 1 ... MBS Conference

The play was a continuation of another play by Chris Beach where he tells his story of dealing with suicide and how he tries to deal with it. Some responses about the play were: "a bit too long", "disappointed with the ads (hype), thought it was a live play", "message was a little confusing". Tina Keeper, MP also spoke on how we are setting an example in taking initiative and pursuing regional health care matters and issues. Keep going.

Con't from pg. 1 - 5th Anniv...

as to the talents of all dancers. Thank you to the musicians; Billy, John, Patrick & Harvey. Also, a big THANK YOU to the judges; Peter Wood, Yvonne Mason and Alex McDougall. I know that judging is hard and thank you for stepping up to the plate. The competition was a success and the Community Hall was real busy. The Champions, taking home \$1,600.00, were Mr. Tony Mason's team from St. Theresa Point. Second place honours was taken by the team of Cameron Morning-

star of Wasagamack. There were 2 individual prizes given for Best male dancer; Vince McDougall and female dancer; Cora Flett. Each of these dancers took home 100 bucks. With the news of the sudden passing of an Island Lake member, the second day Square Dance was cancelled but the community breakfast went on without a hitch. There was a huge turnout. Thank you to George Knott School and all that helped.

Manitoba First Nations Diabetes Committee (MFNDC) Diabetes Integration Project

Grace McDougall, member of the Manitoba First Nations Diabetes Committee (MFNDC), would like to introduce the new MFNDC – Diabetes Integration Project. The Diabetes Integration Project is currently housed at the offices of the Four Arrows Regional Health Authority in Winnipeg. This new project was mandated by the Assembly of Manitoba Chiefs to address the high rates of Diabetes in the 63 First Nation Communities in Manitoba.

The Diabetes Integration Project will address the care & treatment of diabetes by implementing the Diabetes Health Care Service Delivery model. The creation of a comprehensive specialized care and treatment project is based on the Diabetes Health Care Team Model for the prevention of eyes, limbs, heart and kidney complications. The Diabetes Integration Project will be phased in over a five-year period to all 63 First Nations in Manitoba.



**Project Coordinator
Connie Kuzdak**

Connie Kuzdak is from Sagkeeng First Nation. Connie was the Diabetes Nurse Educator and Public Health Nurse at the Fort Alexander Health Centre during the last 6 years. She has also played a significant role in development of the diabetes program in her community.

Caroline Chartrand from Pine Creek First Nation, has been the Director of Nursing for 10 years at the West Regional Tribal Council Health Department. Caroline is also a nurse who brings a wealth of knowledge and experience in health care services delivery, research and evaluation.



**Project Coordinator
Caroline Chartrand**

Isla Little, Garden Hill First Nation, has several years experience in the administrative support role for various aboriginal education & health organizations, including the Island Lake Tribal Council. There is no photo available, at this time, for Isla.

The MFNDC - Diabetes Integration Project staff looks forward to working with all 63 First Nations communities in Manitoba in this province wide diabetes initiative. Should you have questions about this initiative, please call one of these staff members at our office 204-947-2397.

Welcome... Welcome... Welcome



Hello, my name is Veronica Monias, I am a member of the Wasagamack First Nation. I have just recently joined the Four Arrows Regional Health Authority as Secretary/Receptionist.

My father is William Monias and my mother is Leona Monias. I was raised by my grandparents; Epstien Harper and the late Flora Harper. I have a son, who's name is Chad and I also have two brothers; Gilbert and Marcel Monias. Bella Harper, who I consider my sister, and I, were raised by my grandparents. (But really she's supposed to be my aunt).

My grandfather always called me "*Blonkah*" and there is another person named Veronica in Wasagamack and she is called "Bloonkah". My grandfather has nicknames for all of his grandchildren.

I like to listen music and like to laugh loud. My favorite shows are 'Friends' and 'Deal or No Deal'. I also like heading out to the bingo halls to play BINGO.

I want to wish everyone a nice spring and may God Bless Everyone.

By the way, please forgive me, for sometimes I seem to forget to say where I am upon answering the office phones. It has indeed been a while. Also, a big hello to all my family & friends. Looking forward to seeing and greeting you when visiting our office in Winnipeg.

Healing & Wellness Program

Events & Resources

Forum Theatre: May 28 to June 2

Four Arrows is bringing David Diamond, director of Headlines Theatre in Vancouver, to lead a week of training and performance in COMMUNITY FORUM THEATRE. 12 to 20 participants (elders, adults and youth) from the four communities will gather to create a short play about a problem facing our communities. (Youth gangs and super-juice are two that have been suggested.) At the end of the week they will present the play to a community audience. After seeing the play once, members of the audience are invited to explore ways of changing the situation by entering the play themselves. Please contact Four Arrows or your local Health Authority if you are interested in participating.

Audio/Radio Project: July

Two professional audio artists are coming to Island Lake in July to lead one-week training workshops in field recording, doing interviews, gathering stories, audio editing and producing pieces for broadcast on local radio stations. This is another inter-generational project. Elders, adults and youth - please contact Four Arrows or your local Health Authority if you are interested in participating.

Video Film-making:

Four Arrows has funding for a 1-week workshop in scripting, shooting and editing video films. Dates and locations to be determined, depending on interest. Please contact Four Arrows or your local Health Authority if you are interested in participating.

Continued on page 7

St. Theresa Point First Nation Health Authority

Hello there everyone,

We are pleased to announce that we currently have a 'Double 07' team that started playing sport at the High School Gym. These young boys are practicing every Wednesday at 5:00 pm and every Saturday at 4:00 pm. The boys will be playing mainly floor hockey, do lots of exercises and other fun things. The boys are training and getting ready to play ice hockey next year. We have twenty young boys that are registered in the program.

In this program we also have a little nap to rest. These are little young boys that are 3 and 4 years old. Once again, we would like to thank the parents for getting involved with their children early development skills in sports.

Here's a list of our future athletic team. Donald Crowe Marty Harper, Trenton Cole Andy Harper, Tegan Mason, Jordie A. J. Flett, Kevin Monias, Cody Flett, Joe L. Monias, Bear Harper, Harvey maximus Wood, Christopher Mason, Mario Flett, Kyle Wood, Felix Monias, Keyshawn Harper, Lucas Wood, Tod Manoakesick, Justin Donald Harper, Brenton Wood, Kaydon Flett, Cole Flett.

Thanks,

Kehche Harper, High School Student

Michael J. Harper, Solvent Abuse Worker

Louella Harper, Mental Health Worker

Note from the Editor:

This article not edited but typed as submitted.

Regional Diabetes Conference 2007 February 22, 23, 2007

Linda Manoakesick

Four Arrows Regional Health Authority Inc. (FARHA) and the four Island Lake communities got together again to learn and teach about diabetes, to manage their health and to improve their lifestyle in living with diabetes

The two day conference was held at the high school gymnasium in St. Theresa Point and the outcome of the conference was excellent with a lot of participant from the Elders, students and health workers. I feel that it was a good idea that the student attend and take part at the conference because we view them as a future leaders and teachers of our children.

We organized sessions, had alley booths, community presentations, informational health booth, blood checks and did a diabetes walk. We also distributed resources and informational pamphlets and running shoes that Kitayan Economic Development donated. There were numerous elders

who did presentations about traditional medicines and they participated in other activities during the conference. We also had door prizes when the conference was over and was donated by Health Foods initiatives-Northern Aboriginal Affairs

I want to encourage health workers, your children and your people to have greater participations in attending conferences because diabetes affects the whole communities.

We would like to thank the diabetes workers from each community, special speakers and the people who attended the conference.



RED SUCKER LAKE FIRST NATION HEALTH AUTHORITY

Hello to all Muskiki Achimowin readers, coming from the Red Sucker Lake Health Authority. SPRING has finally arrived and not a moment too soon. This last month we have had lots of snow and rain, but now the sun is shining and you can see that people are coming out of their cocoons with smiles on their faces. UUUMMM, the smell of goose cooking and the taste of it all, aaahhh. This year we had a very busy February and March. Our winter road was not the best and only really lasted a week, but we did get most of our trucks in and that was the important thing.

The week of February 13–16 was the 5th Anniversary Celebrations of Four Arrows Regional Health Authority, a landmark event for the Island Lake Communities, as we continue to journey to a more personal and traditional approach to health. Locally, on February the 14th, we had a feast and a gospel jamboree to commemorate this event. This went very well, everyone involved left with a full stomach and spirit. This event was attended by members of FARHA Valerie Taylor and Charles P. Harper, who by the way, enjoyed their stay and departed with the knowledge that we are getting closer to our goals ever year. THANK YOU FARHA for the continues support that you offer all of the communities and people. May you all have the strength to continue this very important endeavour in the future. This year the theme at Four Arrows Regional Health Authority wellness conference was 'Healing the Healer—Live Life Alive'. There were 22 people Red Sucker Lake that attended, and others from the neighbouring communities. This was an experience that was very enlightening. The ability to hear so many different opinions on different topics and realizing that there are ways of taking care of ourselves that incorporate both traditional and non-traditional methods was an experience that will not be forgotten. We all had a great time and we are looking forward to next year, so

we can bring back more knowledge. Thank you FAHRA for allowing us the opportunity to be part of such an important event. All participants made it back home safely and will be able to attend next year.

On March 22 and 23, we were able to have some visitors in our community that made a good impression on the kids in school. These people were Pauline Wood Steiman, Bridgette Lambreau (Dietician) and Laurie Crawford. The purpose of their visit was to give kids the chance to have and learn what healthy snacks are. This was done mainly for the Nursery through the grade 8 classes. The cool thing was that they actually liked the nutritious snacks. The fruits and veggies went very well as the kids liked it. We are in the process of seeing how this can be done on a regular basis. It is our hope that we can develop a strategy where we can address this in the future.

The high light of our spring was Red Sucker Lakes first annual 'Taking Back Our Lives' Traditional and Cultural Days. This event was held March 29th and 30th and was an opportunity for the community elders and adults to show and share traditional and cultural expertise with our youth. The youth were able to learn how to live and survive in the same manner as our people did in years past. The events included;



fish net making, fish filleting, tradi-



tional emergency shelter building, traditional moose hunting gear and safety, trapping and snare setting, traditional crafts, as well as some traditional games. The whole focus of this event was to educate our youth as to where they are, where they've been and where they're going. In recent years, our culture has slowly started to slip away. We have become increasingly more materialistic and the day of going to elders with our prob-

lems have disappeared. Our lives have become preoccupied with gambling, drugs, alcohol, violence and suicide. Our hope is that by teaching our youth the past, we can gorge a new and positive future and we are confident that by doing this event every year, we can return to our grassroots and regain the self-respect and respect of others. This event wahope is s very successful and a good time was had by all. We would like to thank the following organizations for their support; Red Sucker Lake First Nation, Red Sucker Lake Education Authority, RSL Northern Store, Island Lake Tribal Council, Four Arrows RHA, Aboriginal Peoples Television Network and NCIFM Native Communications Incorporated. Their support shows true commitment to the well-being of our youth and a sincere desire to address the issues previously mentioned. Our further hope is that we will be able to, yet again, succeed or exceed this years response for a bigger event next year. We will invite other people from different communities to participate and share their knowledge. So, you people prepare to come to RSL for a weekend of fun and history. **Cont... next page**

FINANCE DEP'T.

Walter B. Taylor Finance Officer

Chriselda Knott - Finance Administrative Assistant



Walter Taylor

Finance is one component of the Four Arrows Regional Health Authority Inc. Our Department is engaged in providing general accounting duties but we don't want to be limited to just writing cheques, balancing bank statements and balancing debits and credits. We want to expand our roles beyond what is called for in our terms of reference. Currently we and Four Arrows Regional Health Authority Inc. and its member communities realize that we lack services to address poverty, crime prevention, working with high risk children, their families and the community. We believe that we can implement initiatives that will improve the environment for our community and someday meet the essential factor we lack; meeting individual basic needs.

Maslow's hierarchy of needs identified in his theory depicted as a pyramid consisting of five levels pertaining to deficiency needs and growth needs. While First Nation communities can't achieve one level, it makes it more difficult to comprehend safety, love and belonging, esteem and self actualization. It is understood that the physiological needs take the highest priority. We need to breath, drink water, sleep, regulate homeostasis; eat, dispose of bodily wastes, and sexual activity.

For the past 10 years I have had a strong concern for the health in the Island Lake area. This is the area in which I was raised and my family still resides. After leaving my community to work in British Columbia and eventually moving to Winnipeg, I have seen the changes of First Nation attitude and question myself, why are we the way we are today?

I understand that the world is changing because of television, technology and other matters concerning drugs and alcohol. Through my studies and working in other provinces, I have come to learn that it is possible to alleviate the problems of suicide, violence, depression etc. through well designed and meaningfully focused programs.

The challenge to the creation and operation of these programs, however, is twofold. First, there does not exist the facilities to assist families in understanding how to improve relationships and the effect it has on the health and welfare of these people. And second, there does not exist a group of trained facilitators to assist in delivering information in a timely and meaningful manner.

I would like to invite everyone reading this article to comment and bring forth their ideas addressing some concerns about their community. I, for one, would like to see Victim assistance and counseling programs that address health and safety. I want to see Boy's and Girls clubs that provide culturally appropriate peer support to aboriginal parents to reduce conflict and encourage cross cultural friendship. Social enterprise services that offer supportive and flexible workplace that has the opportunity for personal capacity building, mental health in an effort to develop group development projects to decrease isolation, enhance skills and self esteem, and cultivate employment opportunities. We need projects that help consumers to become active and become contributing members, volunteer to lessen impact on stigma and reduce fear surrounding mental illnesses. How about a family place that provides opportunity for aboriginal fathers and mothers to build support networks for their young children through a father support program, peer mentoring, increase parenting skills. Lets coordinate a community based drug and alcohol program that engages in youth in leadership roles.

Let's start working on an old concept called interdependence and unbound ourselves of independent attitudes. I see us as a human model growing. The 3 stages of life I see us is 1. A child, 2. Adolescent, 3. Adulthood; a mature organization realizes that we cannot be dependent, independent but interdependent. We have to work together and make every organization a potential partner regardless of race, denomination, or culture.



Chriselda Knott

Should you have any questions for one of the finance staff members, please call them at our Winnipeg office or email them at wbtaylor@mts.net or chrisknott@mts.net

HOME AND COMMUNITY CARE PROGRAM

Michelle Thacker,

Home and Community Care Advisor



Michelle Thacker

A big hello to all the people in the Island Lake communities. I have just recently been employed by FARHA as the Tribal Home and Community Program Advisor. I am excited to be given the opportunity to be apart of such a dynamic program. I am a nurse with fourteen years nursing experience in both clinical and community settings. I have experience in dialysis and other medical care settings. I currently teach the health care aide program through continuing education which I find very rewarding. On a more personal note, I have one daughter who is nine. She is truly my pride and joy. I come from a large extended family which I hold close to my heart. I look forward to meeting and working with all the communities.

**PLAN TO ATTEND:
DONNA K. HARPER DIABETES
CAMP
JULY 16 AND 17, 2007**

Recently I had the pleasure to meet with all four Home and Community Care Managers:

Ruth Ellen Flett

Garden Hill Health Directorate

Joe L. Wood

St. Theresa Point Health Authority

Violet Wood

Wasagamack Health Authority

Colleen Little

Red Sucker Lake Health Authority

This group of managers and myself meet on a quarterly basis for Whole team meetings. Its easy to see all the hard work and dedication that goes into each communities program development. The managers shared their victories and challenges. During this time we had the opportunity to look at the past, evaluate the present and plan for the future. These communities and programs have come along way with the continuous support and guidance from the Health Directors, program managers, Four Arrows Executive Director Andy Wood and Director of Operations Laurie Wood Ducharme. I'd like to take this opportunity to thank the former Tribal Advisors, Leyah McFadyen and Nancy McKinnon for their amazing contributions.

Challenges have always been to recruit and retain nurses. Presently all communities with the exception of Red Sucker Lake have a complete compliment of nurses. Each manager has worked diligently to obtain nurses for community care. Programs offered in each community are the Adult Day Care program, Meals on Wheels, Respite care and Bathing program.

We as a group continue to focus on continuity of care, safety and health issues and education needs. As advocacy is always a big part of our job we

invited Louis Sorin from WRHA Aboriginal Services and Sylvia Boudreau the new AMC patient advocate to our meeting. Louis and Sylvia are now working collaboratively to address complaints and concerns within the WRHA. The group had many stories to share along with many questions. Networks were established to assist us in providing quality care for First Nations people.

Now, it is time to welcome the spring and feel the sunshine warm our spirits. I plan to visit each community the first week of June. Once again I look forward to meeting with you and of course, hopefully, fishing with Joe L. Wood.

Four Arrows Regional Health Authority welcomes Michelle to the organization and if you have any questions and would like to speak to her directly, please call our Winnipeg office at 947-2397 extension 28 or email her at mthacker@mts.net.

Healing & Wellness Program

Documenting the Traditional Arts of Island Lake:

The Canada Arts Council has provided Four Arrows with funding to document our traditional artists at work through photography and audio recording. Honorariums will be paid to traditional artists. Please contact Four Arrows or your local Health Authority to suggest an artist from your community, or if you would like to volunteer in this project.

Summer Programs & Mentors for Children and Youth:

People in our communities are very concerned about our children and youth. Four Arrows has identified resource people who can help to plan and run summer programs in sports, recreation, and arts and crafts to keep our youth active and healthy. We also have access to mentoring trainers who can help adults (parents, resource workers, elders, youth) discover the skills they need to be mentors for our children and youth.

Out and About...



Diane & Councillor Larry Harper
Garden Hill First Nation

Chief R. Harper
Wasagamack First
Nation



April 25
Mb Legislative Bldg.



Participants from Wasagamack
First Nation at a recent Rally at
the Mb. Legislative Bldg.

L to R - back to front:
Louise Harper, Talbot Harper,
Tommy Harper, George Harper,
Josie & Theresa McDougall



Ah-nah thagen

Continued from Page 7... RSLHA We Look forward to seeing and hearing from you.

Local area artists are now offering art classes for youth aged 19 and under. Classes are held every Thursday evening from 7 to 9 pm at the Band Hall. Participating youth are excited about finding their hidden talents and instructors are enjoying helping refine these hidden talents.



Finally, RSL is looking forward to a community project that is much

needed for many reasons. The project is Gardening. We will be actively growing our own berries and veggies

throughout the summer. The reason this is important is not only for the physical activity involved in gardening but the mental health factor. By eating locally grown healthy foods, we will feel more energetic and mentally sharp. This allows us to be more goal oriented

and again, mentally focused. There is also the added benefit that gardening in itself, is very therapeutic. Main-

taining a garden takes a fair amount work and this can offer a relaxing social setting where light conversation can be made while weeding or watering the garden. The important thing is that you are helping yourself achieve a healthier you, your family and your community.

Well that's it for now, we will talk with you soon with more achimowin. Until next time, May the Great Spirit Bless and Guide you. Meegwetch.

From the Red Sucker Lake Health Authority Board of Directors and Staff.

MANITOBA Provincial Elections
Tuesday, May 22, 2007
Exercise your right to VOTE
Make your Vote Count