

# Migizy Odenaw Newsletter



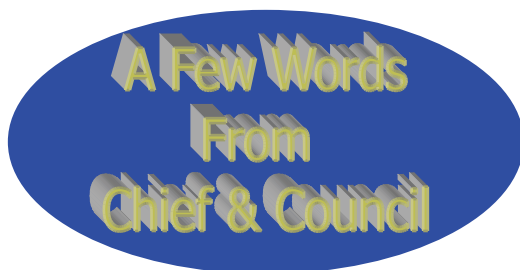
Eagle Village First Nation  
 P.O. 756  
 Temiscaming, Quebec  
 JOZ 3R0  
 Tel: (819) 627-3455



Eagle Village Health Centre  
 2 Ogima Street  
 Kipawa, Quebec  
 JOZ 2H0  
 Tel: (819) 627-9060  
 Fax: (819) 627-1885



Eagle Village Police Dept.  
 P.O. Box 27  
 Kipawa, Quebec  
 JOZ 2H0  
 Tel: (819) 627-8229/9624  
 Fax: (819) 627-3277



Dear Members,

I would like to inform you of the issues that we discussed at the last General Band Meeting, which was held March 17<sup>th</sup>, 2003. We would like to inform all members who were unable to attend and all our off reserve members of the issues that we discussed at the meeting in this newsletter. All members will receive our monthly newsletter beginning with this month's issue. We will use this space to continually keep you informed of Band Council business, issues that are affecting our community, updates on projects and files in addition to keeping members updated on our General Band Meetings. We are also looking to put it on our web site, [www.eaglevillagefirstnation.ca](http://www.eaglevillagefirstnation.ca) to ensure all our members have access to the information.

(continued on page 2)

## NOTICE TO ALL MEMBERS OF EAGLE VILLAGE FIRST NATION

### UPCOMING MEETINGS

Special meeting concerning  
"TAXATION ISSUES"

Invited guests:

Michael Benedict & Rick Lafontaine

Wednesday April 9th, 2003  
 Eagle Village Community Hall  
 7:00 pm

### POST SECONDARY EDUCATION MEETING AGENDA:

Changes to the Education Policy & Update

Monday April 22nd, 2003  
 Eagle Village Community Hall  
 7:00 pm

### NOMINATION MEETING

### *Inside this issue:*

<i>News from Chief &amp; Council</i>	1	<i>News from Patty ... FAS Information</i>	7
<i>News from Chief &amp; Council Continued</i>	2	<i>NNADAP Notes ... About Marijuana</i>	8
<i>Eagle Village Police Department</i>	3	<i>Health Centre Miscellaneous</i>	9
<i>Algonquin Language</i>	4	<i>Mental Wellness Program ... Gambling</i>	10
<i>Fire Department &amp; Youth Centre News</i>	5	<i>SARS Disease Info &amp; Healthy Recipe</i>	11
<i>Health Director News &amp; Foot Care Note</i>	6	<i>Community Calendar for April</i>	12

At the last General Band Meeting we gave an update on the Gas Station Project. The business plan is complete and has been submitted to various financial institutions and both levels of Government for financing. We will be meeting shortly with all parties to finalize the financing for this project with the view of beginning construction of the Gas Station in May 2003 or June 2003. All preliminary discussions have been positive and we anticipate no major problems. The realization of this project will be beneficial to all members in that it will create new employment opportunities, enable us to take full advantage of our tax free status and finally utilizing the profits generated from the business to reinvest back into our community. Some of the possible areas for investment could be in assisting members who want to start a business, investing in under-financed programs like Post-Secondary Education and Health, and other areas deemed important by the members.

We also brought everyone in attendance up to date on our hunting and fishing court cases, which started in 1993. Judgments were handed down in the three cases that remained before the courts, which were: hunting at night, fishing with live minnows and fishing and hunting in an exclusive rights holders' territory. A copy of our legal advisor's overview is an attachment to this newsletter, as it would have taken too much space to put into the newsletter. We have filed for leave to appeal to the Supreme Court of Canada in the fishing with live minnows case at a potential cost of approximately \$100,000.00 - \$150,000.00. We respectfully ask our members not to use live minnows, as they will be charged as a result of the judgment. Members will also be charged if they are caught hunting at night. We did not appeal this judgment as the Supreme Court has rejected all applications of other hunting at night cases. The courts have ruled that we, the members of Eagle Village First Nation, can exercise our rights anywhere without restrictions. This is a tremendous victory as the Province has chosen not to appeal and by doing so confirms our rights. We will continue to provide updates as the file progresses.

We also informed the community members in attendance at the meeting that we were successful in getting funding from the Province for a full-time

Sports & Leisure Coordinator for the next three years. We will be hiring for this position in the near future. The individual hired will be responsible for managing the Youth Center and created sports and leisure activities for all the population.

We also began a discussion on Post-Secondary Education with particular attention to the use of the General Arts & Science Program. We have noticed that too many students are taking the General Arts & Science Program and using all of their post-secondary eligibility. After a brief discussion it was agreed to hold a special meeting on Education. This meeting will be held on April 22, 2003.

The final major issue that was discussed was the upcoming community election. We informed the members that we would again have to hold our election according to the Indian Act. We had developed a draft Custom Code that we wanted the members to ratify for this election but Indian Affairs informed us that prior to ratification by members they have to review it to ensure that draft election rules were consistent with the Corbiere decision and the Canadian Charter of Rights and Freedoms Act. To this date, as I write this article, we still have not received the approval from the Department for our Elections Code. This has obligated us to elect the new Council using the Indian Act Regulations. You have probably already received an information package from our Electoral Officers outlining the election process. We intend to have the new code ratified by the members after the upcoming election. At this moment, I would like to thank all members who have supported us as the Council and I look forward to the opportunity to continue to serve you in the future.

In closing, we would like to give you an update on the issue we are presently working on. We have given a presentation before the Parliamentary Standing Committee on the Governance Act on March 31<sup>st</sup>, 2003 in Val D'or. All Algonquin communities made presentations. It is important that we continue to talk about the real issues affecting our communities at every possible opportunity with a view of improving the quality of life of our members. You will also find attached a calendar of activities and meetings the Council will attend this month. We look forward to giving you more information in the May Newsletter.

EAGLE VILLAGE POLICE DEPARTMENT

**GENERAL STATISTICAL INFORMATION**

All information is based on a daily log of incidents reported or handled by the Department.

**A. March 2003**

Criminal incidents.....	8
Non-Criminal incidents.....	14
Motor Vehicle accidents.....	0
Band By-Law violations.....	0
Ride Programs.....	3

**B. List of incidents requiring Police interventions from January 2003 to March 2003**

Criminal incidents.....	15
Non-Criminal incidents.....	36
Motor Vehicle accidents.....	0
Band By-Law violations.....	4
Ride Programs.....	9

**C. List of Criminal incidents**

Theft motor vehicle.....	1
Uttering Threats.....	2
Assault.....	1
Internet Fraud.....	1
Conjugal violence.....	1
Indecent telephone calls.....	2
Public Mischief.....	1
Harassing telephone calls.....	2
Operation while impaired.....	1
Break and Enter.....	1
Mischief.....	1
Internet (mailing obscene matter)	1

**D. List of Non-Criminal incidents is long varied; they encompass all aid given to public that is non-criminal in nature.**

03-02-02	Attempted suicide.....	This file was calculated but not included in last month's newsletter.
03-03-01	Ride Program.....	Bottom of Reserve (1:10hrs)
03-03-02	Conjugal violence.....	No charges laid, request from victim
03-03-06	Public Assistance.....	Referred to Temiscaming Social Services
03-03-07	Assistance.....	Found 2 children, return home, curfew
03-03-10	Fire Call.....	Chimney Fire in Tee-Lake
03-03-11	Public Assistance.....	Transport knocked off telephone line
03-03-12	Public Assistance.....	Request to drop charges, file EVP030228001
03-03-12	Public Assistance.....	Civil matter
03-03-14	Ride Program.....	Front of Lot 50-86B (1:05 hrs)
03-03-15	Fire Call.....	Jawbone's Bay
03-03-16	Fire Call.....	Jawbone's Bay, same address
03-03-22	Assistance.....	Curfew, youth brought home by Police
03-03-23	Assist SQ.....	Statement
03-03-26	Security Alarm.....	False alarm, verified by Police, closed.
03-03-26	Harassing Telephone Calls.....	Under Investigation
03-03-26	Charges dropped.....	On File EVP030228001, Assault causing bodily harm
03-03-26	Public Mischief.....	Charges laid, causing Police investigate after making false statements
03-03-28	Issued Summons.....	Theft of Credit Card
03-03-29	Ride Program.....	Near Playground
03-03-29	Operation while impaired.....	Charges pending
03-03-30	Break and Enter, Mischief.....	Youth Center & Health Center, individuals charged.
03-03-30	Harassing Telephone Calls.....	Under Investigation
03-03-31	Internet (mailing obscene matter).	Under Investigation
03-03-31	Fire Call.....	Commonwealth, Tee-Lake

**E. Motor Vehicle Accidents**

Minor.....	0
Major (injuries or death).....	0

**F. Band By-Law**

Traffic Regulations.....	0
--------------------------	---

COMMUNITY ACCESS PROGRAM

**New Educational Software Available ...**

Fun and Skills Pack – Preschool (Ages 3-5)  
 Lego – Freddi Fish – Reader Rabbit – Little monsters

Webster's Unabridged Dictionary Collection  
 Webster's Unabridged Dictionary  
 Webster's Millennium American Concise Encyclopedia  
 Webster's Millennium New World Atlas  
 Webster's Millennium Children's Dictionary  
 Britannica 2003 Ultimate Reference Suite  
 Britannica Elementary Library  
 Britannica Student Library  
 Encyclopedia Britannica

High School Advantage 2003  
 Grades 9 – 12 (Ages 14 & up)  
 10 Different Subjects

Middle School Advantage 2003  
 Grades 6 – 10 (Ages 11 & up)  
 10 Different Subjects

Elementary Advantage 2003  
 Grades 3 – 5 (Ages 8 & up)  
 10 Different Subjects

Adventure Workshop Preschool  
 1<sup>st</sup> Grade (Ages 3 –7)  
 9 Different Components

Adventure Workshop  
 1<sup>st</sup> -3<sup>rd</sup> Grade (Ages 6 -9 )  
 9 Different Components

Adventure Workshop  
 4<sup>th</sup> -6<sup>th</sup> Grade (Ages 8 -12 )  
 9 Different Components

Jump Start Toddlers

Little Bear's Preschool Thinking Adventures  
 (Ages 3 – 5)

Reader Rabbit's Math  
 (Ages 4 – 6)

Reader Rabbit's Math  
 (Ages 6 – 9)

Typing Pal Junior

## Algonquin Language

In February, our elders gathered & derived at the following:

MIGIZY ODENAW = EAGLE VILLAGE

ANICINABEK = FIRST NATION

(Signs for community buildings will be in English & Algonquin)

HEALTH CENTRE:

MIGIZY ODENAW ANICINABEK MATISIWIN WIKIWAM

RECREATION HALL:

MIGIZY ODENAW ANICINABEK WIKIWAN KACIOTAMINANIWAK

POLICE DEPT:

MIGIZY ODENAW ANICINABEK TAGONIWEWININI WIKIWAM

YOUTH CENTRE:

MIGIZY ODENAW ANICINABEK KAOCKNIKIWATC WIKIWAM

DAYCARE CENTRE:

MIGIZY ODENAW ANICINABEK KIJADAWISO WIKIWAM

FIRE DEPT. :

MIGIZY ODENAW ANICINABEK ATAWEIKWININI WIKIWAM

BAND OFFICE:

MIGIZY ODENAW ANICINABEK WIKIWAM

## Forestry Meeting Update

On March 19th & 20th, I was in Quebec City for the "First Nation Forestry Program & Quebec Labrador Institute of Sustainable Development General Assembly. Topics on the agenda included:

- Harmonization
- Sustainable Development
- Forestry Information
- Suggestions and Results

From this meeting it was important to be informed that Forestry operations for First Nation Communities will continue for the next five years until the year 2008. If you would like more information about the meeting please call me at the Band Office.

**FAMILY FUN**

### **MAGIC & HYPNOTIST SHOW**

**EAGLE VILLAGE COMMUNITY HALL**

**Friday April 18th, 2003**

**Show Time 7:30 pm - 9:00 pm**

**Doors Open 6:45 pm**

**Admission \$3.00 / person**

**A show for the whole family !!**

**Sponsored By: Eagle Village Recreation**

**Hosted By & Profits To:  
Eagle Village Fire Department**



## EAGLE VILLAGE FIRE DEPARTMENT

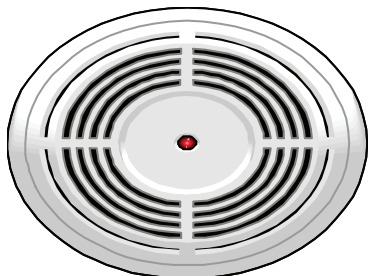
### GET SAFE! ...TIPS FOR HOME FIRE PREVENTION & PROTECTION

#### SMOKING:

If you must smoke indoors, make sure all cigarettes and matches are fully extinguished.

#### COOKING:

Take care when cooking ... never leave your cooking unattended, wear tight-fitting or rolled-up sleeves when cooking and keep all combustible materials a safe distance from the stove.



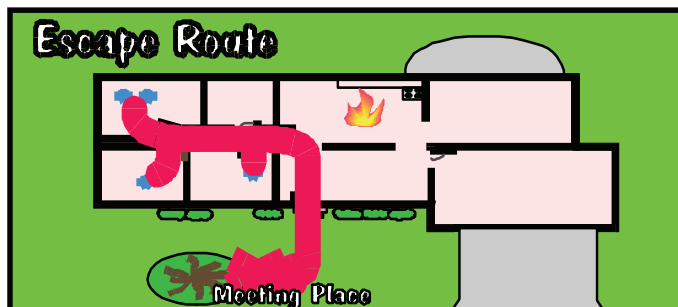
#### ALARMS:

Install working smoke alarms on every level of your home and test them every six months.

#### PLAN YOUR ESCAPE:

Develop and practice a home escape plan so you know what to do in an emergency.

For more prevention tips: [www.gov.on.ca/ofm](http://www.gov.on.ca/ofm)



or contact your local fire department.

Portfolio holder: Gail Joly

## EAGLE VILLAGE YOUTH CENTRE

Summertime is a time for fun, sports and other outdoor activities. Here are some simple "summertime" safety tips...

### SUMMER WHEELS TIPS FOR BIKING, BLADING, BOARDING & "SCOOTING" AROUND ...

#### Wear the Gear

"especially your helmet"

It should be comfortable, properly fitted, certified

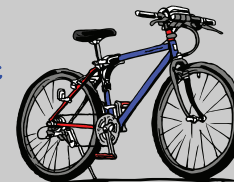
and always fasten the strap.



Learn to follow the rules of the road ... Come to a complete stop before entering driveways, paths or sidewalks.

#### Bikes:

Start off with the right size, not one your child has to "grow into".



#### Blades:

Wear the gear! Including knee and wrist pads!

#### Skateboards:

Regularly check for board problems and watch for pedestrians!!



#### Scooters:

Wear shoes with toe protection, never bare feet. Do not ride in traffic, at night or in bad weather!



For more tips log on to:  
[www.safety-council.org-SportandActive/Living](http://www.safety-council.org-SportandActive/Living)  
(Portfolio holder—Gail Joly)

## *A Word From Our Health Director ... David McLaren*

### Health Plan Update

We are still working in the Program Development stage of our health plan. This task requires a lot of time and originality. Another tedious job forthcoming is policy development for the Health Centre. We are hoping to blend in our Health Policies with those already in progress for Band Administration in order to be copasetic and consistent.

### Social Services Review

On May 1<sup>st</sup> in Timiskaming First Nation, a report on the situation of Social Services will be presented to the three western Algonquin communities and their leaders. It is anticipated that the key people involved from the funding side and operations of Social Services will be on hand and willing to initiate changes for improvement.

I would like to take this opportunity to thank all those who have participated in the recent surveys, studies and reviews that took place in the community over the past twelve months. Your implication is the key for success of these endeavours. Meegwetch!

### Meetings Attended

Western Health Directors meeting in Timiskaming F.N.; Presentation from person representing the addiction center Le Centre Normand. Special topic was gaming addictions. Next meeting will include community transition homes for elders.

Health Forum in Quebec organized by the FNQLHSS; Accompanied by Head Nurse & C.H.R. Participated in several informative workshops that stemmed from First Nation Health status & trends, mental health, tobacco, nutrition, research and diabetes to mention a few. I must add that important linkages and networking also takes place at these forums and in return, allows us to build from other community's success stories.

### Emergency Preparedness Committee Meeting

The next Emergency Preparedness Committee Meeting will take place on Thursday April 24th, 2003 at 9:00 am in the morning in the Conference Room in the Band Office.

*Congratulations to Vicky Constant on another successful training session in Quebec. One more to go!*

## Social Service Department

Do you have what it takes to  
become a Foster Family?  
For services, requests or if you  
would like more information

please contact:

Centre Jeunesse

l'Abitibi

Temiscamingue

819-629-2676

ext. 229

and ask for  
Mariette Mathias



### Foot Care Evaluation

I am starting to evaluate the foot care clinic. My goal is to provide the best foot care possible, but I need your input to achieve this goal. I would appreciate that after your foot care visit, you fill out a simple, quick evaluation. The evaluation is completely anonymous. There will be a shoebox at the front door of the health centre. Please drop off your evaluations in the box. The evaluations will be collected once a week. I appreciate your help.

**Thank You .... Jackie Dorval**

# NEWS FROM PATTY

I would like to take this opportunity to say Thank You and Congratulations to the people who took part in the 3½ day training on Fetal Alcohol Syndrome (FAS). This training took place at the Community Hall, March 17th to 20th, 2003. The training was financially supported by Health Canada and Evike Gouldreault was the facilitator. I would like to share with you a bit of the information that we obtained from this training....

## WHAT IS FETAL ALCOHOL SYNDROME (FAS)?

Fetal Alcohol Syndrome is a leading cause of birth defects and developmental disorders. FAS is caused by a woman's use of alcohol during pregnancy.

## HOW MUCH IS TOO MUCH?

Any amount of alcohol you drink while pregnant is too much. There is no safe level of alcohol consumption if you are pregnant. Any alcohol you drink, even the smallest amount, will enter your baby's blood stream. Because the baby can't process the alcohol, the baby must wait until their mother's body processes and expels the alcohol., only then is the alcohol passed from the child back out to the mother so that her body can process it and expel it. Experts do not know exactly how much alcohol it takes to cause damage to an unborn baby. They do know that alcohol does damage and can cause very serious amounts of damage to the fetus. Every drink has the potential to affect your unborn child. Why take the chance to do this to your child's future? Do the best thing ... avoid all alcohol during pregnancy and if you are trying to conceive you should avoid alcohol as well.

## FAS TRAINING PARTICIPANTS

Pascale Huard  
 Tina Chevrier  
 Patty Hunter  
 Virginia McMartin  
 Noella Fortin  
 Roger Mitchell  
 Georgie McMartin  
 Rhonda Reynolds  
 Jennifer King  
 Maggie Hunter  
 Chantal Yergeau



## Promise To My Unborn Child

My child, you have a right to be born as perfect as possible.

I will help you grow inside of me;  
 I will nourish us both.

I will keep us from harm:  
 The harm of alcohol;  
 The harm of drugs;  
 The harm of careless living;  
 The harm of violent ways.

You will not be born into a perfect world.  
 But you will be born perfectly you,  
 As perfect as only you can be.

This is my promise to you.  
 I ask the Creator and all the Powers of Good of this Earth and of the Spirit World to guide and assist me.

Author: Lona Hegeman



**KIDS AND MARIJUANA ... NOT A HARMLESS HIGH**

User's say it makes them mellow. Proponents of legalization say its okay to smoke. Doctors warn of its harmful effects. Researchers say that from 1991 to 2001, the number of 8th graders who have used marijuana has doubled from one in ten to one in five.

The debate about marijuana continues, but there is one point that everyone generally agrees on ... kids should stay away from marijuana.

One common myth is that marijuana is safe. But the fact is, marijuana puts kids at risk. Its harmful to young bodies and minds that are still developing. Marijuana affects the brain and can impair mental health, leading to increased depression and anxiety. Some health risks associated with smoking marijuana are similar to those posed by smoking.

Kids who use marijuana regularly show a decrease in academic achievement. Even short term marijuana use has shown to cause problems with memory, learning, cognitive development and problem solving.

Kids who use marijuana weekly are more likely to get in trouble with the law, struggle in school, have delinquent friends, engage in sex or end up in risky or dangerous situations.

It's a myth marijuana is not addictive. More youth enter treatment with a primary diagnosis of marijuana than all other illicit drugs combined. Sixty percent of teens currently in drug treatment programs have a primary marijuana diagnosis.

Parents can help kids by countering the folklore on marijuana with real examples of how marijuana can put their futures at risk. Studies show that parents are the single most powerful influence in their children's lives. Parents who are involved and talk to their kids about drugs can keep their kids drug-free.

Check out the website ...

[www.theantidrug.com](http://www.theantidrug.com)  
for more information.

If you are a teen check ...  
[www.freevibe.com](http://www.freevibe.com) !

You can also call 1-800-788-2800 and  
ask for free information about Marijuana.



MARIJUANA MARIJUANA MARIJUANA MARIJUANA MARIJUANA MARIJUANA MARIJUANA MARIJUANA MARIJUANA MARIJUANA

**TEST YOUR SMARTS !!**

**Take this Quiz ...  
to separate Marijuana fiction from fact !!**

**Question #1**

Smoking one marijuana joint is as harmful as smoking how many cigarettes?

- a) 5
- b) 4
- c) 2
- d) 1

**Question #2**

What percentage of 12th graders say that marijuana is "fairly easy" or "very easy" to obtain?

- a) 27%
- b) 46%
- c) 52%
- d) 67%
- e) 88%

**Question #3**

What majority of youth who enter drug treatment are there for what addiction?

- a) Cocaine
- b) Heroin
- c) Ecstasy
- d) Marijuana
- e) Alcohol

**Question #4**

A marijuana joint can contain ...

- a) PCP
- b) Pesticides
- c) LSD
- d) Cocaine/Crack
- e) All of the above

**Question #5**

What percentage of 12th graders believe that occasional use of marijuana is harmful?

- a) 23%
- b) 30%
- c) 42%
- d) 55%
- e) 66%

**(Check for your answers on page 12)**

- If your answered...
- 5 Right - You are Excellent!!**
- 4 Right - Very Good**
- 3 Right - You are Good**
- 2 Right - You are Poor**
- 1 Right - Start Reading !!**

*Message From*

*The First Nations Longitudinal Health Survey*

The Longitudinal Health Survey is now fully completed. Thank You to all the 56 community members who participated in this survey. There was a draw at the Health Centre for 4 Kipawa Books for the different age groups of the survey. The winners were:

- 0-11 Yrs Age Group - Jordon McKenzie
- 12-18 Yrs Age Group - Brent St-Denis
- 18-54 Yrs Age Group - Georgie McMartin
- 54 and Over Age Group - Ernest Hunter

Thank You once again to all the participants!

Noella Fortin

**PRE TEEN AND TEEN DANCE**  
 FRIDAY APRIL 11TH, 2003  
 EAGLE VILLAGE COMMUNITY HALL  
**PRE TEEN GROUP (AGE 6 YRS - 11 YRS)**  
 7:00 PM - 9:00 PM  
**TEEN GROUP (AGE 12 YRS & UP)**  
 9:00 PM - 11:00 PM  
**ADMISSION-\$1.00 ALL SNACKS - \$1.00**



**FUN ACTIVITIES FOR ALL**  
 LIMBO DANCES. SPOT DANCES  
 RAP DANCES. MUSICAL CHAIRS  
 DOOR PRIZE

**BRING YOUR OWN MUSIC &  
 BRING YOUR FRIENDS !!**

**St. Patrick's Day Dry Dance**

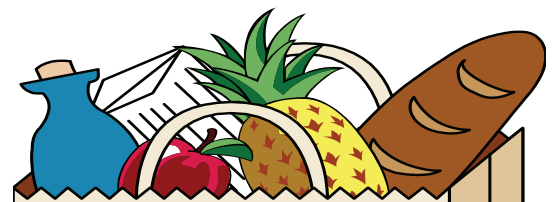
The St. Patrick's Day Dry Dance was well attended. Omer & Friends kept the crowd tapping and dancing for 4½ hours. The evening flew by with the entertainment of spot dances, a door prize, a hat contest, a square dance and a surprise auction.

Stanley Moore won the hat contest and it was a difficult choice for the judges as there were several beautifully decorated St. Pats to choose from. Stan was the lucky winner and he must have been experiencing the "Luck of the Irish" for the whole evening because he won the door prize and a few spot dances as well. The square dance was the high-light of the evening since all that were in the set surprised themselves at how they could square dance. Could this be because square dancing was one of the favorite past-times of our parents and grandparents?

On behalf of NNADAP I would like to thank all who supported our first dry dance by attending or helping. If anyone has any ideas or suggestions for another similar party or activity, please drop by the Health Centre or call at 627-9060.

A special "Thank You" to Emma and Lloyd Down, Cathy and Roger Mitchell, Diane Belisle and Lori

On behalf of all the volunteers who helped out at the St. Patrick's Day Dry Dance, we would like to take our hats off to Noella Fortin for doing such an excellent job organizing a fun evening of dancing and fun !!



**SHOPPING LIST**

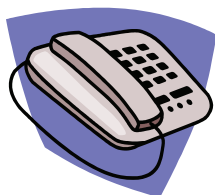
**Gyulaine Brien, the Dietician, will be available for appointments every week at the Health Centre on Wednesday afternoons. Please call Cecile 627-9060 to book an appointment.**

## Test Your Gambling Behavior...

Answer the following questions to assess your gambling behavior...

1. Did you ever lose time from work due to gambling?
2. Has gambling ever made your personal life unhappy?
3. Has gambling affected your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to pay debts or to solve other financial difficulties?
6. Has gambling decreased your ambition or efficiency?
7. After losing, have you ever felt you must return as soon as possible to win back your losses?
8. After winning, have you ever had a strong urge to return and win some more?
9. Do you often gamble until your last dollar is gone?
10. Have you ever borrowed money to finance your gambling?
11. Have you ever sold something to finance your gambling?
12. Have you ever been reluctant to use everyday life expenditure money for gambling?
13. Has gambling made you inconsiderate about your welfare or that of your family?
14. Have you ever gambled longer than you had planned to?
15. Have you ever gambled to escape worries or problems?

If you answered "yes" to seven or more questions, it means that you are considered a problem gambler. We encourage you to seek professional help to develop ways to change your gambling behavior. Professional counselors are people who possess expert knowledge in counseling and psychology. They can help you to understand yourself, to identify your problems and to solve them with you. Working with a professional counselor and family members (friends) is the key to success in changing your problem gambling behavior.



**PROBLEM GAMBLING HELPLINE**  
**1-888-230-3505**

## Mental Wellness Program

On behalf of the Eagle Village First Nation Youth and Mental Health/Family Violence Program, I would like to take this opportunity to thank everyone who gave their time, support and donations for the Youth Street Hockey Tournament during the March Break.

Eagle Village First Nation donated : Prize money and 10 passes to the Much Music Video Dance.

Auberge Canadienne donated: Four extra large pizzas and soft drinks.

Eagle Village Health Centre donated: hats and shirts for prizes.

I would also like to inform you that in the past few months I have been taking various trainings:

- Suicide Intervention Training
- Fetal Alcohol Syndrome (FAS) Training
- WHIMIS Training

I am in the final stages of completing a Family Violence Community Action Plan for the Health Centre. This resource will be beneficial for all of the service providers in our community.



Also a little reminder that the Elders Outing to visit the Temiskaming Long Term Care Centre will be coming up in a few weeks (end of April/early May), so please call me and reserve your place. This will include your meals and transportation will be arranged.

*Virginia McMartin*  
 627-9060

## INFORMATION ABOUT SARS

### A New Disease Called SARS

The Centers for Disease Control and Prevention (CDC) is investigating a new disease called severe acute respiratory syndrome (SARS). The disease was first reported among people in Guangdong Province (China), Hanoi (Vietnam), and Hong Kong. It has since spread to other countries.

### Symptoms of SARS

In general, SARS begins with a fever greater than 100.4°F [ $>38.0^{\circ}\text{C}$ ]. Other symptoms may include headache, an overall feeling of discomfort, and body aches. Some people also experience mild respiratory symptoms. After 2 to 7 days, SARS patients may develop a dry cough and have trouble breathing.

### How SARS Spreads

Public health experts think that SARS is spread by close contact between people. SARS is most likely spread when someone sick with the disease coughs droplets into the air and someone else breathes them in. It is possible that SARS also can spread more broadly through the air or from touching objects that have become contaminated.

### Who Is at Risk For SARS

Cases of SARS continue to be reported mainly among people who have had direct close contact with an infected person, such as those sharing a household with a SARS patient and health care workers who did not use infection control procedures while taking care of a SARS patient. There are no suspected cases of SARS in Quebec, North Bay or in Northern Ontario at the time of publication.

### What You Should Do to Protect Yourself

CDC has issued interim guidelines for patients with suspected SARS in the healthcare setting and in households. These guidelines may change as we learn more about SARS. If you get sick with the symptoms described above and have been in close contact with someone who might have SARS, see your health care provider and follow the guidelines below.

### Guidelines

If you think you (or someone in your family) might have SARS, you should:

1. Consult a health care provider as soon as possible.
2. Cover your mouth and nose with tissue when coughing or sneezing. If you have a surgical mask, wear it during close contact with other people. A mask can reduce the number of droplets coughed into the air.

**Note: If you go to the North Bay General Hospital you can expect to be screened (questionnaire and temperature taken) in an effort to prevent SARS. Call your Physician's Office or Medical Clinic before visiting.**

## Healthy Recipe

### BAKED FRENCH FRIES

(Makes 4 Servings)

#### INGREDIENTS:

<b>2 large</b>	<b>Potatoes</b>
<b>1/2 tsp</b>	<b>Salt</b>
<b>1 tbsp</b>	<b>Vegetable Oil (Canola)</b>
<b>1/8 tsp</b>	<b>Paprika (optional)</b>

#### DIRECTIONS:

- **Preheat oven to 450 F degree.**
- **Peel potatoes and cut into slices 4 inches long and 1/4 inch wide; place in bowl of water to crisp.**
- **Just before cooking, turn onto paper towel and pat dry.**
- **Spread pieces in one layer on a shallow baking pan.**
- **Sprinkle/mist with vegetable oil.**
- **Shake pan to spread oil evenly over potatoes.**
- **Bake 30-40 minutes, turning frequently until golden brown.**
- **Empty potatoes onto paper towel.**
- **Sprinkle with salt and paprika.**

#### Nutritional Analysis Per Serving:

**Each serving of french fries:**

**15g Carbohydrate**  
**2g Protein**  
**3g Fat**  
**93 Calories**

**Exchanges:**

**1 Starch**  
**1/2 Fat**



**Diabetic Gourmet Magazine**  
**www.diabeticgourmet.com**

Sunday

Monday

Tuesday

Wednesday



Thursday

Friday

Saturday

# Community Calendar

## April 2003

6 Daylight Savings Time Don't forget to put your clocks ahead one hour! 	7 Glenda will be in Quebec City for FNEC Meeting Special General Assembly April 7th-10th, 2003.	8 Lance is attending Regional Development Meeting - Eagle Village	9 Lance & Gail are Attending Education Council Meeting Quebec City "Taxation" Meeting Community Hall	10 Lance & Gail are Attending Education Council Meeting Quebec City	11 Pre Teen & Teen Dance at the Hall  Dr. Brock is at the Health Centre today	12 Lance in Val d'Or Algonquin Nation Meeting with Premier Bernard Landry Adult Cribbage Tournament - Hall
13 Quebec Native Women Monster Bingo Community Hall 	14 David in Ville Marie for Social Service Meeting Baseball Registration Begins Karate - Hall	15 Lance is meeting with Tembec "Forestry" Glenda meeting at Nipissing University	16 Lance is attending Tribal Council Meeting Maniwaki Karate - Hall	17 Lance is attending Tribal Council Meeting Maniwaki  Dr. Zivkovic is at the Health Centre today	18 Health Centre & Band Office Closed Easter Holiday Magician/Hypnotist Show at the Community Hall	19 <div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>Answers to Quiz</b>  <b>1. C</b>  <b>2. E</b>  <b>3. D</b>  <b>4. E</b>  <b>5. B</b> </div>
20 	21 Health Centre and Band Office Closed Easter Holiday Karate - Hall	22 Education Meeting Community Hall 	23 Noella is in Amos for NNADAP Quarterly Meeting Tembec Career Day Center - Temiscaming	24 Lance is attending Tribal Council Meeting Maniwaki	25 Nomination Meeting Community Hall  Last Day for Baseball Registration	26
27	28 Lance is attending Housing Conference in Montreal until April 30th (3 days) Karate - Hall	29	30	<p><b>Upcoming in May at the Health Centre ...</b>  <b>May 14th - Dr. Brock</b>  <b>May 21st - Dr. Gurekas</b>  <b>May 28th - Dr. Zivkovic</b>  <b>Call Cecile (627-9060) to book an appointment.</b></p>		