

GARAI News Digest

May, 2006

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Next meeting:

10:00 AM Saturday, May 13, 2006

Galway Hall

***With* Fire Chief Don Mitchell**

- What happens when you call 911 with a fire or medical emergency?
- Who responds?
- How fast?
- What can the responders do?
- What can you do in advance to prepare for such an eventuality?
- What do you do if a forest fire is moving towards you?
- What can you do if a vicious winter storm closes access to you?



**Come and hear what your firefighters can do for you.
Bring your questions and your comments.**

Someone in your presence suddenly experiences unsteadiness, vision problems or other difficulties. Is he or she having a stroke?

Smile **Ask the person to smile.**

Talk **Ask him/her to say a simple sentence.**

Raise **Ask the individual to raise both arms.**

O Problems performing any of these simple tasks may
K indicate a stroke. Get that person to a hospital as soon as
E possible — it could save a life or a disabled future.

Thanks to Jack Stever for reminding me of these simple tests.

GARAI Schedule of meetings, 2006

All regular meetings: Saturday, 10 AM to 12 Noon, Galway Hall

May 13 - Fire and Emergency Services

July 8 - A Talk with the Reeve and Warden

September 9 - To be announced

November 18 - To be announced

All Candidates Meeting:

Saturday September 30; 10:00 AM Galway Hall

Web-sites of local interest

* - Includes News Digest

City of Kawartha Lakes: www.city.kawarthalakes.on.ca

Crystal Lake*: www.crystallakecottagers.ca

Galway Area Police Advisory Committee*: www.gapac.ca

Galway, Cavendish and Harvey: www.galwaycavendishharvey.ca

Haliburton County: www.county.haliburton.on.ca

Haliburton Echo: www.haliburtonecho.on.ca

Haliburton Highlands Family Health Team: www.hhfht.com

Haliburton Highlands Health Services: www.hhhs.on.ca

Kawartha news (Ptbo, CoKL, Brock): www.mykawartha.com

Kinmount Fair: www.kinmountfair.ca

Lakefield Herald: www.lakefieldherald.com

Lindsay Daily Post: www.thepost.ca

Minden Times: www.mindentimes.on.ca

Peterborough County: www.county.peterborough.on.ca

Peterborough Examiner: www.thepeterboroughexaminer.com

Health Services Workshop — March 29

Dr. Richard Charron, Chair of Haliburton Highlands Health Services (HHHS), Keith Sansford, Chief Executive Officer, and Dale Walker, Director of the Haliburton Highlands Health Services Foundation came to tell us about the accomplishments and plans of HHHS, and to hear from us as to what works well and what needs fixing. (See “What is HHHS?” on Page 5.)

In my introduction, I reported that “I have said for years that if the provincial government wanted to know how to set up a fully functioning rural health care system, they should send a study team to Haliburton.” Keith Sansford said that, in fact, the Ministry of Health and Long Term Care (MHLTC) refer to it as the “Haliburton Model” and hold it as a role model for others to emulate.

One mistake I made in my introduction was to say that this team came three years ago to talk about their *three* year plan. In fact it was a *five* year plan that was completed in three years. (See “Summary of Accomplishments” on page 5.)

Haliburton was one of the first to have their Family Health Team plans approved. Among other benefits, the addition of Nurse Practitioners will enable doctors to expand their patient roster by about 67% without any loss of quality.

A new initiative by the government is the creation across the province of 14 Local Health Integrated Networks (LHIN). The Central East (CELHIN) region takes in most of Scarborough and Northumberland and all of the City of Kawartha Lakes and Peterborough and Haliburton Counties. CELHIN is subdivided into 9 sectors; although Haliburton has only 1% of the total population of CELHIN, it is one of the sectors. The chair of CELHIN is Foster Loucks, past CEO of HHHS. **continued on page 4**

Health Services Workshop ... continued

CELHIN is in the forefront within the province in their planning development. It is expected that when it becomes fully operational it will make it easier for patients to access diagnostic and restoration procedures.

The Minden and Haliburton facilities are integrated in that when an emergency arises in one or the other area, staff move rapidly to assist in the needy area.

Following the description of accomplishments and plans for the future, we were asked to provide the team with a list of what we felt was successful and what needed to be fixed. We were able to provide a long list of successes and a shorter list of deficiencies and challenges.

Many of the successes had to do with the smooth, friendly operation of the Minden and Haliburton hospitals and the rapid response. One success mentioned was the fact that this team are traveling through the communities to keep us informed and to hear our views. A number of the deficiencies had to do with the fact that patients must travel to see specialists.

Following the meeting we were treated to a delicious lunch prepared by our Director in charge of social matters, Dorothy Heath.

Did you know?

As far as I can tell from research I have done on the Statistics Canada web-site, the area encompassing Haliburton, North Kawartha and Galway, Cavendish and Harvey is unique in Canada as having more residences than residents.

Health Services Workshop ... continued

What is HHHS?

With a staff of 200 (part and full time), HHHS covers the following areas:

Acute and Ambulatory Services in Minden (24-hour on-call physician services, physiotherapy and x-ray services) and in Haliburton (24-hour on-call physician services, 13 acute care beds, one maternity bed, physiotherapy and x-ray services).

Long Term Care Services in Minden (62 residents at Hyland Crest) and in Haliburton (30 residents at Highland Wood).

Community Services: Mental Health (Crisis response, Individual and group counseling, Psychotherapy and intensive case management, Homeless program), Supportive housing (Personal care, Home management, Rehabilitation, Nutritional management), Diabetes education and Health for Life.

Affiliated Services: Primary Health Care – Haliburton Highlands Family Health Team (FHT) - a partner with the Haliburton Family Medical Centre, HHHS and Community Care Access Centre (CCAC). MDS Laboratory Services (Minden and Haliburton).

Local Health Integration Network (LHIN): A new provincial initiative, it is responsible for planning, integrating and funding local health services.

Summary of Accomplishments

Demand for Services: Development of Family Health Team; Established Telemedicine Suites; Established Physiotherapy in Minden; Supportive Housing increase in clients served in Haliburton and Minden.

Information Services: Development of Communication Plan; Participation in OHA Report Card; Infrastructure Plan in place for Information Technology; Point-Click-Care Systems implemented in Long Term Care (LTC).

Human Resources Management: Appointment of Director of Human Resources (H.R.); Development of H.R. plan.

Resource Efficiencies: HHHS now receives 100% of funding benchmark developed by Ministry of Health; Surplus budget 2004-05 & 2005-06; Building and equipment evaluated and being replaced through capital funding; Department reviews on regular basis; Utilization review takes place; Partnership with Haliburton-Kawartha-Pine Ridge (HKPR) established – payroll, purchasing, TEN/PACS (Storage of medical records and transmission of x-rays, etc. to distant specialists).

Minutes of General Meeting — March 11 2006

Meeting called to order by the President, Pete Charters.

Minutes in the Digest from the Novemebr 12/05 GARAI General Meeting were approved without change.

Agenda for the March 11/06 meeting was accepted.

The Treasurer's Report was circulated and discussed. George Heath moved the report be accepted. Seconded by Joe Michno. Motion carried.

Marilyn Hubley from the Environment Committee introduced the guest speaker - Mark Majchrowski, Director, Watershed Management, Kawartha Conservation.

Mark showed a video called "THE RIPPLE EFFECT" about the watershed. A map showed the area under management which, because it now includes the Gull and Burnt watersheds, contains all of Galway, Cavendish and Harvey. Although it appears we have a super abundance of water, in fact only a small fraction is good potable water. It is possible that some areas could face a shortage of potable water in ten years.

The problems stem from poor landscaping and over-fertilization, run-off from intensive agriculture operations, industrial discharge and individual neglect and abuse. One obvious example is to ensure your well is properly capped to keep small animals from falling in and contaminating your water source.

"Someone lives downstream of you", he said on several occasions; a reminder that when we abuse our local area of the watershed, we not only hurt ourselves but also our neighbours.

Report from Council — Guy Scott reported that our municipality has asked Kawartha Lakes for conservation in this area and for more and better potable water. The adopt-a-road program is proceeding; the municipality will attempt to get signs up this year. The hazardous

waste site will not be opened here this year but will be moved from the Crystal Lake transfer station to the Bobcaygeon landfill site.

Madeline Pearson asked for volunteers to assist at the Ploughing Match Sept 19 - 23, 2006 at Keene near Rice Lake; anyone interested should get in touch with her as soon as possible.

Police Advisory Committee — Wilf Loewrigkeit reported that we had 143 calls for police in 2005. 42 were traffic incidents (up by 8 from 2004); 16 were social matters (about the same as 2004); 6 were crime cases (down from 2004); 24 were property crime (up from 10 in 2004); drug growing (about the same as 2004); 51 were “other” which includes animal complaints, police assistance, about a dozen 911 nuisance calls, etc. Wilf went on to explain that 911 nuisance calls often originated from children who did not realize how serious a 911 call is and asked everyone to educate their children on the proper use of 911 and to pass this message on to neighbours.

New Business — Bell Canada says no high speed access for two years. Candlelight High Speed will test the area for reception.

GARAI News Digest accepted in the new format.

Workshop — Wednesday March 29/06, 10 AM at Galway Hall — Haliburton Highlands Health Services coming to discuss new strategic plans.

Next meeting Saturday May 13/06 at 10 AM, Galway Hall.

Meeting adjourned at 11:45 AM. 30 people attended the meeting.

GARAI Information Centre

The Board has decided to build an Information Centre. This will take the form of a bookcase on wheels. It will be stored in the Hall Annex but will be wheeled in during meetings. The material will be available during meetings and also whenever the Annex is open - mainly when the Police office is manned. The material available will consist of pamphlets, books, maps, etc., generally felt to be of interest to our members and to the community. The lower part of the bookcase will have one or two locked cabinets for storage of archive material. Some items that should not be removed will be chained down but in such a way that photocopies may be made.



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Leeks and Leaks

Leeks are one of the first wild edible plants available in the spring. They are delicious; something like a mild onion but with their own scrumptious garlic-like flavour. And they're safe to gather - nothing else has that pungent onion-garlic odour. Just smell a small piece of leaf - once you know the smell, there is no confusing leeks with anything else.

Like onions and garlic, they are members of the lily family. However, the 2 or 3 leaves are more lily-like, being broad and smooth and solid green - not mottled like adder's tongue (a.k.a. trout lily), the only plant in the woods in May with which the leek could be confused. A distinctive feature of the wild leek (besides the smell) is the magenta stem between the white bulb and the leaves. All parts of the plant are edible but the bulb is the best.

Gathering wild leeks should be done with a view to the future. If you take all or most of the leeks in one area, there may be no more in future years. Always take only a few and then move on to another spot.

To pick them, all you need is a stick to loosen the soil next to the bulb and then a gentle pull to release the bulb. If your fingers are clean, pinch off the roots from the base, slide off the outer papery layer from the bulb and there is a clean white leek to eat. Or pick a bunch and take them home to eat raw, make soup or casserole, fry them or pickle them. I can tell you from experience that if you pickle them, you don't need to label the jars; just open the lid - you'll know instantly if they are the leeks.

On a warm May Sunday afternoon some years ago brother-in-law George, his wife, my wife and I piled into George's car to go along the road looking for wild leeks. It was a pleasant spring day, the sun was shining and it was warm enough we didn't need jackets and the black flies were drowsy. At the first place we stopped many of the leeks were not up yet so we only took a few. We got back in the car and moved to another spot where we believed the leeks would be more plentiful.

Just as George pulled onto the road verge, a car came from behind and stopped beside us. A pleasant older couple dressed in Sunday clothes were looking our way. Both were smiling in that friendly way as the man called, "Do you need any help?"

George replied, "No thanks; we just stopped for leeks."

The man's smiling face turned to a shocked scowl, the woman's white gloved hand rose to cover her mouth which had turned into a large "O". The man slammed the car into gear and took off down the road leaving us puzzled for a moment until we realized what they had heard.

One caution about wild leeks: everyone in the house should eat them at the same time. The odour remains on your breath for hours and is more powerful than that induced by eating raw garlic. This can be especially useful if you ride public transit in rush hour. The rest of the vehicle may be crowded, but not where you are.

In May I'll take a dandelion digger and a sack and go harvesting. So if you come for a visit, either be prepared to join the feast or else bring your own clothes pin.

Excerpt from the Highlands Courier



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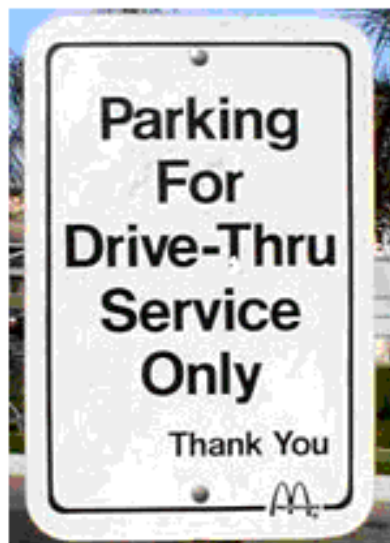


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