



Education is the most powerful weapon which you can use to change the world.

~Nelson Mandela~

Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored.

~Earl Nightingale~

Tell me and I forget. Teach me and I remember. Involve me and I learn.

~Benjamin Franklin~

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## SLMHC Says “Goodbye” To Two Senior Management Staffers



(L-R) Barb Linkewich, VP of Clinical Services and Research, Joan Cachagee, and Helen Cromarty, Special Advisor for First Nations Health during the sunrise ceremony held on June 21, 2013.

On June 21<sup>st</sup>, a celebration was held in honour of the retirement of two of SLMHC's senior administration staff, Barb Linkewich, VP of Clinical Services and Research, and Helen Cromarty, Special Advisor for First Nations Health.

The morning started at 7:00am with a sunrise ceremony followed by drum-

ming and speeches in the gathering area, and time for staff, family and friends to congratulate the retirees.

Barb and Helen both joined SLMHC in 2006. They studied nursing together and have been close friends for many years. When the opportunity to work for SLMHC arose, Helen came first and persuaded Barb to come as well, bringing their knowledge and expertise to our area.

Barb began her career with St Joseph's in Thunder Bay as a staff nurse. She also worked as a public health nurse and for the Victorian Order of Nurses (VON) in Timmins. She spent several years in management in Thunder Bay and as an educator for TBRHSC and Confederation College.

Her contributions in the development of programs and the new facility in Sioux lookout will be a legacy of Barb's which will give her immense pride in what she has accomplished in improving the health care delivery system for this part of the province. Her leadership and vision in bringing new programs and services has allowed SLMHC to be-

*(Continued on page 2)*

### NOTICE

The Summer Edition of the Meno Ya Win News will be published at the end of August. It will have July & August news.

*(Continued from page 1)*

come a true centre of excellence and the preferred referral centre for over 30 northern communities.

Helen, a member of Sachigo Lake First Nation, came to SLMHC with a wealth of knowledge and years of experience as a registered nurse, having specialized in intensive care & coronary care nursing for 23 years and outpost nursing at Big Trout Lake. She attended the Pelican Lake and Shingwauk residential schools.

Amongst her many accomplishments, she was honoured by the Aboriginal Nurses Association of Canada as the recipient of the Jean Goodwill Medal in October 1995; was honoured by Nishnawbe Aski Nation at the 25th Annual NAN Chiefs Keewaywin Conference in Sachigo Lake on August 3, 2006. In February 2007, she was recognized and honoured

by the All Ontario Chiefs for the more than 25 years of service to improve the health status of the First Nation members in Ontario. In 2011, she received the Nishnawbe Aski Nation Woman of the Year Keewaywin Award.

Helen played a critical role in developing our Traditional Medicines and Services program and has provided invaluable service to the management team and board over the past seven years.

Their vision, commitment and energy put toward the growth of the organization will leave a lasting legacy. They have been great role models for everyone at SLMHC and will be greatly missed.

*~Mary Spray, C&CD Assistant*

## Elders Council June 12-13, 2013

On June 12 & 13, 2013 the SLMHC Elder's Council met for their quarterly meeting. The Council received updates from various areas and projects that SLMHC is currently involved in. They were able to advise, as well as provide support, in current and on-going projects.

The first day of our meeting started off by the unveiling of the Josias Fiddler plaque in the Josias Fiddler Conference Centre. Each designated presenter was able to provide brief comments about Josias' involvement with the Sioux Lookout Meno Ya Win Health Centre, as well as his individual accomplishments.

Dave Murray, CEO, provided opening comments and welcoming remarks to the Elder's Council on day one of their two day meeting. Much information was provided during those two days and much insight was provided as well from the council.

A highlight moment during those two days was the announcement of "Meno Ya Win's twins" Barb Linkewich and Helen Cromarty's retirement. Barb and Helen continually made presentations on the list of projects that they were currently involved in. They sought insight and support from the Elder's Council; a practice which was commended by the Council. If by chance one was away during the two day meet-

ing, they would represent each other. A true testament of not only their friendship, but a good working relationship.



During day one, the Elder's Council surprised the Meno Ya Win twins with cake and tea. On day two the council provided them with a gift to remember them by and to thank them for the service that they have provided over the years at the Sioux Lookout Meno Ya Win Health Centre. It was a great way to end the two day meeting.

*~Ramona Quequish, THMFSP Assistant*

# Welcome!

Sioux Lookout Community Counselling & Addiction Services is very pleased to announce the hiring of Kelly Alcock as a Counsellor with our organization. Kelly was educated in social services at Confederation College and has 23 years of solid front-line experience in criminal justice victim /witness services, women's shelters, and mental health / addictions crisis response services.



Kelly Alcock

Please join in congratulating Kelly on her new position and welcoming her to our organization!

~Bruce Siciliano  
Bruce Siciliano  
Director, CCAS and Integration

## For the SLMHC Nursing Staff

The nursing staff at SLMHC are amazing! You can't even begin to imagine how far your actions reach. When you helped a young mother and daughter's dream become a reality; that selfless act not only touched them, but it also touched the other graduates, teachers and families. You are the **EXCELLENCE** in making SLMHC a centre of excellence.

### WHAT IS CROSS CULTURAL CARE TRAINING ALL ABOUT?

- It was designed to increase awareness of culturally competent care for all service providers at the Sioux Lookout Meno Ya Win Health Centre;
- The suggestions from the consultations with the Elders Committee has been fully incorporated into this training program;
- The focus in this training isn't solely on Aboriginal Culture, although it is a part of the training.
- And, all cultures that are a part of the Sioux Lookout Zone are included.

Keep an eye out for upcoming fall training sessions for

**CROSS CULTURAL CARE TRAINING**  
Day One and Day Two!

## TRADITIONAL HEALING, MEDICINE, FOODS AND SUPPORTS PROGRAM

### Celebrating the 9th Anniversary of the Wiichi'iwewin Program

Please join us for cake and tea in the Cafeteria Monday, July 15th at 2:00pm.

#### What is Wiichi'iwewin?

##### Interpreter Services

- With the Interpreter Services being provided on a 24/7 basis, the interpreters provide support to all patients, clients and residents, as well as to other members of the care team.
- In fact, some of the interpreters are trained medical interpreters with college certificates!
- Their role is evolving into that of Wiichi'iwewin worker, which is built on an enhanced interpreter service, elements of the discharge planning function, and patient navigator role.

##### Elders in Residence

- They provide patient, client and resident contact, support, education and counselling as an integral element of the care plan.
- They also provide support for families during critical illness of a patient and in instances of loss and bereavement.
- Within the Wiichi'iwewin program, the elders provide support, advice and guidance to the interpreters in their work.

## THANK YOU!

The parents and students of the Grade 8 Sacred Heart School Toronto Trip 2014 would like to send out a **BIG THANK YOU** to the Dietary Department, especially Cathy Stanley, Andrea Stanley, Miranda Bramer, Adam Bruneau and also to Scott Dell in Material Services for all their help in making our year end barbeque a huge success.

~Submitted by Erin Belmore, Shelly McLarty Brenda Ropek~



### SLMHC ACCREDITATION

October 21 - 24, 2013

"It's in your hands."

## **IMPORTANT NOTICE TO ALL DIABETES PROGRAM CLIENTS**

As of December 1, 2012, services provided through the former Northern Diabetes Health Network (Sioux Lookout Diabetes Program) were transferred to and are being provided through the Sioux Lookout Meno Ya Win Health Centre.

The Sioux Lookout Meno Ya Win Health Centre has a long and successful record of providing care to clients and is familiar with the services provided previously by the Northern Diabetes Health Network. **All client files will be transferred to the Sioux Lookout Meno Ya Win Health Centre to ensure continuity of care, security and privacy for all clients.**

During the week of June 17th the program will be re-locating from its existing location at 37 Front Street to the Sioux Lookout Meno Ya Win Health Centre Ambulatory Care area. **All clients with scheduled appointments will be notified by our staff as to where they should attend.**

New contact information for the diabetes program is outlined below and will be available on our website at [www.slmhc.on.ca](http://www.slmhc.on.ca) or by calling 807-737-3030 Ext. 6576.

**Diabetes Program: # 1 Meno Ya Win Way, Box 909, Sioux Lookout, ON P8T 1B4**

### **Beginning June 17, 2013:**

To book appointments please contact: Colleen Fox @ 807-737-6576 or fax referral form to: 807-737-6266. Walk-in clients will be received at the Ambulatory Care Reception desk.

We look forward to continuing to provide these services to you.

Heather Shepherd  
Director of Acute and Ambulatory Services  
Sioux Lookout Meno Ya Win Health Centre

### **Frontline Nurses' Leadership Group Hosts Hawaiian Luau!**

The work environment plays a critical role in the quality of nursing care delivered which, in turn, affects patient outcomes. There is a growing understanding of the relationship between nurses' work environments, patient outcomes and organizational and system performance markers.



Evidence shows that healthy work environments yield financial benefits to organizations in terms of reduction in absenteeism, lost productivity, organizational health care costs, and costs arising from adverse patient outcomes. Creating a healthy work environment is both a collective and an individual responsibility.

Building positive working relationships is an important part of creating a healthy work environment. The Registered Nurses' Association of Ontario's, *Healthy*

*Work Environments Best Practice Guidelines* recommend that as leaders, nurses should develop relationships within their organizations which create trust and promote team work. In the spirit of enhancing relationships among interdisciplinary frontline care providers at SLMHC, the Frontline Nurses' Leadership Group hosted a potluck luau at the Sioux Lookout Legion on May 24, 2013. All frontline care providers were invited to attend.



It was a positive experience for all who attended.

There was great music, delicious food and lots of laughter. The Frontline Nurses' Leadership group looks forward to hosting more of these events in the future.

~Cynthia Dwyer, *Frontline Nurses' Leadership Group*



### 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.

### **NEW 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.



The next Nonviolent Crisis Intervention Training Dates are August 7th & 30th

If you:

- have not taken this course
- haven't taken it in over a year

Please notify your manager and have them contact Erika Robert, Security Team Lead, with your request. Or by email at [erobert@slmhc.on.ca](mailto:erobert@slmhc.on.ca)

**Remember!!!** courses runs from 9am—4pm. Please wear comfortable clothing and footwear as there is a mild physical component.

### **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 2014.

Please submit your digital pictures to Sharon Yule before September 2013.  
(high resolution only, please.)



### **Project Exchange**

To improve communication throughout the hospital, we will be holding monthly sessions to talk about ongoing projects and research. These sessions will be held the last Thursday of every month.

Everyone is invited to come and share their thoughts and/or projects that they are working on.

For more information, contact Rob Cooper at ext. 4360 or email at [rcooper@slmhc.on.ca](mailto:rcooper@slmhc.on.ca)

### **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 Miranda Bramer at extension 4161 or [mbramer@slmhc.on.ca](mailto:mbramer@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)

Backspace



# Back Space

by Adrienne Crosby, R.Kin, CSEP-CPT

Since we're getting into June and some nice, warm weather, I felt it would be appropriate to take ergonomics outside! The information provided in this article is reflective of the information that was provided in the Lunch & Learn on Ergonomic Gardening presented at the hospital on May 24<sup>th</sup>, 2013.

Unlike sports and fitness, proper gardening form and technique generally isn't taught! Often times, we bite off more than we can chew and give ourselves a very unreasonable amount of time to complete the tasks! If you take some time to learn about proper body mechanics, you can become more efficient in the garden, so you don't waste time and energy!

There are many ergonomic and back care principles that are common for both inside and outside! Here are a few:

- Don't lift with you back, use your legs!
- If you have something heavy to lift, use another person or a cart/lift to help!
- Wear appropriate footwear and clothing for the job you're doing!
- Try to break up tasks so you're not doing the same thing for a long period of time!

When you start getting ready for your garden, you typically start at a hardware store or gardening centre to pick up any tools or supplies you may need! You often see tools that say "Ergonomic", don't let that fool you! Just because it says "Ergonomic" on the package, doesn't mean it's ergonomic for you! The best way to know if the tool is a good fit for you is to try it! Lift the handle, hold it as if you were trying to complete the task with it, see how it feels in your hand! Is it lightweight or heavy? Is the handle padded or not? Is the handle too big or too small to fit your hand? If you're looking to purchase a shovel or rake, is the handle tall enough for you? Does it feel like you're leaning over and/or putting extra strain on your back? If so, you may have to modify the handle, or look for a telescopic (height-adjustable) handle (Figure 1.1). Generally, you want any tool you have to keep your body in neutral, unstressed positions, keep this in mind when you're shopping for tools/supplies!

Figure 1.1

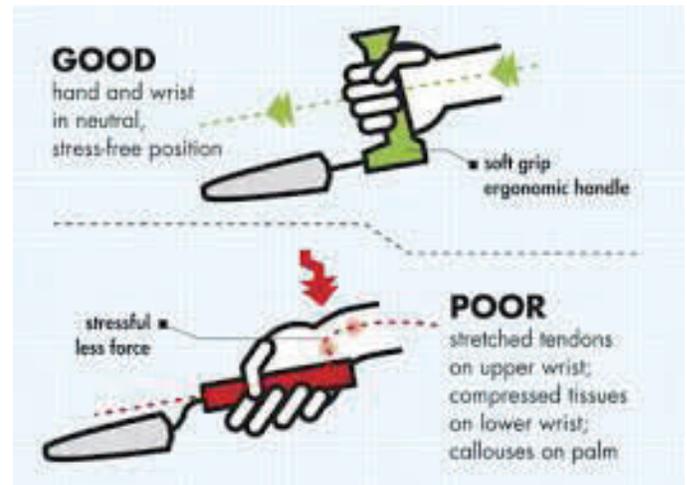


Once you have all your supplies and are ready to get into

the garden, it's time to check your body mechanics and how you are completing your tasks. As mentioned above, typically in gardening, you hit the ground running and you often don't give yourself sufficient time to get the job done! Here are some basic suggestions in point form

- Try to work from raised beds as much as possible (limit your reaching!)
- Work below shoulder level as often as possible
- Try to stay close to your work
- Keep your wrists in a neutral position (Figure 1.2)
- Take short passes with a rake, shovel or hoe (longer passes put unnecessary and increased strain on your back and shoulders)
- Carry loads close to your body – use larger muscles/muscle groups
- If you have to carry multiple items, use a wheelbarrow or garden cart to make transporting garden tools/accessories easier and more efficient!
- Make sure the conditions you're working in are appropriate for the job you're doing (working with wet vs. dry soil, working in the morning or evening vs. during the hottest part of the day)

Figure 1.2



If you find that during the gardening season, you are losing interest in gardening or you aren't enjoying your gardening experience, or maybe you are finding that you have waste from your garden (vegetables that aren't getting picked, for example), you may have to rethink your garden plan! Is your garden too large to manage with the time you have? Maybe you can consider sharing a garden

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# Question of the Month

## "What are your summer vacation plans?"



Heather Shepherd, Nursing Admin  
"Going to Halifax."



Kayla Osmond, Health Records  
"My mother-in-law is coming up for the Blueberry Festival."



Sue Anderson, Nursing  
"To spend time with my family at camp."



Erica Mulville, CPD  
"Enjoying the summer weather with family and friends!"



Dave Murray, President & CEO  
"Went to Washington, D.C."



Joel Anderson, Foundation  
"To go out with my family to our cabin."



*(Continued from page 6)*  
with a friend or neighbour, or maybe you can participate in a Community Garden. You can also try keeping a gardening journal, so you can reflect on things that worked really well in your garden, or things that you found didn't work so well! You can even track times where you started feeling stressed about your gardening experience, maybe you got excited to plant at the start of the season and now everything has to be picked at once!

You can apply any or all of these suggestions to your gardening experience this season, try changing one or two things per season so you don't get overwhelmed!

Happy Gardening!

If you have any topics or suggestions for upcoming Backspace articles, or you would like a feature done on your specific job or department, please email [acrosby@slmhc.on.ca](mailto:acrosby@slmhc.on.ca)

## 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*

### ♪♪ Nagamoodaa – Let's sing! ♪♪

**Giishpin minwedaman, owe doodan - If you're happy and you know it...**

(sing to the tune of - If you're happy and you know it, clap your hands...♪)

Giishpin minwedaman, owe doodan (do an action – stomp your feet/tap your head/ etc..)

Giishpin minwedaman, owe doodan (do an action – stomp your feet/tap your head/ etc..)

Giishpin minwedaman, ♪♪

Giishpin minwedaman,

Giishpin minwedaman, owe doodan! (do an action – stomp your feet/tap your head/ etc..)

**Giga-mino-dibishgaam – Happy Birthday**

(sing to the tune of - Happy Birthday to you ♪)

Giga-mino-dibishgaam!

Giga-mino-dibishgaam!

Giga-mino-dibishgaam, \_\_\_\_ (name of person)

Giga-mino-dibishgaam!

Nagamoon, giga-minwedaam, giga-mino'aya!  
(Sing and you will be happy, you will get well!)

### Health & Wellness Committee Update

Thanks to all the staff that participated in the Workplace Health and Wellness Draws. The winners for June were:

- Commuter Draw Winner – Jessica Trout
- Relay Pedometer Challenge – Jessica Trout
- Father's Day Draw Winner – Dean Osmond
- Take Back the (Water) Tap Draw Winner – Madilena Berze and Judie Hindy
- Canada Day Draw Winner – Darlene Weir
- Second Chance Draw Winner - Dan Rundle

The Health and Wellness committee would like to re-

mind people during the summer months to:

- Use sun tan lotion
- Wear your seat belts and life preservers
- Get lots of fresh air and exercise
- Take vacations and spend fun times with family and friends
- Come to work remembering that we have chosen careers that can make the difference in people lives!
- But most of all, enjoy your work day

Have a great summer and look for more sponsored activities by the Workplace Health and Wellness Committee

### THANK YOU!



CUPE members, Scott Dell and Christine Tavares

SLMHC would like to give a special thank you to the CUPE executive and members for their donation of a flowering crabapple tree and rose bush that were placed in the memory garden in honour of their members. We would also like to thank staff, patients and community members for their donations of plants and time to the garden over the last two years. It has made a tremendous difference. It's so nice to see our patients and staff enjoying the peacefulness and beauty of the garden.

~Sharon Yule, Special Projects Manager / Volunteer Coordinator



# Photo Gallery



New nursing staff orientation June 21, 2013



Elders Council Meeting June 12 & 13, 2013



Golfers brave the rain during the Bearskin Charity Classic on June 27th. (L-R) Laurence Durante, Ed Linkewich, SLMHC Foundation board member, Glen Smith, Occupational Therapist and Dave Kulchyski, Materials Management



Barb Linkewich (left) and Helen Cromarty (right) check out gifts that were presented to them during the Elder's council meeting held June 12 & 13, 2013



Joel Anderson, Foundation Assistant, braves the rain at the Bearskin Golf Tournament



(L-R) Rick Curtain, Gord Hill, Director of Finance, Richard Bramer, Director of Dietary and Kevin Berube



\$36,000 was raised during the Bearskin Charity Classic, which will be shared between SLMHC and Crime Stoppers.



(L-R) Helen Cromarty, Elder Joan Elsie Winter and Barb Linkewich during the Elders Council on June 13th.



Fishermen head out for a day of fun during the Walleye Weekend fishing tournament held June 8 & 9, 2013



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: \_\_\_\_\_