

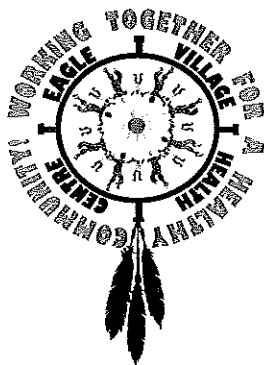
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Migizy Odenaw Newsletter

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



Eagle Village First Nation
P.O. 756
Temiscaming, Quebec
J0Z 3R0
Tel: (819) 627-3455
Fax: (819) 627-9428



Eagle Village Health Centre
2 Ogima Street
Kipawa, Quebec
J0Z 2H0
Tel: (819) 627-9060
Fax: (819) 627-1885



Eagle Village Police Dept.
P.O. Box 27
Kipawa, Quebec
J0Z 2H0
Tel: (819) 627-8229/9624
Fax: (819) 627-3277

A Few Words From Chief & Council

Dear Members,

As we had mentioned in the last newsletter we would like to give you an update on the meetings we had scheduled for the month of April 2003.

On the 8th of April 2003, Councilor Gail Joly and myself attended the First Nation Education Council Meeting, which was held in Quebec City. We were brought up to date on the many educational files that were being worked on. The major issues that were discussed was the need for Special Education funding for our members whether they reside on or off reserve. The Federal Government acknowledges there is a need but refuse to provide adequate budgets to meet the needs identified by the F.N.E.C.

(continued on page 2)

UPCOMING EVENTS

DIABETES & CHOLESTEROL
SCREENING CLINIC
May 2nd, 2003 at the Health Centre

BASEBALL & T-BALL
INFO SESSION & PRACTICE
Monday May 5th, 2003

COMMUNITY
CLEAN-UP & BOTTLE DRIVE
Saturday May 10th, 2003

SMOKING: THE BURNING TRUTH
WORKSHOP (7 to 12 yr olds)
Youth Centre
Monday May 12th, 2003

QNW ATV POKER RUN
Saturday May 31st, 2003
Call Verna for more info 627-1639

ELECTION FOR CHIEF & COUNCIL
Friday June 6th, 2003
Eagle Village Community Hall
9:00 am - 8:00 pm

Inside this issue:

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The most important issue that was discussed is the lack of budget to meet the needs for Post-Secondary Education. It was clear that all communities in Quebec are having the same problem, the budgets allocated for Post-Secondary Education remains the same while the needs and the number of people requesting assistance is increasing. We are experiencing the same problem, our budgets for Post-Secondary Education are inadequate and we now have people on waiting lists for educational assistance. We will work with the F. N.E.C. to lobby directly the Federal Government to improve funding for Post-Secondary Education. While we were in Quebec, we met with the Department of Indian Affairs all day on the 9th of April. The morning was spent going over this years funding with our Funding Officer. The afternoon was spent meeting the people in charge of Economic Development concerning our Gas Station Project. We were informed that as far as the Department of Indian Affairs were concerned we had submitted a good project. An independent firm to ensure that it met the Department's criteria was currently assessing it. We were informed to expect an assessment shortly. In addition, the representatives informed us of how they finance projects such as the one we submitted. It was a productive day and we will keep you updated when we receive an official answer from the Department. We have also received confirmation of financing from both the Royal Bank and the Bank of Montreal for this project.

I also attended our regular Tribal Council meeting which was held in Maniwaki on April 15th and 16th, 2003. We discussed many issues related to the Tribal Council such as staffing and budgets for the upcoming year. We also agreed to hold a Special Meeting on Land and Resources, it will be held May 15th and 16th, 2003 in Lac Simon. This is an important issue as we are uniting all Algonquin

communities so that we may tackle this important issue as a Nation. We deserve to benefit from all resource development. This revenue will allow us to rebuild our Nation, strengthen our communities and be able to meet all the needs of our communities. We must find ways to work together and I am convinced that we can do this; my fellow chiefs and I must work together for the benefit of all Algonquins.

The Annual Assembly of the Tribal Council is set for August 15th, 16th and 17th, 2003 in Grand Lac Victoria. We will transmit the information as it is received and will be working to ensure as many of our members who want to attend this event will be able to. We will keep you informed in future Newsletters.

On the 17th of April 2003, I gave a presentation to Canada Housing and Mortgage Corporation (C.M.H.C.) on the state of First Nation Housing in Quebec. This presentation was given to C.M.H.C. Regional and National Directors. I am the Portfolio holder of the file for the Quebec Region and I also sit as the Quebec Representative on the A.F.N.'s Chief's Committee on Housing. We are trying to sensitize the Federal Government on the need to enhance funding for housing and renovation programs with the intent of improving the housing situation in Quebec. It is important that we take part in such committees as the majority of decisions are taken at the Federal level and then go to the Region and then to the community. I firmly believe that we can impact some Federal decisions but to do so we must be active and involved. I will continue to represent Quebec and Eagle Village to the best of my ability.

Meegwetch.
Chief Lance Haymond

EAGLE VILLAGE POLICE DEPARTMENT

GENERAL STATISTICAL INFORMATION

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

A. April 2003

Criminal Incidents.....	4
Non-Criminal incidents.....	13
Motor Vehicle accidents.....	0
Band By-Law violations.....	0
Ride Programs.....	1

B. List of Incidents requiring Police Interventions from January 2003 to April 2003

Criminal Incidents.....	19
Non-Criminal incidents.....	49
Motor Vehicle accidents.....	0
Band By-Law violations.....	4
Ride Programs.....	10

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.....	2
Internet (mailing obscene matter)	1
Theft.....	2
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.

03-04-02	SQ Assistance.....	Domestic Dispute
03-04-03	Public Assistance.....	Verify letter, Commissioner of Oath
03-04-03	Public Assistance.....	Community work assistance
03-04-04	Public Assistance.....	Passport verification
03-04-05	Assistance.....	Curfew, Kids out late
03-04-08	Theft.....	Money returned to victim dossier closed, victim's request.
03-04-09	Public assistance.....	Provide home security
03-04-12	Driving dangerously.....	Statement obtained, no proof, no witnesses, the dossier was closed.
03-04-12	Mischief.....	Kids jumping on Plexiglas, no injuries. Dossier closed.
03-04-18	Health Center alarm.....	False alarm
03-04-20	Public Assistance.....	Pet rescued
03-04-20	Youth missing.....	Ran away, found by parent
03-04-23	Public Assistance.....	Court related matter, dossier closed
03-04-25	Interfering with traffic.....	Bicycle jump on road/skateboarders to go at the rink
03-04-26	Ride Program.....	Migizy street front 86AB
03-04-27	Fire Call.....	Tee Lake
03-04-27	Theft.....	Child bicycle stolen, Police are investigating
03-04-30	SQ Assistance.....	Question suspect

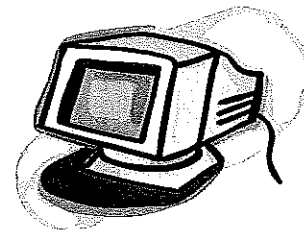
E. Motor Vehicle Accidents

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

F. Band By-Law

Traffic Regulations.....	0
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COMMUNITY ACCESS PROGRAM



If you are over the age of 18 and you are interested in learning more about the computer and/or various computer programs, the Internet etc... Please call Donna at 627-9399.

EDUCATION DEPARTMENT

Report from the...
FNEC General Assembly Meeting
Quebec City - April 8 and 9.

Eagle Village is a member of the First Nation Education Council (FNEC). This is an annual meeting where all 22 communities in Quebec come together and show support for decisions being made in these meetings. Decisions made here benefit all communities including ours. The First Nation Education Council Secretariat gave reports on the annual budget and the activity report for the year 2002-2003. The assembly received updates on active files. We were given information on files that the FNEC Secretariat is presently working on. The active files were:

- Update of the Evaluation of the FNEC Management & Recommendations
- Update on Take-over of Education
- Update on the Situation of Education at the National Level
- Update on the Aboriginal Post Secondary Institution
- Prepare resolutions for the Assembly of Chief on April 9th. Several resolutions were proposed and carried.

This is my report on the FNEC General Assembly Meeting

Glenda Moore
Education Officer

BASEBALL & T-BALL



Attention all parents, children and youth...
There will be a Baseball / T-Ball practice and
information session on Monday May 5th at
6:30 pm. at the Eagle Village Baseball Field.

Please remember to bring your
baseball gloves !!

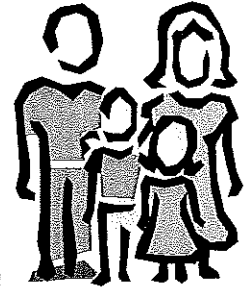


The winner of the Youth Centre
MP3 Player Draw was Philip Dandy !
Thank you to everyone who purchased tickets.
Your support was greatly appreciated !!

Social Service Department

Do you have what it takes to be-
come 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
Marianne Mathias



Chief and Council would like to congratulate Mark Trepanier, Derek Hunter
and Mary Down who were recently hired at Tembec ... Good luck with your new jobs !!

FAMILY FUN

EAGLE VILLAGE YOUTH CENTRE'S ...

COMMUNITY CLEAN UP AND BOTTLE DRIVE

SATURDAY MAY 10TH, 2003

(Volunteers please meet at Youth Centre)

CLEAN UP 9:00 AM - 1:00 PM

BBQ 1:00 PM - 2:00 PM

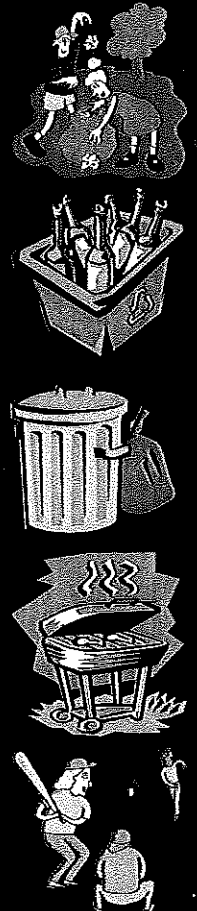
BASEBALL GAME - 2:30 PM

(All parents, children and youth)

Please put your bottles and cans out for
collection on Saturday morning.

Profits will be used to Eagle Village
Children and Youth Baseball .

Thanking You in advance for your support !!



A Word From Our Health Director

Health Plan

Programming is going well and we will continue to consult with the group GRF to refine our work. The National Pilot Project meeting is taking place in June and for the second time, we will have a glorious opportunity to network with other communities involved in developing their Health Plan. Many new approaches to health prevention are exchanged along with success stories of this process.

Blanket Consent Forms

Over the winter months the FNQLHSSC has received the mandate from representatives of the Quebec region to look into adopting a new consent form that would be consistent with the expectations of Health Canada and respect our (the client) rights to privacy. It now seems that the Assembly of First Nations are now an important partner in the negotiations with Health Canada. A recent conversation with the executive director of the Health Commission reveals that First Nations people from the Quebec Region do not have to sign any consent form in order to receive non-insured health benefits. He feels that this contentious issue should be resolved before the imposed deadline of September 1st 2003.

Social Services Review

On May 1st 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 this meeting will initiate a unified approach amongst the three communities and in return, facilitate negotiations with the Department of Indian Affairs so we can improve on service delivery.

Transition Home for Elders

The present leadership has given me the mandate to look into the possibility and the steps required to set up a type of transition home for our Elders that could benefit from this type of lodging. A meeting scheduled May 7th with R.R.S.S.S. will address this topic.

Meetings Attended

April 2nd I attended a meeting with other health directors part of our Tribal Council. Received information on Tele-health satellite Internet services that we will soon be activated at our Health Centre. We also organized representation to Tribal Council Chiefs on the issue of non-insured health benefit consent forms.

April 14th I attended a meeting with Social Services who deposited a pre-audit financial report and an operational update.

Mental Wellness and Family Violence

Once again a group of elders, Noella Fortin (NNADAP) Roger Mitchell (Social Services) and myself visited the Long Term Care Centre in Temiskaming First Nation. As you can see from the pictures below, we had a great time filled with laughter, singing and activities. We were once again greeted with a warm welcome by the staff and residents.



We had such a great time that plans are in the works to organize meetings here in the community to start "Arts & Crafts" or activities to get us out and take part in conversations. Summer activities and outings can take place such as picnics, boat trips, BBQ's etc. I will notify elders once dates have been confirmed.

I would also like to mention that I attended a meeting with Joyce Dandy, for the Algonquin Olympics which is to be hosted by the community of Lac Simon this summer. A notice will be posted at the Youth Centre on the new events added and changes made at the meeting. We will be attending another meeting on May 9th in Lac Simon to finalize the date of the event. Any youth interested in participating in the Olympics will need to have their parents permission.

Virginia McMartin ~ Mental Wellness and Family Violence

FEET - KEEPING THEM HEALTHY

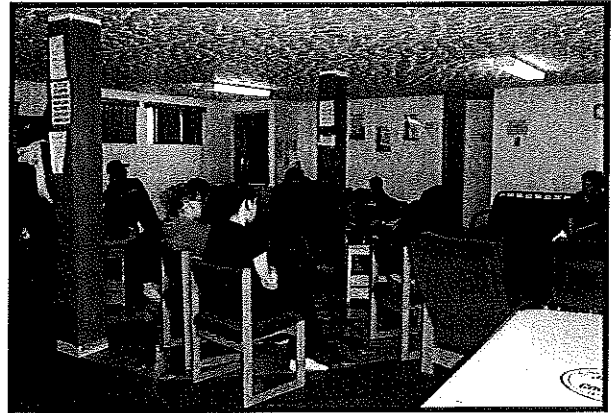
Though we put them through miles of walking, hours of standing and other untold punishments, we take our feet for granted. That is until they start to hurt. Often if your feet hurt then you hurt all over. Most people at some time in their life will experience a problem with their feet. Foot ailments can affect the very young to the very old. Overall general health plays a big part in determining who may develop foot problems one day.

People living with diabetes, for example are more likely to have poor sensation, poor circulation and poor healing in their feet. These problems can lead to major foot complications. Having a small stone in your shoe is normally quite bothersome and causes you to stop what you are doing and remove it. However if you have diabetes and poor sensation, this pain is not felt, and it may lead to skin breakdown and ulceration. The chances for infection are high and healing times are long. This is why a small injury in your feet can lead to amputation of a foot if your diabetes is not well controlled. Taking extra special care of your feet is essential.

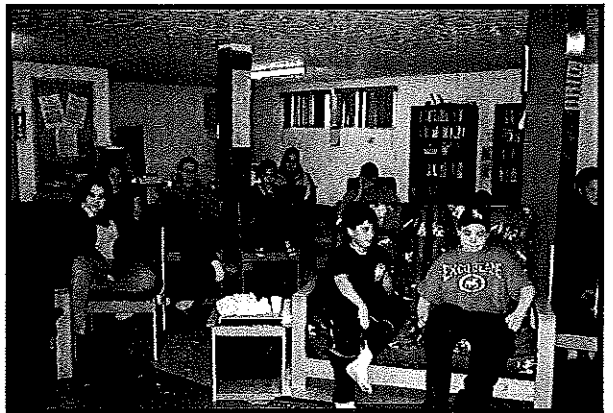
The good news is that many foot problems can be prevented with a few basic principles. The most important thing you can do for your feet is to be aware of them. This means looking at them carefully, everyday. If you are unable to see the bottoms of you feet ask someone to look at them for you. Be on guard for any bruising, bleeding, discharge, hot spots or sore spots. If you see something worrisome, consult a nurse at the Health Centre. Catching a minor problem before it turns into a major problem is the key to preventing serious foot complications.

- Wear white cotton socks to provide protection and keep feet dry, as cotton is a natural fibre that will absorb moisture. Also, any cuts or breaks in the skin will be more evident on a white sock.
- Wash your feet daily with a very mild soap. Never soak feet longer than 10 minutes. Dry well between toes. Apply cream daily to dry skin but never between toes.
- If you have to cut your toenails, cut them straight, never down the sides. File the nails straight across with an emery board. Regular filing will maintain nails at a comfortable length.
- Never cut corns or calluses with a razor blade, or apply medicated corn removers.

(Next Issue: Shoes)



On Sunday April 27th, 2003 a workshop was held at the Youth Centre for teens. This workshop was called "Play it Safe" and it included a video and discussion about STD's which is Sexually Transmitted Diseases. The workshop participants were also shown a demonstration on how to put on a condom properly. There were 17 youth who participated in this workshop and the door prizes for gift certificates were won by Jamie Lee McKenzie and Justin McKenzie. Thank You to Joyce and the Youth Centre for their help and support. Pascale & Tina



NEWS FROM PATTY ...

I would like to take this opportunity to share with all the readers in recognizing and saying a big thank you to all the sponsors who contributed towards our bullying workshops that took place January 20th - 24th, 2003. It was a great success. The following sponsors were:

- TEMBEC
- LOCAL 233
- G.THEBERGE SCHOOL
 - LION'S CLUB
 - MAISON CHAMPOUX
 - KING KONSTRUCTION
- EAGLE VILLAGE HEALTH CENTRE
- EAGLE VILLAGE POLICE DEPARTMENT
- PROVIGO (donated snacks and refreshments)

Thank you for all your help and making a difference in our community, it was appreciated by all.

RISK WATCH WORKSHOP

There will be a risk watch workshop for children in grade 3 and 4 on Friday May 16th, 2003 at the Eagle Village Community Hall from 10:00 am to 3:00 pm.

Lunch and snack will be served

Risk Watch is a injury prevention program for children, The following topics will be addressed:

MOTOR VEHICLE SAFETY,
FIRE AND BURN PREVENTION,
CHOKING, SUFFOCATION AND STRANGULATION,
POISONING PREVENTION,

BIKE AND PEDESTRIAN SAFETY, WATER SAFETY
Please call and reserve your spot at 627-3455 and ask for Patty or leave your name at the front desk at the Band Office.

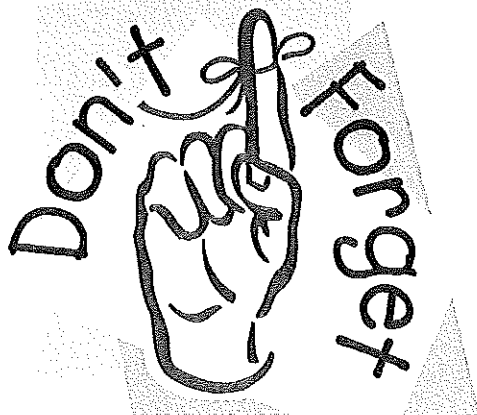
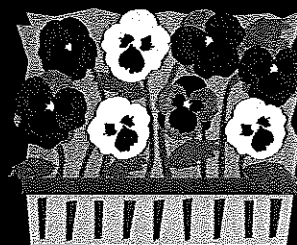
Deadline for registration is May 14, 2003

MIGIZY ODENAW CHILDCARE is offering a PARENT AND CHILD SUMMER PROGRAM.

The program will be offered to children 0-6 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 probably 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 MOTHERS DAY TO
ALL THE MOTHERS, GRANDMOTHERS
AND MOTHERS TO BE !!



NOTICE TO ALL BAND MEMBERS

**ALL MILEAGE CLAIMS MUST BE TURNED IN
"BEFORE" THE LAST DAY OF EACH MONTH.**

CHECKS ARE MADE ON THE LAST DAY...

**FOR EXAMPLE IF THE MONTH ENDS ON THE 31ST
YOU MUST HAVE YOUR CLAIMS IN NO LATER THAN
4:30 PM ON THE 30TH. IF YOU MISS THE DEADLINE
YOU "WILL NOT" RECEIVE REIMBURSEMENT UNTIL
THE FOLLOWING MONTH. THANK YOU !!**

Drinking Water Week Makes A Wave Across Canada!

The first week of May brings fresh flowers, new leaves and songbirds. Hopefully the second week will bring us an open lake! It also brings Drinking Water Week, an international celebration of clean, safe water and the importance of conserving and protecting this precious resource. This year, Drinking Water Week takes place May 4 – 10. The following are a few facts and tips on water and how to help conserve our water supply.

Water - Facts and Tips

- In your house check for leaks from faucets and pipes, even the smallest drip can waste as much as 75 L a day.
- Instead of running the tap to get cold water, keep a bottle of drinking water in the refrigerator. It saves time and water!
- Don't waste water on sidewalks and driveways; grass doesn't grow there anyway. When watering the lawn or garden, place the sprinkler so that water isn't wasted.
- While brushing your teeth, instead of leaving the tap running, fill a glass to rinse your mouth.
- Baths use less water than a typical shower. Soaking in a partially filled tub will use less water than a short shower.
- Showers use 11 to 20 L per minute. So if you must have a shower, make it quick.
- The human body is about 70% water; we cannot survive more than a week without water.
- Water makes up about 75% of the brain and 83% of blood; the total amount of water in the body of an average adult is 37 L.
- Almost 80% of the earth's surface is covered in water. Of this, 97% is salt water, 2% is glacial ice. That leaves less than 1% as fresh water for us to use.
- Did you know that in North America, the average person uses more than 650 L a day?
- In Canada, an average adult drinks about 1.5 L of water each day. This isn't all straight tap water, but includes water used when making hot and cold drinks such as juices, coffee and tea.
- In most cities and towns, drinking water coming from your tap is treated so that we don't get sick with diseases, such as cholera and typhoid, which are caused by bacteria, viruses or parasites found naturally in the water.
- Don't use water from the hot water tap for drinking or cooking.
- You should never drink water straight from a lake or river; you could get sick!
- If you live in an older home that has lead pipes, first thing in the morning, run your water for a couple of minutes, or until it gets cold, before you drink it.
- Your drinking water may be fluoridated to help prevent dental cavities.
- Don't pollute rivers and lakes; they may be someone's source of drinking water.
- Do you know how your drinking water gets purified and then to your house? Why not ask your teacher to arrange a tour of your local water treatment plant. It will be fascinating and will help you better understand why we should conserve and protect our water supplies!

Many Thanks to all who helped at the Easter Dance

The Easter Pre-Teen and Teen Dance was held on April 11/03. We had a big turnout of 49 young people and several parents. Without the help of the parents and our devoted volunteers these successful parties would be impossible. A 'Big Thank You' goes out to Tania McKenzie, Lynda Chevrier, Rhonda Reynolds, Lois Tepiscum, Emma Down and Lloyd Down. Thank You also to the several parents who came to help supervise their own children and helped with others.

Meegwetch from Noella Fortin!

NNADAP Pre Teen and Teen Dance

Friday MAY 30th at the Eagle Village Community Hall

Pre Teen Group (6 yrs - 11 yrs) - 7:00 pm - 9:00 pm

Teen group (12 yrs & up) - 9:00 pm - 11:00 pm

All snacks - \$1.00

Fun activities for all !!

Bring your own music & Bring your friends !!



The NNADAP Corner

As a prevention worker in NNADAP we encounter various reasons that lead to addiction or substance abuse. It has been identified that Sexual Abuse is among one of the many preventable causes of substance abuse. Sexual Abuse is a horrible intrusion and violation to anyone who has been bothered or harassed by another person against their will. The effects and trauma of sexual abuse can last long into adulthood. It takes incredible courage and strength to get through such a degrading experience. Sexual Abuse happens to male and female children of every class, culture, race and religion. It has been estimated that one out of three girls and one out of six boys experience some form of unwanted sexual encounter before the age of eighteen. Survivors of childhood sexual abuse may face many difficulties in adulthood including alcoholism, drug abuse, low-self esteem, interpersonal relationships troubles and feelings of isolation. The process of recovery can come in many forms. There are information booklets and places to go for help. Recovery may seem overwhelming but it is important to remember that there is hope and healing does happen. The abused person is the only one who can decide how best to heal oneself from the trauma of sexual abuse. It is important to acknowledge and praise oneself for the healing work you may have already done. Sharing your feelings and talking seriously about your experience to an interested responsible person who you can trust would be an excellent starting point. In North Bay call the Amelia Rising Women' Collective Women's Sexual Assault Centre at 705-840-2403.

Parents should review the Basic Prevention Program which is a 5 Point Prevention Program that can be used to help children be aware and protect themselves. The Five Points are:

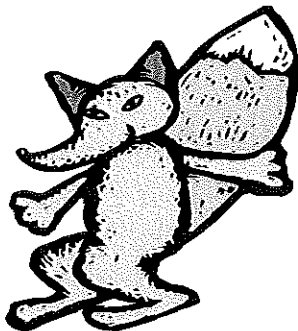
1. Some Parts of Your Body are Private. Children should learn to respect their own bodies and expect others to respect their bodies as well.
2. Our Bodies Belong to Us. Tell your child his/her body is their own and no one should touch or hurt them in any way.
3. There are Different Kinds of Touching. Some touches are nice and make us feel good. We call them safe touches. Some touches hurt our bodies and hurt our feelings. These are unsafe touches. An inner feeling or intuition will tell them when they are being touched in a safe or unsafe way. If anyone touches them in a way that makes them feel uncomfortable and unsure, they can say "No!"
4. They can say No. Children can say no to touches they don't like which make them feel unsure or uncomfortable.
5. Tell an adult they can trust. Tell children they should never keep a secret about touching. Sometimes nice people do mean things. Respecting adults does not mean you have to do everything they ask. If you think an adult has asked you to do something wrong, you must tell someone you trust.

Children should receive on-going information about keeping themselves safe. There is an excellent book available called Raising Safe Kids In An Unsafe World by Jan Wagner. This book covers many topics on how young people are helped to protect themselves in all situations. There is also another good book called Street Proofing Children. These books will be available at the Health Center. Anyone wishing to borrow these books are welcome to do so. Just call 627-9060. (Source of information - Victoria Women's Sexual Assault Center)

Animal Rabies In Our Region

The public health department is advising the population of the occurrence of animal rabies in Abitibi. Recently, the rabies virus was found in at least 2 foxes.

Vaccination of your pets is the best way to prevent rabies from being transmitted to humans.



The public can help control rabies by taking the following precautions:

- Have your pet vaccinated against rabies or make sure it has received a booster dose.
- In case of a bite by a suspect or wounded wild animal or a pet, immediately wash the wound with water and soap, and immediately consult your nurse or a physician.
- Avoid all contacts with wild or stray animals or animals showing an unusual behavior. Wear thick gloves if you have to manipulate any such animal.
- Any pet suspected of rabies, or that was just in a fight with a suspect animal, must be tied, isolated, and manipulated wearing thick gloves.
- Any suspicious situation must be reported without delay to the Canadian Food Inspection Agency, Animal Health at (819) 762-5211.

The population can also rely on the Sûreté du Québec and municipal police officers, wildlife officers, veterinary practitioners, humane society staff and health professionals.

Rabies is an infection caused by a virus affecting the brain and modifying the normal behavior of the infected animal, that dies a few days after the first symptoms appear. All mammals can catch the infection. In Quebec, foxes, skunks, and bats are the most often affected animals.

The rabies virus is concentrated in the tongue of the infected animal. It is transmitted through a bite of the deposit of saliva on a fresh wound or mucous membrane. Those exposed to the virus are given a serum and vaccines that are effective in preventing the infection from developing.

Medication List

After consulting the nurse at the Health Center you can receive treatment/medication for the following conditions:

- Minor aches and pains (tablets or liquid)
- Fever (tablets or liquid)
- Cold symptoms such as coughing (syrup) or nasal congestion (tablets or liquid)
- Sore throat (lozenges)
- Chapped lips (lip balm)
- Allergies (antihistamine in liquid or tablets)
- Sun protection (SPF 30 lotion)
- Minor skin irritations, rashes or infections (cream or ointment)
- Dry skin (lotion)
- Itching (cream)
- Warts (liquid)
- Diaper rash (ointment)
- Insect bites (cream or lotion)
- Yeast infections (1-day and 3-day treatments)
- Athlete's foot (cream)
- Lice/scabies (shampoo or lotion)
- Heartburn (liquid or tablets)
- Diarrhea (tablets)
- Nausea/vomiting (tablets or liquid)
- Constipation (liquid, suppositories, fiber supplement)
- Hemorrhoids (cream or pads)
- Dehydration (replacement fluids for adults and children)
- Muscle pain (rub)
- Birth control / STD prevention (condoms)

We also have the following supplements:

- Vitamins for all age groups
- Prenatal vitamins
- Vitamin E
- 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 Center.

HAMBURGER DISEASE

The approaching warm weather brings with it barbecue season and the possibility of food poisoning. To prevent an illness called barbecue syndrome, it is important to properly handle and cook foods.

Barbecue syndrome is the common name for a type of food poisoning caused by the bacteria verotoxigenic E. coli, or VTEC. People who develop this syndrome frequently report that they ate ground beef prior to their illness. For this reason, the syndrome is sometimes called "hamburger disease". However, people have become ill after eating other kinds of undercooked meat and poultry. Some people who are infected with VTEC do not get sick at all; some feel like they have a bad case of the 'flu'; others experience severe or even life threatening symptoms. Two to ten days after eating food contaminated with VTEC, people may experience severe stomach cramps, vomiting and a mild fever. Some people will develop watery diarrhea; some of these people may later develop hemorrhagic colitis (bloody diarrhea). Most people recover 7 to 10 days after the start of their illness.

To practically eliminate hamburger disease, keep these proper handling and cooking tips in mind:

- Keep hot foods hot, and cold foods cold: refrigerate or freeze meat after purchase; thaw meat in the refrigerator, not at room temperature; eat cooked foods while they are hot; and refrigerate leftover foods immediately.
- Careful preparation: cooked foods must not come in contact with uncooked foods; use a clean plate to serve or move food, not the one that was already used for the raw meat.
- Complete cooking: hamburgers, other ground meat and rolled roasts must be cooked completely through so that the meat is brown and the juices are clear; poultry must be cooked until there is no pink left near the bone.
- Thorough washing: dishes, cutting boards and counters must be washed with hot, soapy water and bleach after handling meat.



Healthy Recipe

NOT SO GUILTY BROWNIES

INGREDIENTS

Brownies:

- 3/4 cup all-purpose flour
- 3/4 cup sugar
- 1/4 cup unsweetened cocoa
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/4 cup oil
- 2 tsp chocolate extract or flavor
- 2 eggs

Frosting:

- 3/4 cup powdered sugar
- 1 T unsweetened cocoa
- 1 T skim or 2% milk
- 1/2 tsp chocolate extract or flavor
- 1/8 tsp butter flavor

Directions

- Heat oven to 350 F. Grease bottom only of 8-inch square pan. Combine all brownie ingredients in a medium bowl and mix well. Spread in greased pan.
- Bake at 350 F. for 13-18 minutes, or until top is dry and springs back when touched lightly in center. Cool for 15 minutes.
- Meanwhile, combine all frosting ingredients in a small bowl & mix well. Spread over top of slightly cooled brownies. Cool completely.

Nutritional Analysis Per Serving:

Each serving of brownie:

13g Carbohydrate
18mg Cholesterol
3g Fat
80 Calories

Exchanges:

1/2 Bread/Starch
1/2 Fat



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Sunday

Monday

Tuesday

Wednesday



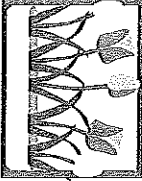






Thursday

Friday

Saturday

Community Calendar

May 2003

4	5	6	7	8	9	10
	Baseball Practice and Information session at the Ball Field (6:30 pm). 	Lance is in Quebec City for the Income Security Meeting (May 6th & 7th)	Dietician is at the Health Centre today. David is in Notre Dame du Nord for Health Director's meeting.	David in Notre Dame du Nord for Social Service Review Meeting.	Virginia and Joyce are in Lac Simon for a meeting concerning the Algonquin Olympics.	Community Clean-Up and Bottle Drive 
11	12	13	14	15	16	17
Happy Mother's Day 	Smoking: The Burning Truth Workshop Youth Centre at 6 pm! 	Glenda is in Montreal for the FNEC Management Planning Meeting (May 12th - 14th)	Dr. Brook is at the Health Centre today. 	David is in Lac Simon for a Tribal Council Presentation.	Lance is in Lac Simon for a Land & Resources Meeting with all 10 Algonquin Chiefs participating. (May 15th & 16th)	Risk Watch Workshop Friday May 16th Grade 3 and 4 children. 
18	19	20	21	22	23	24
	Victoria Day Band Office & Health Centre are closed today for the holiday.		Dr. Gurekas is at the Health Centre today. Dietician is at the Health Centre today.	Lance is in Quebec City for the Chief's Strategic Committee Meeting (May 22nd & 23rd)		
25	26	27	28	29	30	31
	Pascalle and Jackie are away for training this week from May 26th - 30th. Lance is at a Strategic Meeting with Tembec.		Dr. Zivkovic is at the Health Centre today. 		NNADAP Pre-Teen and Teen Dance Community Hall 	Quebec Native Women ATV Poker Run Supper and Party 