



NEWSLETTER
JUNE/JULY 2021



Pathways to Success

JOIN US FOR A 5
MODULE COURSE COVERING

- Communication
- Resume writing
- Interviewing
- Getting the job
- What to expect on the job



AUG

9



STARTING MONDAY
AUGUST 9 AT 7:30
ENDING THURSDAY,
AUGUST 26.
COURSE PRESENTED
MONDAYS AND
THURSDAYS



CLICK HERE TO REGISTER

LEARN BEFORE YOU BURN!

Open burning refers to burning garbage in barrels, open pits, outdoor furnaces, woodstoves, or fireplaces. Open burning of garbage is much more harmful to your health and the environment than you may think.

We have always burned our garbage – what is the big deal?

We now understand that open burning of garbage—even seemingly harmless materials like paper, cardboard, yard waste, and construction debris—releases a hazardous mixture of cancer-causing compounds and other toxic substances when open-burned.

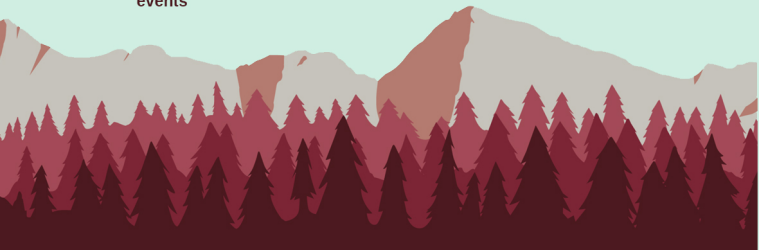


What goes up must come down!

One of the greatest concerns with open burning of garbage is the health risks posed by the release of dioxins and furans into the environment.

Exposure to dioxins and furans has been linked to:

- Certain types of cancers
- Liver problems
- Impairment of the immune system, the endocrine system, and reproductive functions
- Effects on the developing nervous system and other developmental events



Since open burning of garbage is more common in rural and agricultural areas, there is particular concern for high levels of dioxins and furans settling on crops, in our streams, and in our lakes. Dioxins and furans produced by the open burning of garbage are deposited on plants, which are eaten by animals. The dioxins and furans are absorbed by these animals and stay in the food chain until they ultimately end up in our meat and dairy products. In fact, over 90 percent of our intake of dioxins and furans is from our diet.



If in doubt do the campfire test!

If you answer ‘NO’ to any of the following, don’t burn.

Is the material naturally occurring?

- Sticks, leaves, branches and untreated wood

Is the colour of the smoke clear or white?

- Dark or black smoke can show the presence of plastics or oil indicating toxins

Does the smoke smell clean and natural?

- Bad smelling smoke can be another indicator of toxins

Would you feel safe burning it on a campfire?

- Do you want to sit around and enjoy the fire with your family?

Would you cook food on this fire?








- Are you content your fire is not producing toxic smoke?



THIS SUMMER. STAY BBQ SAFE!



With grilling season in full swing, we wanted to give you some pointers to grill safely and be BBQ safe this summer:

-  Only use your grill outside
-  Keep your grill away from other structures like siding and deck rails
-  Keep a 3 foot “safe zone” around your grill and campfire – this will help keep pets and kids safe!
-  Clean your grill after each use – this will remove grease that can start a fire
-  Place the coals from your grill in a metal can with a lid once they have completely cooled
-  Open your gas grill before lighting
-  Keep an eye on your grill, fire pit, citronella candles and torches, etc.
– Never leave them unattended

Stay fire safe and have a great summer!



CO-PRESENTED WITH



Environment and
Climate Change Canada

Environnement et
Changement climatique Canada

Wastewater Regulations for First Nations communities

AUGUST 17TH, 2:00PM - 4:00PM ONLINE SESSION

What you'll learn

- What the different wastewater regulations are that apply to your community's wastewater system
- What your community needs to do to be in compliance with applicable wastewater regulations
- Why it's important to comply with wastewater regulations to protect the environment

Who should participate?

- Water and wastewater operators
- Public Works managers and directors



For more information contact

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ALBERTA INDIGENOUS VIRTUAL CARE CLINIC

CALL 1.888.342.4822 TODAY

We will make the best effort to book a same day appointment. Our clinic serves rural and urban First Nations, Métis and Inuit Peoples and their families by secure video or phone. Our staff and doctors understand, respect and have experience working with Indigenous Peoples.



CLINIC HOURS

Monday	8:30am	- 4:30pm
Tuesday	8:30am	- 4:30pm
Wednesday	8:30am	- 8:30pm *OPEN LATE*
Thursday	8:30am	- 4:30pm
Friday	8:30am	- 4:30pm
Saturday	12:30pm	- 4:30pm
Sunday	12:30pm	- 4:30pm

PATIENT COMMENT

"It's amazing how technology works especially during this pandemic. I don't feel comfortable going to wait in a waiting room with people I don't know, the doctor was able to treat me over the phone. She was able to prescribe me medications and she even faxed it to the nearest pharmacy, the medication helped me, I didn't have to wait around anywhere."

www.AIVCC.ca



Photo Courtesy of Government of Canada,
Indigenous Peoples

Mystery Landmarks!

Can you recognize the landmark featured this month?



Did you correctly guess the landmark from the May newsletter?



We were proud to feature
a drone shot of
Piikani Nation!

[SEE IT ONLINE](#)

Outreach Event

Sucker Creek First Nation

Both of TSAG's (fully vaccinated!) Youth Outreach Coordinators were invited to Sucker Creek First Nation's Summer Solstice Health and Wellness walk to teach about their respective programming in late June.

Alex, from the Sustainable Communities Team, chose to focus on 'Zero Waste Food Production. Food security and sovereignty have increasingly become topics of interest throughout the Covid 19 pandemic, and the community is running a garden and planter box initiative this growing season. Alex showed participants at his booth how to plant a living salsa fresca or bruschetta basket (a tomato plant, onions, garlic, and cilantro or basil) that they could take home with them that included recipes to make either fresh snack once the plants have grown larger or fruited.

Eagle Willier delivered fire safety programming. Eagle showed students, adults, and families the nuances of placement of smoke detectors within their homes, as well as how to test their functionality with an actual smoke detector as part of the teaching setup - students in particular loved it!

Earth Keepers activity books were also passed out as part of a colouring contest TSAG supported SCFN's Youth Coordinator, Sheena Willier, to organize out of the Health Centre. A fishing rod and tackle were the 1st place prize!

