



EASTMAIN

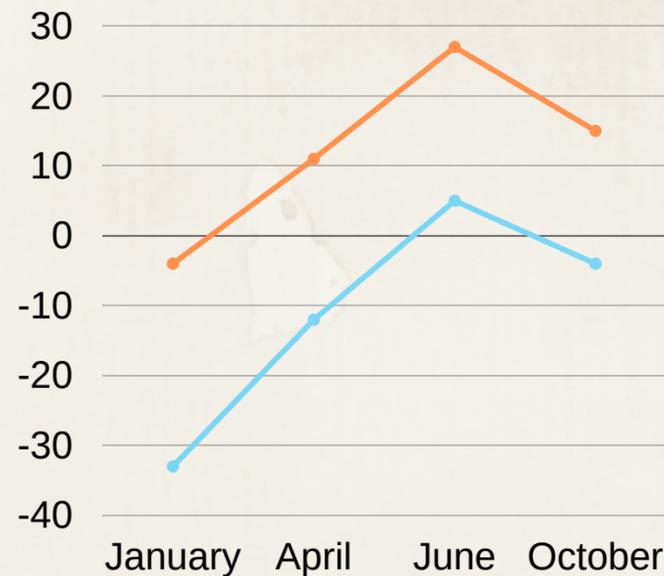
Address: 143 Nouchimi street, Eastmain, Quebec, J0M 1W0
Tel: 819-977-0241 and 819-977-0283



It's the Hudson Bay Company's first permanent fur trading post, called then East Main House. Its name in Cree is Wapanoutaaw, which means « lands at the east of James Bay ».



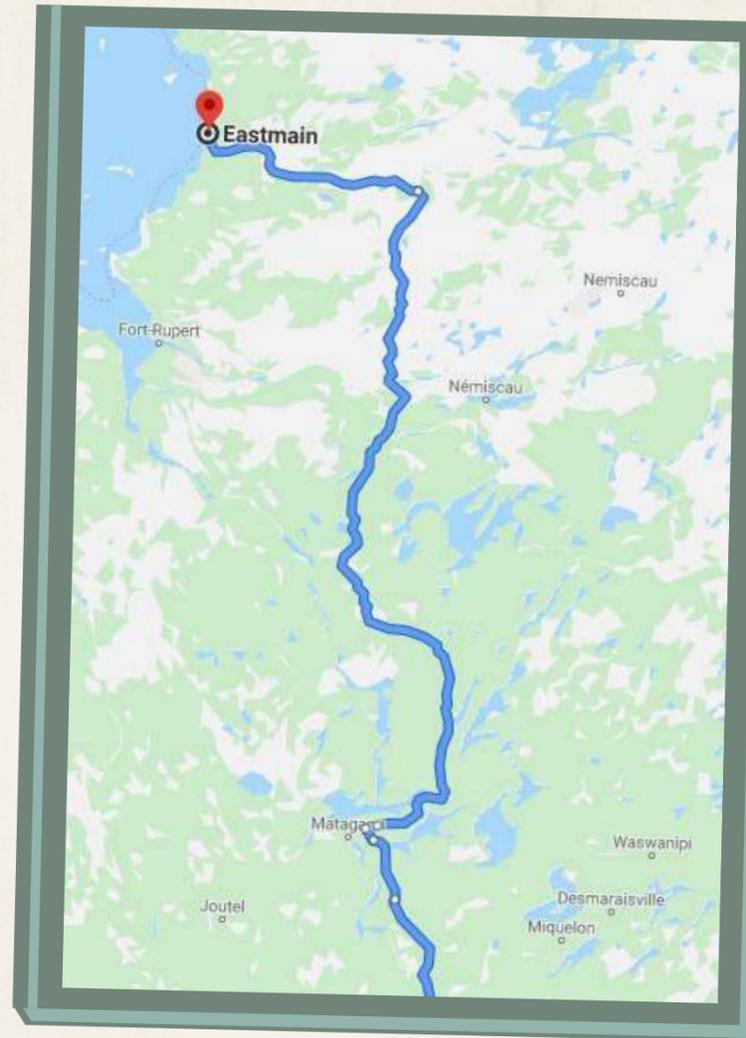
Temperatures



History

Traditionally, the First Nations gathered here to exchange caribou skins against birchbark, used to make canoes. A first trading post was established in 1690. After being relocated several times, it was established permanently on the coast towards 1723.

Access



Year-round road access

Gravel road (very icy in winter) for 103 km after the Route de la Baie James



Access by plane

Via Eastmain River Airport

If you travel by car, plan your journey carefully. At some point, you will no longer have access to gas stations and roads will be less used. Make sure to have a survival kit including food, something to keep you warm and light a fire. In case of trouble, always stay in or near your vehicle, never venture into unknown areas.



Services



-  Clinic
-  Gas station and convenience store
-  ATM
-  Post office
-  Northern grocery store
-  J & W Drive Thru restaurant

-  Fitness centre with swimming-pool and gymnasium
-  Eastmain River Airport
-  Mark's pizza restaurant

Other services:

Radio, community hall, hotel, billiard room, arcade, sports store

Population

Inhabitants: 860
Houses: 190
Languages spoken: Cree, English, French

Economic activities:
Arts and crafts, businesses and services, trapping, tourism, restaurants, construction, transport, outfitters



A \$53 grocery bill...
 Products are very expensive in Eastmain.

Activities and attractions

Sports

A network of magnificent trails surround the village. They are perfect for walks or bicycle rides in summer, and crosscountry skiing or snowshoeing in winter. There are also lots of snowmobile trails.

Nurses have access to the fitness centre for free. The keys are at the clinic, you can then go exercise whenever you want.

Fauna/flora

The region is famous for its waterfowl and shorebirds migratory flights each year. Birds can be photographed from the islands or from the shore's marshes.

From Eastmain, there are flights to one of the region's many outfitters, which offer world-class fishing excursions. The best caribou hunting territories of James Bay and Eeyou Istchee (Cree territories) are nearby.

You can go pick Labrador tea, raspberries and blueberries. Just make sure to have someone with you and do some noise as there may be black bears.



Culture

At Eastmain's cultural village, you can enjoy traditional dishes, learn the secrets of the elders about hunting, fishing or cooking, and admire Cree handicrafts.



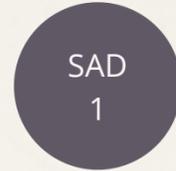
The clinic

Address: 143 Nouchimi street, Eastmain, Quebec, J0M 1W0

Tel: 819-977-0241 or 819-977-0283

Fax: 819-977-0364

Nursing staff: 7



Hours

CLSC open from Monday to Friday between 9am and 5pm

On-call services for emergency in the evening, night and weekends

Therapeutic guide

Cree Board of Health and Social Services of James Bay's therapeutic guide

Pharmacy

In the clinic

Resources

Doctor: present at least 2 weeks out of 4

Visiting specialist doctors: pediatrician, psychiatrist, ophthalmologist... 1 to 2 visits per year

Police: yes

Firefighters: yes

First responders: yes, ambulance drivers

Social worker: yes, team of 5 social workers and several CHR (community health representative) on site. The CHR takes care of community health: education to diabetic people, follow-ups, etc. They prepare and supervise bush kits.

Psychologist: yes, on demand

Other health professionals: dentist, dental hygienist, physiotherapist, ergotherapist, nutritionist

Interpreter: yes, the two secretaries who have worked at the clinic for several years

Amenities:

- électrocardiograph

- on-site laboratory: for pregnancy tests, chemstrip and troponins; the rest is sent to Chisasibi.
- no xray, for very small fractures (ex a finger) it's possible to use the dentist's one.
- archives: patients' prior files are on site, secretaries get organized with them.

On-call duty



On-call duty is shared by the clinic nurses, including the nurse in homecare. When the clinic is closed, even on lunch break, there is always a 1st person on call and a 2nd.

Accommodation



You will be staying in a transit that you may share it with other health professionals. Two bachelors are located just in front of the clinic; the other transits are at a 5-min walk.



Smoking in the transit and bringing your spouse is forbidden.
Animals are not allowed.



TV and the Internet are not available in all of the transits. Most are fully equipped (bedding, towels, facecloths, dish towels, coffee maker, toaster, micro-wave, tv, cable, hair-dryer, fan, WIFI shared with another transit).



Advice: some transits' bedding is quite used and there are few towels, you may want to bring some with you.

Enjoy your assignment!