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# Seaneen o’rourke OR MESSAGE FROM LAVERNE?

winter 2016, Issue 4

YTC community newsletter

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Did you set a healthy New Year’s resolution? Did you break it January 2? You’re not alone! People like to set goals that are too hard to reach. Instead, try setting a SMART goal. SMART stands for **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely.

* **S**pecific: Don’t set goals like “eat a better diet” or “exercise more.” What will you do to eat better and move more? Better goals would be:
* “Eat a better diet by filling half my plate with vegetables at supper.”
* “Aim for 30 minutes of exercise at least 2 times a week.”
* **M**easurable: You should be able to measure how you are doing. If you want to exercise more, a good goal may be “Walk once a week, and each week walk 5 minutes longer.” This helps keep you on track and can motivate you too!
* **A**ttainable: Don’t set goals you will never meet. “Never drink pop again” or “Lose 30 pounds a month” are hard goals to meet. Goals that are too hard to meet set you up to fail. Set small goals that are hard, but not impossible.
* **R**ealistic: This is almost the same at setting attainable goals. Losing 30 pounds a month isn’t realistic because it would be too hard, not to mention unhealthy! Make sure you set goals you can and will work for.
* **T**imely: Set a time frame for when you want to meet goals by. Don’t give yourself an endless amount of time to meet a goal. “Cut down on pop to 1 can a day’ seems like a good goal. ‘Cut down on pop to 1 can a day by the end of February” is even better. This gives you a deadline to work towards.

Once you meet your goal set new ones! Keep in mind that goals can be set anytime. You don’t have to wait for New Years! Book an appointment with Sarah, the dietitian at YTC, for help in setting your own SMART goals. Call her at 587-524-0180 or e-mail her at [sarah.juchli@ytcadmin.ca](mailto:sarah.juchli@ytcadmin.ca).

At Health Co-Management, First Nations and Health Canada work jointly to improve the health outcomes of First Nations communities in Alberta every day. We actively advocate for the holistic health of every individual, finding ways to help meet their specific need.

HCoM is a forum for discussion, information sharing, and decision-making between First Nations and Health Canada. Co-Management means all First Nation partners and Health Canada participate in making our communities healthier places to live.

# Nutrition

QUICK AND EASY CHILI

This looks like a long ingredient list, but it is mostly things we have in our cupboards anyways. Packaged spices can be expensive. Buy them in bulk if you can to save a lot of money! Chili is an easy, cheap, tasty, and healthy meal the whole family will love! Sarah Juchli, YTC’s dietitian, holds cooking classes where you can learn to cook chili and lots of other great things. If you are interested in coming to a class, call your health centre!

Ingredients  
1 medium white onion  
4 cloves garlic  
2 red peppers  
2 cans of jalapeno peppers OR 2 fresh jalapeno peppers  
1 tablespoon vegetable oil  
1 pound lean ground beef  
1 tsp. oregano  
1 tsp. cumin  
1 15 oz. can pinto beans  
1 15 oz. can kidney beans  
2 15 oz. cans black beans  
1 15 oz. can tomatoes  
3 tsp. red wine vinegar  
2 tbsp. brown sugar  
1 tbsp. mustard

Directions  
1. Cut up onion, garlic, red peppers, and jalapeno peppers  
2. Heat vegetable oil in a large pot on the stove over medium heat  
3. Add cut up vegetables (onion, garlic, red pepper, jalapeno peppers)  
4. Cook vegetables, stirring often, until soft  
5. Add beef to the vegetables in the pot  
6. Cook until the beef is no longer brown  
7. Add oregano, cumin, pinto beans, kidney beans, black beans, tomatoes, vinegar, brown sugar, and mustard to the pot   
8. Stir well  
9. Turn the heat on the stove up to medium-high  
10. Once the chili starts to bubble, turn the heat back down to medium-low  
11. Place a lid on the chili pot  
12. Cook for 45 minutes, stirring occasionally

First Nations have been taking advantage of the warm winter months. Construction has been continuing and the communities are completing a vast array of projects out in the communities. I trust that your holidays were filled with special moments with family and friends.

JOB POSTING

We are currently seeking applicants for the position of Maintenance Manager. Applicants interested can forward their resume to Joy Waskahat, Human Resource Officer.  
A Fire Inspector Position will also be opening in the near future. Keep your eyes posted for that information!

REQUEST FOR PROPOSAL

Prior to Christmas, Yellowhead Tribal Council and Technical Services were able to submit a proposal to CMHC to retain the delivery of the Section 95, Section 10, Residential Rehabilitation, and HASI programs. Currently CMHC is seeking to share the duties of program delivery with another service provider. The selected organization will deliver the program nationally, provincially, or by service area. It is unclear as to what will occur And it likely will depend on the response to the request for proposal received. We will keep you posted as to the status of our proposal.

DATABASE

Database for housing and the other areas in Technical Services will be tackled in the spring. The database will be for the storage of data from each community and will help each community plan for the future in regards to housing replacement,

# Housing

maintenance, and upgrades to specific areas of concern for each First Nation. I’m excited for the new initiative but progress in this area is dependent upon securing funding sources.

CODE COMPLIANCE INSPECTIONS

So far this year, the introduction of code compliance inspections has been occurring on the CMHC projects. AANDC has also been asking for this additional inspection and so we have been providing these for ongoing projects. Note that code compliance inspections are an added request by CMHC and AANDC and will be an additional cost that the band will be invoiced for. This cost will need to be budgeted for with all new projects.

SYMPOSIUM

Our second symposium will be occurring in Edmonton in March and hosted by the Tribal Council. As part of Technical Services, it is my desire to meet with the housing and public work staff in the evening to discuss housing and public work issues of concern.

Kathleen Griffin  
Housing Inspector/Advisor

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# Health co-management

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