

Migizy Odenaw Newsletter

The newsletter is now online at www.eaglevillagefirstnation.ca !!



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In this photo; Dave McLaren (Health Director), Chief Lance Haymond and Councilors Gail Joly and Tony McLaughlin are shown with our newly purchased, fully adapted van for medical transportation. Quality medical transportation service as well as 2 to 3 full-time jobs were the goals anticipated by the above mentioned people.

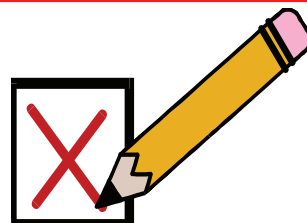
ELECTION FOR CHIEF & COUNCIL

Friday June 7th, 2003

9:00 am - 8:00 pm

Eagle Village Community Hall

The Band Office and Health Centre will be closed.



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INFORMATION FROM THE EAGLE VILLAGE POLICE DEPARTMENT

CANADIAN COAST GUARD - OPERATOR COMPETENCY REQUIREMENTS

The Competency of Operators of Pleasure Craft regulations require operators of pleasure craft fitted with a motor and used for recreational purposes to have proof of competency on board at all times. These requirements are being phased in over ten years (see table below) ...

DATE AT WHICH PROOF OF COMPETENCY

How this applies to operators** of pleasure craft fitted with a motor and used for recreational purposes ...	Date at which proof of competency is required on board ...
All operators born after April 1st, 1983	September 15th, 1999
All operators of craft under 4m in length, including personal watercraft	September 15th, 2002
All operators	September 15th, 2009

* These requirements apply in areas outside of the Northwest and Nunavut Territories at this time.

** Applies to the non-residents of Canada and whose pleasure craft is in Canada for more than 45 consecutive days.

Operators card or equivalent issued to a non-resident by their state or country will be considered as proof of competency.

TIP: Certificates for boating safety courses completed before April 1st, 1999 will be recognized. If you have already taken a course before the regulations and have proof then that course certificate or card will be accepted as proof of competency.

Proof of competency can take 1 of 3 forms:

- Proof of having successfully completed a boating safety course in Canada prior to April 1st, 1999;
- A pleasure craft operator card issued following the successful completion of a Canadian Coast Guard accredited test;
- A completed rental-boat safety checklist (for power-driven rental boats).

The operator card is good-for-life. Boaters can obtain their card after receiving a mark of at least 75% on a Canadian Coast Guard accredited test. Boaters have the option of taking the test without first completing a course.

Why take a boating safety course?

- To improve the safety of all boaters and the boating environment.
- To get your Pleasure Craft Operator card as required by the regulation.
- To learn about your responsibility.
- To make your boating experience enjoyable for everyone.

What is covered during the course?

The course covers a full range of basic boating information such as:

- Minimum safety equipment requirements on board your boat.
- The Canadian Buoy system.
- How to share the waterways.
- A review of all pertinent regulations.
- And how to respond in an emergency situation.

What are your options?

- Take a course in a class, by correspondence or through the internet or
- Purchase a training manual from an accredited training organization, study on your own and then take the test, or
- If you already know the rules, you may wish to challenge the test although the CCG highly recommends taking the accredited course.

BOATING MAY LOOK SIMPLE BUT THERE IS A LOT TO LEARN! GET TRAINED! GET YOUR OPERATOR CARD!

If interested please call 627-8229, Monday to Friday, 8:30 am - 4:30 pm by Tuesday June 10th, 2003 at 4:30 pm. A minimum number of participants is required before the course can be given.

If you are interested in the Internet option or challenging the exam, please call 627-8229, Monday to Friday, 8:30 am - 4:30 pm to leave your name.

EAGLE VILLAGE OPTIONS

Full day course with two tentative dates for the adults and one tentative date for children ...

- Saturday June 14th, 2003, Adults, at the Daycare (maximum 20)
- Wednesday June 18th, 2003, Adults, at the Community Hall (maximum 20)
- Thursday July 3rd, 2003, Children (16 and under), at the Community Hall (maximum 10)

Cost is \$50.00 which includes the book, course and exam.

EAGLE VILLAGE POLICE DEPARTMENT

GENERAL STATISTICAL INFORMATION

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

A. May 2003

Criminal incidents.....	1
Non-Criminal incidents.....	15
Motor Vehicle accidents.....	0
Band By-Law violations.....	0
Ride Programs.....	1

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

Criminal incidents.....	20
Non-Criminal incidents.....	64
Motor Vehicle accidents.....	0
Band By-Law violations.....	4
Ride Programs.....	11

C. List of Criminal incidents

Theft motor vehicle.....	1
Uttering Threats.....	3
Assault.....	1
Internet Fraud.....	1
Conjugal violence.....	2
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
Theft.....	1
Driving Dangerously.....	1



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

03-05-01	SQ Assistance.....	Alarm in Temiscaming
03-05-01	Theft.....	Amount of money stolen, under investigation
03-05-02	Run away.....	Found youth, brought home by Police
03-05-05	Public endangered.....	Throwing sand while on rock pile near ball field
03-05-10	Child hand in lighter.....	Child states, this will stop making fires
03-05-14	Public Assistance.....	Ambulance called in
03-05-16	Disturbance.....	Referred to Social Services
03-05-16	Trespassing at night.....	Tapping on window/walls running away
03-05-19	Conjugal violence.....	Family quarrel, dossier closed
03-05-20	Uttering threats/suicide.....	Youths involved, Social Services notified
03-05-24	Ride Program.....	Migizy Street in front of Lot 86
03-05-27	Disturbance.....	Homeowner awoken by noise
03-05-29	Issue Subpoena.....	Witness to appear in court to testify, File EVP010929003, Driving while impaired
03-05-29	Issue summons.....	For suspect to attend court on operation while impaired charges, EVP021027001
03-05-30	Public Assistance.....	Information Legal Matter
03-05-30	Public Assistance.....	Child visitation
03-05-31	Ambulance Requested.....	Medical assistance

E. Motor Vehicle Accidents

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

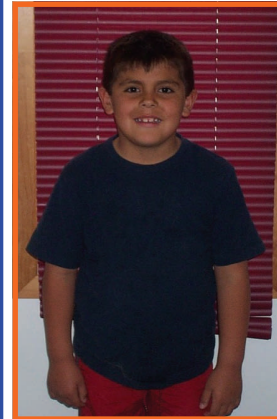
F. Band By-Law

Traffic Regulations.....	0
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COMMUNITY REPORT



During clean-up on May 10th, Collin McKenzie found a lighter and immediately gave it to Officer Moore stating ... "here Stan, children should not play with lighter's!"



We would like to acknowledge Collin McKenzie for doing a "GOOD SAMARITAN" deed. We hope that other children will follow Collin's judgment and this will encourage others to do the same.

CHIEF AND COUNCIL

EDUCATION DEPART-

On May 13th and 14th I attended the third strategic Planning Session in Montreal. This session Dealt with the Terms of Reference of the Assembly and the different Committees. The group reviewed the terms of reference and made changes in order to have appropriate guidelines. The group finalized the Terms of Reference of Assembly and re-evaluated the Terms of Reference of the Working Committees. Both Terms of Reference will be presented for approval by the General Assembly at the next meeting. The final meeting concerning the Strategic Planning will be held in the Fall 2003.

Glenda Moore
Education Officer

The end of the school year is quickly approaching. Once again this year there will be an Awards Night. In order to do this the education department is requesting that the parents to sign and return the release form which give permission to the Ecole G. Theberge and the G. Theberge schools to fax your child's/children's final report card. Or you can bring the report card yourself. This release form will be hand delivered in the very near future.

ALGONQUIN LANGUAGE - PRONUNCIATION

ENGLISH	ALGONQUIN	PRONUNCIATION
Eagle	Migizy	Mig-gis-zee
Village	Odenaw	Oh-day-na
First Nation	Anicinabek	A-nish-in-a-bek
Office/ Centre	Wikiwam	Wee-gee-om
Health	Matisiwin	Mad-de-zee-win
Police	Tagoniwewinini	Ta-kon-e-ay-win-inn-ini
Recreation	Kaciotaminaniwak	Ka-jay-o-dumb-in-nin-nan-e-wog
Youth	Kaoeknikiwate	Ka-oosh-kin-ni-gee-wadge
Fire	Ataweike	At-ta-way-a-gay
Daycare	Apinotcicak Gacikamaweni- makaniwate	A-be-no-g-jick Ka-jik-kin-away-ni-mag-in-e-wadge



In February's newsletter I included the spellings for the mentioned departments; however, when our elders gathered in May they changed the spelling for the name of the Day-care Centre from "KIJADAWISO" to "Apinotcicak Gacikamaweni-makaniwate" which means babysitting children. Above is a photo of our some of our Algonquin speakers.

A Great Big Thanks for their dedication to this project !!

THANK YOU !! THANK YOU !! THANK YOU!!!

The Youth Centre held a Community Clean-Up on Saturday May 10th, 2003. It was a great success! Over 60 community members came out and cleaned up the local streets, ball field and park. We also had a bottle drive for the youth baseball and collected \$250.00 worth of bottles and cans.



There was a volunteer BBQ after the clean up and everyone enjoyed burgers, hot dogs and ice cream cones. We would like to thank our BBQ cooks Lance and Lee Ann, our bottle drivers and everyone who came out and took part in our day ... you know who you are ! Thank you to everyone who

donated bottles and cans for the bottle drive and we hope to see everyone join in once again in the fall !!

E-LEARNING !!

Three Courses Available

- Personal Financial Planning
- Internet & Business Basics
- Personal Development Skills

You have one month to complete the course and you can work at your own pace!!

**Cost per course - \$20.00
For more information ...
Call Donna 627-9399**

**Wednesday Nights
Adults only at CAP !!**

A Word From Our Health Director

Health Plan

The Health Centre Team has now accomplished the bulk of the 5 year programming of our Health Plan. Our strategies are focused on diabetes, addictions, nutrition, physical activity and community links. In the upcoming weeks we intend on presenting our planning to the members of our community and Health Canada officials. This process we are engaged in will permit us to negotiate a comprehensive transfer of funds that will allow us more flexibility to reach our goals and objectives thus increasing the health of our people.

Youth Centre Success

You will notice our staff has been using the Youth Centre for various prevention activities. With the assistance of Joyce Dandy and Donna Pariseau of the Youth Centre, we were able to reach an unprecedented 80% of our potential target group. This gathering place has been an extremely important asset to our prevention efforts with the youth and we will continue to solicit it in the future.

Meetings Attended

On May 15th I attended a meeting in Lac Simon with the other Health Directors which are a part of our Tribal Council. The goal was to provide information for the Chiefs on the new consent forms of Health Canada. Decisions may be taken at the Caucus meetings in Montreal the 3rd-5th of June.

On May 26th, I attended the Social Service Working Committee meeting that seen the team analyse the recommendation of the consultants' review and propose some short, mid and long term solutions that will be presented to Chiefs of Long Point, Timiskaming and Eagle Village.

On May 27th, I attended a meeting what is know known as the "McMeeting". Health Directors, McLaren (Eagle Village) McBride (Timiskaming) McKay-Rodgers (Long Point) from the three western Algonquin communities along with Susan McKenzie native portfolio holder at the Regie Regionale met to discuss Transition and Old Age Homes. Long-term units like the one in Timiskaming First Nation is not an option to be considered since the Federal and Provincial authorities have made it clear that they would only fund one unit in the region. Retirement homes or transition homes are a possibility. But we must be careful. In our communities, most people own their own homes and can depend on family members to help with certain common maintenance tasks. Our elders can also depend on homecare services that allows them to remain comfortably in their own home where they generally want to stay as long as possible. So before we undertake such a project, a survey or a mandate from our elders would have to indicate a strong need for this type of living. In the meantime, we will concentrate on improving home and nursing care and eliminate social isolation in order to improve the lives of all our Elders.

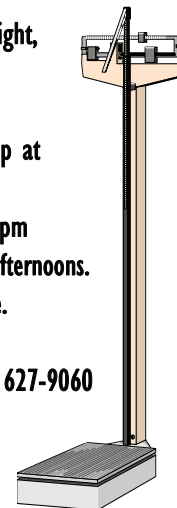
Weight - Loss Support Group

Have you been wanting to lose some weight,
but the lack of motivation to do so?

Then join a weight loss support group at
the Health Centre.

Starting: - June 4th, 2003 at 2:30 pm
Weekly weigh-ins will be on Wednesday afternoons.
Dietician support will be available.

For more information call Pascale or Tina 627-9060
You can start at any time !!



Nurse's Notes ...

Meeting Update ...

During the week of May 27th, Jackie and I (Pascale) went to Health Canada in Montreal for training. We received 2 days of training on counseling before and after doing HIV testing. Also, we had other small information sessions on various topics which included West Nile Virus, as well as administrative procedures and changes.

WEST NILE VIRUS

The public is invited to report any crows, ravens and blue jays recently found dead or ill by dialing ...

1-800-363-1363

8:30 am - 8:00 pm, Monday – Friday
9:00 am - 5:00 pm, Weekends

You can also contact Terry Perrier at the
Health Centre ... 627-9060

FOOT WEAR

Say good-bye to bad shoes. Many people suffer needless pain because they buy shoes that don't fit properly. Here are some tips:

- Buy leather shoes, avoid shoes made of "man made materials". Your feet cannot breathe in synthetic materials.
- Buy shoes at the end of the day. Feet swell with activity and humidity and are larger at the end of the day.
- Look for shoes that are comfortable from the start. You should not have to break in a pair of shoes. If you do you risk damaging your feet.
- Make sure the shoe is long enough. As you age, your feet spread, and if you gain weight your feet get bigger too. To determine the proper length, have your foot re-measured and don't just go by the fit of the big toe. Make sure that the second and middle toes, which are often longer than the big toe, fit comfortably. There should be one centimetre between the end of the longest toe and the shoe.
- Avoid buying shoes that crowd your toes against the front of the shoe. Pick a shoe with a rounded toe. If you have a history of corns and bunions, you may be buying shoes that are too small.
- Avoid buying shoes with high heels.
- Not sure about the fit of some of your older shoes, then draw an outline of your foot on a piece of paper. Place your shoe over the outline. If you see any part of the outline then your shoe is too small.



We step a staggering 4,000-10,000 times a day over a variety of terrains. In an average lifetime, our feet will travel between 240,000 to 320,000 kilometres.

That's six to eight times around the world! The types of shoes we wear have to provide maximum support. Otherwise our feet will pay the consequences.

Friday May 2nd was a busy day at the Health Centre. 33 Community members participated in the screening clinic where blood sugar, cholesterol and blood pressures were checked. Screening clinics are important to help with the early detection of heart disease and diabetes. All participants were invited to enjoy a healthy snack and enter their name the door prize. The lucky winner of the basket full of goodies was won by Nora Young.



On Tuesday May 13th, 2003 a workshop was held at the Youth Centre. This workshop was called "The Burning Truth" and it included a pizza supper, video and discussion tobacco and smoking. There were 46 children and youth who participated in this workshop and the door prize for a gift certificate was won by Kari Babin. Kaily Goulet won the draw for a gift certificate for turning in her smoking workbook from the workshop. Thank You to Joyce and the Youth Centre for their help and support.



NEWS FROM PATTY ...

UNFORTUNATELY THE RISK WATCH WORKSHOP DID NOT TAKE PLACE ON FRIDAY MAY 16, FOR GRADES 3 AND 4 DUE TO LACK OF INTEREST. IT WILL BE RESCHEDULED AT A LATER DATE AND IT WILL BE OFFERED IN THE EVENING AT THE YOUTH CENTER.

MIGIZY ODENAW CHILDCARE IS OFFERING A PARENT AND CHILD SUMMER PROGRAM. THE PROGRAM WILL BE OFFERED TO CHILDREN 0-5 YEARS OLD IT WILL ALSO INCLUDE A RESOURCE LIBRARY WHERE PARENTS CAN SIGN OUT BOOKS AND/ OR VIDEOS. I AM LOOKING AT OFFERING IT 2 HOURS ONCE A WEEK DURING THE SUMMER MONTHS. IT WILL BE HELD AT THE OLD DAY CARE BUILDING. THIS PROGRAM CAN BE OFFERED IF THERE'S ENOUGH INTEREST FROM THE COMMUNITY. IF INTERESTED PLEASE CALL PATTY AT 627-3455.

**HAPPY FATHER'S DAY TO
ALL THE FATHERS, GRANDFATHERS**



BIKE SAFETY ACTIVITY

SUNDAY JUNE 8TH, 2003

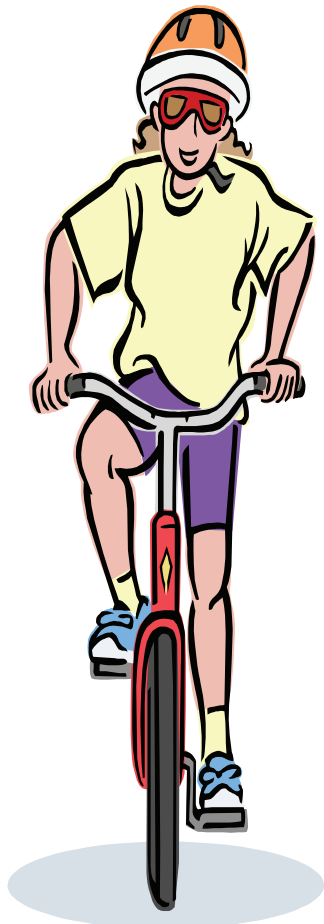
10:00AM TILL 2:00PM

OUTSIDE THE COMMUNITY HALL

- BIKE REGISTRATION (THE POLICE WILL BE THERE TO REGISTER BIKES)
- BIKE REPAIR (MR. TREMBLAY WILL BE THERE TO INSPECT AND REPAIR BIKES)
- BIKE STATIONS (STATIONS WILL BE SET UP TO PRACTICE BIKE SKILLS)
 - BBQ (HOT DOGS, HAMBURGERS AND REFRESHMENTS)
 - HANDOUTS TO ALL WHO PARTICIPATE

BRING YOUR BIKE AND HELMENT AND JOIN THE FUN!!

**SPONSORED BY
EAGLE VILLAGE BRIGHTER FUTURES PROGRAM
HEALTH DEPARTMENT
EAGLE VILLAGE POLICE,
AND THE YOUTH CENTER.**



Is Your Weight Affecting Your Health?

Heart disease, diabetes and high blood pressure are all linked to being overweight. Body Mass Index (BMI) is one of the most accurate ways to determine when extra pounds translate into health risks. BMI is a measure that takes into account a person's weight and height to estimate total body fat in adults. Someone with a BMI of 26 to 27 is about 20 percent overweight, which is generally believed to carry moderate health risks. A BMI of 30 and higher is considered obese.

Use the insert in this newsletter to see if you have a healthy BMI.

BMI	HEALTHY EFFECTS
< 20	May be associated with health problems for some people. The more underweight, the greater are your chances of developing such conditions as chronic fatigue, depression, anemia, eating disorders
20 - 25	This is the zone to be in, for the best health. It's a good weight for most people.
25 - 27	May lead to health problems in some people.
> 27	Increased risk of developing health problems such as certain cancers, heart disease, diabetes, arthritis

The higher the BMI, the greater is the risk of developing additional health problems. According to some estimates, a BMI of 30 and over increases the risk of death from any cause by 50 to 150 percent. Health experts recommend that people who are overweight but have no other health risk factors (such as high cholesterol or high blood pressure) should eat healthier and exercise to keep from gaining additional weight. For people who are overweight and also have health risks, they recommend trying to actively lose weight. Be sure to consult your doctor or other health professional before beginning any exercise or weight-loss program.

It is important to note that the BMI is only used for adult men and women aged 20 to 65. It is not for babies, children, teenagers, pregnant or breast-feeding women, seniors and very muscular people such as athletes.

Be sure to check next month's newsletter for valuable information on the impact of physical activity on your health.

Thank You

Thank You once again to all that helped out at the Youth Dances on May 30th, 2003...

*Tanya Mc Kenzie
Lloyd Down
Debbie Kiness
Richard Kiness
Emma Down*

NNADAP YOUTH DANCE

Ages 6–17 years !!

Friday June 27th

at the Eagle Village Community Hall

7:00 pm - 9:00 pm

Entry \$1.00

All snacks - \$1.00



Fun activities for all !! Everyone Welcome !!

Bring your own music & Bring your friends !!

The NNADAP Corner ~ Alcohol and Impaired Driving

Alcohol impairment and driving crashes are a very real problem in Canada today. Impaired driving is Canada's # 1 cause of criminal deaths. On an average more than 4 Canadians are killed and 200 Canadians are seriously injured each day because of alcohol and/or drug related crashes. (MADD Canada)

Alcohol has a disastrous effect on driving ability. You do not need much alcohol before your ability to drive becomes impaired. Although the legal limit has been set at 80 mg. of alcohol per 100 ml. of blood (.08%), already at .05% there is enough alcohol in your blood to modify and change your behavior and driving ability. Your ability to estimate distance, your peripheral vision, your hearing and reflexes are all diminished. Your judgment has already changed and your reactions are slower. The fact is that driving demands sound judgment and sharp reflexes to prepare for the unexpected: to avoid hitting a pedestrian or even a moose, a decision to pass a car and not to mention the urge to "speed" drive. Sound judgment and sharp reflexes are the very skills at immediate risk after taking even one drink.

In Quebec around 40% of fatal accidents are alcohol related as are 25% of mishaps causing injuries. Alcohol-impaired driving remains the prime cause of road accidents. (Quebec Societe de l'assurance automobile du Quebec)

Most people know the effects of drinking and driving but still do not try to change. Some people still drink and drive not taking the responsibility that driving while intoxicated can result in injuring or killing others, being left in a wheelchair and even losing your own life.

Another serious aspect is drinking while operating a water-craft and an A.T.V. Drinking on the Lake or on the back trails could start out innocently enough and very unintentional but could result in tragedy. The same responsibility applies to drinking while boating or driving any motorized vehicle as drinking while driving a car. Sound judgment and sharp reflexes are a very important at all times. A simple act of forgetting or neglecting to wear a life-jacket could cause the lost of the only life you have. So while boating please remember the motto "Think, don't Drink and Sink!"

**Last but not least when hosting a house party or having friends over ...
"Remember: Friends don't let Friends Drink and Drive!"**

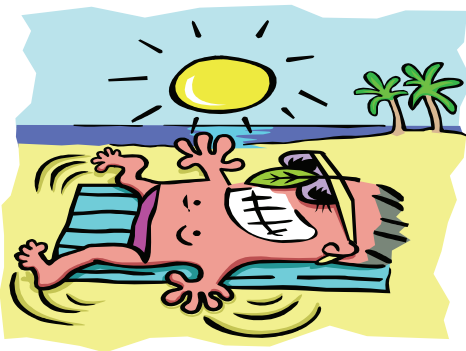
Happy Boating and Happy Driving to all this summer!

Sun Protection

Protect Yourself from the Harmful Effects of the Sun

One important consideration, when spending time outside, is protecting our skin from the sun's harmful rays.

There are two types of ultraviolet rays that cause irreparable damage to human skin. These are UVA and UVB rays. These rays are responsible for causing damages such as sunburn, wrinkles and other signs of premature aging, and possibly even skin cancer.



One of the best ways to prevent the effects of sun exposure (other than staying inside) is to apply sunscreen. Sunscreens block or absorb ultraviolet light and

they are recommended for those over six months of age. (Babies under six months should be shaded and limited with respect to sun exposure.)

All sunscreens are labeled with an SPF (Sun Protection Factor). The SPF acts like a multiplying factor. If you would normally be okay in the sun for 10 minutes and you apply an SPF 10 sunscreen, you will be okay in the sun for 100 minutes. In order for sunscreen to work, you have to apply plenty and it has to stay on. You should apply it about 30 minutes before going out in the sun or in the water, so it can stick to your skin. If you don't, then it's very easy for it to wash off. You should try to use a higher SPF because most of us don't put it on often enough or apply it correctly. The higher the SPF rating, the more those rays are blocked. When exposed to direct sunlight, when doing sports, gardening, or at the beach, it is important to use a product with an SPF 30 or more.

We have Ombrelle lotion with an SPF 30 available at the Health Centre. This lotion provides UVA/UVB protection and is water resistant.

Drinking and Driving Kills...

You told me not to drink Mom,
So I had a Sprite instead.

I felt proud of myself,
The way you said I would.
That I didn't drink and drive,
Though some friends said I should.

I made a healthy choice,
And your advice to me was right.
The party finally ended,
And the kids drove out of sight.

I got into my car,
Sure to get home in one piece.
I never knew what was coming Mom,
Something I expected least.

Now I'm lying on the pavement,
And I hear the policeman say.
The kid that caused this wreck was drunk,
Mom, his voice seems far away.

My own blood's all around me,
As I try hard not to cry.
I can hear the paramedic say,
The girl is going to die.

So why do people do it Mom,
Knowing that it ruins lives?
And now the pain is cutting me,
Like a hundred stabbing knives.

Tell sister not to be afraid, Mom
Tell Daddy to be brave,
And when I go to heaven,
Put Daddy's Girl on my grave.

Someone should have taught him,
That its wrong to drink and drive.
Maybe if his parents had,
I'd still be alive.

My breath is getting shorter Mom,
I'm really getting scared.
These are my final moments,
And I'm so unprepared.

I wish that you could hold me Mom,
As I lie here and die.
I wish that I could say, "I love you, Mom!",
So I love you and good bye.

MENTAL WELLNESS

To all of our elders, I am pleased to announce that we will be meeting weekly, to do Arts and Crafts, have tea, or just chat. If you are interested in joining us, just come to the old Daycare building, every Tuesday from 9:00 am - 12:00 pm. If you need a ride to the Daycare building please call Virginia at the Health Centre and we will arrange transportation for you.



PEER PRESSURE WORKSHOP FOR YOUTH S (12YRS - 18YRS) Sunday June 8th, 2003 - 6:00 pm at the Youth Centre !!

Pizza and Refreshments!!

There will be guest speakers who will share their life experiences with peer pressure such as what happened to them.

Eagle Village Police and Social services will be their to explain the legal aspects and the statistics of peer pressure !!

For more information , please call Virginia at the Health Centre (627-9060).

Healthy Recipe

RICE KRISPIES DIET PIE 12" PIE

INGREDIENTS:

- Honey
- Peanut Butter
- Rice Krispies
- Bananas
- Light Chocolate Pudding
- Light Cool Whip



CRUST:

- | | |
|--------|---------------|
| 1 tbsp | honey |
| 6 tbsp | peanut butter |
| 2 cups | rice krispies |

DIRECTIONS:

- Mix honey and peanut butter together. (Make sure peanut butter is softened). Add rice krispies.
- Press into a 12 " pie plate
- Top with 2 sliced bananas
- Follow directions to make light chocolate pudding and pour over sliced bananas.
- Top with Light Cool Whip.
- Chill and serve.

This recipe was contributed by
Nora Young
~Thank You Nora~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	<p style="text-align: center;">Community Calendar - June 2003</p>					



Father's Day

