



SIoux LOOKOUT

Meno Ya Win

HEALTH CENTRE

# Meno Ya Win News

Volume 12, Issue 3

*Working Hand in Hand with our Communities to Build a Healthier Future.*

## Fun Facts:

The brain operates on the same amount of power as 10-watt light bulb.

The cartoon image of a light bulb over your head when a great thought occurs isn't too far off the mark. Your brain generates as much energy as a small light bulb even when you're sleeping.



## **SLMHC Receives MORE OB Module 1 Recognition Award!**



From Left: Core team members Bradley Lance and Dr. Lianne Gerber-Finn; baby Simon Finn; VP Health Services & CNE Heather Lee; Core team member Emily Monaco; Core team chair Heather Brazier; MORE OB program consultant Sheri DeMeester.

## Have your say

Want to see something in the newsletter?

Have an idea for a story?

Send your ideas and submissions to:  
Mary Spray at [mspray@slmhc.on.ca](mailto:mspray@slmhc.on.ca)

(put "newsletter" in the subject line of the email.)

## **Inside this issue:**

Who Are You ..... 3

Back Space ..... 4

Anishinaabemodaa..... 5

Over the past year, SLMHC MORE OB participants have worked hard to acquire the knowledge and hands-on skills training needed to complete the first module of the three year patient safety program. Above, MOREOB program consult Sheri DeMeester presents MORE OB Core Team

chair Heather Brazier with the *Module One Recognition Award*. Facilities are eligible to receive the award when they achieve an 80 percent participation rate in module activities. Additionally, the Core Team must demonstrate effectiveness and succeed in engaging physicians and senior administrators.

I AM NOT A PRODUCT OF MY CIRCUMSTANCES.  
I AM A PRODUCT OF MY DECISIONS.

STEPHEN COVEY

## Careful planning; the key to getting through an emergency 72 hours...Is your family prepared?

Canada is a vast country with extreme weather conditions and dramatic geological features. Landslides, flooding, storm surges, earthquakes and other hazards are all potential threats in Canada. But with some careful planning and preparation, Canadians can learn how to deal with these emergencies and minimize the impact to their families and property.

Emergency Preparedness Week 2014 runs from May 4-10. "72 hours...Is your family prepared?" is the theme of this year's campaign and is designed to encourage Canadians to be prepared to cope on their own for at least the first 72 hours of an emergency, while rescue workers help those in desperate need.

Emergency preparedness is a shared responsibility. While governments at all levels are working hard to keep Canada safe, individual Canadians also have an important role to play in preparing for emergencies. Emergency preparedness experts consistently say that by taking a few simple steps, such as knowing the risks specific to your community, making a plan to help you and your family know what to do, and getting an emergency kit that includes some basic supplies to be self-sufficient for at least 72 hours in an emergency, you are taking a responsible and necessary step to protect yourself and your family from all types of emergencies.

Emergency Preparedness Week is held annually in every part of Canada, together with other levels of government. The campaign is a collaborative effort of federal, provincial and territorial governments. Information and additional tips on Emergency Preparedness Week is available at [www.GetPrepared.ca](http://www.GetPrepared.ca).

For more information on this or other Sioux Lookout Meno Ya Win Health Centre emergency preparedness or planning topics, contact Mary Spray, at 737-6586

**Stay tuned for more information on Emergency Preparedness Week events and draws!**



**Emergency**  
Preparedness **Week**

May 4-10, 2014

[GetPrepared.ca](http://GetPrepared.ca)

**EXTREME COUPONING**  
SLMHC Health & Wellness  
Committee Style.

Ok, so we're not asking you to go **to** the *Extreme*, but if you would like to save a few bucks come check out the Health & Wellness Budgeting & Coupon

Board located on the lower level by the locker rooms. While you are there, check out the tips on couponing and budget planning, have a look through the coupons and take what you can use, and BTW... if you have some coupons at home you can spare, bring them in and drop them off with Andrea Stanley or Adrienne Crosby.

National Medical  
Laboratory Professionals  
Week

April 20-26, 2014



Front Row (L-R) Brenda Voth, Lab Manager, Eryn Carruthers, Medical Laboratory Technologist (MLT), Dana Ursula, MLT, Crystal McEwing, MLT, Kayley McKenzie, Medical Laboratory Assistant (MLA).  
Back Row (L-R) Fulvio Franceschini, MLA, Cynthia Bogard, MLT, Sylvia Drew, MLT, Val Anderson, MLT, Peter Mayberry, MLT Student, Amanda Zarecki, Lab Assistant.



## Cynthia Bogard, Medical Laboratory Technologist

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. Where were you born?<br/>Auckland, New Zealand</li> <li>2. If not Sioux Lookout, why did you move here?<br/>A fulltime job and the love of my life.</li> <li>3. What would you want to do if you weren't doing this job?<br/>Running a tea shop</li> <li>4. What's your favourite hobby?<br/>Cross stich and embroidery</li> <li>5. What's your favourite food?<br/>Black forest cake</li> <li>6. What is your greatest achievement?<br/>Graduating as a Medical Lab Technologist</li> <li>7. What is your favourite place?</li> </ol> | <p>San Francisco</p> <ol style="list-style-type: none"> <li>8. What makes you laugh?<br/>The Big Bang Theory</li> <li>9. What makes you cry?<br/>Sad movies and Bambi</li> <li>10. What is your greatest extravagance?<br/>Shoes!</li> <li>11. What is your idea of perfect happiness?<br/>A family reunion</li> <li>12. What is your greatest fear?<br/>Snakes</li> <li>13. Which living person do you most admire?<br/>Martha Stewart</li> <li>14. Which talent would you most like to have?<br/>Juggling</li> <li>15. Which words or phrases do you most overuse?<br/>Sweet / Whatever</li> <li>16. What is your most treasured possession?<br/>My childhood teddy bear.</li> </ol> |
|--|--|

*Based on Proust questionnaire*

W  
h  
o  
A  
r  
e  
Y  
o  
u  
?

## How to use VIPRE Email Security

### **The Allowed Folder**

You can use the Allowed folder to create a list of email addresses from which you always want to receive messages. Messages from the senders of any message you put in the Allowed folder will not be quarantined. If you want an email to get through, but do not want to add it to your contact list (i.e. a list to which you subscribe), simply drop it into the Allowed folder & keep it there.

### **The Blocked Folder**

You can use the Blocked folder to create a list of email addresses from which you do not want to re-

ceive messages. There is no need to maintain a large list in the Blocked folder since most unsolicited spam emails are caught before they reach your inbox. However, if you receive messages that still slip by, simply drop one of these messages into your Blocked folder and keep it there. Messages from that sender will not arrive in your inbox.

### **Current Contacts**

To help make sure that you continue to receive the messages you want, any email from an address in your contact list will not be quarantined.

### **Dave Hildebrand**

**Manager, Information Technology & Services  
Meno Ya Win Health Centre**

## ATTENTION ALL PHOTOGRAPHERS!

We are looking for great pictures of the Sioux Lookout area, nature shots, coworkers or whatever that would make a great calendar for 2015.



Please submit your digital pictures by email to Mary Spray before September 2014. Put "calendar" in the subject line of the email. (*high resolution only, please.*)

Backspace

# Back Space

by Adrienne Crosby, R.Kin, CSEP-CPT

## SHIFT WORK & EXERCISE

Regular exercise can make daytime sleep more restful and help your body make the transition from day to night work. Physical activity, such as walking, biking, swimming and aerobics, three or four times a week can help you fall asleep faster and stay asleep longer. Exercise can also help you to stay alert when you're working.

Unfortunately, some shift workers find it difficult to make exercise a regular part of their routine. Working shifts can leave you feeling too tired to go for a walk, run or a workout at the gym, and night workers might find it difficult to find facilities with exercise classes and equipment open during hours convenient for them. Luckily, there are many ways for you to stay fit even while working irregular shifts.

Tips for staying active when time is a factor:

- Walk whenever you can. Park at the far end of a parking lot (during daylight hours for safety).
- If you live in town, sometimes it is quicker to ride a bike to work than it is to drive!
- Make time for stretching. During your breaks, stretch and bend for a few minutes every hour.
- Don't just sit there! Contract your stomach muscles while sitting in a chair or while on break
- Go for a brisk walk during your break; make one or two laps around the hospital!

Keep in mind that time spent with your friends and family can be a great opportunity to get

some exercise. There are many ways to spend quality time with the people who are important to you, and be active at the same time:

- Go for a walk with your family (<http://cedarbay.org/>)
- Play a pick-up game of Frisbee, soccer, catch or any other sport that your family and friends can also enjoy.
- Join a recreational sports team or league – try to attend as many practices and games that work for your shift schedule (<http://www.siuouxlookout.ca/en/living-here/recreation-centre.asp>)
  - Take a dance class with your partner, family or some friends. Zumba classes are available at Onyx Dance & Fitness Studio on Front Street in Sioux Lookout (<http://www.zumba.com/en-US/party?search=Sioux+Lookout%2C+ON%2C+CA>)
  - Go on a biking, hiking or skiing excursion – Geocaching is a great and fun way to get some activity! <http://www.geocaching.com/> And, yes, there are Geocaches around Sioux Lookout!!
- Go tobogganing with your kids, or just spend time outside, taking in the fresh air!



Remember, just 30 minutes of exercise a day can make a difference. If you don't have 30 minutes all at one time, you can do 10 minutes 3 times a day or even 15 minutes 2 times per day! There are many options to accommodate your work shift schedule! Try to stick with it, make it a habit and regular exercise becomes part of your daily routine.

Thank you for reading Backspace and see you next month!!



**Anishinaabemodaa**

**Lesson:** There are 2 kinds of vowels in the Ojibway language: long and short vowels. It's important to recognize the difference between these 2 sets of vowel sounds so that you can follow the set grammar rules.

- Short vowels:** i as in pit (**abin**—sit)  
                   o as in book (**ozaam**—too much)  
                   a as in cup (**animooosh**—dog)
- Long vowels:** e as in bed (**miigwech**—thank you)  
                   ii as in peek (**niin**—me)  
                   oo as in between soup and soap (**boozhoo**)  
                   aa as in doctor's "say ah" (**omaa**—here)

*Reference: Talking Gookom's Language, by Patricia M. Ningewance*

Oji-Cree language

- Tinnitus (perception of sound within the human ear).....chiiwetam  
 Cancer .....manichooshiwaahpinewin  
 Diabetes.....shookaawaapinewin  
 Depressed, he is .....kakwaatakentam  
 Alcoholic, he is .....minikwewaapine  
 Hip dislocation, has.....kichinookanese  
 Hip fracture, has a .....poohkonookaneshin  
 Wart, has a .....ochiichiikomi  
 Weight gain, has .....aachipo  
 Sickness .....aakosiwin  
 Dizzy, is .....kiiwashkweyaapi



**DID YOU KNOW...?**

You can purchase a SLMHC Re-Loadable Cafeteria Swipe Card?



It's the **QUICK & EASY** way to pay at the till.

Just one swipe and you are done. No counting change, no entering pins!

To set one up, simply come down to the cafeteria and ask the cashier for a Re-loadable Swipe Card.

You can load any amount onto the card at the time of purchase, and as the balance gets low, just let the cashier know you want to re-load more money on to it.

Help us serve you faster by purchasing your card today.

Please see our cafeteria staff for further details.

## HELP DESK: EXT 4357

Got an IT problem? Call the ITS Help Desk.

### HOURS OF OPERATION

0730–1700 Monday to Friday

### AFTER HOURS ON CALL

For after hours IT assistance please call the switchboard and have IT paged.

## Information Technology & Systems

*Excellent Customer Service, Every time.*

## Thank you for a job well done.

Michelle Beaulne and I would like to thank Grant Anderson, Craig Stewart, Mike Woychyshyn and Chris Bruneau from our Maintenance team as well as Doug Lawrance, Greg Malcolm and Marsha Hamilton for their immediate assistance as a result of an emergency situation which arose the evening of April 15th in our building. Your quick thinking, commitment and dedication to resolving the situation in a professional and timely manner was greatly appreciated. It allowed us to rectify and remediate the situation quickly. Thank you to the housekeeping and dietary staff for their assistance and support as we required extra assistance to get everything back on track.

*Dean Osmond, VP of Corporate Services & Performance, and COO*

*Michelle Beaulne, Director of Environmental Services.*

# Education Week

May 5 - 9, 2014



STOUX LOOKOUT  
Meno Ya Win  
HEALTH CENTRE

### MANNEQUIN Monday

9:30am-10:30am  
**Meet & Greet**  
Norm  
Cafeteria Entrance

12:00pm-1:00pm  
**Meet & Greet**  
Vivian  
Sim Lab

2:00pm-3:00pm  
**Resuscitation**  
Demo  
Learning Centre

### TUTORIAL Tuesday

9:30am-10:30am  
**Emergency**  
Planning &  
Preparedness  
Learning Centre

12:30pm-1:30pm  
**SmartBoard**  
Tutorial  
Learning Centre

2:00pm-3:00pm  
**Submitting**  
Education  
Requests  
Learning Centre

### WIRED Wednesday

9:30am-10:30am  
**Presentation**  
Tips & Tricks  
Learning Centre

12:00pm-1:00pm  
**Intro to**  
HealthStream  
Competency &  
Performance  
Learning Centre

1:30pm-4:00pm  
**Computer Help**  
Computer Lab

### TUNE-UP Thursday

9:30am-10:30am  
**HealthStream**  
User Guide  
Learning Centre

12:00pm-1:00pm  
**Mindfulness &**  
Stress Relief  
Learning Centre

4:00pm - 5:30pm  
**Monthly Grand**  
Rounds  
Boardroom A/B

### FREEBIE Friday

9:00am-12:00pm  
**Open House**  
Education Department

2:00pm - 3:30pm  
**Cake & Prizes**  
Cafeteria



Each event you participate in gives you 1 ballot for a chance to win great prizes! The more events you attend, the better your chances of winning!

For more information about any of events, please contact Sally Busch at ext 4379

# NURSING:

## A LEADING FORCE FOR CHANGE



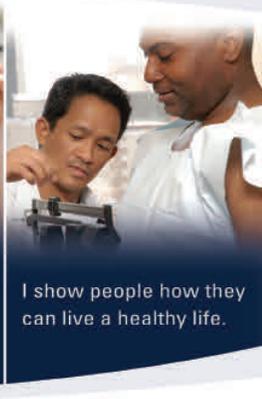
I help maintain dignity and quality of life.



I influence health policy.



I work as part of a team to deliver better care.



I show people how they can live a healthy life.



I go where I am needed.



cna-aiic.ca



/cna.aiic



/canadanurses



/CNAVideos

MAY 12-18

# NATIONAL NURSING WEEK 2014

## Nursing Week - A Short History

In 1971, the International Council of Nurses (ICN) designated May 12th, Florence Nightingale's birthday as International Nurses Day. In 1985, in recognition of the dedication and achievements of the nursing profession, the Canadian minister of health proclaimed the second week of May as National Nursing Week in Canada.

Nightingale is best known around the world as the 'Lady with the Lamp' who nursed British soldiers during the Crimean War and turned nursing into a profession. But she was also much more than that. She was an activist, social theorist and author whose advocacy to improve health and sanitation for British Army soldiers, and writings on hospital planning and organization laid the foundation for nursing's emphasis on social determinants of health today. Nightingale published more than 200 books, reports and pamphlets.

Nursing Week gives nurses across the world the chance to celebrate the work they do to keep Nightingale's work alive by advocating for policies that keep people healthy, and care for them when they're ill.





### Notice to patients:

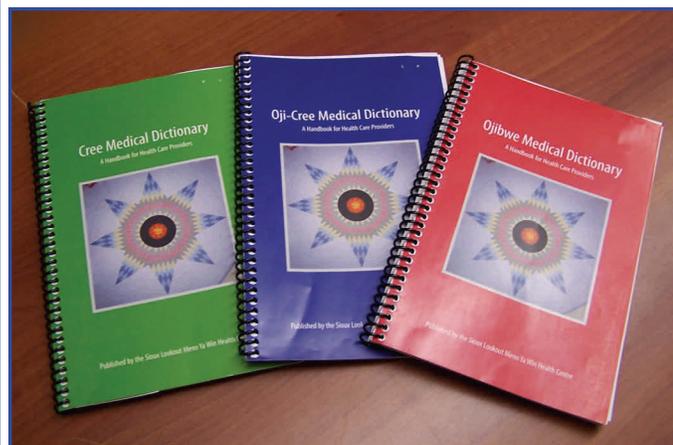
Please do not wear any scented products including perfume, cologne, soaps, hand cream, hair products, deodorants, etc, to your appointment as Sioux Lookout Meno Ya Win Health Centre aims to be a **scent-free environment** for the safety of our staff and patients.

If your scented products cause an allergic reaction to our staff and/or patients, you may be sent home and have your test rescheduled.

### MULTI-CULTURAL ROOM LOCATION

Please be advised that the multicultural room has been relocated to the open space behind the main entrance.

This quiet room is open to all patients, visitors and staff.



### Medical Dictionaries

Available in 3 languages—Cree, Oji-Cree & Ojibway, (in dialects spoken in the northern First Nation communities within the SLMHC service area.) Visit our website at [www.slmhc.on.ca](http://www.slmhc.on.ca) to view the dictionaries.

### Interpreter Services

are available 24 hours / 7 days per week at Sioux Lookout Meno Ya Win Health Centre. Just ask! We are mino'ayawin.

## HELP KEEP THE TRADITIONAL FOODS PROGRAM GOING!

### Looking for a way to help us make a difference in patient satisfaction?

Please think about donating some traditional food items. We are looking for blueberries, wild rice, wild game and fish. These need to be locally harvested items. We use these items to serve patients at the hospital, William George Extended Care Facility, and the hostel. We give them the option of having a traditional meal for lunch every Thursday. We also keep frozen meals on hand for patients who are used to eating a more traditional diet.



The Sioux Lookout Meno Ya Win Health Centre has worked very hard to get the legislation passed so that we can be the only hospital in Ontario to serve uninspected meats to patients. We want to make sure we have a steady flow of donations to keep this program going. If you are interested in helping please contact Sue Ann Ferguson at extension 4161 or [sferguson@slmhc.on.ca](mailto:sferguson@slmhc.on.ca) to fill out the required paperwork for donations.

~Submitted by: Miranda Bramer, Dietary Manager

### The Meno Ya Win News

is prepared by the

**Communications & Community Development Department, at SLMHC.**

Send your stories/announcements to:

Mary at 737-6586 or email at: [mspray@slmhc.on.ca](mailto:mspray@slmhc.on.ca)



SIoux LOOKOUT  
MENO YA WIN HEALTH CENTRE

# Foundation

## A Tradition of Caring...A Tradition of Sharing

We give for many reasons but one thing remains the same, the money we give does make a difference.

The Sioux Lookout Meno Ya Win Health Centre Foundation is dedicated to raising funds for the Sioux Lookout Meno Ya Win Health Centre and the William A. "Bill" George Extended Care Facility in order to enhance health care in our communities.

A contribution to the Sioux Lookout Meno Ya Win Health Centre Foundation is an investment in a healthy future for you, your family, and our communities. Invest in the Sioux Lookout Meno Ya Win Health Centre and help us make a difference – **Now, and for the Future.**

### Ways to Give

**General Gift** – support the Sioux Lookout Meno Ya Win Health Centre’s vision with a one-time gift

**Pledge** – Make a pledge with payments over three to five years, and you will be recognized for the full amount in the year you make your pledge.

**Tribute Donations** – Celebrate a special occasion, or honour or remember a loved one with a donation in their name.

**Planned Giving** – What is your legacy? There are many ways to leave a gift to the Sioux Lookout Meno Ya Win Health Centre Foundation. Whether it is a gift in your will, a gift of life insurance, a gift from your retirement assets, or a gift of securities, you can rest assured knowing your gift today will continue to give long into the future.

**Monthly Giving** - Help us secure a stable source of funding by providing a gift each month.

**Annual Giving** - Support our Annual Tree of Hearts Campaign and help us light the lights in honour or in memory of someone special to you.

**Third Party Fundraising** - Donate the proceeds from your event to one of our funds.

**Volunteer** - Join in our efforts to enhance healthcare in the north.

Donate in person at the Foundation Office or send donation to: SLMHC Foundation Box 909 Sioux Lookout, ON P8T 1B4

Donate on line at [www.slmhc.on.ca/foundation](http://www.slmhc.on.ca/foundation)

### Where you can direct your funds

**Diagnostic Imaging (DI) Fund** – Help to fund diagnostic imaging needs at SLMHC. We are currently raising funds for the purchase of an additional ultrasound machine estimated at \$300,000 to support current services and to allow SLMHC to enhance its cardiac imaging.

**Women’s Health Fund** – Donations to the Women’s Health Fund help to support SLMHC’s mammography unit and raise funds in support of programs, services and equipment needs to enhance healthcare for women in our region.

**Chemotherapy Services** – Your donations help to support cancer care at SLMHC.

**Palliative Care Fund** – Help to enhance end of life care with a contribution to the Palliative Care Fund.

**Extended Care Fund** –Your gift helps to fund program and equipment needs at the William A. Bill George Extended Care Facility.

**General Equipment Fund** – Assist with ongoing equipment needs at the Sioux Lookout Meno Ya Win Health Centre.

**Community Counseling and Addiction Services (CCAS)**

**Youth Programs Fund** – Invest in our youth to ensure a healthier future for our communities.

**Janelle Wesley Fund** – Your contributions help to fund programming and equipment needs for the Janelle Wesley Room, a gathering place for children and families, named in memory of Janelle Miranda Wesley who lost her battle to cancer at the age of seven.

**DONATION FORM:**  Yes I would like to make a donation in the amount of \$\_\_\_\_\_.

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Payment method:

Cheque payable to SLMHC Foundation  
 MasterCard or  Visa Card # \_\_\_\_\_ Exp Date: \_\_\_\_\_ Signature: \_\_\_\_\_

I would like to direct my donation to:  CCAS Youth Programs Fund  General Equipment Fund  Chemotherapy Services  
 Diagnostic Imaging Fund  Women’s Health Fund  Extended Care Fund  Palliative Care  Janelle Wesley Fund

Is this an “In Memory” or “In Honour” of a special occasion donation? If yes please provide the following information:

In Memory of : \_\_\_\_\_ or In Honour of : \_\_\_\_\_

Name and address of person to be notified:

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_



SIoux LOOKOUT  
MENO YA WIN HEALTH CENTRE

## Foundation



# Foundation News

Spring 2014

## MAKING A DIFFERENCE RIGHT HERE AT HOME

“Thank you for continuing to support our fundraising efforts. Together we are creating healthier futures... right here, right now.”

**Sioux Lookout Meno Ya Win  
Health Centre Foundation  
Board of Directors**

Marnie Hoey, President  
Terry Jewell, Vice-President

### Directors

Catherine Beamish  
Tom Kamenawatamen  
Ed Linkewich  
Dr. Robert Minty  
Douglas Semple  
Rita Demetzer  
David Murray  
Stanley Sainnawap  
Doug Lawrance  
Barbara Bowes

## Upcoming Events

Join in, contribute, volunteer!

**Community Fish Fry**  
**Sunday, June 8<sup>th</sup>, 2014**  
**Sioux Lookout Town Beach**

**Bearskin Airlines Charity Golf Classic**  
**Thursday, June 26<sup>th</sup>, 2014**  
**Sioux Lookout Golf & Curling Club**

Please call 737-7997 for further information on our events or to volunteer!

## Driving for the Green

In Memory of Harvey Friesen

The foundation lost a very special person with the passing of Harvey Friesen. Harvey was a great community leader and pioneer in Northwestern Ontario aviation. Bearskin Airlines and Harvey always took great pride in supporting local charities through the Annual Bearskin Airlines Charity Golf Classic. Over the past 15 years the charity golf classic has raised more than \$300,000.00 for the Sioux Lookout Meno Ya Win Health Centre. This is a most generous event that has helped to build a new Health Centre for Sioux Lookout and 29 First Nations communities, and continues to help us to provide world-class emergency and primary healthcare services to our patients.

We thank Bearskin Airlines staff and volunteers, as well as event sponsors and participants for continuing to support the Annual Bearskin Airlines Charity Golf Classic in Sioux Lookout.

Please join us on June 26<sup>th</sup>, 2014 at the Sioux Lookout Golf & Curling Club for the 16<sup>th</sup> Annual Bearskin Airlines Charity Golf Classic in memory of Harvey Friesen.

Together we are making a difference, and together we are ensuring healthier futures for all people living in Sioux Lookout, the surrounding communities, and the Northern First Nations served by the Sioux Lookout Meno Ya Win Health Centre.

To register a team or for sponsorship information please call Rick Kirton at 737-3600 or the foundation office at 737-7997.



## Harvey Friesen Remembered

Submitted by Douglas Semple, Director SLMHC Foundation

I first saw Harvey Friesen the summer I came back from my first year in residential school down in southern Ontario. I can still see the picture of him on that day very clearly in my mind. He'd had just come into Wunnumin Lake and he had one of his sons with him, I think it may have been Jason. Anyway, Jason was riding on his Dad's shoulders as they went for a walk down the beach. The day was warm but overcast, just an all around good day for father and son time for them.

That was my first impression of Harvey, a good father and caring man. I believe he went on to carry those qualities throughout his life. He cared about the people that he served with his business, which is of course as it should be. In a world of business and commerce that has gone mad in the pursuit of profit and wealth creation for the investor, Harvey maintained a commitment that his business be socially responsible as he guided it throughout the years. As a result of this commitment the northern communities and the people in those communities were better served with easy access to health care and much improved travel services from the south.

In these later years I had opportunities to work with Harvey, with his business and as well as with some of the other projects we both were involved in. The most impacting of these was the new Sioux Lookout Meno Ya Win Health Centre. He and I served on the SLMHC foundation board of directors, which was responsible for raising the funds needed for the construction of the new facility. Not only did he serve on the board but he and his family also gave liberally of their resources towards the construction costs.

That is just the way he was I think, to give back to a market place that provided for him and his family all these years. He will be missed on this side of eternity. But on the other side he is welcomed with great joy by so many friends he made in the north while he was here. One of those people is my father-in-law. He always spoke highly of him as one who helped him during his hunting and trapping years. By the same token he would proudly say, "I helped him make a success of Bearskin Airlines". I am sure there are many throughout the north who remember him the same way.

Good-bye Harvey and thank you for making a difference.

Douglas Semple, Director  
SLMHC Foundation



## Making a Difference



On February 3<sup>rd</sup>, 2014 representatives from Superior Propane presented the SLMHC

foundation with a \$15,000 gift to assist with ongoing equipment needs at the Sioux Lookout Meno Ya Win Health Centre. The donation is the third contribution presented by Superior Propane since the opening of the new facility in 2010, and is part of an annual commitment to support health care in the north. "The Sioux Lookout Meno Ya Win Health Centre and Superior Propane have developed a strong working relationship that we will continue to focus on," said Superior Propane's Phil Eddy. He further noted that, "Superior Propane is committed to supporting the health, wellness, and well-being of the residents within Sioux Lookout and Northwestern Ontario." SLMHC Foundation President Marnie Hoey thanked Superior Propane for the donation, commenting that, "Superior Propane is recognizing the importance of supporting the facility. We are continuing to move forward with more and more services to continue our goal of having a centre of excellence here in the north everyone can benefit from."



On April 3<sup>rd</sup>, 2014 the Canadian Cancer Society presented the foundation with a gift of \$3,215.00. The donation represents a portion of funds raised at last year's Relay For

Life in Sioux Lookout. "We are very grateful for the generous support we have received from the Canadian Cancer Society. Relay For Life proceeds will help us fund cancer-care programs at the Sioux Lookout Meno Ya Win Health Centre, and allow us to accomplish so much more in the fight against cancer right here at home." - Marnie Hoey, SLMHC Foundation President

## Igloo Workshop in support of the Foundation

On Sunday, April 13<sup>th</sup>, John Stradiotto of Sioux Lookout hosted an igloo tour and workshop in support of the foundation's fundraising efforts. Participants paid a fee to take part, all of which was donated to the foundation to enhance health care in the north. Thank you John for hosting this fun and creative event!



Have an event you would like to host? Give us a call 737-7997