

Ohpahowpisim *THE Flying MOON*

**AUGUST 2023**

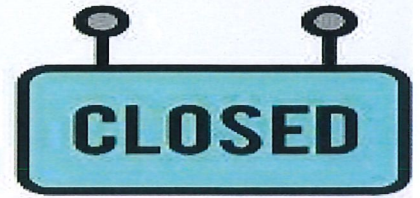
**CANCELLED**

**GENERAL BAND MEETING**

**JULY 28 @ 11 AM**



INTERNATIONAL DAY OF THE  
**WORLD'S  
INDIGENOUS  
PEOPLES**  
AUGUST 09



**AUG 7**

**CIVIC  
DAY**

## CAMPFIRE SAFETY

*Make sure your campfire doesn't turn into a wildfire*

**WATCH THE WEATHER**



*don't burn if it's windy & if surrounding vegetation is very dry*

**KEEP IT CONTAINED**

*dig a small pit and surround it with rocks  
or  
build your campfire in an existing firepit*



*keep flammable material at least*

**10 feet**

*away from your campfire*

**PUT IT OUT**

*always have a water supply and a shovel near your campfire*



## HEAT EXHAUSTION OR HEAT STROKE?

### HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

### HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



### HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°  
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

### HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

# SRFN NEWSLETTER

**INTAKE –RELEASE DATE** Aug 29, 2023

**APPOINTMENTS:** AUG 21-25, 2023

## CHILD WELLBEING

**TANSI**, Since last month it has been a bit slow with Culture Camp and the AGM at Woodland Cree. There was one day there that was set for Child and Family Services, presenters did some information sharing about the way their First Nation is moving ahead. Our Nation is going under Treaty and inherit rights, some other First Nations are going under Bill C-92 and starting off taking over the prevention part first. Our committee will begin the process of putting the information gathered into a draft Law. Connie Twin



### MEMBERSHIP

[srfntiara@gmail.com](mailto:srfntiara@gmail.com)

Office # (780)775-3536

HOURS – 8:30-4:30

Wednesday, Thursday &  
Fridays

SRFN Website:

[swanriverfirstnation.com](http://swanriverfirstnation.com)

Any info will be posted

**CHILD FAMILY  
SERVICES  
PREVENTION  
WORKER**

Jackie Neron

Providing services for early intervention support to SRFN children, youth and families.

Please contact the SRFN office at 780-775-3536



# SRFN NEWSLETTER

THE COLORING CONTEST IS OPEN TO ALL AGES



Niwo - Siphkwaw

Niyanan - Mihkosawaw

Niso- Mihkosiphkwaw

Peyak - Osawaw

Nikotwasik - Mihkwaw

Nisto- Askihktawaw

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## NOTICE TO CLEAR AND CLEAN LAKE LOTS

July 27, 2023

This is a 2<sup>nd</sup> request to everyone with a lake lot to clear or maintain your lot. This includes old camper/vehicles, BBQ's, structures, tents, etc. Garbage can be taken to the bin provided.

The lake lots will be inspected on a regular basis by Park Security. Letters will be given to individuals if a third warning is needed.

Failure to comply with this may result in your lake lot privileges being revoked after you have received the 30 day notice.

Thank you in advance for your prompt attention.

Sincerely

Chief & Council

SRFN