

COMMUNITY HEALTH EDUCATION



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➤➤➤ Apple Cider Press Workshop 2024

Nothing says fall like fresh-pressed apple cider. Apple pressing is a wonderful activity that individuals, young and old alike, can enjoy and is a perfect way to appreciate seasonal living.

On September 21st, the Sault Tribe Health Education Team and Bay Mills Community College hosted an Apple Cider Press Workshop. The workshop showcased the process from seed to cup of apple cider. During the workshop, participants:

- Learned all about apples – where they come from, how they grow, the varieties and colors, the seasonality, and so much more.
- Explored the apple press machine – what the parts are, what each part does, and how the machine operates.
- Learned how cider pressing takes two steps: crushing the apples first and then pressing them.
- Worked collectively to press cider.
- Enjoyed samples of fresh apple cider – noting differences between store-bought cider and freshly pressed cider. In fact, each participant took home their own gallon-jug of fresh pressed apple cider!
- Learned about seasonal eating – the practice of consuming foods that are naturally available in a region during a specific time of the year and how this practice contributes positively to nutrient density, environmental sustainability, cost-effectiveness, and improved digestion.

Thanks to the efforts of Sault Tribe Health Education and Bay Mills Community College, the Apple Cider Press Workshop had 33 attendees. The participants received hands-on experience about harnessing the freshest and most nutritious produce, particularly apples, that nature has to offer with the changing seasons. The 4 facilitators received many positive comments from attendees and plan to offer more workshops like this one in the future.



➤➤➤ Canning Workshop Series

Sault Tribe Community Health Educator, Julia Jarvis, and MSU Extension are hosting a Canning and Preserving Workshop Series in Manistique and Escanaba. These workshops are free to all community members. Limited spots available. To register or for more information, please contact Julia Jarvis at 906-203-6343.

Manistique Tribal Community Center 5698 W US Highway 2, Manistique, MI

Tuesday, October 22nd: Low Sugar Jam & Blanching and Freezing

Tuesday, October 29th: Corn Relish

Tuesday, November 12th: Pressure Canning Meat



Escanaba Community Center 3721 Jingob St, Escanaba, MI

Thursday, October 24th: Low Sugar Jam & Blanching and Freezing

Thursday, October 30th: Corn Relish

Thursday, November 7th: Intro to Pressure Canning

➤➤➤ Health Fair Recap


Sault Tribe Community Health hosted a series of health fairs across the Tribe's seven-county service area. At each fair, tribal and community members were able to get flu and COVID-19 shots, health screenings, and learn about an array of health topics including smoking cessation, nutrition, diabetes management, cancer, men's and women's health, physical activity, mental health, and more!

Attendees were able to participate in a few interactive educational demonstrations, such as friendship soup with the registered dieticians, an exercise demo with an exercise physiologist or, pumping air into real pig lungs to compare the capacity of a smoker's lung to a non-smoker's lung.

If you missed out on your area's health fair and are looking to get vaccinated - don't worry! Just reach out to your local tribal health center and schedule a vaccine appointment.



As the hunting season kicks off, ensuring your safety in the woods is important. Whether you've been hunting for a while or are new to the sport, it is important to know basic safety guidelines to make your experience safe and enjoyable. Here are some good tips to keep in mind during hunting season:



Ensure your firearms or bows are in good working condition

Wear Hunter Orange: Visibility is crucial, especially when others might be hunting in the same area. A blaze orange vest or hat helps others spot you easily, reducing the risk of accidental shootings.

Follow the Rules: Familiarize yourself with local hunting regulations and laws. Compliance with the laws and regulations ensures both safety and respect for wildlife and you as a hunter.

Check Your Gear: Before heading out, inspect your equipment. Ensure your firearms or bows are in good working condition, and that you have the appropriate safety gear, such as a first aid kit and a whistle.

Communicate Your Plan: Always inform someone about your hunting location and expected return time. In case of an emergency, this information is important for rescuers.

Be Aware of Your Surroundings: Keep an eye on the weather and terrain. Avoid hunting in extreme conditions or on unstable ground. Being aware of your environment helps prevent accidents and injuries.

Practice Safe Firearm Handling: Always treat firearms as if they are loaded. Keep the safety of your firearm on until you are prepared to take your shot. Keep the muzzle pointed in a safe direction, and only shoot when you have a clear, unobstructed target.

Use a Tree Stand Safely: If you use a tree stand, make sure it's properly secured and use a harness. Falls from tree stands are a common cause of hunting injuries, but proper use can lower this risk.

Basic First Aid: Consider taking a basic first aid class. Having knowledge of hands only CPR could save a life, should a hunting partner have a heart attack. For more information please visit lifesaverup.com



...and use a harness.

By following these safety tips, you can ensure a safe and successful hunting experience. Remember, safety is as important as skill when it comes to hunting. Enjoy the season and stay safe out there!

Happy Hunting!

Autumn Bucket List

Grab your sweaters and cozy drink and get ready for your best autumn yet. Health Education has compiled a list of fun autumn activities that you can do to celebrate the season!

Visit a pumpkin patch

Of course, this is at the top of our list! Enjoy a day of hay rides, apple cider, and games. Some pumpkin patches to add to your list this year are the Red Barn Farm in Sault Ste. Marie or Pond Hill Farm in Harbor Springs. You'll be sure to find the perfect pumpkin!

Carve or paint pumpkins

If you can't make it to a pumpkin patch this year, don't fret; you can still find the perfect pumpkin at your local grocery store or farmers market! If you choose to carve your pumpkin, cute or spooky, make sure you save those seeds and pop them in the oven to roast for a tasty snack!

Take a nature walk.

Do you hear that? The crunching of the leaves with every step taken. Autumn is argumentatively the best time to take a stroll to get your steps in and admire the colorful fall foliage while breathing the fresh, crisp air! Grab a friend to walk with or go solo with a perfect, accurate autumnal playlist to complete the experience.

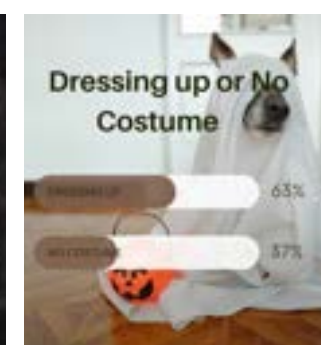
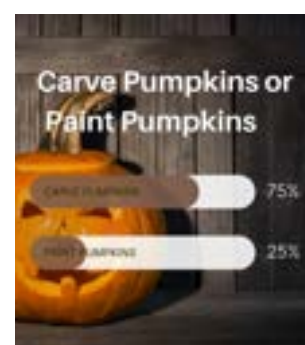
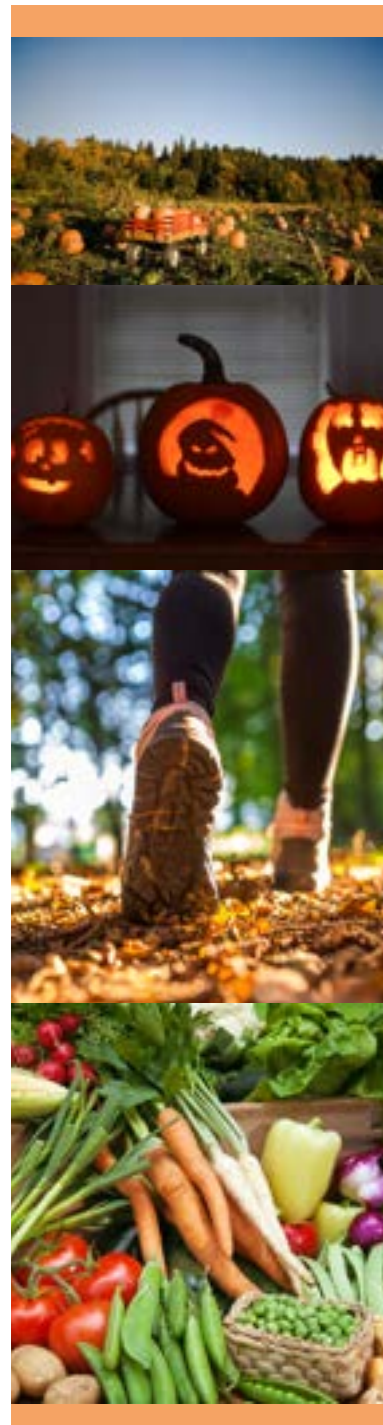
Take your workout outside.

With the weather cooling down and no bugs to be found, autumn is a great time to get your sweat on outdoors. Enjoy the gorgeous views and refreshing air on your jog, yoga practice, or even a full-body circuit. For more information about physical activity, contact Community Health at (906) 632-5210 to be connected with an Exercise Physiologist to see if you qualify for the Medical Fitness Program.

Eat seasonally

Did you know there's more to fall produce than pumpkins? Next time you're loading up on produce, be on the lookout for apples, green beans, kale, sweet potatoes, beet chard, figs, and radishes. Bonus points for shopping at your local farmers market! P.S. Don't forget the classic spices: cinnamon, sage, cloves, and nutmeg.

Health Education Staff participated in a poll to determine their preferred autumnal preferences. How do your preferences stack up against our team?



The true star of the fall season is undeniable. They're everywhere: in our coffee, in our pies, on our front door step, and in our savory dishes. We're talking about pumpkins, of course! And on October 26th each year, we celebrate National Pumpkin Day. This unofficial holiday was created to recognize this versatile fruit. Yes, we said fruit. Native to North America, pumpkins are one of the oldest domesticated plants, having been used as early as 7,500 BC. And they are one of the most popular crops in America. In celebration of National Pumpkin Day, here are some fun pumpkin facts:

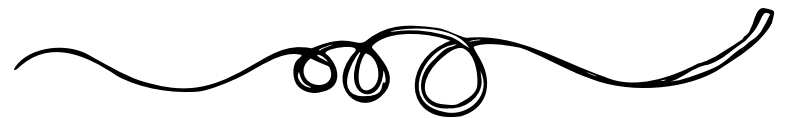
Fun Pumpkin Facts:

- **Did you know?** A pumpkin is a berry.
- **Did you know?** Pumpkins are grown on every continent except Antarctica.
- **Did you know?** 80% of the U.S. pumpkin crop is harvested during October.
- **Did you know?** Each pumpkin has about 500 seeds.
- **Did you know?** Every single part of a pumpkin is edible. You can eat the skin, leaves, flowers, pulp, seeds, and even the stem!
- **Did you know?** Pumpkins are 90% water, which makes them a low-calorie food.
- **Did you know?** There are 45 varieties of pumpkin. The traditional American pumpkin used for jack-o-lanterns is the Connecticut field variety.
- **Did you know?** Pumpkins are extremely healthy and packed with vitamins, minerals, and antioxidants. In fact, they are one of the best sources of beta-carotene and are loaded with fiber, potassium, and vitamin C.
- **Did you know?** A French explorer in 1584 first called them "gros melons," which was translated into English as "pompions". It wasn't until the 17th century that they were first referred to as pumpkins.

Pumpkin Patch Word Search



jack-o-lanterns	gourd	october	
pumpkin spice	seeds	harvest	stem
pumpkin	carve	orange	fall
painted	fruit	patch	



To commemorate the holiday, carve or paint pumpkins, visit a pumpkin patch, attend a pumpkin festival, and enjoy a pumpkin culinary creation, such as pumpkin bread, pumpkin spice lattes, pumpkin ravioli, pumpkin curry or roasted pumpkin seeds. Can you solve our Pumpkin Patch word search above?



Upcoming Events

Canning / Preserving Workshop Series

Manistique - Oct. 22nd, 29th, and Nov. 12th

Escanaba - Oct. 24th, 30th, and Nov. 7th

Escanaba YEA Halloween Event - Oct. 26th



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