

# Migizy Odenaw Newsletter

The newsletter is online at [www.eaglevillagefirstnation.ca](http://www.eaglevillagefirstnation.ca) !!



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This week four of our members from the Temiskaming Anishinabeg Long Term Care Centre came home for a visit ...

Leo Hunter  
Mina McLaughlin  
Emma Robinson  
Josie Rodgers

With them came their friends and we had lunch, talked and enjoyed some local entertainment, although they were here for only a couple of hours the time went by so fast, but I know that they really enjoyed their visit.

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## NEWS FROM CHIEF AND COUNCIL

*There appears to be some confusion with the memo that was put in the September 2003 Newsletter concerning the committees for Recreation and Education.*

*Last month's article read as follows ...*

### Committees

*Eagle Village First Nation is looking for members to sit on the Education Committee to review the existing policy; to review appeals; and to make recommendations to Chief and Council.*

*Eagle Village First Nation is looking for individuals to sit on the Recreation Committee to assist with planning and coordinating events; to assist with conducting inventory or stock; to calculate revenue deposits immediately following the bingos and events; to apply and enforce the rules and regulations; to make recommendations to Chief and Council.*

*Please submit your name and telephone number to Chief and Council with the committee you wish to sit on.*

*In the past these committees were formed and a lot of people joined but their mandate was unclear.*

*This time, we wanted to give the members an idea of the type of mandate they would receive sitting on the committee. The roles mentioned above in the article were just a few of the tasks that the committee would be responsible for.*



## LIL GHOULS & GOBLINS HALLOWEEN PARTY!



**WHEN:** FRIDAY OCTOBER 24TH, 2003 @ 6 P.M.



**WHERE:** EAGLE VILLAGE COMMUNITY HALL

### ACTIVITIES:

**GAMES FOR ALL AGES FROM 6 - 8 P.M.  
COSTUME CONTEST AND DANCE FROM 8 - 9 P.M.**



**SPOOKY TREATS, WITCHES BREW AND BLOODY POPCORN WILL BE SERVED...**



**SO GET YOUR COSTUMES ON AND JOIN US FOR A SCARY TIME!!**



**We are looking for parents and volunteers to help out with the Halloween Party.**

**If you can come out and join us please call the Youth Centre 627-9399.**

# EAGLE VILLAGE POLICE DEPARTMENT

## GENERAL STATISTICAL INFORMATION

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

### A. September 2003

Criminal incidents.....	2
Non-Criminal incidents.....	10
Motor Vehicle accidents.....	0
Band By-Law violations.....	0
Ride Programs.....	0

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

Criminal incidents.....	42
Non-Criminal incidents.....	100
Motor Vehicle accidents.....	0
Band By-Law violations.....	4
Ride Programs.....	12

### C. List of Criminal incidents

Theft motor vehicle.....	2
Uttering Threats.....	4
Assault.....	8
Internet Fraud.....	1
Conjugal violence.....	2
Indecent telephone calls.....	2
Public Mischief.....	1
Harassing telephone calls.....	2
Operation while impaired.....	2
Break and Enter.....	2
Mischief.....	5
Internet (mailing obscene matter)	1
Theft.....	5
Driving Dangerously.....	1
Assault causing bodily harm	1
Trespassing	1
Stolen bike	1

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

03-09-02	Material Found.....	Missing bike recovered, damaged
03-09-02	Public Assistance.....	Request content of Probation Release
03-09-18	Public Assistance.....	Concerned parent
03-09-19	Public Assistance.....	Bear sighting, Game Warden assistance requested
03-09-20	Disturbance.....	Fighting on street, unfounded
03-09-20	Breach of Undertaking.....	Charges pending
03-09-21	Missing Person.....	Youth located, brought home
03-09-21	Public Assistance.....	(Mischief/Fire) dossier closed
03-09-22	Public Assistance.....	Bear sighting, Game Warden assistance
03-09-23	Public Assistance.....	Bear sighting, Game Warden assistance
03-09-23	Mischief - 5000.....	Under investigation
03-09-29	Public Assistance.....	Dog loose, owner to tie dog, dog was tied when police arrived

### E. Motor Vehicle Accidents

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

### F. Band By-Law

Traffic Regulations.....	0
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## Public Security Commission

Our community has in place its own Police Services (Eagle Village First Nation Police Department) it also has its own Public Security Commission (PSC). Part of the Commission's mandate is to act as a liaison between the Band Council and the Police Services. It is also expected to govern and direct the Police Services through direct input from the community it serves. We will have a PSC Meeting in the near future. To help the Commission fulfill its mandate we have attended meetings aimed towards developing good governance. Recently, two members of the Commission and the Senior Constable attended the Police Governing Authority Workshop in Calgary, Alberta. The Six Nations Police Commission covered travel and accommodation expenses.

The workshop covered the following topics:

- Long Term Strategic Planning
- Strategic Planning for Police Services and Police Governance Authorities
- Policy Development and Planning

The following are the members of the PSC:

- Terry R. Perrier - Chairperson
- Gail Joly - Secretary/Band Council and Portfolio Holder
- Laura Moore - Member

All member of the Band Council hold an ex-officio position, except portfolio holder, which gives him or her the right to attend any PSC meeting but has no voting privileges.

## ANIMAL CONTROL

### Reminder

#### **All dogs and cats must be tied !**

If the Animal Control Officer, Verna Polson, captures your animal, then you must pay the fees that are associated with that. This includes the registration fee, the fine and the room and board. The following is a list of the fees:

#### Registration:

- \$25.00 for a male cat or dog
- \$50.00 for a female cat or dog

#### Room and Board:

- \$10.00 per day

#### Fine:

- \$20.00 the first time, after that, the fine will double every time your pet is captured.

### ALL DRIVERS ...

**Please be extra cautious when driving on Halloween night  
... Our "little spooks" will be out and about !!**

## NEWS FROM THE HEALTH DIRECTOR

### Medical Transportation

As of September 8<sup>th</sup>, Medical Transportation was assumed by the Eagle Village Health Centre. You must now call Cecile at the Health Centre to make your travel arrangements for all appointments (this includes local trips to Temiscaming). This is for all members who need taxi transportation only. You can still use your own personal vehicle for appointments, the same procedure used in the past is still in place for private vehicle use, just bring in your travel claims to Cecile at the Health Centre for your mileage reimbursement, which is issued the first day of every month.

Taxi Auberge Canadienne has been of great service and will still be used to cover the gaps when our drivers are booked.

If you need to have a prescription picked up at the pharmacy, please call Cecile at the Health Centre to make arrangements. All prescriptions will be picked up for you on Mondays, Wednesdays and Fridays in the afternoon, therefore you must call the Health Centre before 1:00 pm on those days.

### Social Service Review

Strategic planning meetings have been held to prepare grounds for negotiations with INAC, (Indian Northern Affairs Canada). Our first meeting with the technicians will be held during the third week of October and we will be meeting with the politicians at the end of this month.

### Health Plan

We have recently received feed back from Health Canada in regards to our Health Plan. Several modifications need to be addressed by the committee and the revised Health Plan will be re-submitted at the beginning of November.

### Homecare Nurse

I am pleased to announce that we have hired a new Homecare Nurse for our community. Jennifer Presseault will begin her new position here at the Health Centre next week. We look forward to having Jennifer join our Health Centre team.

David McLaren ~ Health Director

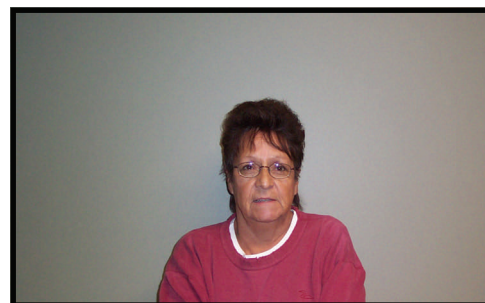
### FOOT CARE

**Jackie Dorval will be at the Health Centre for "Foot Care" on ...**

**Wednesday October 8th (evening)**

**Saturday October 18th (afternoon)**

**Please call the Health Centre to book an appointment !!**



**We would like to welcome our two new Medical Transportation Drivers to the Health Centre team ...**

**Vicky Young (pictured above)  
&  
Judy Young (pictured below)**





## NEWS FROM PATTY


Next week, the week of October 6th, I will be meeting with a gentleman from the MFE (Ministere de la Famille et de l'Enfance). Also attending this meeting will be David McLaren, Terry Perrier and Madeleine Paul. The agenda of this meeting is to discuss the Child Care Project. In November's newsletter I will give an update of what transpired at the meeting.




### FAMILY TIME CRAFT "GHOST BALLOONS"

 Blow up a white balloon and tie it in a knot.

 Cut a small hole in the middle of a large sheet of tissue paper.

 Put the tissue paper over the balloon, making sure that the knot from the balloon is put through the hole in the tissue paper. This will separate the head of the ghost from it's body.

 Draw on eyes with a black marker.

 Tie another piece of string around the knot of the balloon so the ghost can be hung from the ceiling.

Happy Thanksgiving & Happy Halloween

## Mental Health &amp; Wellness Program



(continued from front page)  
I would like to thank Joe McDonald and Roger Mitchell for coming out to sing (you did a great job!) Nancy Wilson, Noella Fortin, Vicki Constant and Verna Polson your help in the kitchen it was greatly appreciated, and of course I cannot forget to Thank everyone who donated for the potluck it was a great success, and I am looking forward to having another gathering in the future.

*Virginia McMartin*  
*Mental Health & Wellness Worker*



## The NNADAP Corner

Hi, everyone! It's great to be back, although I will miss my little sweetheart who is at home. Since I've been gone I've successfully completed my Drug Addiction training in Quebec City and graduated in June. It was such a great experience for me and I'm so glad that I had the opportunity to go there, learn, and meet a lot of wonderful people. I look forward to working with this community and helping anyone who may need my assistance in any way. I hope that everyone took the time to take a look at the NNADAP notice that was passed house to house. Please don't hesitate to stop by or phone me at the Health Centre to give me your thoughts and ideas on how we can improve NNADAP's involvement in the community.

I WOULD ALSO LIKE TO THANK THE VOLUNTEERS THAT HELPED ME AT THE YOUTH DANCE WHICH WAS ON FRIDAY SEPTEMBER 19TH. YOUR HELP WAS GREATLY APPRECIATED!! VOLUNTEERS WERE: DALE DOWN (MUSIC), DEBBIE MINESS, LYNDA CHEVRIER, STEPHANE GOULET, MYRA SEGUIN AND MELISSA MCLAUGHIN. THANKS SO MUCH!!

Sincerely,  
Vicky Constant ~ NNADAP Worker

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## KNOWLEDGABLE INFORMATION

### *What is a drug?*

In general, a drug is defined as any substance, other than food, which is taken to change the way the body and/or mind function. The effects of a drug are also influenced by how it is taken and by the factors such as the age and gender of the person who uses the drug. *Absorption, Distribution, Metabolism and the Elimination of Drugs* are very important when understanding how drugs work, once taken into the human body.

### *Absorption, Distribution, Metabolism and Elimination of Drugs:*

Absorption, distribution, metabolism and elimination refer to the processes by which drugs enter the blood stream (absorption) and reach the brain (distribution), are broken down (metabolized and biotransformed) and leave the body (elimination). Drugs have different rates of absorption depending on the route of administration. Drugs may be taken orally, e.g., alcohol; smoked, e.g., cigarettes; absorbed through the mucous membranes of the nose or mouth or other parts of the body, e.g., snorting cocaine; or injected, e.g., injectable heroin or cocaine. Drugs, which are smoked or injected directly into the bloodstream, will reach the brain more quickly than other routes of administration and therefore the person will experience the effects more rapidly. For example, cocaine that is injected into the bloodstream will produce a more rapid effect than cocaine that is snorted. However, the effect will also wear off more rapidly. Other factors may delay a substance reaching the brain; for example, alcohol is mainly absorbed into the bloodstream through the small intestine. If a person has just eaten and has a full stomach, this may delay absorption and reduce the speed at which alcohol reaches the brain. The rate at which drugs are metabolized and excreted varies, depending on the nature of the drug itself, as well as factors such as body build, gender, age, health and genetic factors. For example, cocaine is also metabolized and eliminated very rapidly within a few hours. In contrast, drugs such as cannabis and some benzodiazepines (tranquilizers), both of which are stored in the fatty tissues rather than being distributed in the body water (as is alcohol), are eliminated from the body quite slowly. Long-acting benzodiazepines, such as Valium (diazepam), may take weeks to leave the body completely, while cannabis may take a month or more. Because of the differences in physiology, some drugs may reach higher levels in the bodies of women last use, specific types of drugs are likely to be detected in urine by routine clinical toxicological testing methods.

The actual time over which urine will give a positive test depends upon the specific drug, dose and dosage form, the method of use, the individual user and the method of testing.

*When Does Drug Use Become A Problem?*

Drug or Class	Typical Duration of Positive Urine Test After Last Use
Amphetamines (Dexedrine, Benzedrine, Speed, Bennies, Dexies, Uppers)	1 to 2 Days
Barbiturates (Seconal, Nembutal, Fiorinal, Reds, Yellow Jackets etc...)	Short-Acting (Example: Secobarbital) 1 Day Long-Acting (Example: Phenobarbital) 2-3 Weeks
Benzodiazepines (Valium, Librium, Xanax, Vals, Libs)	Therapeutic Use 3 Days Chronic Use 4-6 Weeks
Cannabis (Marijuana, Grass, Weed, Pot)	Occasional Use 1-7 Days Chronic Use 1-4 Weeks
Cocaine (Coke, Blow, Toot, Snow)	2 -4 Days
Ethanol (Alcohol)	2-14 Hours
Methadone (Synthetic opioid used to treat heroin addiction)	1-3 Days
Other Opiates (Codeine, Morphine, Heroin, Smack etc...)	1-2 Days

Drug use becomes a problem when use of a drug results in negative consequences for the person who uses the drug. These may be physical, mental, social, emotional, legal, economic or environmental consequences. When a person continues to use a drug despite negative consequences to him or herself or to other people such as family, friends or employer, this is often informally referred to as drug or substance abuse. A drug can cause problems if it taken for the wrong reason. A common example is using alcohol as a way of coping with unpleasant feelings, rather than drinking as part of a social or celebratory occasion.

*What Are The Harmful Consequences Of Drug Use?*

Drugs can be considered harmful when their use causes physical, mental, social, legal or economic problems. Not all drugs are equally hazardous. Drugs sold legally in Canada for medicinal purposes are generally considered safe when taken according to the directions on the label. However, some of these drugs may produce unpleasant side effects even when used under medical guidance. Drugs obtained illegally are more likely to be hazardous; their effects are much less predictable and potentially dangerous. Many drugs are harmful when used in large doses, or in combination with other drugs.

This information was gathered from:

*Straight Facts About Drugs & Drug Abuse: Health Canada  
Abused Drugs II: A Laboratory Pocket Guide- John Wilson, PhD*

**What is the flu?**

The flu (influenza) is a highly contagious respiratory disease caused by a virus. You may experience symptoms much like having a common cold, but flu symptoms are much more serious. They include fever, head/body aches and pains, weakness, sneezing, sore throat, cough, and sniffles. People with the flu are bedridden for up to, or more than, a week.

The real dangers of the flu are the complications that can arise from it. True influenza leaves you weak and at risk of other infections (e.g. pneumonia) or heart/kidney failure, nervous system disorders.

**Who can get the flu?**

Anyone can get influenza, but for some people, it can become a serious, or even life-threatening illness.

**High risk groups:**

It is important for people who are in a high-risk group to get their flu shot, in order to reduce the impact of the flu. You are part of a high-risk group if you:

- Are an adult or child with chronic heart, lung, or kidney disorders, or cystic fibrosis.
- Have chronic lung disease, diabetes, severe chronic anemia, cancer or another long-term illness or have received an organ transplant.
- Are 60 and over or all those who live in a long term care facility.
- Children (6 months to 18 years) with conditions treated for long periods with aspirin.

**Can I protect myself from influenza?**

Yes! The easiest way to protect yourself and those around you from getting the flu is to get your flu vaccination each fall. You should have your shot as soon as possible so that antibodies have time to develop.

**Does the flu shot work?**

The flu shot works very well. Yearly vaccination prevents the flu in most people, and can even save lives. In others, vaccination usually reduces the severity of the illness.

**Can I get the flu from a flu shot?**

Flu shots can't cause the flu because they contain a dead form of the virus.

**Can the flu shot protect me against colds, too?**

The flu and the common cold are two different things. Flu shots are effective against the flu, but do not protect against colds or other respiratory illnesses.

**How long will the flu shot work?**

The flu virus changes every year and the vaccine is changed accordingly. Therefore, protection is only for the year in which the vaccine is received.

**Who can get the flu shot?**

Anyone can catch the flu and anyone can be vaccinated against it. However, flu shots are only free for people 60 years old or over and for people at risk.

**Flu shots will be available  
starting November 1st, 2003  
Please call Cecile at the  
Health Center for an  
appointment ... 627-9060.**

SYMPTOMS	COLD	FLU
<b>Fever</b>	Rare	Yes ... Usually high with sudden onset and lasts 3 - 4 days
<b>Headache</b>	Rare	Yes
<b>General aches &amp; pain</b>	Slight	Usually ... often quite severe
<b>Fatigue &amp; weakness</b>	Quite mild	Extreme ... can last up to a month
<b>Bedridden</b>	Never	Early
<b>Runny, stuffy nose</b>	Common	Sometimes
<b>Sneezing</b>	Usual	Sometimes
<b>Sore throat</b>	Common	Sometimes
<b>Cough/chest congestion</b>	Mild to moderate ... hacking cough	Common ... can become severe
<b>Complications</b>	Earache, sinus congestion	Bronchitis, pneumonia ... can be life threatening

## HEALTH CHECKLIST ... 9 TESTS TO HELP YOU STAY HEALTHY

**Many medical conditions can be treated successfully, if diagnosed early enough. The tests below should be a regular part of your wellness routine, whether on their own or as part of a check-up:**

1. A **blood pressure test** identifies high blood pressure, which can lead to heart attack or stroke. This test is part of a regular check-up, although many doctors will check your blood pressure every time they see you.
2. A professional **breast exam** detects lumps or unusual tissue. Mammograms are also recommended for women over 50 years of age and older, as well as those at high risk for breast cancer.
3. Regular **dental check-ups** and cleaning (every six months) help guard against dental decay, periodontal (gum) infections and may detect mouth cancer.
4. A **pap smear** helps detect cervical cancer, uterine cancer and herpes. All sexually active women and/or women 18 to 69 years of age should have this test once a year.
5. An **eye exam** checks for good vision, cataracts and glaucoma (increased pressure within the eye that can lead to blindness). You should have your eyes checked every two to three years, or more often if you have corrective lenses.
6. A **blood cholesterol test** checks the level of cholesterol (fatty deposits) in your blood, which can put you at risk for heart disease. It is usually done as part of a regular check-up.
7. **Immunization boosters** should be kept up-to-date to protect you against tetanus, diptheria, polio, hepatitis B, and the flu.
8. A **digital rectal exam** checks for early signs of colorectal and prostate abnormalities that can lead to cancer. Men and women 50 years of age and older should have this test as part of a regular check-up. Those in high risk groups should start at age 40.
9. **Osteoporosis tests** can check for risk factors using blood and urine samples as well as a bone-density scan to determine if bones are fragile. Many doctors recommend testing six months after menstruation stops for all post-menopausal women. Men with low levels of testosterone should have this test as well.

### REMINDER

**The dietician, Guylaine Brien, is available for appointments every second Wednesday afternoon at the Health Centre. For more info or to book an appointment call 627-9060.**

**~Thank You~**

## Health & Safety Tips For Parents ...

### Hazardous Toy – Is Your Child at Risk?

In light of recent reports out of Alberta and British Columbia, Health Canada is reminding Canadians that a toy commonly known as the yo-yo ball may pose a strangulation hazard to children. This is the second warning Health Canada issued on the yo-yo ball this year.

The yo-yo ball toy is made of a soft, extremely pliable plastic and consists of a liquid-filled ball attached to a stretchy plastic cord that has a finger loop on one end. The toy comes in many colors and designs, e.g. spiked ball, eyeball, happy face (see photos below). It is also referred to as: yo-ball, water yo-yo ball, etc.

The toy presents a strangulation hazard due to the highly stretchable plastic cord which, when swung overhead, stretches to a great length because of the weight of the ball at its end. When the ball is swung overhead, as children like to do, the stretched cord can become wrapped around a child's neck, and, as the cord recoils, it tightens. The resulting tight wrap and the sticky quality of the plastic cord make it very difficult to remove. This may lead to injury or strangulation of the child.

There have been several reports, in Canada and other countries, of the cord becoming wrapped numerous times around a child's neck. In many cases, an adult was required to remove it. Due to the serious nature of this hazard, the sale of this toy has already been restricted in the United Kingdom and France.

The yo-yo ball toy is available at a variety of retail locations across Canada. Health Canada has begun notifying Canadian importers, distributors and retailers of the safety concerns regarding this product, and is advising the industry to remove this toy from the marketplace.

Health Canada advises Canadians to avoid purchasing the yo-yo ball toy and to safely discard any that have already been purchased or obtained at fairs and exhibitions.

Photographs of Products ...



### Is Your Child Safe in Bed?

Parents and caregivers need to know about the potential hazards of placing infants and young children on mattresses not specifically designed for them. Letting infants sleep on air mattresses, also known as inflatable mattresses, is especially hazardous.



Many parents and caregivers are unaware of the hidden dangers associated with placing infants and young children on mattresses or surfaces that are not specifically designed for them, even if an adult is sleeping on the same mattress or surface as the infant or young child. Infants and young children should not be placed on soft mattresses, sofas, waterbeds, air mattresses or any other soft surface. Doing so may lead to any of the following dangers:

- ♥ The infant or young child becoming entrapped between the mattress and another object, such as a wall.
- ♥ The infant or young child falling from elevated surfaces.
- ♥ Suffocation as a result of airway obstruction, when the infant or young child is placed facedown.
- ♥ Suffocation in soft bedding materials, such as pillows and comforters.
- ♥ Suffocation as a result of a baby sleeping with an adult.

Air mattresses pose particular hazards for infants. Air mattresses have gained in popularity in Canada, and their use increases during the vacation and summer seasons. The soft edges of these mattresses create entrapment space that can lead to suffocation. There is one recent incident in Canada where an infant suffocated as a result of being placed to sleep on an air mattress.

To avoid these and other hazards, make sure that infants sleep only in a cradle or a crib (manufactured after September of 1986) with a firm and tight-fitting mattress, which meets current safety standards. As well, make sure to place infants on their backs with all soft bedding and toys removed from the crib or cradle.

## WATER AND SANITATION

Every eight seconds a child dies of a water-related disease. Every year more than five million human beings die from illnesses linked to unsafe drinking water, unclean domestic environments and improper excreta disposal.

At any given time perhaps one-half of all peoples in the developing world are suffering from one or more of the six main diseases associated with water supply and sanitation (diarrhea, ascariis, dracunculiasis, hookworm, schistosomiasis and trachoma). In addition, the health burden includes the annual expenditure of over ten million person-years of time and effort by women and female children carrying water from distant, often polluted sources.

Nearly a quarter of humanity still remains today without proper access to water and sanitation.

Water contaminated by human, chemical or industrial wastes can cause a variety of communicable diseases through ingestion or physical contact:

**Water-borne diseases:** caused by the ingestion of water contaminated by human or animal feces or urine containing pathogenic bacteria or viruses; include cholera, typhoid, amoebic and bacillary dysentery and other diarrhea diseases.

**Water-washed diseases:** caused by poor personal hygiene and skin or eye contact with contaminated water; include scabies, trachoma and flea, lice and tick-borne diseases.

**Water-based diseases:** caused by parasites found in intermediate organisms living in water; include dracunculiasis, schistosomiasis and other helminths.

**Water-related diseases:** caused by insect vectors which breed in water; include dengue, filariasis, malaria, onchocerciasis, trypanosomiasis and yellow fever.

No single type of intervention has greater overall impact upon the national development and public health than does the provision of safe drinking water and the proper disposal of human excreta. The direct effects of improved water and sanitation services upon health are most clearly seen in the case of water-related diseases, which arise from the ingestion of pathogens in contaminated water or food and from insects or other vectors associated with water. Improved water and sanitation can reduce morbidity and mortality rates of some of the most serious of these diseases by 20% to 80%.

For further information, please contact:  
[www.who.int](http://www.who.int)

## Healthy Recipe

### SUGARLESS APPLE COOKIES (makes 2 dozen)

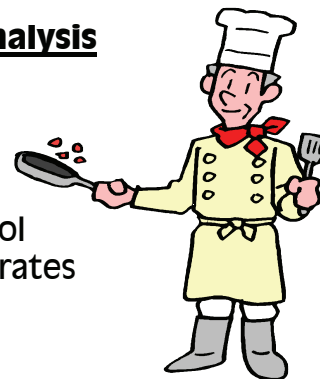
3/4 cup	chopped dates
1/2 cup	finely chopped peeled apple
1/2 cup	raisins
1/2 cup	water
1 cup + 1 tbsp	all purpose flour
1 tsp	ground cinnamon
1 tsp	baking soda
1/2 tsp	salt (optional)
2	eggs
1 tsp	liquid sweetener

- In a large saucepan, combine dates, apples, raisins and water. Bring to a boil; reduce heat and simmer for 3 minutes. Remove from heat and cool.
- Combine flour, cinnamon, baking soda and salt if desired. Stir this into apple mixture and mix well. Combine eggs and sweetener; add to batter.
- Drop by tablespoonfuls onto a non-stick baking sheet. Bake 350°F for 10 to 12 minutes.

### Nutritional Analysis




One serving equals ...

54	calories
24	sodium
18 mg	cholesterol
18 gm	carbohydrates
1 gm	protein
1 gm	fat



From: E-Cookbooks Diabetic Recipe Sampler  
[www.healthrecipes.com](http://www.healthrecipes.com)

# Community Calendar October 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <u>Holidays this Week</u> Lance Joan Karate 6:00 pm - 7:00 pm</p>						
5	6	7	8	9	10	11
<p><u>Holidays this Week</u> Lance</p>	<p>Karate 6:00 pm - 7:00 pm</p>	<p>Elders Arts &amp; Crafts 9:00 am Old Daycare Building</p>	<p>Vicky is hosting the NNADAP Quarterly Meeting for all Algonquin communities. Dr. Gurekas is at the Health Centre today.</p>	<p>Vicky is hosting the NNADAP Quarterly Meeting for all Algonquin communities.</p>		
12	13	14	15	16	17	18
	<p>Band Office and Health Centre are closed for Thanksgiving </p>	<p>Elders Arts &amp; Crafts 9:00 am Old Daycare Building</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
19	20	21	22	23	24	25
		<p>Elders Arts &amp; Crafts 9:00 am Old Daycare Building</p>	<p>Arlene is in Montreal for a Human Resource Meeting Dr. Zivkovic is at the Health Centre today. Karate 6:00 pm - 7:00 pm</p>	<p>Arlene is in Montreal for a Human Resource Meeting</p>	<p>Children &amp; Youth Halloween Party </p>	
26	27	28	29	30	31	
	<p>Karate 6:00 pm - 7:00 pm</p>	<p>Elders Arts &amp; Crafts 9:00 am Old Daycare Building</p>	<p>29 Dr. Brock is at the Health Centre today.</p>	<p>30</p>	<p>Happy Trick or Treating !! </p>	