

SRFN NEWSLETTER

Mikisewipisim *THE Bald Eagle MOON*
JANUARY 2023

HOUSING – Please make sure all hatches are closed so pipes don't freeze up.

On Call Freeze up – Dec 17 – Jan 2 Ben Domak – 780-843-6755

STRATEGIC PLANNING – “Employment Strategy Initiation” January 21 & 22, 2023 at the Swan River School Gym. Registration at 9:00 am Prizes Daily **MUST**

ATTEND both days to win a ‘TV’ on January 22, 2023.

Facilitator – Kathryn Wieger. Goal: Input ideas from the Community to address employment issues. Lunch will be served both days.

Elders Meeting – Annual Election – Saturday, January 28, 2023 – 1-3 pm. Poster is attached

Child Well-Being

Tansi, Merry X-MAS and a Happy New Year. We have completed several more Community Consultations, the last one in Edmonton for those band members living there. We will be doing more after the New Year, in Swan River. Slave Lake and other areas where we have SRFN members. Please feel free to contact me at the SRFN Administration Office, if you have any questions or just want to talk. Wishing you all the best in the New Year. Connie Twin



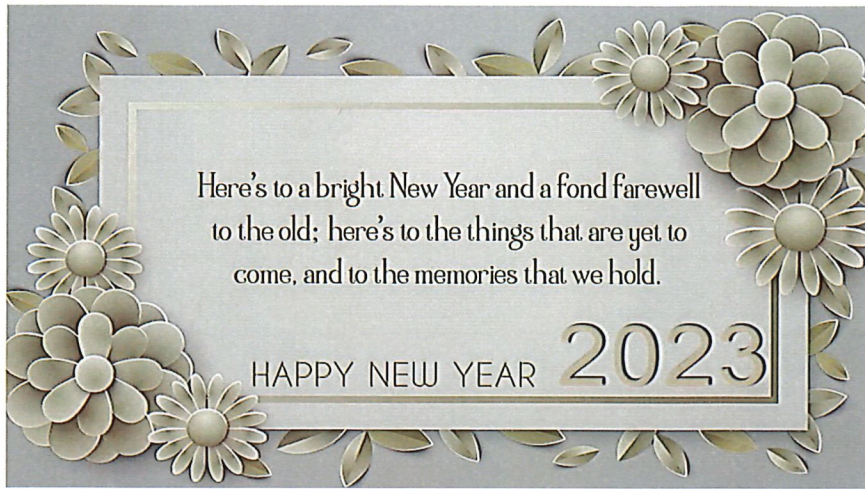
OPENING
January 3rd



2023

SRFN NEWSLETTER

If you would like to receive mail from the Health Centre please call 780-775-3544



Cold Weather Safety Tips



Wear a Hat! Almost 40 percent of your body heat escapes from your head.

Ice Safety In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy. Always walk slowly!



Layered Clothing

Inner layer – a light, synthetic thermal shirt close to the body to trap heat.
Middle layer – wool or synthetic fabric, such as a sweater or jacket.
Outer layer – outdoor jacket designed to break the wind and allow for ventilation.

Freezing Pipes When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe — even at a trickle — helps prevent pipes from freezing.

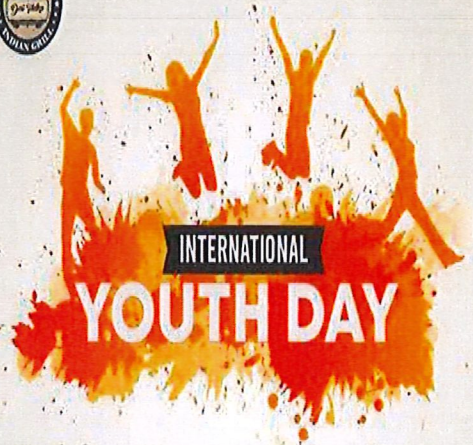
Don't forget your Pets! Like people, cats and dogs are susceptible to frostbite and hypothermia and should be kept inside during sever cold temperatures.



INTAKE

Jan – 19 to the 25

JAN 27, 2023



INTERNATIONAL YOUTH DAY

On the occasion of Youth Day, let us motivate and encourage our youth to be positive and happy in life.

Desi Tadka Indian Grill: 304 105th Ave NE, Bellevue, WA 98004

SRFN Website:
swanriverfirstnation.com

January

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12-4:30	3 2:30-9	4 2:30-9	5 CLOSED	6 CLOSED	7 1-8
8 12-7 Movie 4-6:30	9 2:30-9	10 2:30-9	11 CLOSED	12 CLOSED	13 2:30-9	14 1-8
15 12-7	16 2:30-9	17 2:30-9	18 2:30-9	19 CLOSED	20 CLOSED	21 1-8
22 12-7 Movie 4-6:30	23 2:30-9	24 2:30-9	25 2:30-9	26 2:30-9	27 2:30-9	28 CLOSED
29 CLOSED	30 2:30-9	31 2:30-9				