



# Health Centre Newsletter

VOLUME 1 - ISSUE 2

ODEIMIN KIZIS / JUNE 2002

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## Update from the Director ....

I would like to take this opportunity to inform you that the Health Committee was recently appointed by Chief and Council and the following members will have an important task of working to develop a comprehensive Health Plan for our community. The Committee members are: Noella Fortin, Rhonda Reynolds, Lynn Grandlouis, Pascale Huard and myself, David McLaren.

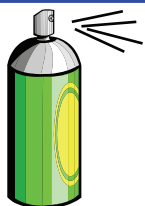
After a meeting with Chief and Council it was decided that the rate for personal vehicle use for medical transportation to appointments will be increased from 10 cents a kilometer to 12 cents a kilometer. Thus a trip

*Special thanks go out to Patty, the Fireman and all the volunteers that made our "Safe Escape Fire Prevention Day" a tremendous success. Congratulations to Buffy Hunter, who showed the boys how to get dressed in a hurry, twice !*



to North Bay represents \$20.40 instead of \$17.00. Meal allowances increased as well, from \$7.00 to \$9.00. These rates are effective as of June 1st, 2002.

To our CHR, Tina Chevrier and NNADAP Worker, Vicky Constant ... Keep up the good work in your respective training. Your community will benefit from your hard work and sacrifice.



### DO YOU USE COOKING SPRAY ???

**Read your ingredients on your can of cooking spray ....  
 Chances are it will list propane and butane as ingredients!  
 Definitely 2 things we do not want to put into our bodies!**



**FOOD SAFETY ADVISORY**

The Canadian Food Inspection Agency (CFIA) would like to remind consumers that during the summer barbequing season to cook all ground beef products to a minimum of 71 degrees C or 160 degrees F.

Washing hands thoroughly with soap and water during and after food preparation and avoiding cross contamination of raw meat with cooked or ready-to-eat foods is also recommended.

Food contaminated with E-coli bacteria *will not* look or smell spoiled. E-coli can be life-threatening.

For more information on safe food handling visit the CFIA website:

<http://www.inspection.gc.ca/english/corpaffr/foodfacts.barbece.shtml>

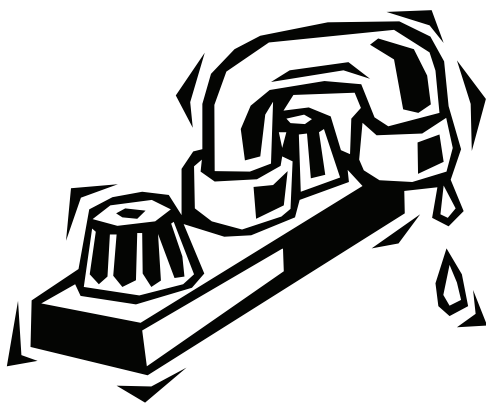
Did you know that when you consult the nurse at the Health Centre you can receive treatment/medication for the following conditions ....

- |                 |                   |   |
|-----------------|-------------------|---|
| •Minor Pain     | •Insect Bites     | •Warts                                  |
| •Fever          | •Yeast Infections | •Constipation                           |
| •Cold Symptoms  | •Athlete’s Foot   | •Minor Infections                       |
| •Chapped Lips   | •Lice/Scabies     | •Hemorrhoids                            |
| •Sore Throat    | •Heartburn        | •Muscle Pain                            |
| •Allergies      | •Nausea/Vomiting  | •Itching                                |
| •Sun Protection | •Diarrhea         | •Birth Control/STD Protection (condoms) |
| •Diaper Rash    | •Dehydration      | •Minor Skin Irritations/Rashes          |



- We also provide the following supplements:
- |                              |                    |
|------------------------------|--------------------|
| •Vitamins for all age groups | •Prenatal vitamins |
| •Calcium                     | •Fluoride          |

The medications we receive are provided by Health Canada. The brand names of medications often change but the category of medication offered is usually consistent. A list of our current medications is available for consultation at the Health Centre. Please do not hesitate to consult the nurse for problems that are not listed.



*Our Water and Chlorine*

There are many parameters that qualify safe drinking water. The most apparent one is bacteriological. At our drinking water pumping station the water is disinfected by injection of chlorine into the water flow as it enters two large holding tanks. These holding tanks provide contact time for the chlorine to disinfect the water before it is pumped up to the community. There are 2 chlorine concentration levels that must be measured to assure proper disinfection. Total and Free chlorine. Total chlorine, as the name suggests, is the total

amount of chlorine concentration in the water. Total includes chlorine that is combined with bacteria (killing the bacteria) and chlorine that is not combined with anything (waiting to kill the bacteria). The chlorine that is not combined is Free chlorine. Total and Free chlorine levels must be kept at a specific ratio to each other. If the Total is high but the Free is low or zero there is little or no protection against an additional bacterial load. An imbalance in the Total/Free ratio can also cause that unpleasant chlorine smell that we all dislike. I will, in future articles, attempt to explain other parameters and the steps that are taken to control their levels. For information or if you have any questions call me, (Terry) at the Health Centre.

## Keeping Your Children From Using Drugs ...

*The following practices in your home reinforce children's positive behavior. They also discourage drug abuse.*

**Talking with children about alcohol and other drugs.** Parents can help change mistaken ideas their children may have from peers and the media, such as "everyday drinks".

**Listening to children.** Children are more likely to communicate when they can see that their parents are listening.

**Helping children feel good about themselves.** Self-esteem increases when parents notice efforts as well as accomplishments. It increases when they correct by criticizing the behavior rather than the child.

**Being a good role model or example.** Parents smoking and drinking habits and attitudes may strongly influence how their children see alcohol and other drugs. Positive health habits such as eating properly and getting regular exercise teach children the importance of caring for their body. Children pay more attention to what we do than what we say.

**Helping children deal with peer pressure.** Some children have been

taught to be cooperative and obedient. They may need parents' support and encouragement to say no assertively to negative peer pressure. Children will often be relieved to say "My parents will ground me forever if I do that". It gives them a way to do the right thing while avoiding heavy peer pressure.

**Making family policies that help children say no.** Discussing both specific family rules against children's drug use and the consequences of breaking the rules is helpful. Children learn responsibility when parents consistently set limits and let children learn from their decisions.

**Encouraging healthy, creative activities.** Hobbies, school events and other activities may keep children from being bored. If they are bored, sometimes they may experiment with alcohol, tobacco or other drugs.

**Teaming up with other parents.** When parents join together in groups, they can begin to reinforce the guidance they give at home. Children find it difficult to argue with a united front.

**Knowing what to do if you suspect a problem.** You can learn the tell-tale signs of alcohol abuse and even ex-

perimentation. These ideas are sound practices that improve parent-child communication.

*The following are some practices in the home that may encourage drug abuse:*

**Using over-the-counter medications too much.** Many over-the-counter medicines, such as some cold remedies, mouthwashes, or teething preparations contain caffeine or alcohol.

**Using drugs such as caffeine, nicotine, or alcohol.**

**Encouraging children to taste a little wine or beer.**

**Using drugs to solve problems.** Perhaps you often take a pain reliever for a tension headache caused by problems at the office. Maybe you like a drink before dinner to relax after a trying day.

**Flip-flopping in your attitude toward drugs.** For example, you may criticize people who are arrested for drinking and driving but laugh at the behavior of someone who is drunk. A better stance is being consistent and firm against any drug use.

*For more info: 627-9060 NNADAP*

*A letter from Vicky who is in Quebec City ~ (faxed to the Health Centre on June 6th, 2002)*

*I've been here in Quebec City now for 5 weeks, and so far everything is going well. I've met a lot of people who are very friendly, they are always willing to give a helping hand whether it be with school or just adapting to being here. This was very scary for me because I didn't know what to expect, but I'm glad that I had this opportunity, and I'll be coming home next week.*

*So far I have completed three courses and did excellent in all of them. I have one more to go and then I am finished my first session of the program. I am really anxious to get home. Since being here I've learned a lot from my courses and other community workers such as NNADAP Workers, Treatment Centre Workers and from other's life experiences.*

*When I get back to my job, I'll feel more comfortable because I now have a better understanding of addictions and ways of helping people that want some guidance.*

*This was my experience for the first five weeks in Quebec City, and I look forward to seeing you all when I get back home!*

*Sincerely, Vicky Constant (NNADAP Worker)*

## News from Patty ....

Our first activity "Fire Prevention" that was funded through the Brighter Future's Program, was held on June 1st, 2002. It was a great success, an activity filled with fun yet at the same time it provided us an opportunity to educate the children about the dangers of fire. I would like to thank:

- Our local Fire Department who did a fabulous job
- Our local Police Department for being on hand
- Shane Fleury who donated his car for the fire demonstration
- All the volunteers who helped with the BBQ, clean-up, registration table, completing certificates, making gift bags
- Families that came out to participate in this activity.

I hope everyone had a wonderful time and I look forward to planning more activities in the future.

The "Nobody's Perfect Workshop" was to have taken place June 3-4-5, but sadly it had to be postponed until this fall due to lack of participation. I will be posting this workshop again, in October or November. This is a great workshop for parents to get together and share thoughts and ideas. I hope to see you at our workshop in the fall.

This summer I will be starting workshops called "Risk Watch". This is an injury prevention program for children in pre-school through eighth grade. It is designed to help children and families create safer homes and communities by teaching them the skills and knowledge they need to make choices about their personal safety and well-being. Risk Watch seeks to prevent the major unintentional injuries that threaten children in this age group. The following topics will be addressed:

- Motor Vehicle Safety
- Fire and Burn Prevention
- Choking, Suffocation and Strangulation Prevention
- Poisoning Prevention
- Falls Prevention
- Bike and Pedestrian Safety
- Water Safety

More information regarding these workshops will be given at a later date.

On June 25th and 26th, Virginia McMartin, Sylvia Ouimette and myself will be attending a workshop in Toronto called "Stop the Bullying in the Schools". Our intention is to share the information from this workshop with our community so that we can begin our school year in a positive manner.



Alicia Jalabois enjoyed the day ... she even took time out to dress up in fire fighting gear!! She could be a volunteer firewoman in a few years!!

## Children are enjoying the demonstration put on by our local Fire Department.



### ♥ QUOTE OF THE MONTH ♥

It is not enough to feel love for your child,  
You must be able to express your love through your actions.

# DO YOU KNOW WHATS IN A CIGARETTE??

## *What's in a puff?*

A burning cigarette emits solid particles, gasses and liquids. Only the solid particles, about 5-8% percent of the cigarette's output, are visible.

The list of ingredients in tobacco smoke includes the following: Nicotine, Carbon Monoxide, Vinyl Chloride, Hydrogen, Cyanide, Radionuclides, Benzene, Arsenic. In all more than 4000 different chemical compounds including toxic heavy metals and pesticides.

## *Where do chemicals come from?*

About half the compounds are found naturally in the green tobacco leaf and half are created by chemical reaction when tobacco is burned. Some are introduced during the curing process; others are added by manufacturers to impart a distinctive flavor or quality to their product.

## *What do you inhale in each puff?*

- **Carbon Monoxide:** An invisible odorless gas. Car exhaust is a major source of carbon monoxide and tobacco smoke is another. At high concentrations carbon monoxide starves the body of oxygen. Prolonged exposure at low doses can lead to cardiovascular disease.

- **Tar:** a sticky, black residue containing hundreds of chemicals, some of which are classed as hazardous waste.
- **Ammonia:** A caustic agent used in fertilizers and bathroom cleaners. Ammonia can increase susceptibility to viral illness and aggravate chronic respiratory conditions.
- **Hydrogen Cyanide:** a colorless gas that smells like bitter almonds. It is among the most toxic chemicals found in tobacco smoke. Short-term exposure can lead to headaches, dizziness, nausea and vomiting.
- **Lead:** A heavy metal. Severe lead poisoning can cause birth defects and learning disabilities in children. Studies have shown that children who live with a smoking parent have more lead in their blood than children living in the vicinity of a lead smelter.

Each of these substances, taken alone, might seriously harm human health. Taken together in tobacco smoke, they can damage your body and lead to disease and death. For more information on how you can quit smoking visit the Health Centre to here what's available to help you ... Kick the habit !!

## Update on my Training ...

As part of my training for my new position as the Community Health Representative (CHR) I have recently completed my first 2 courses of the Community Diabetes Worker Program at Yellowquill College in Winnipeg, Manitoba. It was 2 very informative weeks that I enjoyed very much, I gained a tremendous amount of knowledge concerning Diabetes. My first 2 courses were "Diabetes: an Overview" and "Symptoms of Diabetes". I will be sharing everything I have learned from my courses with the community and I consider this to be very important as Diabetes is being called an "epidemic" among First Nations people. I return to Winnipeg in July to complete 2 more courses "Types of Diabetes and Their Management" and "Personal Care Techniques".

I have also been training with Terry Perrier, our EHO, to be his back-up for water testing here in Eagle Village and the communities of Long Point First Nation and Temiskaming First Nation. I will be doing the water testing for Terry when he is on

## Tips For Getting Kids to Say "Yes" to Fruits and Veggies

- Serve 100% fruit or vegetable juice for breakfast.
- Use fresh, frozen, canned or dried fruit to top hot or cold cereal, pancakes or waffles.
- Pack fresh fruit or single servings of canned fruits for day-time snacks.
- Prepare a fruit-filled dessert.
- Create a new fruit juice blend using a variety of 100% fruit juices.
- Freeze 100% fruit juice in paper cups to make fruit pops.
- Get dipping...Veggies, fruit, dips & kids ... what a happy combination!
- Monkey see, monkey do... Be a great role model. If you eat it, they might, too!
- Take your fruit bowl one step further and have the fruit peeled, cut and ready to eat for snack time or mealtime!
- Get sneaky.... It's okay to use the blender to hide veggies & fruit in foods kids love like spaghetti sauce or muffins!

**It is recommended to have 5-10 servings a day!!**



These photos were taken at the Community Clean-Up on Saturday June 25th, 2002. There was a great turn-out for a good cause. It allowed me the chance to not only work with people of all ages but I also had the opportunity to work in conjunction with the Recreation Department. It is always positive to promote community involvement, communication and cooperation among members. Activities such as this allows everyone the opportunity to take part in physical exercise and the development of our community by working towards a common goal. I would like to thank everyone who was able to participate, your hard work and dedication in keeping our community clean and safe is greatly appreciated. Once again, Migwetch on behalf of Recreation, the Pow Wow Committee and myself Virginia McMar-



## REMINDER

Eagle Village First Nation is hosting the Algonquin Olympics for children & youth July 15-16-17, 2002

### WHAT IS A POW WOW?

Today, Pow Wows have become a gathering for people of all Nations. At a Pow Wow you will see people from various tribes dancing, drumming, hanging out with their friends, being spectators and participating as vendors. Vendors come to sell their hand made arts and crafts, jewelry, etc. and can be found along the outlying circle of the dance ground.

It is very important to listen to the Master of Ceremonies (MC). He will give all of the information you need as well as entertain and keep you posted on news. If you have questions it is the MC who can answer them.

The ceremonies start with a “Grand Entry” of the dancers to pay respect to our Creator. This is where they greet one another. Please don’t take pictures or video if you are asked not to do so. You are not to touch the clothing or personal belongings of the dancers and drummers as well. If you would like to take pictures, please check with the arena director first or the MC. If you would like to take pictures of the dancers and drummers please ask their permission .

### WHAT IS A GIVEAWAY?

Native people have a sense of generosity that is unique among all cultures and from this we have developed the Giveaway at Pow Wows. This is a ceremony where a person, family or organization is honored and in return gives away many gifts to their friends, visitors and staff of the Pow Wow. This begins with a special song by the drummers.

During a Pow Wow no drugs or alcohol is permitted on the Pow Wow grounds and pets must be on a leash at all times.

Please join us at our Pow Wow on June 15th and 16th, 2002. We hope to see you there.

Recipe for Heart-Healthy Eating  
**LEMON POPPY SEED MUFFINS**

Use this versatile batter to make 12 large muffins or bake as a bread in a 9x5 inch loaf pan for 45-50 minutes.

**MUFFINS**

2½ cups	All-purpose flour	625 mL
1 tbsp	Baking powder	15 mL
¾ tsp	Baking soda	4 mL
¼ tsp	Salt	1 mL
¼ cup	Vegetable oil	50 mL
½ cup	Granulated sugar	125 mL
2	Eggs	2
1½ cups	Buttermilk or Low-Fat Yogurt	375 mL
¼ cup	Poppy seeds	50 mL
2 tbsp	Grated lemon peel	25 mL

**SYRUP**

½ cup	Lemon juice	75 mL
½ cup	Granulated sugar	75 mL

In a bowl, combine flour, baking powder, baking soda and salt. Mix well.

In a large bowl, beat oil with sugar, eggs, buttermilk, poppy seeds and lemon peel.

Add dry ingredients to large bowl and combine until just moist

Spoon batter into 12 large non-stick, lightly oiled or paper lined muffin cups. Bake in preheated 400°F / 200° C oven for 20 to 25 minutes.

Meanwhile in a small saucepan, bring lemon juice and sugar to a boil. Cool for a few minutes.

When muffins come out of the oven, prick in a few places with a toothpick. Spoon syrup over top and allow to soak into the muffins. Cool and remove from pan.

Per muffin:

Calories	232
Carbohydrates	37 g
Fibre	1 g
Total Fat	7 g
Saturated Fat	1 g
Protein	5 g

( More Heart-Smart Cooking with Bonnie Stern)

# ALGONQUIN WORD FIND

K	M	N	W	I	S	I	N	A	N
W	I	I	A	I	N	O	A	E	K
E	A	M	I	G	O	I	B	J	S
K	P	E	I	I	I	A	O	O	I
W	I	D	G	W	N	T	B	A	M
E	G	O	N	I	I	A	I	E	O
K	I	T	C	I	W	N	I	K	C
I	K	I	Z	I	S	I	N	A	D
M	N	T	C	T	E	W	G	I	M
A	O	G	E	M	E	M	E	O	N

WORD

MEANING

PRONOUNCED

**KWEKWE**  
**ANICINABE**  
**KIMIWIN**  
**NABOBI**  
**WISINAN**  
**WABOS**  
**KITIGAN**  
**MIGWETC**  
**OGIMA**  
**AMIK**  
**ODEMIN**  
**KITCI**  
**CEBA**  
**PIGI**  
**MEMEGO**  
**DANIS**  
**COMIS**  
**KIZIS**  
**MEME**

**HELLO**  
**INDIAN**  
**RAIN**  
**SOUP**  
**EAT**  
**RABBIT**  
**GARDEN**  
**THANK YOU**  
**CHIEF**  
**BEAVER**  
**STRAWBERRY**  
**BIG**  
**MORNING**  
**LITTLE**  
**BUTTERFLY**  
**DAUGHTER**  
**OLD MAN**  
**SUN**  
**SLEEP**

**KWAY-KWAY**  
**AH-NISHA-NAH-BAY**  
**KEE-MEE-WIN**  
**NAH-BOO-BEE**  
**WEE-SINAN**  
**WAH-BOOSE**  
**KIT-TEE-GHAN**  
**MEE-GWITCH**  
**OG-GHEE-MA**  
**AH-MICK**  
**OH-DAY-MIN**  
**KITCHEE**  
**SHAY-BA**  
**PEE-GHEE**  
**MAY-MAY-GO**  
**DAN-NISS**  
**SHOW-MISS**  
**KEY-ZISS**  
**MAY-MAY**

**SECRET CODE:** \_\_\_\_\_

( ANSWER FOUND ON PAGE 8)

UPCOMING NEXT MONTH  
2002 Algonquin Olympics for children and youth on July 15-16-17.

We will have 9 Algonquin Communities participating in this event.

We will need lots of volunteers for:  
Supervisors  
Monitors  
Time Keepers  
Judges etc ...

Please call Virginia 627-9060 if you can come out and give us a hand !

**Eagle Village Health Centre**

**Monday to Friday**  
**8:30 am - 12:00 pm**  
**1:00 pm - 4:30 pm**

**Happy Father's Day to all of our  
Father's and Grandfather's  
June 16th, 2002**

When I was getting this newsletter ready I asked a co-worker what day Father's Day was so I could add it to the newsletter calendar. She immediately answered "In my house its every day ... 365 days a year !!"

Notice to all Community Members ....  
Please come by the Health Centre or call me at 627-9060 to give me your medical card numbers and the expiry date.  
Thank You ... Cecile

**ANSWER TO THE ALGONQUIN WORD FIND ON PAGE 5**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>HEALTH CENTRE SCHEDULE FOR JULY 2002</b>						1 Fire Prevention Workshop
2 Vicky will not be in this week. She is in Quebec City for Training. →	3 David in Lac Simon for meeting. Virginia meeting for Algonquin Olympics.	4 Health Centre Staff Meeting Tina training with Terry -Water Testing	5	6 Foot Care Workshop and Clinic	7	8
9 Vicky will not be in this week. Last week in Quebec City for Training. →	10	11	12 Dr. Zivkovic will be at the Health Centre Tina training with Terry -Water Testing	13	14 David in Rouyn for Social Service Study Vicky's last day in Quebec City	15 Eagle Village Pow Wow
16 Eagle Village Pow Wow Father's Day	17 Tina is on holidays this week. →	18 Health Centre Staff Meeting	19 Dr. Brock will be at the Health Centre	20 Meeting for Emergency Preparedness Planning	21 Office is closed today for Natioanl Aboriginal Day.	22
23 30	24 Office is closed today for St. Jean Baptiste.	25 Virginia and Patty Workshop-Toronto Dr. Raad will be at the Health Centre	26 Virginia and Patty in Toronto for "Stop the Bullying in the Schools" Workshop	27	28	29