



# Community Activator

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## Hunting Season: Prevent injury and maintain safety.

With the Harvesters Support Program (HSP), and the language & Culture department (tent frame) putting forward the monies so that many families can depart on their way to hunting camp, it is becoming more evident that our “traditional” means of provision are becoming stronger within the community. Hunting, has been the only thing that can span across every living thing on the planet that is carnivorous by nature, but, one thing that has been over looked in regards to hunting, is the overall physical activity that takes place during the season and the unforeseeable dangers that come with the territory.

### Lifting

Many people abuse and misuse their backs when lifting, either in a misjudging manner or inappropriately. A few things to remember and to reflect on while lifting and hauling heavy objects is: *Your posture, your legs, your age (yes if you are too old you may hurt yourself) and your sense of judgments on the object you will be lifting. Remember when lifting you want to lift with your legs while maintaining a upright posture to avoid any serious damage or risk to your back, that can also put you out of hunting season and have lifelong back/spinal health complications.*

### Gun safety

This shouldn't even be an issue as most already know that guns are very dangerous when not properly supervised or maintained, but I will enlighten you anyway.

*Always remember to keep your guns stored in their rightful cases with proper safety measures like trigger locks, removing the bolting mechanism, making sure it is unloaded when finished for the day, keeping it on safe when in use (loaded) and not having and ammunition chambered until you're ready to fire, storing your ammunition properly and away from heat. Most safety measures are just plain common sense, but if you have young children around, take extra precaution so to avoid any dangers to them as well as yourself.*

### Chopping wood

One wouldn't even think that this can be a risk to health or safety but it is so lets take a look. *When chopping wood, always be mindful of your posture your stance, and your strength when swinging, your grip, make sure you are aware of your surroundings and that there are no people within your area. Chopping wood can injure your back and hyper extend (stretch) your shoulders to the point of discomfort or damage, so be mindful before you become “Conan the destroyer” to avoid any damage to your physical health. Always be sure to keep your axes stored properly blade down so it doesn't become a danger to those around.*

### Dehydration & Urinating

I know, it sounds gross, but these to go hand in hand (no pun intended).

*When out on the land be sure to pack a sufficient amount water, do not rely mainly on soft drinks, tea or coffee, as these only contribute to dehydration. One good alert your body gives off to you to consider dehydration is plain and simple; Thirst. Another minor alert is your lips become chapped and you should drink something to avoid any risk of dehydration. **Here are some other signs of dehydration** : Sluggishness, Light Headedness, dark urine or low output, and “empty stomach” feelings.*

*Although, frequent urination contributes to dehydration as fluids are leaving your body, the lack of urinating can often damage it. So keep in mind when you're sitting in your blind or travelling long distances, urinate as frequent as you can, “holding it in” can cause a urinary track infection that Tylenol or Advil cannot treat alone. Not only can this become the cause of infections to the urinary track, but it can also lead to “Incontinence” that many people suffer from and become limited to wearing adult “diapers”, so save yourself the trouble and “just go” when you need too!*

## Tips cont...

### Proper Foot Care

Many over look this, but be sure to pack proper foot wear and extra pairs of socks so your feet remain dry at all times, there are a few things that may occur if you do not care for your feet properly, (especially if you are diabetic): The main problem that can occur if your feet remain damp and moist is fungal infections, this can contribute to athletes foot, and infections of the skin, also, be mindful of your cuts and open wounds on your feet either before or during camp. It is always good to carry a small portable pocket first aid kit, you can buy one or see the local **Red Cross** office for yours!

### Proper Meals/Eating

When hunting many individuals purchase what is not as perishable in comparison to vegetables & fruits, and that is easier to transport. What we fail to realize is what exactly it is we are eating by the time we make it. A tip while hunting especially those long days either travelling or sitting (blind) is to make sure you have proper meals, be sure to eat breakfast, and snack throughout the morning so you are not eating in bulk at lunch, try to pack as much fruit as you

can, apples, oranges, cantaloupe, things that will be a bit more durable to transport, and serve as your snacks in-between meals. The benefits of fruit is that fruit contains water as well so you are hitting 2 birds with one shot (again no pun intended) this way it also allows you to feel full longer, rather than with “junk food” snacks the feeling dissipates within a shorter time frame.

The Community Activator would like to wish everyone a Happy Easter & a SAFE SPRING HUNT!

## Green House? Garden Ready!

**It's still chilly outside, and some of us continue to face the threat of winter storms. But spring is almost here, and now is the perfect time to plant seeds and start growing your garden indoors. You'll get a jump on the outdoor season and be the first person in town with fresh veggies and blooming flowers when summer finally comes.**

**Choose Your Plants and Buy the Seeds:** Typically you would want to buy seeds that are suitable for our zone (see next page for zone details), but considering that our area is very unpredictable, I recommend that you try a variety of plants and vegetables, and see what best suits you in regards to maintenance and attention (some require high attention whereas others do not).

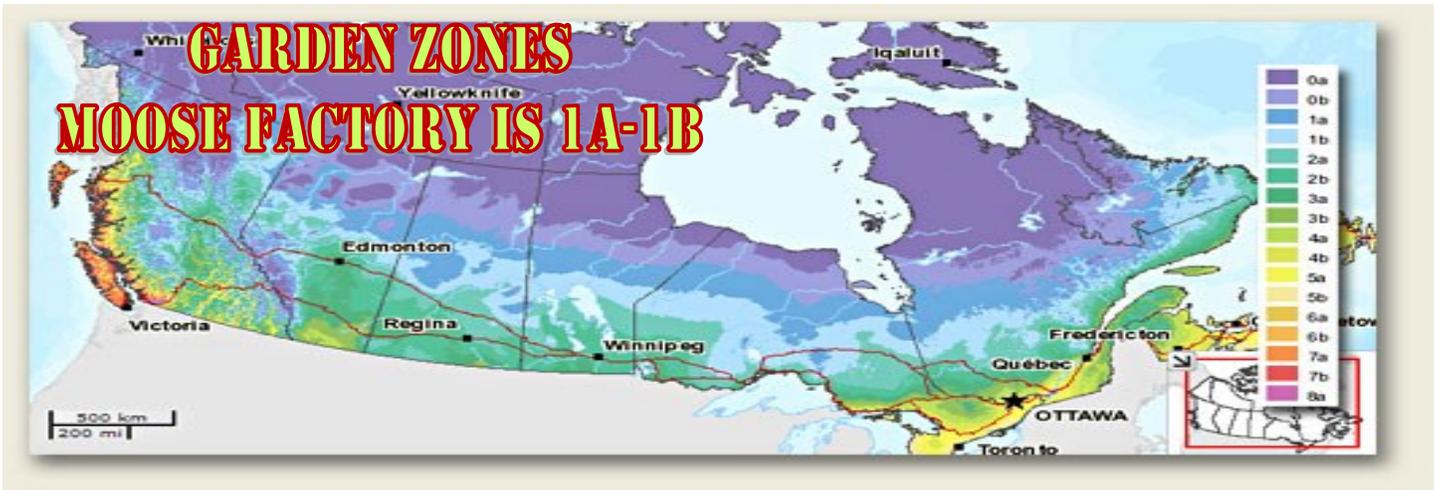
**Reuse or Buy containers to start growing:** If you are the type of per-

son that reuses containers like yogurt cups, margarine containers etcetera, these are perfect for planting and beginning in doors, and that it also cuts costs, if not head down to one of our local variety stores and ask about their gardening containers.

**Dedicate an indoor garden area:** this is essential, one thing you DO NOT want is your plants and veggies growing in a high traffic area in your home in fear of unfortunate accidents, so if you have any areas like your basement or an extra room? This would be a perfect place. Make sure to have your plants on a cart of some sort so that each day before work you can put them in front of a window so they get a correct amount of sunlight!

**Prep the soil and plant the seedlings—when the time is right!:** Many make this mistake as first time gardeners, I have on occasion, planting too late or too soon can prevent from your crops from growing properly, one thing to do is before you transplant your seedlings to the normalcy of the outdoors is to check the soil temperature, making sure it is warm enough and damp enough. With that being considered, make sure your seedlings are grown enough, but not overly grown as the state of shock once transplanted can delay the growth of your seedling.

**Water wisely:** I recommend that you use a mist-er no a straight flow so you do not wash away necessary soil nutrients



## Spring Cleaning: Clean up your diet!

Now that it is spring, how are those new year resolutions going? Don't worry if you totally forgot about what exactly it was you were going to stop or improve on, this article serves as a reminder that, no matter what bad habits we pick up, eating a dietary needs will continue to remain the same.

Cleaning up your diet is harder than most seem to believe, it's a difficult adjustment for many, we create and fall into bad habits that are created by our everyday lives. Most often wonder where to begin, what should I start with? Should I just cut out bad foods like junk food, fast food, processed foods? To quit comfortable bad habits

abruptly may be worse for you than you realize, our bodies become dependent on what we consume over a prolonged period of time. A good way to start cleaning your diet is :

1. taper off the junk food slowly
2. Track what you eat in a week, and slowly decrease your consumption in serving value.
3. Replace "bad snacks" with fruit or equivalent (natural).
4. Stop buying in bulk.
5. Learn your portions

6. Find encouragement with peers
7. Plan your meals
8. Utilize local and technological resources to help you with obtaining the necessary information.

When you begin to follow your portions, you begin to buy less, therefore increasing your pocket value, and maintaining healthy eating habits. Once you start and become successful in your endeavors, you will see the change in your household budget. Healthy eating in Northern Ontario is expensive this is a fact, but following the Portion guidelines you will realize that it is not expensive as it looks.

## Yard Duty

Well the snow is slowly starting to melt and it is almost time to start that dreaded yard duty. Before you set out to start your yard work, be sure to have the appropriate tools so that you get the job done without injury. There are many benefits with rakes and other yard tools, many of which have ergonomic handles, this helps ease pain in your hands from that continuous closed grip. Other things to do is to make sure you are not lifting or doing thins on your

own in case an accident or a fall may incur, at least this way you have someone their to assist you if anything should happen. The benefits of cleaning your yards is the sunlight you get during this time. Sun Shine delivers a very effective vitamin to our skins, which is Vitamin D, this helps with our immune system, moods and other health functions. Another benefit of yard work is physical activity, physical activity helps with our mood believe it or not,

through physical activity, endorphins are released, a chemical in our body that can contribute to a positive mood, less body aches, and a increased energy level.

The last but certainly not least benefit from yard work is, you have a nice freshly cleaned yard that looks great and will be the stage for a lot of outdoor activities like BBQ-ing, swimming and sprinkler extravaganzas all summer ,long!

# APPS!



## MyFitnessPal: calorie counter & diet tracker

This app is FREE, it tracks what you eat and counts calories. It also, has a food Database with over 2 million foods, this app can help assist you with maintaining your diet with the goal to lose weight



## LiveStrong: MyPlate

This app comes in 2 versions: Lite (free) or purchase (\$2.99). If you purchase this app you have added benefits and perks with livestrong.com. This app assists with tracking your meals, counting calories as well as your daily exercise, it is very basic and not too technical.

**(Recommended)**



## Lose It

A calorie Tracker that is a lot more personalized than the others, this is a primarily a weight loss program app, but also boasts a strong database, and is very easy to use.

# Don't Forget To Portion

