

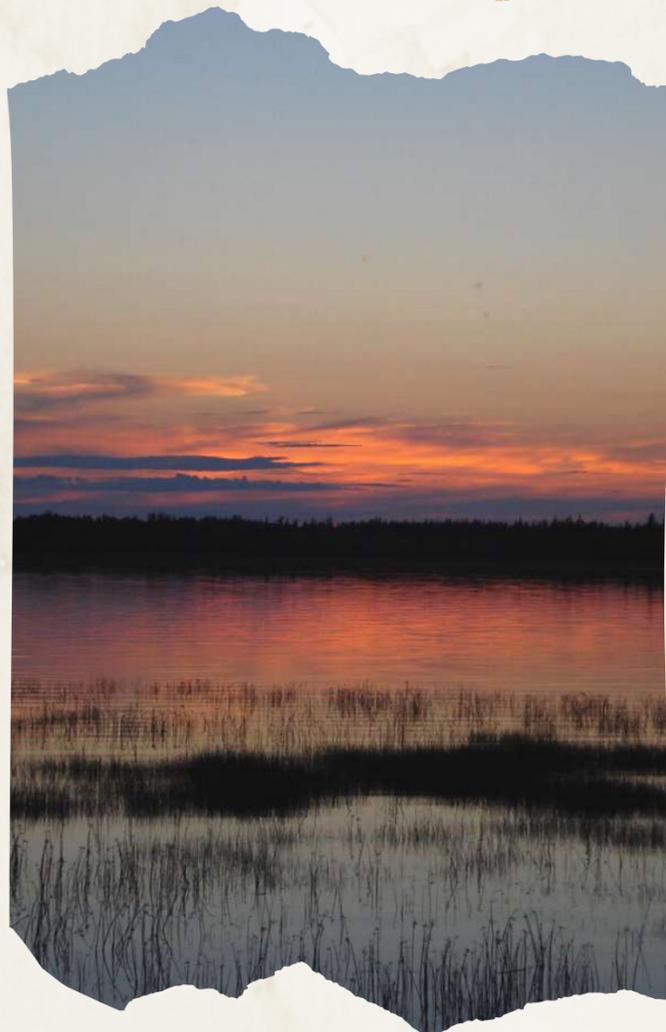


WASKAGANISH

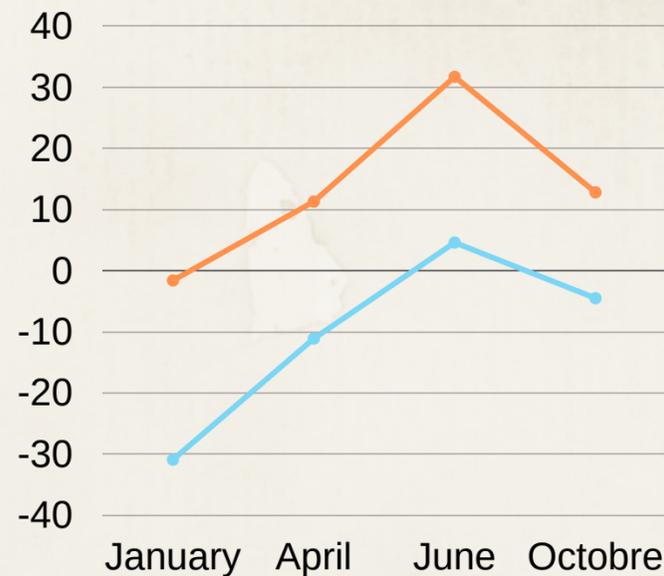
Address: 2 Tahktachun Meskanu, Waskaganish, Quebec, J0M 1R0
Tel: 819-895-8833
Fax: 819-895-8871



*It's the oldest Cree village on James Bay territory.
Its name means «Little house».*



Temperatures



History

Formerly known as Rupert House, Fort Charles and Fort Rupert, Waskaganish welcomed towards the end of the 17th century the first trading post of the region. Located on the banks of Rupert Bay, at the confluence of rivers Nottaway, Broadback, Rupert and Pontax, Waskaganish was an important meeting place for inland communities. The first clinic in Cree territory was established here in 1950.

Access



Year-round road access

Route de la Baie James, then Route de Waskaganish
1057 km from Montreal

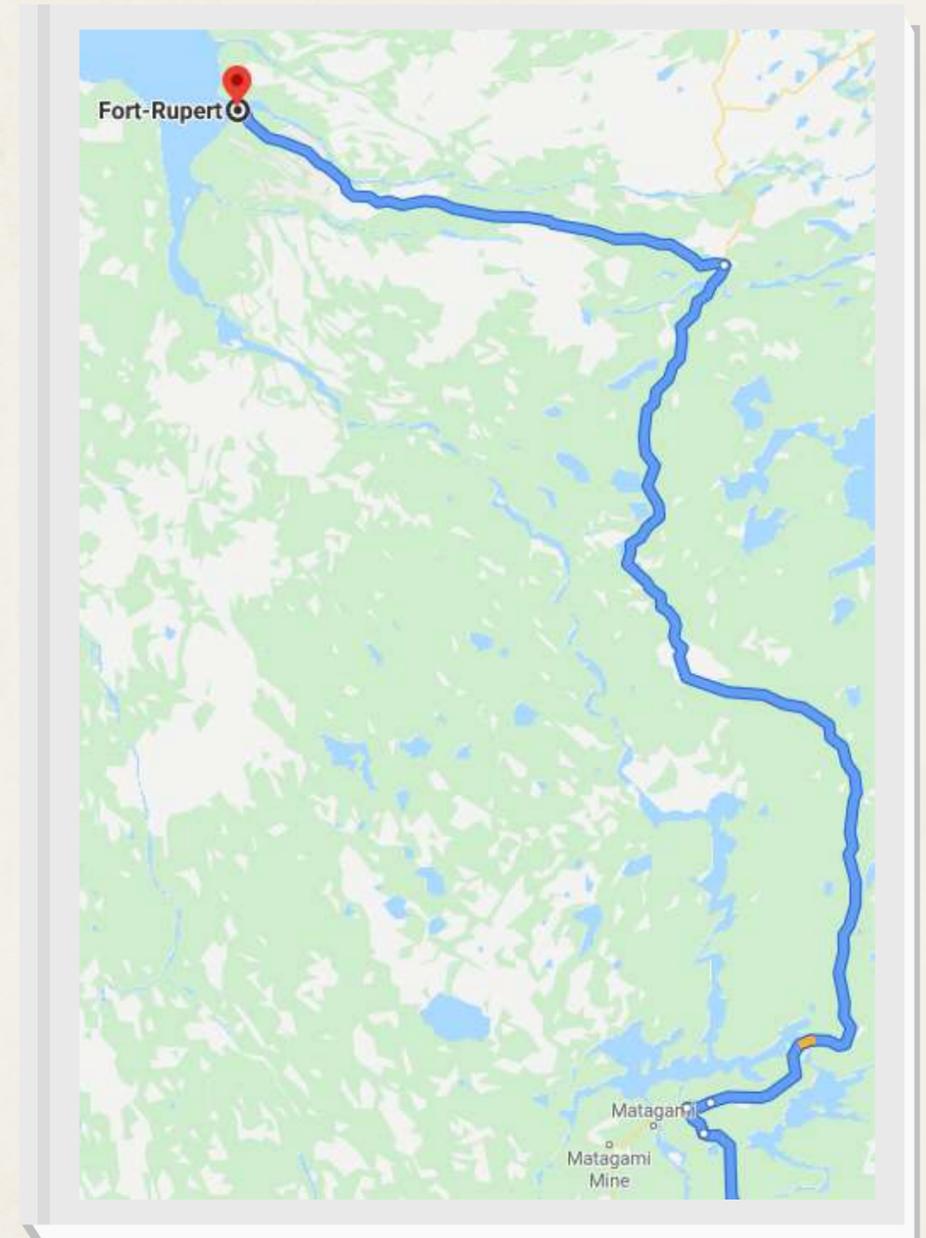
Access by plane



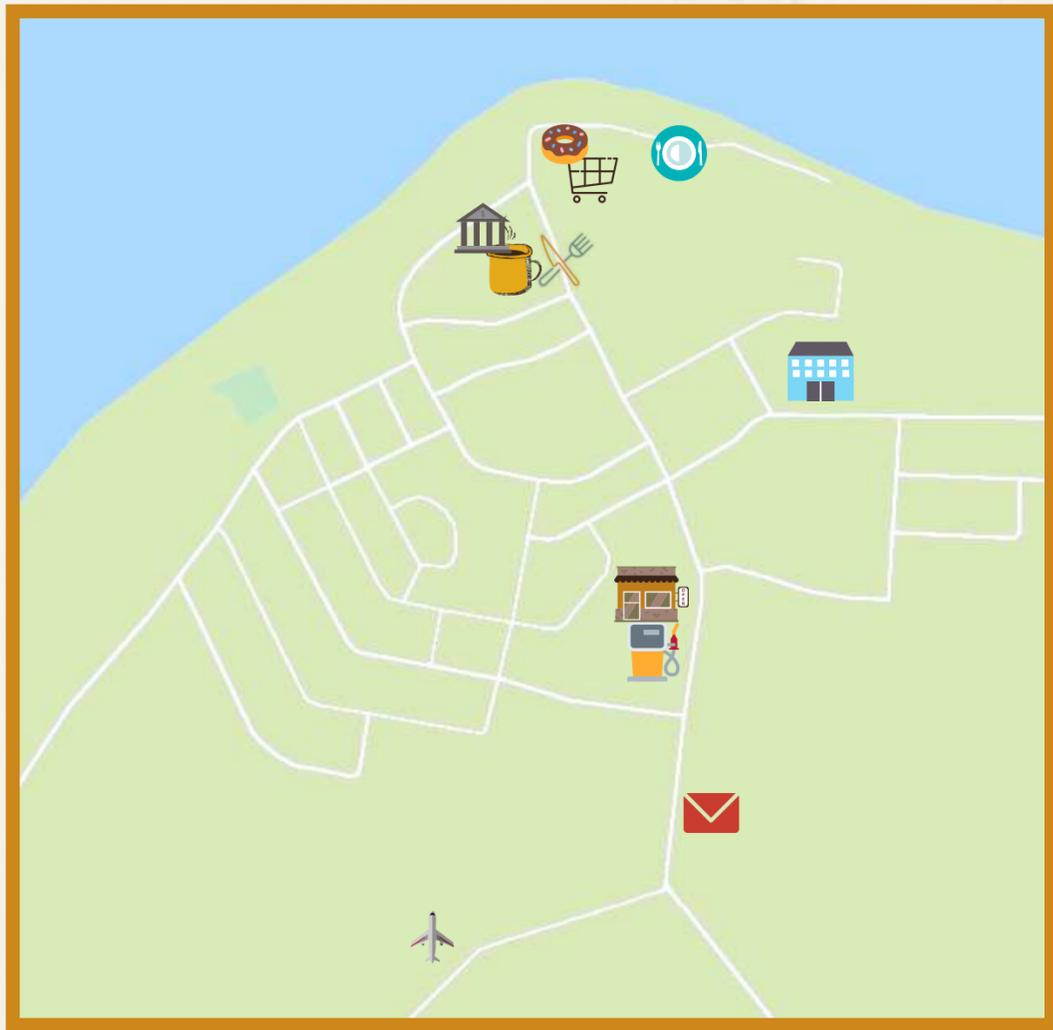
Via Waskaganish airport



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
-  Trans-Arctic Gas station
-  Bank BMO
-  Northern Store
-  Smokey Hill convenience store
-  Post office
-  Tim Hortons express (at the Northern)
-  Jacobs' restaurant
-  Kanio-Kashee restaurant
-  Café Alexis
-  Airport

Other services:

Sports complex, community radio, Anglican church, Multi Services Day Centre (MSDC), Kanio-Kashee Lodge, administrative offices, schools, cultural centre, municipal garage, art workshops and arts and crafts shops

Population

Inhabitants: 2000
Houses: 500
Languages spoken: Cree, English, French

Economic activities:
Arts and crafts, businesses and services, trapping, construction, transport, outfitters, Cree-Japanese canoe factory (Cree Yamaha Motors)



Activities and attractions



Sports

You can travel along the coast to the islands by freighter canoe, but it is advisable to have an experienced guide who is familiar with the bay's channels, shoals, tides and weather conditions.

Rupert river is our traditional « highway » towards the inland; each summer, young Crees travel on it aboard the canoe brigade led by local elders who teach them the secrets of nature and ancestral practices.

Fishing

The river is also the location of an important annual event, when families gather at the first rapids to fish whitefish and trout that go down towards the sea.



Nature

Nature lovers and photographers will find thousands of birds to admire as the place is one of the main fowl migratory flyways in North America. As a matter of fact, the 1995 inventory recorded the largest number of species ever observed in northern Canada.

Culture

Waskaganish Cultural Institute preserves the former trading post and it is possible to visit it to learn more about the history of trade between the Cree and the Europeans.



Tim Whiskeychan's artworks are made in various mediums as he explores new ways to interpret Cree aesthetics using acrylic, watercolours, airbrush, stained glass, collage, etching, engraving and cut steel sheets.



The clinic

Address: 2 Tahktachun Meskanu, Waskaganish,
Quebec, J0M 1R0
Tel: 819-895-8833
Fax: 819-895-8871

Nursing staff: 11



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: 1 in current, 1 to 2 for follow-ups
- Police: yes
- Firefighters: yes
- First responders: yes
- Psychologist: 1-2 visits each month
- Nutritionist: 1 permanent
- Other health professionals: dentist, dental hygienist, physiotherapist, ergotherapist
- Interpreter: yes

Complementary information

- Smokers: very few + 40 yo, increasing in young adults
- Montreal Public Health statistics recorded in 2009
- Lots of diabetes cases
- Drugs: no IV drugs
- Alcohol: fewer consultations for excessive alcohol consumption
- STIs: chlamydia, cases of gonorrhea are rare
- SW: 2 community workers and 2 CHR
- Spina Bifida: no new case for a long time
- Hepatitis not given in 4th year, vitamins same doses, no fluor in the water

- Breastfeeding very rare, due to nurses in Val-d'Or who bottle-feed, about 10% breastfeeding.
- Not many cases of fetal alcoholism
- Pregnancies: transfer to VDR at 37 weeks, usually by plane, home 2 to 3 jours after the delivery
- Rise in pregnant women using cocaine, baby is placed automatically at birth
- Palliative care followed by the homecare nurse during the day and the nurse on call if needed
- Be careful when transcribing prescriptions in files, temporary nurses must not enter long-term appointments in the system



On-call duty

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

The nurse on call has a cellphone.

Transfers are done by plane with Propair (Medevac) and Air Creebec (non urgent) to Val-d'Or, Amos (orthopedics) and Montreal. The nurse needs not accompany the patient on the plane.

Accommodation



You will be staying in a transit. Most of the time they are individual but you may share it with other health professionals during busy periods.



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

Enjoy your assignment!