

# Migizy Odenaw Newsletter

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



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## NEWS FROM CHIEF AND COUNCIL

First of all we would like to wish all of our members a happy, safe and prosperous new year. We feel it is important to identify what are the priorities and visions that we as a Council have for the upcoming year. I would like to have all the members understand that as a Chief and Council we are doing the best that we can with the resources and personnel that we have. We however, experience frustration with the fact that one or two individuals continue to jeopardize community projects that have been supported and approved by the vast majority of the population. We as a council have been duly elected by you the people to provide leadership to the community. You as an individual may not always support the decisions we make on your behalf, however we are always acting in the best interest of the community.

As the leadership our mandate is to meet with different levels of government, negotiate budgets as well as ensure that we are

providing the best programs and services to the members. We need to lobby with the government and convince them that we have needs as a community. These efforts do require that we need to be attending meetings outside the community. These meetings ensure that all levels of government are aware of our needs and when it comes time to distribute budgets they take our needs into consideration. It doesn't always happen but we must not sit by idle and allow for the government to determine on their own what the needs are for Eagle Village First Nation.

As a Council we believe that the role of Chief is to be a politician and politics involves lobbying, attending meetings to represent the community and negotiating on behalf of the community. In turn we as a council give responsibility to our program managers to deliver programs and services to you, the members. We have developed policies to ensure fair and equal (cont'd on pg 2)



## HEY KIDS ... PD DAY FUN FOR JANUARY

FRIDAY JANUARY 23RD, 2004  
SKATING & SLIDING  
MEET AT 1:00 PM AT THE SKATING RINK  
FOLLOWED WITH HOT CHOCOLATE, SNACKS  
& A MOVIE AT THE HALL !!

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access to programs and services. We are aware that they do not satisfy everyone all of the time however they are an important tool for management.

Our vision of being a leader is very much different that what a leader was in the past. Our approach is not the old command and control approach. Our approach is to work with the staff and to ensure that they have all the tools that they require to do their jobs well including resources such as budgets and training. We feel confident in allowing them to administer programs and make decisions on their own. As a Council we will continue to contribute ideas however at the same time we must trust the "doing" to others, namely the managers of various programs such as Health, Education, Social Assistance, Human Resources etc.

We feel that as a Council we have the following characteristics to ensure good leadership for you the members of Eagle Village. We all have values that we hold as individuals, we value the ability to talk, discuss and dialogue the issues that affect us. We have a vision for the future of our community, one that will allow us to become less and less dependent on government funding, economic development is the future for our community. We, over the course of the next few months, want all members to participate in consultations that will be initiated by us.

The first consultation will be in regards to the Electoral Code, where all of the members will decide on how we will select our leaders. Once the Electoral Code is approved by the members, everyone be made aware of the rules for elections and hopefully this will ensure that appeals against the results of the elections will diminish. In the election held this past June there were 5 appeals lodged against the election results. All of the appeals were by members who placed their personal needs before those of the community.

The second consultation we would like members to participate in is a Community Strategic Planning Exercise. This exercise will ensure that as a community we have a plan for the future, one that is developed by the community for the community. This will allow us as a Council to determine the actions that we must do to make the community plan come to life. This is the role of the Council, we are politicians not administrators. The strategic plan is the vision that we need for the future. Vision is another characteristic that we as leaders need to have, a vision for the future supported and determined by the community.

As a Council we must also be creative in finding solutions to the problems we face, we have tried to create an atmosphere where the members can express their concerns and opinions without fear of public humiliation. We want members to express themselves, even if we do not always agree. As a member you need to feel comfortable attending our meetings. As a Council we also need to be adaptable, we do not know everything and we must be open to accepting change if it is in the best interest of the community

The challenges that we face as a community and as a council are many, however it is by working together that we can begin to find solutions. We as individuals have a choice to either be a part of the solution or we can choose to be a part of the problem. The choices are ours to make. We as a council will continue to strive to meet the expectations of the community and hope to work hand in hand with members.

*Chief Lance Haymond*

## COMMUNITY NEWS & EVENTS

There will be a Band Meeting at the Community Hall on Tuesday January 20th, 2004 at 7:00 pm. Minutes from the last meeting are available at the Band Office.

On Tuesday January 27th, 2004 there will be an information session at the Community Hall concerning "Estate Planning". The session will be available at 2 different times that day for your convenience. You can attend either the afternoon session at 2:00 pm or the evening session at 7:00 pm. For more information please contact Gail Joly at the Band Office.

On January 11th, 2004 Eagle Village had its first Sunday night bingo. There will be 2 weekly bingo's on Thursday and Sunday evenings at the Community Hall. Doors open at 5:00 pm, Games start at 6:45 pm.

Renovations have begun at the building at the skating rink. It is now heated for your convenience. The Eagle Village Police Department is responsible for locking the building every evening.

Please mark your calendars with the dates for the Annual Eagle Village Snowmobile Rallies. The first rally will be held on Saturday February 14th and the second rally will be held on Saturday March 13th, 2004. More information will be available soon.

The Quebec Native Women are planning a Snow-pitch Tournament on the weekend of February 21st and 22nd, 2004. For more information please contact Verna Polson.

**COMMUNITY NOTES**



**Congratulations Rose Perrier & Ivan Pulchinski  
Owners of Lakeview Store**

Lakeview Store, which is located at 43 Eagle Village, celebrated their "10th Anniversary" on December 17th, 2003. Free coffee and donuts were served throughout the day and there was a free draw for a Camera and a \$20.00 Celebration Lottery Ticket. The lucky winner of the free draw was Jessica St-Denis. Rose and Ivan would like to also thank all of their customers for their support and patronage and they hope to continue serving you in the future.

**Local Quebec Native Women**

The Local Quebec Native Women would like to thank Tanya McKenzie, the Eagle Village Police Dept. and the judges for helping out with our First Annual Christmas House Decorating Contest.

The winners were:

- 1st Place - Carolyn Pariseau & Wayne Green
- 2nd Place - Ronnie & Tina Raymond
- 3rd Place - Leeann Trudel & Doug Chevrier

**Membership Renewal**

If you would like to renew your membership or join and become a member of the Quebec Native Women's Association ... Please contact Verna Polson at 627-1639

Membership fees:  
\$2.00 per year or \$10.00 for 5 years.

**YOUTH CENTRE INFORMATION**

**MEMBERSHIP FEES DUE  
NO LATER THAN  
FRIDAY JANUARY 16TH, 2004**

**EXERCISE ROOM**

**\$20.00 per person.**

**Parental consent required for Youth between 16 and 17 years of age.**

**Fees can be paid at the Band Office or at the Youth Centre. Pictures will be taken this year and displayed at the Youth Centre.**

Youth Centre	Cost	Discounted Cost
1st child	\$10.00	~nil~
2nd child	\$20.00	~nil~
3rd child	\$30.00	\$25.00
4th child	\$40.00	\$30.00

Youth Centre	Cost	Discounted Cost
1 adult + 1 child	\$20+10=\$30	You pay \$25.00
1 adult + 2 children	\$20+20=\$40	You pay \$35.00
1 adult + 3 children	\$20+25=\$45	You pay \$40.00
1 adult + 4 children	\$20+30=\$50	You pay \$45.00

**YOUTH CENTRE HOURS**

**Monday to Friday 6 p.m. - 9 p.m.  
Saturday and Sunday noon - 10 p.m.  
closed on weekends from 5 p.m. - 6 p.m.**

**The Youth Centre will be open during the day on Pedagogical days provided I am informed in advance.**

**Gail Joly, Councilor and Portfolio holder**

EAGLE VILLAGE POLICE DEPARTMENT

GENERAL STATISTICAL INFORMATION

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

A. December 2003

Criminal incidents.....	4
Non-Criminal incidents.....	2
Motor Vehicle accidents.....	0
Band By-Law violations.....	0
Ride Programs.....	0

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

Criminal incidents.....	49
Non-Criminal incidents.....	116
Motor Vehicle accidents.....	1
Band By-Law violations.....	0
Ride Programs.....	12

C. List of Criminal incidents

Theft motor vehicle.....	2
Uttering Threats.....	7
Assault.....	4
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.....	7
Internet (mailing obscene matter)	1
Theft.....	6
Driving Dangerously.....	2
Assault causing bodily harm.....	1
Trespassing.....	1
Stolen bike.....	1
Breach of Undertaking.....	1
Assault on a police Officer.....	1

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

03-12-12	Driving while impaired.....	Charges pending
03-12-20	Assault on a Police Officer.....	Charges pending
03-12-20	Uttering Threats.....	Under investigation
03-12-20	Uttering Threats.....	Under investigation
03-12-22	Public Assistance, Alarm at band Office.....	Dossier closed
03-12-24	Public Assistance, Family Dispute.....	Dossier closed
03-12-25	Assist other Organization (SQ).....	Dossier closed

Although there has not been any Ride Programs during this period. Police intercepted motor vehicles while on active patrols., 2 sobriety tests performed, 1 resulting of charges of impaired driving.

E. Motor Vehicle Accidents

Minor.....	0
Major (injuries or death).....	1

F. Band By-Law

Traffic Regulations.....	0
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**New Business Hours  
"Licence Bureau"**

**Monday  
Closed**

**Tuesday  
12 pm - 4:30 pm**

**Wednesday  
12 pm - 4:30 pm**

**Thursday  
12 pm - 5 pm**

**Friday  
12 pm - 4:30 pm**

**Police Deontology Information Session scheduled for January 14th, 2004 has been postponed at the request of the Commissaire a la deontologie policiere. The information session will be rescheduled in March 2004.**

**FOR YOUR INFORMATION**

**DRIVER'S LICENCE**

No person shall drive a motor vehicle on a highway unless the motor vehicle is within a class of motor vehicles in respect of which the person holds a driver's licence issued to him/her by the Regie L'assurance Automobile de Quebec or Equivalent.

**Band By-Law 01- Part III Section (7)  
Carries a fine of \$300.00 and \$75.00 fee.**

**RESPONSIBILITY OF OWNER OF MOTOR VEHICLE**

No person who is the owner or is in possession or control of a motor vehicle shall permit any person to drive the motor vehicle on a highway unless that person holds a driver's licence issued in respect of the class of motor vehicles to which the motor vehicle belongs.

**Band By-Law 01- Part III Section (8)  
Carries a fine of \$200.00 and \$50.00 fee.**

**EXCESSIVE SPEED**

On our highway your snow machine is permitted to operate a maximum speed of 30 km/hr. Please watch for pedestrians, children playing or sliding on snow banks. Aggressive drivers may not have the time to react thus jeopardizing everyone's safety. Use due care, attention and reasonable consideration for other persons using the highway. **PLEASE RESPECT THE COMMUNITY** for allowing you this privilege to use our roads ... **PLEASE SLOW DOWN.**

**OPERATE WITH CARE**

Since your snowmobile is permitted to use on our roads within the "Eagle Village Boundaries" we expect that you exercise care and caution in the operation of your snow machine. Please be alert to the other traffic. Travel on the **right side** of the road as you are not on a trail. Operate your snow machine as you would your car or truck. "EVERY VEHICLE SHALL TURN TO THE RIGHT FROM THE CENTRE OF THE ROADWAY ALLOWING THE OTHER VEHICLE ONE-HALF OF THE ROADWAY FREE".

**Band By-Law 33(I)  
Carries a fine of \$100.00 and \$25.00 fee.**

"**MOTOR VEHICLE**" includes an automobile, motorcycle, snowmobile, motor assisted bicycle, three and four wheelers (all terrain bicycles) and any other vehicles propelled or driven otherwise than by muscular power, farm tractor.

**WEAR A PROTECTIVE HELMET**

No person shall ride on or operate a motorcycle, all terrain vehicle (ATV) or snowmobile on a highway unless the person is wearing a helmet that complies with the regulations and the chin strap of the helmet is securely fastened under the chin.

**Band By-Law 71(I)  
Carries a fine of \$100.00 and \$25.00 fee.**

## KARATE SCHEDULE

**All Karate Classes are from  
6:00 pm - 7:00 pm  
at the Community Hall**

Wednesday January 14th  
Monday January 19th  
Wednesday January 21st  
Monday January 26th

Wednesday February 11th  
Monday February 16th  
Wednesday February 18th  
Monday February 23rd

Wednesday March 10th  
Monday March 15th  
Wednesday March 17th  
Monday March 22nd

Monday April 5th  
Wednesday April 7th  
Wednesday April 14th  
Monday April 19th

Wednesday May 5th  
Monday May 10th  
Wednesday May 12th  
Monday May 17th

### Prices for the Karate Course ...

January to May 2004

1 Person - \$125.00  
Family of 2 - \$200.00  
Family of 3 - \$250.00  
Family of 4 - \$250.00

### This is the monthly payment plan

1 person - \$25.00 per month  
Family of 2 - \$40.00 per month  
Family of 3 - \$50.00 per month  
Family of 4 - \$50.00 per month

**Uniforms and equipment are  
not included in the price.**

## NEWS FROM THE HEALTH DIRECTOR

### Health Plan

Several members of the Health Committee will be meeting in Ottawa the week of January 19<sup>th</sup> to exchange with several other First Nations from across the country that are involved in the Health Planning Projects. During this time, more work will be presented to Health Canada for fine-tuning in preparation for our health budget negotiations.

### Social Services Review

Indian & Northern Affairs have confirmed that they will be injecting \$100,000.00 more into the budget for the delivery of Social Services. This amount does not correspond to the needs expressed by our review and committee work, however, meetings between the Centre Jeunesse and the 3 Algonquin communities will be held in the near future to determine how these new funds can be used and look at strategies involved to seek out more dollars.

### Medical Transportation

I want to thank everyone for responding positively to our notification request. Please note that informing our clerk Cecile at least 24 hours prior to any out of town appointment is not only a requirement but also essential and important for proper coordination for our drivers. Again, thanks to our clients.

### General Notes

- A third phone line will be installed at the Health Centre for your convenience.
- Noella Fortin-Moore will be doing a brief survey on the West Nile Virus at the end of this month. If you are interested in filling a questionnaire, please get in touch with her. Prizes for participation will be awarded.



## Health Centre Notes

- During the week of January 19th - 23rd, Pascale will be in Ottawa for a meeting. However, Jennifer Pousseault will be here January 20th - 23rd.
- If you would like to see Dr. Peroff soon, please call Cecile to give your name. We will try to have him come to the Health Centre for appointments during the month of March.
- It's not too late to get a flu shot ... Please call for an appointment.

*Doctor's coming to Health Centre during the month of February ...*

*February 11th - Dr. Brock  
February 18th - Dr. Zivkovic  
February 26th - Dr. Gurekas*

## Upcoming Workshops ...

### NOBODY'S PERFECT WORKSHOP (FOR PARENTS OF CHILDREN FROM BIRTH TO AGE 5)

DATE / TIME / PLACE

January 13th, 19th & 27th  
February 3rd, 10th and 17th, 2004  
7:00 pm each evening  
Eagle Village Band Office Conference Room

WORKSHOP TOPICS

PARENTS ARE ONLY HUMAN

Respecting your personal needs  
Setting you priorities and organizing your time

YOUR CHILD'S EMOTIONAL AND SPIRITUAL DEVELOPMENT

A child's education begins at home  
Building confidence and self-esteem  
Teaching basic values to your children  
Playing is learning



DISCIPLINE THAT WORKS

Sometimes they drive me crazy  
Why children misbehave  
Solving behavioral problems  
What about spanking

FINANCIAL ASSISTANCE WILL BE AVAILABLE FOR THOSE WHO  
NEED BABYSITTING SERVICES; TRANSPORTATION WILL BE  
AVAILABLE IF NEEDED.

PLEASE CALL PATTY (627-3455) OR VIRGINIA (627-9060) TO  
RESERVE YOUR SPOT OR FOR MORE INFORMATION.

REFRESHMENTS & SNACKS ~ DOOR PRIZES FOR ATTENDANCE.

### Understanding Food Labels Information Session

Wednesday February 4th

2:00 pm - 3:00 pm  
at the  
Health Centre

Snacks & Refreshments  
Door Prize  
EVERYONE WELCOME !!



## A NOTE FROM ... MENTAL HEALTH & WELLNESS



Did you know that long ago when people had an earache our ancestors would fry an onion on a cast iron pan, take the juices and let it cool until lukewarm, then put 1-2 drops in the ear when needed.

This is just one of the traditional medicines that was used in the past. I will be sharing more remedies in our up-coming newsletters, remedies and information that I have gathered from our Algonquin elders, not only is it interesting but it is part of our heritage.

Also I would like to mention that I will be working in conjunction with other departments (NNADAP, Sports and Leisure, Brighter Futures etc.) in community activities for all ages from youths, elders, families. These activities/events will not only focus on healthy living, but community gatherings. So watch for future notices, and come out and support or participate!

Hope to see you there!  
Virginia McMartin

**We are presently  
planning on hosting a  
play featuring the  
talent of our Youth !!  
We need the help of  
adult volunteers to  
help us out !!**

**For more info:  
Vicky, Virginia, Joyce**

# FROSTBITE PREVENTION FOR YOUR CHILDREN

## **Frostbite Prevention**

Everyone is susceptible to "frostbite" and "frostnip" but children are at greater risk than adults because they lose heat from their skin faster. Making matters worse, children may ignore how cold and uncomfortable they are just to keep having fun.

## **Identifying Frostbite**

Early frostbite is characterized by waxy, white and hard skin that feels numb and has a persistent burning sensation. In more severe cases, frostbitten skin will become blue and mottled or splotchy.

## **Identifying Frostnip**

An earlier form of frostbite called "frostnip" also can be a problem for children. It usually affects the ears, nose, cheeks, fingers and toes. If a child has frostnip, the affected area will be white and numb.

## **Preventing Frostbite and Frostnip**

Frostbite can attack when temperatures are below freezing. Wind and humidity can shorten the time it takes for frostbite to occur. Follow these recommendations to prevent frostbite and frostnip for yourself and your children:

- Do not go outside in very cold weather after a recent bath or shower.
- Wear warm clothing and dress in layers.

**Layer #1** - Wear clothes that will keep moisture away from the skin. Thermal underwear, moisture-reducing winter sportswear, cotton socks and mitten and glove liners are good items to use. The first layer, like the other layers, should not be so tight that circulation is impeded.

**Layer #2** - Wear loose clothing that is intended to resist dampness and maintain body temperature. Heavy pants, sweaters and sweatshirts are good items for layer two.

**Layer #3** - Wear tightly woven moisture-resistant outerwear. Moisture-resistant coats and jackets, hats, scarves, gloves and mittens and boots are good third layer items.

- Bring children in at regular intervals and inspect fingers and noses for signs of frostnip and frostbite.
- If you are away from home, take extra clothing along.
- Keep dry! Wet clothes increase chance of heat loss.

## **Treating Frostbite**

Severe frostbite requires immediate medical attention. If you suspect that your child has frostbite, remove cold and wet clothing. Dress the child in clothing that is loose, warm and dry and take the child to a hospital immediately.

## **Do Not:**

- Do not rub or bump the affected area.
- Do not use direct heat such as a heating pad or hair dryer to warm the affected area.
- Do not pop blisters that appear. Popping blisters on frostbitten skin can cause infection.

## **If you are not able to get a child with frostbite to a hospital right away, begin first aid:**

- Give the child something warm to drink, and keep the child hydrated.
- Keep the child warm with clothes and blankets.
- Soak the frostbitten area in warm water (between 101° to 104° F). If you don't have a thermometer, dip your elbow in the water. If the water is too hot for your elbow, it's too hot for the child. Maintain temperature of water by adding warm water if necessary.
- Soak affected area until it becomes pink.
- If the child's face is frostbitten, use a soft washcloth. Soak the wash cloth in warm water and wring out any excess.
- After the affected area turns pink, dry the skin - gently but thoroughly - and wrap with clean gauze bandages.
- If the toes or fingers are frostbitten, place gauze bandages or cotton balls between toes and fingers to permit these areas to dry. Thoroughly drying affected areas can prevent infection.
- The child may have a burning sensation after warming.
- The affected skin may blister, swell, become painful or turn blue, red or purple.
- Seek medical attention as soon as possible for a thorough exam and additional treatment.
- Avoid further exposure to the cold - especially with affected areas.

## **Treating Frostnip**

- Get the child indoors.
- Remove wet clothes.
- Submerge affected areas in warm water (between 101° to 104° F). Do not permit the child to control the temperature of the water.
- Keep affected areas in water until they turn red.



## EAGLE VILLAGE FIRST NATION SPORTS AND LEISURE PROGRAM

### GET YOUR KIDS MOVING!

Do your kids seem content lounging on the sofa watching the tube or numbing their thumbs playing video games? Rather than let their muscles turn to mush, get your offspring off the couch. Disguising exercise is easier than you think.

It's the billionth time you've walked past your 10-year-old's room this sunny summer afternoon. He's still in the same sedentary position he was in an hour ago: eyes fixated on the computer screen, completely oblivious to his surroundings and the gorgeous day's inviting rays.

"I think it's time for you to go outside and get some exercise," you sternly say, eyebrows lowered to look intimidating. He gives a shrug of his shoulders and continues shooting animated aliens like some force from the other side of the screen has hypnotized him.

Sound familiar? If you're tired of repeatedly playing out this scenario every evening and weekend, don't despair. Getting your child or teenager to exercise (without them even realizing that they're exercising) is not nearly as complicated as trying to understand why they want the latest video game, or to dye their hair all colours of the rainbow.

### OUR CHILDREN, OUR CONCERN

Exercise is crucial for a young person's health. "If children don't exercise regularly, they don't develop and grow in a normal way," says Dr. Michael Westwood, Chief of Paediatrics at Montreal's Lakeshore General Hospital. Westwood, also head of the adolescent wing at the Montreal Children's Hospital, is a member of the Canadian Paediatric Society's (CPS) recent committee on childhood obesity. "Overweight children can also develop hypertension, high cholesterol, and are prone to diabetes and heart disease at a later age. Then of course there are the psychological strains," he adds. "They have problems with their peers, and with finding boyfriends and girlfriends."

### COVERT OPERATION

The key to getting your kids out of the house and moving about is creating a routine. Your mission is to encourage your children to exercise within this routine without making it feel like a chore. "If you make it a regular practice to get the family together every evening for a bicycle ride or even just a long walk, it won't feel like exercise. It can become an opportunity for your kids to talk to you about things that are bothering them. Bonding with a parent is a big incentive for a child," says Julie Gross, a nurse at McGill University in Montreal.

### DON'T COUNT ON YOUR SCHOOL

According to Dr. Westwood, a child needs at least a minimum of 30 minutes of exercise a day, of which 10 minutes must be "vigorous." To make sure they're getting enough, all parents should monitor their child's physical activity both at home and at their school.

"Unfortunately, the focus isn't on physical education in schools anymore," says Craig Gibson, a pre-kindergarten teacher in Kanata, Ontario who specializes in physical education. "In our school, chil-

only get one block of 40 minutes in the gym a week, and there are very few schools with gym teachers anymore. The schools aren't providing."

Gibson stresses that parents need to encourage children of all ages to join in inclusive sports such as their school's intramural programs. "The number one reason why children drop out of sports is because it isn't fun for them anymore. Win, win, win doesn't hold a kid's attention." He suggests that parents should lobby for schools to provide extra-curricular and intramural sports if they aren't able to offer daily time in the gym.

### BE A FITNESS ROLE MODEL

Both Westwood and Gibson maintain that parents need to be role models, encouraging their children to become involved in physical activities by becoming involved themselves.

"Our kids are involved because we're involved," says Gibson. "You have to start at an early age; taking them for regular walks and playing physical games outside. It's all about how you live your life: if you never brush your teeth, then your kids' teeth will rot too!"

### SIX SMART WAYS TO DISGUISE EXERCISE

Establish a healthy reward for completing homework, such as going outside every evening for a family bike ride, scooter ride, or inline skating session. If you live in an area that gets chilly in the winter, skating, tobogganing, skiing and even making snowmen are great exercises, and fun for the whole family.

Pack a healthy lunch on weekends and take your child hiking at least two miles, or for 20 minutes. Tell them you need to find the "perfect" picnic spot.

Make active play a regular part of your day with younger children: dancing to silly music, hide and seek, ball tag, hopscotch, and skipping will increase their heart beats, not to mention the length of nap time!

When the TV's been on too long, invite your child to join you outside and throw a baseball, basketball or frisbee, around. Tell them that you're bored.

Exercise regularly yourself, inviting older children to join in (tell them you need them to keep you motivated). Anything that keeps you both moving will work: a regular morning jog before work and school, a yoga tape together after work, shooting hoops or kicking a soccer ball around before dinner.

Organize a family competition that includes physical activity such as an annual golf competition or baseball tournament. Have parents and children team up and compete for several hours during the annual family reunion or on a long weekend. Kids of all ages will want to compete every year to win back the coveted trophy.

(Article by Heather Grace)

For more information please call Joyce at the Health Centre.

## Information from our Environmental Health Offi-

### What is bottled water?

Bottled water is water sold to consumers in sealed containers. It can be represented as "spring" or "mineral" water. It might also be water from various sources that may have been treated to make it fit for human consumption and put in sealed containers for sale.

### Why has there been such an increase in the consumption of bottled water?

This is a matter of personal taste and preference for bottled water over municipal tap water. Survey results have also shown that consumers are concerned about the quality (chemical pollutants) of drinking water in Canada. Some people think that bottled water is safer than municipal tap water, but there is no evidence to support this.

### Are there bacteria in bottled water?

Bacteria are found in most bottled waters sold for drinking purposes. Bottled water is usually disinfected to remove harmful organisms, but is not intended to sterilize the water. Usually, sterile water is reserved for pharmaceuticals. Many studies have shown that the levels of bacteria increase quickly to maximum levels after six weeks of unrefrigerated shelf life. However, since disinfection (ultra-violet (UV) light, or ozonation) destroys the harmful organisms, this natural regrowth of harmless flora of the water is not considered to be a health hazard. Refrigeration is recommended after the water container is opened in case harmful bacteria are reintroduced at this time.

### Can drinking water cause illness?

Untreated or inadequately treated water from wells and other sources can contain sufficient numbers of disease-causing organisms such as bacteria, parasites and viruses to cause illness. Bottled water can also contain these contaminants. However, illness caused by bottled water is very rare in Canada because it is treated, disinfected and monitored to ensure the absence of harmful organisms.

### What are the government regulations on bottled water?

In Canada, pre-packaged water (bottled water) is considered to be a food and is regulated under Division 12 of the *Food and Drug Regulations*. Bottled water is defined as follows: Bottled water labeled mineral or spring water is a potable water (fit for human consumption) that comes from an underground source. It cannot come from a public water supply. Mineral water is spring water with a larger amount of dissolved mineral salts, usually above 500 milligrams per liter of total dissolved solids. (The content may vary depending on specific regulations in different countries. For example, in the United States, mineral water contains more than 250 milligrams per liter of total dissolved solids.) Mineral and spring waters must not have their composition modified through the use of chemicals, but carbon dioxide and ozone can be added during the bottling process to protect the freshness. Because they are foods, pre-packaged (bottled) water and ice also have to comply with all of the provisions of the Canadian *Food and Drugs Act*.

**For more information, please contact: [food-aliment@hc-sc.gc.ca](mailto:food-aliment@hc-sc.gc.ca)**

## The NNADAP Corner

***I would like to take this opportunity to wish everyone a very Happy & Healthy New Year!!  
Vicky Constant – NNADAP Worker***

### ALCOHOL

***Apart from caffeine, alcohol is the most widely used and abused drug by both you people and adults.***

*Alcohol, found in beer, wine and hard liquors, is absorbed directly into your bloodstream by your stomach and from there goes to all your tissues. The immediate effects of alcohol vary depending on many things. Your size, weight, gender, the amount of food you have in your stomach, as well as the amount of alcohol you have consumed all make a difference to how it will react to your body.*



*Alcohol is a sedative so even a small amount will slow down your brain's ability to function. As a result, you co-ordination, reflexes and judgment are all impaired. Alcohol often increases aggressiveness, which can result in fighting and violence.*

*Common short-term effects of alcohol are light-headedness, slurred speech, dizziness, nausea, talkativeness and clumsy movements. A hangover can even affect you the next day with nausea and vomiting, a headache and tiredness. Long-term effects can include permanent damage to your brain and liver.*

*Why should teenagers choose not to drink? Alcohol is particularly dangerous for young people because their bodies are still growing. Young organs are easily damaged and brain cells killed by alcohol cannot be replaced. As with other drugs, teenagers are in much danger than adults of becoming addicted to alcohol. Typically, it will take 5-15 years for an adult to become an alcoholic while it only takes an adolescent 6 months- 2 years. Alcohol is so dangerous to developing bodies that mothers who drink even a small amount while pregnant run the risk of having a baby that has physical abnormalities or is brain-damaged.*

### CANNABIS

***Cannabis is the next most widely used drug after nicotine by both young people and adults.***

*Cannabis (Marijuana) is a combination of the dried leaves and flowers of the hemp plant. Usually it is rolled into a cigarette paper and smoked, although it is sometimes eaten. Marijuana contains THC (delta-9-tetrahydrocannabinol), the main active chemical that has the mind-altering effect on the brain.*



*The effects of marijuana differ with each person and the circumstances of its use. Some people feel giddy and some feel nothing at all. Time may appear to move slowly or ordinary events can seem very interesting or funny. Marijuana can raise your blood pressure and double your normal heart rate. After "smoking-up" your eyes look red from the blood vessels expanding. Commonly, users will feel very thirsty and/or hungry. Co-ordination and reaction time will be impaired, as well as the ability to think and reason effectively.*

*People who support the legalization of marijuana claim that there are no health risks involved. The truth is that long-term users show the same changes in their brain, as do abusers of other drugs! Smoking marijuana can cause cancer and lung diseases much the same as tobacco. The side effects of using marijuana can*

be particularly destructive to adolescents because short-term memory is affected. The ability to study or learn is also severely retarded and it takes away motivation so that someone who smokes up regularly may find they no longer care about other things that used to be important to them. Frequent users may find that they feel “dopey” and unable to think clearly when problem solving or performing complex tasks even after the intoxicating effects of the drug have worn off.

**MAKING A POSITIVE CHOICE**

Ask yourself the following questions:

*What do I know?*

*What do I Value?*

*What are my feelings?*

*What has happened to me before?*

*What might happen?*

**The best choice for me would be:**

The subject of drugs is not an easy one to discuss at the best times. Drugs may or may not be part of you experiences, but drugs are a fact of life. Communication is one of the best ways to help you to make a choice for yourself. You could talk about caffeine in cola or why some people drink on holidays. You may have some questions that you want the answers for or an experience that you would like to talk about. The knowledge from talking to people closest to you such as: your parents, teachers, counsellors, spiritual leaders, etc can help guide you. These people have experienced life longer than you and are better able to answer your questions or to just sit down and have a talk. After all, who knows you better, who cares about you more and who wants the best for you? They do!



Friday January 16th, 2004  
 Eagle Village Community Hall  
 7:00 pm – 10:00 pm  
 Come on out and enjoy a fun night of  
 Games, Dancing and Prizes!  
 Nutritious Snacks!  
 All snacks are \$1.00 and under!  
 Admission Fee is \$ 1.00  
 HOPE TO SEE YOU THERE!!  
 (Organized by NNADAP)

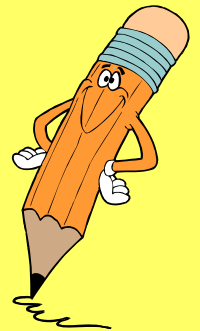
**FUN ACTIVITY**

*Unscramble the words below ...*

*It's okay to take medicine from these people:*

- (1) otmrhe \_\_\_\_\_
- (2) rhaft e \_\_\_\_\_
- (3) dcoort \_\_\_\_\_
- (4) eusrn \_\_\_\_\_

(Answers are the bottom of page 11)

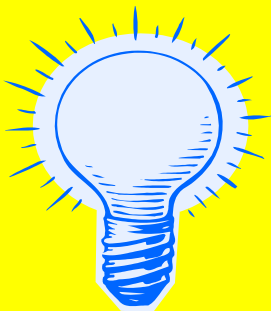


Taken from: “Rocco Raccoon Learns About Drug Prevention”; Pathways to Learning.

National Non-Smoking Week ... January 19th - 24th, 2004

**COMING VERY SOON !!**

Here in Eagle Village First Nation we will soon be launching the "Blue Light Campaign". This campaign will be taking place in all First Nation Communities in Quebec. The purpose of the Blue Light Campaign is to identify smoke-free households in our community and to also promote the benefits of a smoke-free home.



### Other activities being planned in 2004 for tobacco & smoking prevention ...

- Poster Contest for Youth
- Blue Ribbon Campaign
- Smoke-free events and activities
- Workshops for youth and adults

### How to talk to children and teens about smoking ...

Children and teenagers start smoking for lots of reasons including:

- to fit in with their peers
- to be like adults or feel more like an adult
- to explore and experiment
- to rebel or get attention
- to deal with stress and depression
- to control their weight.

Many kids experiment by smoking a few cigarettes and then stop. Unfortunately, many others go on to become regular smokers. About half of these regular smokers will become addicted.

Most teenage smokers believe they will quit in the near future. Only a handful believe they will become lifetime smokers. As a result, youth are more likely to be interested in quitting than adults.

If they do make a serious attempt to quit, most are surprised at how hard it is. Their confidence may come from the fact that kids tend to be better able to regulate how much they smoke and where they smoke. For example, many are forced to stop smoking when they are away from friends or family who supply them with tobacco or when they do not have money to buy their own cigarettes.

### What can a parent do?

First, you can be a good role model. If you smoke, try quitting. At the very least avoid smoking in front of your children. Second, talk to your kids about your smoking. Many children mistakenly assume that it is okay if they smoke because one or more of their parents smoke. Don't leave things to chance.

### What should you say?

Start talking directly and clearly about your concerns about smoking as early as possible. Let them know your values and that you care about them. Don't assume they know all the dangers of smoking. They may not realize the seriousness or scope of the dangers.

Ask your children to tell you their thoughts about smoking or why they smoke, the pressures they feel to smoke, and whether they've ever thought about quitting. Ask them what it would take to stop and how you could be supportive.

Don't humiliate or nag them. Speak to them as intelligent people capable of making responsible decisions for themselves. Explore what rewards they would achieve by stopping smoking. For example, they might save money. They might perform better in sporting activities, recreational activities or school. Let them generate their own ideas.

Over time, try to keep a respectful dialogue going, whether or not you or they stop. They didn't start smoking in a day and they usually won't stop smoking in a day. It takes time. Give it time. If you don't influence what happens today, you may well influence what they will do in the future.

## SECOND-HAND SMOKE ... SMOKING DOES AFFECT THOSE AROUND YOU !!

Now that the New Year has arrived, maybe one of your resolutions is to quit smoking. Smoking not only affects you but those around you. If you can't quit for yourself, do it for those who are around you. Here are some facts about second-hand smoke that might encourage you not to smoke around those you love:

More than 1,000 non-smokers will die this year in Canada due to tobacco use -- over 300 lung cancer deaths and at least 700 deaths from coronary heart disease will be caused by second-hand smoke.

### What is second-hand smoke?

Second-hand smoke is a combination of poisonous gases, liquids, and breathable particles that are harmful to our health.

Second-hand smoke consists of mainstream smoke, the smoke inhaled and exhaled by the smoker, side stream smoke, the smoke released directly from the end of a burning cigarette.

Second-hand smoke contains over 4,000 chemical compounds, 50 of which are associated with, or known to cause cancer.

Two thirds of the smoke from a burning cigarette is not inhaled by the smoker but enters into the surrounding environment. The contaminated air is inhaled by anyone in that area.

The U.S. Environmental Protection Agency has officially labeled second-hand smoke as a "class A" cancer-causing substance. Class A is considered the most dangerous of cancer agents and there is no known safe level of exposure.

Second-hand smoke has twice as much nicotine and tar as the smoke that smokers inhale. It also has five times the carbon monoxide, which decreases the amount of oxygen in our blood.

### Facts

Second-hand smoke causes disease and death in healthy non-smokers.

Exposure for as little as 8 to 20 minutes causes physical reactions linked to heart and stroke disease:

- o The heart rate increases
- o The heart's oxygen supply decreases
- o Blood vessels constrict which increases blood pressure and makes the heart work harder.

Second-hand smoke promotes the formation of blood clots that can lead to heart attacks and strokes.

Passive smoking lowers the level of protective ("good") HDL-cholesterol in the blood.

If you are a non-smoker, exposure to second-hand smoke increases your chance of lung cancer by 25%, heart disease by 10%, and cancer of the sinuses, brain, breast, uterine cervix, thyroid, as well as leukemia and lymphoma.

### What about the children?

The health effects on children exposed to second-hand smoke include Sudden Infant Death Syndrome (SIDS) and breathing problems in children as young as 18 months of age.

More than three times as many infants die from second-hand smoke-related Sudden Infant Death Syndrome as from child abuse or homicide.

Children exposed to second-hand smoke in their homes are at least 50% more likely to suffer breathing problems such as asthma and damage to their lungs.

Children exposed to second-hand smoke have an increased risk of 200% of developing cancerous tumors, 22% of developing brain tumors, and 75% of developing asthma.

In 2001, an estimated 800,000 children under the age of 12 were regularly exposed to second-hand smoke in the home from cigarettes, cigars or pipes.

Children are twice as likely to smoke if their parents are smokers.

### Controls

Increasing ventilation will dilute the smoke but will not make it safe, since there is no known safe level of exposure to cancer-causing agents. Restricting smokers to separate rooms will only help if these rooms have their own ventilation systems.

Electronic air filters and air purifiers may remove some smoke particles from the air, but they cannot remove those that have settled on food, furnishings, skin and other surfaces. Their effect on the gaseous components of second-hand smoke is unknown.

There is only one way to eliminate second-hand smoke from indoor air: remove the source. Therefore, smoke outside or better yet, quit smoking all together.

### **For more information ...**

- Quebec Lung Association - 1 800 295 8111
- Canadian Cancer Society - 1 888 939 3333
  - Health Canada - [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

## NEWS FROM PATTY

WELCOME TO A NEW YEAR AND NEW BEGIN-  
INGS.

HOPE EVERYONE HAD A WONDERFUL HOLIDAY  
WITH THERE FAMILIES.

On October 7, 2003 we met with Daniel Savaria who represents the MFE and Lucy Bergeron of the Child and Family Vision. Board members David McLaren, Terry Perrier and Councilor Madeleine Paul with the Child Care Center Director Patty Hunter were also in attendance. The topic of discussion was the capital funding for the construction of the Migizy Odenaw Childcare Center. At this time the estimated costs exceed our present funding arrangements. We were asked to write a letter of justification to explain our need for additional funds and present this letter to the MFE. Work was started immediately to respond to the MFE's request for the justification letter. A conference call with the MFE and our architect was scheduled on October 23, 2003. During this call the MFE's architectural expert, Evelyn Beauclaire, explained to us that regardless of any justification letter we would not be receiving any additional funds for construction costs. In fact she suggested that we re-tender the architectural planning of the building to lower the costs. Of course this would have to be done with all costs resting on the Migizy Odenaw Childcare Center. Architect Denis Fortin stated to the MFE that it would be impossible to bring construction costs down to the level that the MFE is willing to provide. The MFE then explained that any costs over the funding they provide would have to be covered by the Migizy Odenaw Chilcare Center. A Board of Director's meeting is being scheduled to discuss our options.

### Answers to NNADAP Fun Activity

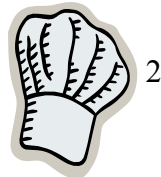
- (1) *mother*
- (2) *father*
- (3) *doctor*
- (4) *nurse*

## Healthy Recipe

### Colorful Chicken Stew

#### Ingredients

- 1 lb of boneless, skinless chicken breast, cubed
- 1 14½ oz can of Italian diced tomatoes (undrained)
- 2 medium potatoes, peeled and cut into ½ cubes
- 5 medium carrots, chopped
- 3 stalks celery, chopped
- 1 large onion, chopped
- 1 medium green bell pepper, chopped
- 2 4 oz cans of mushroom stems & pieces (drained)
- 2 Cubes of low-sodium chicken bouillon
- \*\* Artificial sweetener equal to 2 teaspoons of sugar
- 1 Teaspoon of chili powder
- ¼ Teaspoon of pepper
- 1 Tablespoon of cornstarch
- 2 Cups of cold water



#### Instructions:

- ◆ In a 5 quart crockpot, combine the first 12 ingredients.
- ◆ In a small bowl, combine cornstarch and water until smooth. Stir into chicken mixture. Cover

**From:** [www.healthyrecipes.com](http://www.healthyrecipes.com)

#### HEALTH TIP

Baked potatoes, corn on the cob, bread. What do these items often have in common? We cover them with butter, right? And if we're not careful (and we aren't all the time) we don't realize how much we actually use. If you must use butter or margarine, use them sparingly. Even better, switch to reduced-fat margarine or try jelly on your bread, bagels, and other baked goods.

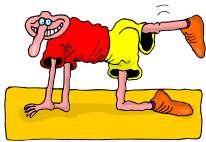
# Looking for something to do ...

## NEW YEAR RESOLUTIONS...

Tired of the winter hibernation? Or would you just like to get out to socialize and get healthy at the same time? Whatever the reason, we are inviting all who are interested in coming out twice a week for an hour or two and join the new social workout group.

### WHAT IS THE NEW SOCIAL WORKOUT GROUP?

A group of people with the same goal in mind to "TO GET FIT AND HAVE FUN!"



- ✓ Working out with fitness video's
- ✓ Socializing
- ✓ Support



For more information please contact Joyce Dandy at 627-3455 from 8:30 am – 4:30 pm

**The Cost is FREE,**

**It will be on Monday's and Wednesday's at 7:30 p.m. after Karate at the Hall.**

**This will be starting Wednesday January 21<sup>st</sup>, 2004**

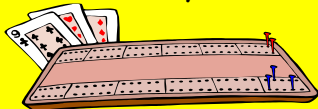
**We have small mats to use, but you can bring your own!**

**Hope to see you there!**



### ADULT / YOUTH CRIBBAGE TOURNAMENT

SATURDAY FEBRUARY 7TH, 2004  
EAGLE VILLAGE COMMUNITY HALL  
DOORS OPEN-12:00 PM GAMES START-1:00 PM  
Entry Fee - \$10.00 per team  
100% Payout



Canteen will be open all day for soup, sandwiches & snacks only !

Everyone Welcome !

Please call Virginia or Vicky to register in advance or for more information 627-9060

"This event is smoke-free & alcohol-free"  
Organized by NNADAP & Mental Health

North Bay Indian Friendship Centre

## Talent Show

February 20, 2004 at 7:00 p.m.

Doors open at 5:30 p.m.

Admission: Free

Master of Ceremonies: Dean Belanger

There are 1st, 2nd, 3rd, Prizes to be won !!

If you wish to be part of the show, please enter your name and talent by Friday, February 6th, 2004.

Hotdogs / pop & snacks will be sold

For more information please call (705) 472-2811  
Betty (Ext. 25), Joanne (Ext. 1) or Shelly (Ext. 27)

# Community Calendar January 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day	2	3
4	5 Band Office and Health Centre open for business after the holidays.	6	7	8	9	10
11	12 Lance is in Quebec City for a Chief's meeting David is in Quebec City this week.	13 Terry is in Maniwaki for a Wanaki Centre Board Meeting (Jan. 13th & 14th) Nobody's Perfect Workshop	14 Dr. Gurekas is at the Health Centre today.	15 Bingo	16 NNADAP Youth Dance	17
18	19 David, Pascale, Tina & Noella are in Ottawa for meetings this week. Nobody's Perfect Workshop Karate	20 Band Meeting at the Community Hall 7:00 pm Glenda is at a meeting today at Nipissing University.	21 Arlene is in Montreal for a meeting (January 20th - 21st) Karate	22 Dr. Brock is at the Health Centre today. Bingo	23 PD Fun Day Glenda is at a meeting today at Nipissing University.	24
25 Lance is in Quebec City for a Chief's Meeting this week (January 27th - 29th) Bingo	26 Tina is on Holidays this week. Arlene will be giving training in Winneaway (January 26th - 28th) Karate	27 Estate Planning Information Sessions 2:00 pm & 7:00 pm Nobody's Perfect Workshop	28 Dr. Zivkovic is at the Health Centre today. Repatriation Meeting	29 Bingo	30	31