

# Migizy Odenaw Newsletter

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



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## News from Chief & Council ...

*I would just like to correct the misunderstanding concerning the article that I wrote last month. The article was meant to inform the community of how we as Chief and Council provide leadership and the style we choose to use. The article was not meant as a personal attack on the former Chief as he and his family interpreted the article to be.*

*As I had stated in the previous articles in the newsletter the challenges before us as a council and a community are many. As a council we know that the communities expectations are high and as the council we are always trying to meet those expectations. The difficulty we find is that, as our community needs for programs and services are growing while our budgets to deliver those same services remain the same or in some cases decrease. This is why the council has prioritized developing projects that generate our own revenue to make up the short fall from funding we receive from government.*

*The situation I have just detailed indicates that we as a council must be able to meet the ever growing needs of our population, that is why we feel we must seriously begin to address the land issue once and for all so we can reap the benefits of development on our territory. Some of these benefits would be financial in nature, more permanent jobs and finally an acceptance that as Algonquins we have a right to benefit from the land that belongs to us all.*

*We are always asked why are we claiming land that already belongs to us? The answer is that this is the process the federal government has put in place to settle land claims and if we are to settle our issues we are obligated to follow this process even if we disagree with the process.*

*We as a council could just sit by and accept what is happening but we choose to fight to improve the lives of our members whether they live on or off reserve. The fight is not always easy and we get frustrated with the slow pace of change.*

*We will continue to work with everyone with a view that we will make positive change for this community.*

*Meegwetch until next month,  
Chief Lance Haymond*

**NOTICE**

**GENERAL BAND MEETING**

**WEDNESDAY**

**FEBRUARY 25TH, 2004**

**6:30 PM**

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**ESTATE PLANNING AND ADMINISTRATION**

**BY GAIL JOLY**

**PART 1**

**ANALYZING THE DATA**

On January 27, 2004, Yanick Gros-Louis, Estates Advisory Officer – from DIAND gave a presentation on the above-mentioned. The goals of the presentation were to make First Nations people aware of the importance of writing their will and to inform them of the different dispositions in The Indian Act applicable to the settlement of an estate and explain the Department of Indian Affairs jurisdiction in wills and estates (status and residence).

*An overview of the presentation is as follows:*

Did you know that if you die (without a will) Indian Affairs will automatically appoint an Administrator?

**WHAT IS A WILL?**

“A unilateral act, revocable until the decease of its author, by which the above disposes of all or part of his belongings he will leave in dying”.

By (Robert, Paris edition 1996, P. 2239).

**THERE ARE THREE (3) TYPES OF WILLS**

- (1) Holograph - handwritten on any form e.g. Birch Bark etc.
- (2) Notarial
- (3) English Form (with witnesses). We have this form at the Band Office. They are available upon request.

**THE AGENDA FROM THE PRESENTATION INCLUDED:**

- Planning of an Estate
- Analyze the will in detail
- Section -by-section analysis
- Will and identification of testator
  - Revocation clause
  - Disposal of body
  - Liquation of debts
- What are the different kinds of legacies encountered?
  - Universal Legacy
  - Particular Legacy
  - Charge of Legacy
  - Remainder Legacy
- Signature of testator and witnesses
- Affidavit or statement under oath or sworn statement
- Answering certain questions pertaining to wills
- Part 2 – Administration of an Estate

The Minister can accept as a will any written document signed by an Indian in which he declares his wishes or intentions regarding the disposition of his property at this death. Art. 45(2) The Indian Act.

*Therefore, the will must contain the 4 following criteria:*

- (1) The will must be written
- (2) The will must be signed
- (3) The will must go into effect at death
- (4) The will must include a transfer of property

**PROCEDURE WITH DIAND**

Five (5) steps are required for the approval of a will or the appointment of an administrator of estate, when there is no will:

- (1) Reception of information
- (2) Verification of DIAND jurisdiction and creation of a record
- (3) Sending the documentation
- (4) Reception of the concerned person’s or persons choice
- (5) Analysis of received documents and approval of the will or appointment of an administrator

**MAIN STEPS IN THE ADMINISTRATION OF AN ESTATE:**

The deceased’s personal representative must....

- (1) Be officially named by DIAND
- (2) Post notice to creditors, heirs and other claimants during a period of (8) weeks.
- (3) Do an inventory of the deceased’s property, verify the assets (Set a market value for the movable and immovable property)
- (4) Reimburse estate debts with estate property (cash, etc.) – after (8) weeks.
- (5) Report to the person involved.
- (6) Do the final distribution.

**THE INFORMATION REFERRED TO HEREIN IS TAKEN WORD FOR WORD FROM THE PRESENTATION. IF YOU WOULD LIKE A COPY OF THE HAND-OUTS PROVIDED DURING THE PRESENTATION PLEASE GIVE ME (GAIL JOLY) A CALL AT 627-3455 AND I WILL PREPARE A PACKAGE FOR YOU, OR IN THE ALTERNATIVE, PLEASE DROP BY THE OFFICE.**

**THANK YOU.**

**EAGLE VILLAGE POLICE DEPARTMENT**

**627-9624 EMERGENCY (24 hrs /7 days a week)**  
**627-8229 ADMINISTRATION ( 8:30 am to 4:30 pm, Monday to Friday)**

**Incident Report**

*In the month of January 2004, the Eagle Village Police Department responded to the following incidents:*

- 04-01-01 Public Assistance, SQ file, ski doo accident
- 04-01-03 Public Assistance, Assault charges dropped
- 04-01-04 Uttering Threats, unfounded, however will keep file open for 6 months (statutes of limitation)
- 04-01-10 Domestic Disturbance, complaint unfounded, dossier closed.
- 04-01-12 Execution of Warrant, Transport to detention center.
- 04-01-19 Public Assistance, Theft under \$5000. Theft of gas from truck.
- 04-01-27 Missing person, Child found, dossier closed
- 04-01-09 Assault, file open, will close dossier after 6 months when statutes limitation expires unless the assault is carried out.

**Reminders**

No person shall ride on or operate a motorcycle, all terrain vehicle (A.T.V.) or a snowmobile on a highway unless the person is wearing a helmet that complies with the regulations and the chinstrap of the helmet is securely fastened under the chin. (Band By-Law #71(l) carries a fine of \$100.00 and \$25.00 fee.)

**Winter Driving**

**Emergency Kit for your vehicle:**

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Shovel                          | <input checked="" type="checkbox"/> To keep you warm:             |
| <input checked="" type="checkbox"/> Scraper                         | ✓ blankets  |
| <input checked="" type="checkbox"/> Snowbrush                       | ✓ gloves and mittens  |
| <input checked="" type="checkbox"/> Traction aids                   | ✓ matches and candles   |
| <input checked="" type="checkbox"/> A bag of sand                   | ✓ boots   |
| <input checked="" type="checkbox"/> Gas line antifreeze             | ✓ scarf and hat   |
| <input checked="" type="checkbox"/> Extra windshield washer fluid   | <input checked="" type="checkbox"/> To be seen:                   |
| <input checked="" type="checkbox"/> Flashlight with spare batteries | ✓ Emergency flares or other light sources (reflectors, lamps etc) |
| <input checked="" type="checkbox"/> Jumper cables                   | ✓ Warning flag to place behind the vehicle.                       |

**Transport Quebec, Government of  
Quebec**

**Snowmobiles**



Speeding is one of the main causes of snowmobiling fatalities. For this reason, speed limits have been set for travel on trails. You must comply with a maximum speed limit of 70 km/h unless otherwise indicated.



Impaired driving is the cause of too many snowmobile accidents. Drinking and driving is a crime, whether on a snowmobile trail or the road network. If you have been drinking, do not drive a snowmobile.



In 1997-1998, six snowmobilers plunged through thin ice to their deaths. Be especially cautious and avoid bodies of water that have not been marked as part of a snowmobile trail. Ask the regional snowmobile club about the condition of the ice on the body of water you want to cross.

**Please be careful !!**



# Simple Steps to Family Safety

Fire can be our friend when it's in a nice warm fireplace or campfire cookout. However, when a fire gets out of control it's time to beware, especially when the fire is in our home. Fortunately, most fires can be prevented. They're caused when people make mistakes and when cooking equipment, heating and electrical devices are not kept in good condition. You can eliminate most of the risks in your home by recognizing how fires start and following these simple steps to avoid them.

### Healthy Household Safety Inspection:

**Chimneys:** Have your fireplace chimney checked and cleaned at least once a year.

**Fireplaces:** Use a metal or glass fireplace screen.

**Heaters:** Keep space heaters, stoves, irons, and other heat-producing appliances away from furniture, curtains, bedding or towels.

**Loose Wires:** Don't run extension cords under carpets, they can easily overheat. Also, never use an appliance with a damaged cord.

**Matches:** Young children should never handle matches and lighters.

**BBQ:** Before starting, make sure the pipes leading up to the burners are clean and free of obstruction.

**Smoke Detectors:** Your smoke detector can be your first defense against a fire, but only if it works! The Canadian Association of Fire Chiefs estimates smoke alarms had dead or no batteries at all in almost 60% of house fires.

**Fire prevention is something in which everyone can participate. Take the time to inspect your home for possible safety hazards and encourage the whole family to help.**

*DURACELL/Canadian Association of Fire Chiefs*

## **COMMUNITY NOTES**

### **FAMILY MEAL & WORKSHOP TUESDAY MARCH 9TH, 2004**

The Education Department will be having a parent and child evening. This is sponsored through the FNEC organization to encourage parent involvement in schools. It will be held on March 9th at the Eagle Dome. Come and enjoy a Spaghetti Supper from 5:00 pm to 6:30 pm. Then stay and listen to our guest speaker Mr. Donald DesRosiers from 6:30 pm to 7:30 pm who will entertain and offer strategies in helping parents deal with education today, the importance of parent interaction and how parents can make time to spend with their families.

Prizes to be won.

Hope to see you there.

Flyers will be delivered door to door before the event. If you are interested in attending please call before February 26<sup>th</sup>, at the Band Office and leave your name with Glenda or Roxane (627-3455). We are asking you to confirm your attendance this in order to have an approximate number for the supper.

### Fundraising for Chief Gabriel

As most of you may be aware, there was a crisis in the community of Kanesatake. As a result of the crisis the Chief's home was burnt to the ground.

The Chiefs' of Quebec have agreed to do some fundraising in all communities to help Chief Gabriel and his young family to rebuild their lives.

I am asking that if you can, would you please give a donation when we go collecting door to door. An amount will be contributed by Council and added to what is collected in the community. This in turn will be sent to the trust fund set up by the Assembly of First Nations of Quebec and Labrador.

I thank you in advance for your understanding and co-operation.

Chief Lance Haymond

EAGLE VILLAGE FIRST NATION'S  
ANNUAL  
**SNOWMOBILE  
RALLY**



**Saturday, February 14th, 2004**

Registration: 10:00 am to 1:00 pm

Breakfast: 9:00 am to 12:00 pm

Supper: 5:00 pm

Dance will start following the supper



**\$10.00 per hand  
100% payout  
18+ to buy a hand**



**Supper**

Hot Hamburger, mashed potatoes or french fries,  
veggies and beverage

**\$8.95**

**NEW THIS YEAR ...**

**ANYONE (18+) is welcome to come in and buy a  
poker hand ON Saturday at the hall for  
\$5.00 (NO LIMIT) 100% Payout  
This is separate from the snowmobile rally.**

## NEWS FROM THE HEALTH DIRECTOR

### Health Plan

As a reminder to the process that Eagle Village Health Centre has undertaken as Pilot Project in developing their own Health Plan, I would like to reiterate the main goal or objective we hope to attain through this process. For many years Health Canada has tried to help First Nations from coast to coast improve their health by providing them with a compendium of programs that they considered beneficial. However, their strategies did not take into consideration the diversities and issues of each First Nation or community. Although they meant well, Health Canada, realising that “a one program fits all” does not work, embarked in a journey with 8 community projects from across Canada.

Having the opportunity to evaluate the health status and needs of our members before gearing up to do prevention, put ourselves in a better position to adapt our activity priorities based on concrete evidence and on the concerns of our members. This is, our main objective.

At our latest Pilot Site Meeting held in Ottawa, Health Canada allowed four active Health Committee Members an opportunity to network with the invited delegates from the 7 other communities whom are going through the same process. Having completed several steps of the process, our people were called upon to share our experience with all the components of the project by way of group exercise and a presentation. The second draft of our plan should be completed by mid-March. At this time, all stakeholders involved will have a chance to provide us with their valuable input.

### Social Services Review

A preliminary proposal by the Social Service provider Centre Jeunesse de l’Abitibi-Temiscaming seems to be encouraging if not to say the least. What we are expecting from the hard work put into the review and what is concurrent to our needs in Eagle Village is the addition of a full-time social worker, a part-time educator and better accessibility to psychological support. A meeting will be scheduled to discuss the details of the official proposal of Centre Jeunesse.

### Consent Forms

I take great pleasure in informing you that the new Health Minister Mr. Pierre Pettigrew has abolished the initial concept brought forward by Health Canada in regards to the Consent Form. First Nations across the country were being forced to sign a consent form in return for receiving non-insured health benefits. It seems now that only special cases will require some type of monitoring or consent issue, but they are a small minority and First Nations will be part of the process.

Therefore, please rest assured that your health benefits would not be jeopardized at the end of this month for reasons dealing with consent forms.

On a special note, please report to me any difficulty you may have in obtaining your medication as prescribed by your doctor. I may be able to bring some assistance to alleviate some of the problems you are encountering.

David McLaren - Health Director

## The NNADAP Corner

I would like to share a quote with you that I discovered on a website that I was checking out ... "www.renascent.ca". I thought it was really good and it really made me think:



*"We drank to feel heavenly  
and knew hell.  
We drank to forget  
and we were haunted.  
We drank for freedom  
and became slaves.  
We drank for power  
and we were powerless.  
We drank to erase problems  
and saw them multiply.  
We drank to cope with life  
and invited death, or worse."*



I would also like to share with you some of the other resources that I have found on the net, which may be of interest to you. They are ...

### RECOVERY CHAT LINE

[www.12steps.org](http://www.12steps.org)

### 12 STEP GROUPS ONLINE

Cocaine Anonymous (CA) [www.ca.org](http://www.ca.org)  
 Alcoholics Anonymous (AA) [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)  
 AA Toronto [www.aa.toronto.org](http://www.aa.toronto.org)  
 Narcotics Anonymous (NA) [www.na.org](http://www.na.org)  
 Al Anon Family Groups [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

### RECOVERY SITES

[www.markelliot.com](http://www.markelliot.com)  
[www.anonymousone.com](http://www.anonymousone.com)  
[www.recovery.org](http://www.recovery.org)  
[www.sober24.com](http://www.sober24.com)  
[www.open-mnd.org](http://www.open-mnd.org)  
[www.hazeldon.org](http://www.hazeldon.org)



I would like to send out a special "Thank You" to Dale and Debbie for providing the music for our monthly Youth Dances. Thank You to Roger Mitchell and Ernest Hunter for setting up for the dance ... thanks a lot guys! Thanks to Carly Joly and Shauna Letreille for helping me clean up after the dance ... great work girls !!

I would like to thank all the people who volunteered their time to help out at the Dance on Friday January 16th, 2004. The volunteers were ... Virginia McMartin, Lynda Chevrier, Kim Young, Rose Perrier, Jackie Honen, Jimmy Constant Jr and Lynn Grandlouis. Thank You very much !!



**VALENTINE'S DAY  
 YOUTH DANCE  
 FRIDAY FEBRUARY 13TH  
 EAGLE VILLAGE COMMUNITY HALL  
 7:00 pm - 10:00 pm  
 Admission- \$1.00  
 "SPECIAL PRIZES"  
 Healthy Snacks - \$1.00**

## February is Heart Month

### Advice for women on heart disease and stroke ...

**How can you tell if you – or someone close to you – are at risk of heart disease and stroke? Almost anyone of any age can develop a heart condition, high blood pressure or have a stroke. But certain things about you can increase your personal risk. The following will tell you about the risk factors for heart disease and stroke and see which ones you have. Knowing your risk factors is the first step in taking control.**

#### What are risk factors?

Risk factors are behaviors or medical conditions which make people more likely to develop heart disease and stroke. Some risk factors (like smoking) are well known. Others are less well recognized.

Having even one risk factor will increase a woman's chances of developing heart disease and stroke. The more risk factors a woman has the greater her risk.

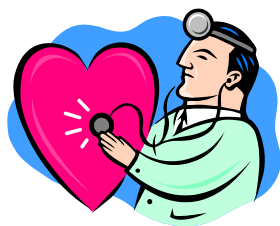
There are two basic categories of risk factors: those that you can't change and those you can change, control or treat. It is important to look at both types of risk factors and see where you are at risk.

#### Risk factors you CAN'T change

- ◆ Age: the older you are, the greater your risk of heart disease and stroke. For women, the risk of heart disease and stroke increases rapidly after menopause or after age 55.
- ◆ Ethnicity: people of South Asian, Aboriginal Peoples/First Nations, Inuit or Black descent are at increased risk of some types of heart diseases
- ◆ Family history: if you have a grandparent, parent or sibling who developed heart disease or stroke early in life (e.g. prior to age 65), you may have a genetic predisposition

#### Risk factors you CAN change, control or treat

- ◆ Smoking
- ◆ Inactivity
- ◆ High blood pressure
- ◆ High blood cholesterol
- ◆ Diabetes
- ◆ Stress
- ◆ Excessive alcohol consumption
- ◆ Overweight



#### **How can a woman reduce her risk of high blood pressure?**

##### **1. Become smoke free**

A woman who smokes has double or even triple the risk of heart disease or stroke than a non-smoker. Even if you don't smoke, being exposed to someone else's tobacco smoke (second hand smoke) can increase your risk

##### **2. Be physically active regularly**

Compared to women who are active, an inactive woman has up to twice the risk of heart disease and stroke. Regular physical activity increases levels of "good" (High Density Lipoprotein or HDL) cholesterol, helps people manage stress, and improves the efficiency of the heart, lungs and muscles. Even modest levels of low-intensity exercise are beneficial if done regularly. And physical activity can give you more energy!

##### **3. Keep your blood pressure at healthy levels**

All women should have their blood pressure checked regularly. This is particularly important for women who:

- ◆ Have a family history of high blood pressure
- ◆ Had high blood pressure while pregnant
- ◆ Are taking an oral contraceptive (birth control pill)
- ◆ Are post-menopausal

Women with high blood pressure should ask their doctors how to reduce it. Blood pressure can often be brought into normal ranges by:

- ◆ Lifestyle changes such as losing excess weight; exercising; reducing salt intake; increasing consumption of potassium-rich foods and managing stress levels.
- ◆ Sometimes medication may also be required. Blood pressure lowering medication must be taken exactly as directed.

##### **4. Keep your cholesterol at healthy levels**

High cholesterol can double a woman's risk of heart disease and stroke. Many women find that their cholesterol levels worsen after menopause. Unhealthy cholesterol levels can be treated by lifestyle changes and sometimes by cholesterol-lowering drugs.

##### **5. Control or prevent diabetes**

Diabetes increases a woman's risk of heart disease and stroke between two to four times. If you have diabetes, it is important that you follow your doctor's instructions to control your condition. This will probably include lifestyle changes, such as eating a healthy diet, maintaining a healthy weight, and being physically active regularly. If you don't have diabetes – but are at risk – you can reduce your risk by making heart healthy lifestyle choices.

##### **6. Maintain a healthy body weight**

Women who are more than 30% over their ideal weight are more likely to develop diabetes, high blood pressure, heart disease and stroke. A healthy, balanced diet that is reduced in fat and regular physical activity are the two keys to reaching and maintaining a healthy weight

##### **7. Learn to control stress**

Research has found that 45% of women aged 30 and over report frequently feeling overwhelmed by the demands of their families, jobs and/or finances. Stress is often associated with unhealthy activities such as smoking, overeating, excessive drinking, worrying or outbursts of anger. There is also increasing evidence that stress may increase the risk of high blood pressure and heart disease.

##### **8. If you drink alcohol, drink in moderation**

Drinking too much alcohol – particularly binge drinking – can increase your blood pressure and contribute to the development of heart disease and stroke. At the same time, there is evidence that people who drink moderately have a somewhat lower risk of heart disease and stroke than people who either do not drink at all or who drink to excess.

To reduce your risk, if you drink, it is recommended that you limit yourself to 1-2 drinks a day, to a weekly maximum of 9 (14 for men, because of their larger body size and different metabolism). "One" drink is defined as:

(continued on the next page)

- ◆ 1 ½ cups (341 ml) of 5% beer,
- ◆ ½ cup (142 ml) of 12% wine, or
- ◆ ¼ cup (43 ml) of 40% spirits.

Women who are pregnant -- or who are considering pregnancy -- should not drink. Abstinence may be advisable for people operating machinery or engaging in other activities that require skill and care, and for those experiencing problems with mood, anxiety and sleep. For some elderly people, 2 drinks may be too much to be considered low risk.

If you have any of the following conditions or problems, talk with your doctor about whether it is safe for you to drink alcohol:

- ◆ Heart disease
- ◆ High blood pressure
- ◆ Liver disease
- ◆ High blood triglycerides (fats)
- ◆ Diabetes or high blood sugar
- ◆ Peptic ulcers, pancreatitis or gastrointestinal disease
- ◆ Regularly take prescription or non-prescription medications
- ◆ Family history of alcoholism
- ◆ Other risk factors for heart disease and stroke, such as smoking, being overweight or physically inactive

## +NEWS FROM PATTY

### ST. JOHN AMBULANCE BABYSITTING COURSE

**IF YOU HAVE A CHILD WHO IS 11 YEARS  
OF AGE OR OLDER AND WOULD LIKE TO  
TAKE A BABYSITTING COURSE, PLEASE  
CALL THE EAGLE VILLAGE BAND OFFICE  
627-3455 AND ASK FOR PATTY**

### BASIC FIRST AID AND CPR

**SATURDAY MARCH 27, 2004  
SUNDAY MARCH 28, 2004**

**8:30-4:30 (BOTH DAYS)**

**EAGLE VILLAGE COMMUNITY HALL**

**IF YOU WOULD LIKE TO HAVE MORE  
INFORMATION OR TO REGISTER PLEASE  
CALL THE EAGLE VILLAGE BAND OFFICE  
627-3455 AND ASK FOR PATTY**

## ARSENIC IN DRINKING WATER

Arsenic has been recognized as a poison since ancient times. Low levels of arsenic may be found in some municipal water supplies and in some private wells.

Arsenic is a natural element widely found in the earth's crust. There are trace amounts of it in all living matter. Arsenic may enter lakes, rivers or underground water naturally, when mineral deposits or rocks containing arsenic dissolve.

Arsenic may also get into water through the discharge of industrial wastes and by the deposition of arsenic particles in dust or dissolved in rain or snow. These arsenic particles can get into the environment through the burning of fossil fuels (especially coal), metal production (such as gold and base metal mining), agricultural use (in pesticides and feed additives) or by waste burning.

Levels of arsenic in Canadian drinking water are generally less than 0.005 milligrams per litre, although concentrations may be higher in some areas.

Arsenic in drinking water is absorbed by the body, with the bloodstream taking it to various organs. The highest levels are found in nails and hair, which accumulate arsenic over time. Your body gets rid of arsenic mostly through the urine with smaller amounts removed from the body through the skin, hair, nails and sweat.

The International Agency for Research on Cancer considers arsenic a human carcinogen. Years of consumption of drinking water containing arsenic at levels close to or higher than the guideline value has been found to increase the risk of skin cancer and tumors of the bladder, kidney, liver and lung.

Arsenic is one of the many chemicals for which Health Canada sets guidelines. The current guideline has been set at 0.025 milligrams per litre (parts per million). This guideline is considered to be an interim measure until an appropriate treatment technology is developed to further reduce arsenic levels in drinking water. The guideline will be reviewed to reflect new treatment methods and new information on health risks. The levels recorded for our community are well below the current guidelines.

# HAVE YOU EVER HAD A COLD SORE?

## What is a cold sore (herpes simplex)?

Herpes simplex is a viral infection of the skin that causes two types of infection:

- ◆ the classical cold sores on the lips and around the mouth
- ◆ genital cold sores, which are spread by sexual contact

*This article will consider cold sores on the face ...*

## What are the symptoms?

This common infection is known also as 'fever blisters'. The first symptom is itchiness and tingling at the site of the developing infection, usually on the edge of the lips. Blisters soon appear and later burst to become crusted sores. The person usually feels unwell. The infection occurs only occasionally in some people but frequently in others.

## How does herpes simplex develop?

It usually begins in childhood as a mouth infection. The virus then lives in the nerves supplying the skin or eyes, waiting for an opportunity to become active. It may erupt on any area of the body's skin or in the eyes. The following may precipitate eruptions:

- ◆ overexposure to sunlight and/or wind
- ◆ colds, influenza and similar infections
- ◆ heavy alcohol use
- ◆ fever from any cause
- ◆ the menstrual period
- ◆ physical and/or emotional stress

## Does it spread?

Herpes simplex is contagious. It is present in saliva of affected persons and can be spread in a family by the sharing of drinking and eating utensils and toothbrushes or by kissing.

It is most important not to kiss an infant if you have an active cold sore.

## Is herpes simplex dangerous?

It usually presents no serious risk, but it can be very unpleasant for patients who have eczema. It also can infect the eyes, and can cause a serious ulcer on the cornea.

## What is the treatment?

There is no special treatment; most sores heal and clear in a few days. They should be kept dry: dabbing them with plain alcohol will relieve itching and help keep them clean and dry.

When you feel them developing, the application of an antiviral ointment may help, but it must be applied early to be effective.

Notify your doctor if you have a persistent fever, pus in the sores or irritation of an eye.

## How can it be prevented?

Those prone to cold sores should avoid overexposure to sun and wind. If you cannot, apply a sunscreen or zinc oxide ointment around the lips and other areas where cold sores have erupted previously.

## **DOCTORS COMING TO THE HEALTH CENTRE**

**Dr. Brock ~ February 11th and March 10th**

**Dr. Zivkovic ~ February 18th and March 18th**

**Dr. Gurekas ~ February 26th and March 31st**

**If you would like an appointment please call Cecile 627-9060.**

## News from Joyce Sports & Leisure

### Kids PD Fun Day

**THANK YOU**



I would like to thank all the kids and parents who came out and participated in the Fun day held at the rink. It was a great success.

### Update

### Exercise Night

**Things are going great, so come and check it out ...**

Mondays 7:15pm to 8:15pm (Pilates)

Tuesdays 6:30 pm to 7:30pm

Wednesday's 7:15pm to 8:15pm (Taebo)

**(Youths will need consent from their parents to participate)**

### March Break Activities

There will be activities held through March 1<sup>st</sup> to March 7<sup>th</sup>. Some of the activities that will be held are, swimming at the Centre, Street hockey, Movie at Centre etc....

There will be more information to follow at a later date.

If you would like to volunteer your time please contact Joyce or Tina at the Health Centre 627- 9060 or Band Office 627- 3455

## Healthy Recipe

### APPLE CINNAMON MUFFINS

#### Ingredients

- 1-1/4 cup oat bran cereal; uncooked
- 1 cup whole wheat flour
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 3/4 tsp baking soda
- 1/2 tsp salt
- 3/4 cup unsweetened applesauce
- 1 cup apple, peeled, cored, diced
- 1/2 cup honey
- 1/2 cup vegetable oil
- 1 egg
- 1 tsp pure vanilla extract

1. Preheat oven to 375.
2. Coat 12 medium-size cups with vegetable oil or line with paper baking cups.
3. In a medium bowl combine oat bran cereal, flour, cinnamon, baking powder, soda, and salt.
4. In large bowl combine applesauce, honey, oil, egg, and vanilla. Stir in dry ingredients; mix well. Stir in apple.
5. Fill prepared muffin cup almost full. Bake 15-20 minutes or until golden brown. Serve warm.

#### Nutritional Analysis

160 calories  
7 gm fat  
22 carbohydrates  
3 gm protein



**From:**

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Glenda is on holidays this week	2 Lance is in Quebec City for a meeting ... Chief's Strategic Committee	3	4	5 The Dietician is at the Health Centre today for a workshop on "Label Reading"	6	7 Adult/Youth Cribbage Tournament
8 Cecile McKenzie Joan St-Denis on holidays this week.	9 David is in Montreal for a Meeting (February 9th - 12th)	10 DIAND is in our Community for a meeting. Terry is in Lac Simon for a Wanaki Board meeting (February 9th - 10th)	11 Dr. Brock is at the Health Centre today. Karate 6:00 pm - 7:00 pm	12	13 Valentine's Day Youth Dance	14 Snowmobile Rally Valentine's Day
15 Terry is on holidays this week	16 Lance is in Ottawa for a meeting ... First Nation Housing (February 16th - 19th)	17 Jennifer is in Montreal for a Housing Management Workshop (February 16th - 19th)	18 Dr. Zivkovic is at the Health Centre today. Karate 6:00 pm - 7:00 pm	19	20 Snow-Pitch Tournament	21 Snow-Pitch Tournament
22 Snow-Pitch Tournament	23 Karate 6:00 pm - 7:00 pm	24 Lance is in Aylmer for School Commission Meeting	25 Band Meeting Community Hall 6:30 pm	26 Dr. Gurekas is at the Health Centre today.	27	28
29	<h1 style="text-align: center;">Community Calendar ~ February 2004</h1>					