

# COMMUNITY HEALTH EDUCATION

NEWSLETTER - JULY 2024



## Gitigaan Seed Distribution

**“The more you share the seeds, the more you grow; the more the system grows, the more a community grows.” Edie Mukiibi**

In May Sault Tribe Health Education distributed over 250 Gitigaan kits. Sault Tribe members were given the choice to pick from a salsa kit, or a four sisters kit. The Salsa kit included jalapenos, tomatoes, cilantro, bell peppers, and onions. The 4 sisters seed kit included corn, beans, squash, and sunflowers.

If you received a Gitigaan kit, please don't forget to send in pictures of your garden.

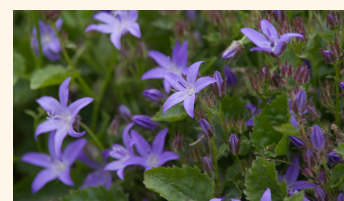
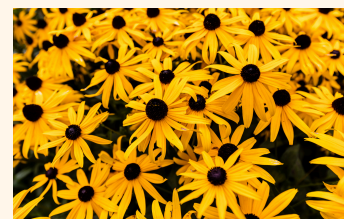
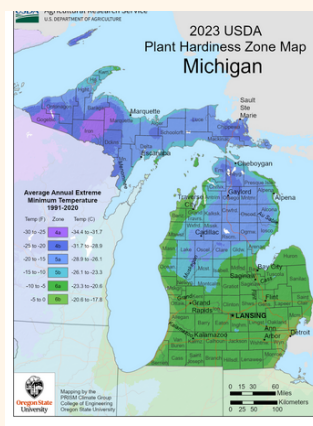


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## The Garden Corner

- **Know your USDA Hardiness Zone.** Use it as a guide to avoid planting trees, shrubs, and perennials that won't survive winters in your area. You'll also get a better idea of when to expect your last frost date in spring, so you know when you can plant vegetables, fruits, and annuals outside in your area.
- **Learn the length of your growing season.** This is the time between your last frost in spring and your first frost in fall, and it provides an indicator of what plants to start indoors.
- **Pay close attention to how much light different plants need.** Grow vegetables in a location that gets at least 8 hours of direct sunlight every day. Most vegetables need full sun to produce the best harvest. Try growing cool-season crops such as lettuce, spinach, radishes, and cabbage if you have some shade.
- **Avoid digging or planting in wet soil.** Working in wet soil damages the soil structure. Wait until the soil is crumbly and no longer forms a ball when you squeeze some in your hand (it doesn't have to be bone-dry) to till or dig.
- **Learn about and plant native species.** Native species of plants are often better adapted to growing in your region than plants from other places in the world. They are also better for local pollinators that evolved with them. If you want to grow plants to support pollinators, avoid newer cultivars with double flowers because all the extra petals make it harder for insects to reach the nectar and pollen.



# Kayak Safety

Finally... Blues skies and warmer water everywhere! This is the season we've all been waiting for. If you haven't done so yet, now is the time to plan some trips to get that 'yak on the water!

The first and foremost precaution that should be taken is to always wear a life jacket. The best type of lifejacket to select is a US Coast Guard-approved Type III. Once you've selected the proper type of life jacket, you need to be sure to get the correct size and make sure that you adjust the straps properly. You want to adjust your life jacket so that it's snug and comfortable. It shouldn't slide up when pulled by the shoulder straps.

1. Always plan for changing weather. As the saying goes in Michigan, "if you don't like the weather, just wait 5 minutes." Summer storms can be fast-moving and spring up seemingly out of nowhere. Be sure to check the weather forecast first. Make sure that you know the time of sunrise and sunset.
2. You want to prepare for the worst-case scenario. Air temperature, wind speed, and direction are important factors when planning a trip on the water. Have an exit strategy in place. If the weather suddenly changes, where is the nearest safe landing spot? Keep an eye on the sky. Look for dark clouds on the horizon and be aware of changing temperatures and wind directions, which often precede a squall or thunderstorm. Don't wait for the weather to get rough. If you sense a change for the worse, get off the water immediately.
3. Make sure to share the 4 Ws of your plan with a good friend or family member:
  - Who is going;
  - Where you are going, including put-in, take-out, and route;
  - When your estimated launch and return times are;
  - What to do if you do not return or check in as planned.
4. Dress for success. Wear the proper attire for the possibility of getting wet. Avoid cotton clothes such as t-shirts and jeans, as they retain water and accelerate the cooling of the body when wet. Today's paddling gear uses high-tech fabrics and technology to keep you dry and comfortable. If the water is cold, a wet suit will help keep you warmer if you end up immersed in the water. You also want to dress for visibility. Wear bright-colored clothing and a life jacket that will make it easier for others to see you on the water.
5. You want to practice "defensive paddling." Don't assume another vessel, whether it's a power boat, jet ski, etc., will see you. Avoid high-traffic areas, and always be aware of your surroundings.

\*\*Information Courtesy of the United States Coast Guard

## TO DO LIST

- Type III Life Jacket
- 4 Ws
- Snacks & Water
- Check Weather
- Sun block & Hat
- 



# Beading Workshop

Aiming to preserve and promote traditional Anishinaabe creative arts, the Sault Tribe Health Education team hosted a Cultural Beading Workshop on June 14th at Big Bear Arena.

The workshop was led by Deb Pine, who instructed participants on how to make a pair of earrings. Each person had the opportunity to choose their center stone, learn how to bead around it, and place a backing and post for the earrings to be worn.

For more information or to sign-up for future workshops, please contact Alexis Wrozek at [awrozek@saulttribe.net](mailto:awrozek@saulttribe.net) or at (906) 643-8689, extension 34532.



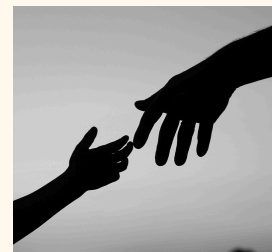
## Purposeful Parenting

July is Purposeful Parenting Month, as designated by the U.S. Department of Health and Human Services. The essence of purposeful parenting is being intentional in focusing on relationships and cultivating a home and family life that values both children and adults. This occurs through the use of the “6 P’s of Purposeful Parenting,” as coined and developed by the American Academy of Pediatrics (AAP): being protective, personal, progressive, positive, playful, and purposeful.

Purposeful parenting equips families to navigate the complexities of the modern world, providing a foundation of values and emotional intelligence for informed decision-making. It avoids fear-based tactics and instead emphasizes teaching and guiding philosophy to foster respect through trust and understanding. Noteworthy, purposeful parenting positions parents as leaders, guiding children through challenges, instilling values, and promoting personal growth.

Purposeful parenting's emphasis on relationships, built on teaching and guiding, is a powerful approach. Being intentional and purposeful in parenting provides the structure and support needed for children to thrive, making it the key to building enduring and resilient families.

The 6 P’s of purposeful parenting. American SPCC. (2022, July 20). <https://americanspcc.org/the-6-ps-of-purposeful-parenting/>



# National Parks and Recreation Month

July is national parks and recreation month, and what better place to celebrate than our own Great Lake State of Michigan!

Why is it essential to have parks and recreation available to the public? According to the CDC, "people who have more access to green environments, such as parks and trails, tend to walk and be more physically active than those with limited access." Unfortunately, less than half of the United States population lives within half a mile of a park. The good news for Michigan residents is that we have a wealth of recreational and park opportunities. Michigan offers many different opportunities to camp, bike, and hike for people of all ages, with accessible options available.

- **Brimley State Park**, one of the oldest state parks in the Upper Peninsula, offers numerous recreational opportunities along Lake Superior, including camping, swimming, boating, and fishing.
- **Tahquamenon Falls**, Upper and Lower, offers hiking, camping, and beautiful scenery. Be sure to bring your camera; you will not regret the 94 steps down to the "Root Beer Falls."
- **Algonquin Pathway**, a beautiful hike through a mix of hardwood and conifers along a network of small ridges, will have you questioning if you're still in Sault Ste. Marie City Limits.

For a complete list of Michigan parks and trails, please visit <https://www.dnr.state.mi.us/parksandtrails/#list> and for a complete list of trails within Sault Ste. Marie city limits, please visit <https://saultstemarie.com/sault-stemarie-trails-within-city-limits/>.

Community Health hopes to see you out on the trails and in the parks! If you are seeking a hiking group to join, our Health Education Team organizes weekly hikes every Wednesday. Please contact Community Health at 906-632-5210 for more information.

Centers for Disease Control and Prevention. (2022, March 16). Parks, recreation and green spaces. Centers for Disease Control and Prevention. <https://www.cdc.gov/physicalactivity/activepeoplehealthynation/everyone-can-be-involved/parks-recreation-and-green-spaces.html>



## Tea Blending Workshop

The Health Education Team would like to cordially invite you to participate in our upcoming educational workshop: "Tea Blending 101", which is scheduled for the latter part of the summer season. This immersive experience will provide you with valuable insight into the significance of incorporating herbs into your daily life and the remarkable therapeutic potential of plant-based medicines. Come enjoy an afternoon of verbal teachings while blending a cozy tea suited for everyday overall health. Please stay tuned for updates on the Sault Tribes Facebook page. Alternatively, you can contact Maddy Lamma at 906-632-5200 to be added to the waiting list.



## Upcoming Events

**June 5th - Aug 28th**

Community Hikes

**June 26th - Aug 28th**

Sault Elder Center Group Exercise Class

**July: TBA**

Tea Blending Workshop

## National Days

**July 3rd:**

Compliments your mirror day

**July 8th:**

Blueberry day

**July 22nd:**

Hammock day



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