

Migizy Odenaw Newsletter

Happy Mother's Day



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Karate
Demonstration
& Play
by our Youth

Come out and
win one of our
many free
door prizes

Free Lunch
Soup
& Sandwiches

Health Centre
& Band Office
Information
Booths

Come out and join us at the...
"Eagle Village First Nation Community Fair"
Friday May 14th, 2004
Eagle Village Community Hall
11:00 am - 8:00 pm

This is an opportunity for you to come out
and learn about all of the
programs and services available to you from
the Health Centre & Band Office !!

Free Soup & Sandwich Lunch 11:30 am - 1:30 pm
Fire Department Demonstration 4:00 pm - 5:00 pm

Fire Department Fundraiser
Traditional Supper - 5:00 pm

Karate Demonstration By Our Youth 5:30 pm - 6:30 pm

Come out and support our young actors ...
Youth Play Presentation - 7:00 pm





Draws for Prizes - 7:30 pm

EVERYONE WELCOME !!
(More information to follow next week)

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EAGLE VILLAGE FIRE DEPARTMENT

Class of Extinguisher	Class Symbols	Materials to Use On	Types of Extinguisher
CLASS A		<u>Ordinary Combustibles</u> Paper Cloth Wood Rubber Many plastics	WATER Multipurpose Dry Chemical
CLASS B		<u>Flammable Liquids</u> Oil Grease Gasoline Some paints Solvents, etc.	CO2 Multipurpose Dry Chemical
CLASS C		<u>Electrical</u> Wiring Fuse boxes Electrical equipment etc.	CO2 Multipurpose Dry Chemical
CLASS D		<u>Combustible Metals</u> Magnesium Sodium	Special liquid or dry powder agent.

CHOOSE THE RIGHT EXTINGUISHER FOR THE JOB!!**PROPER MAINTENANCE IS IMPORTANT**

- All fire extinguishers require hydrostatic pressure testing once they reach a certain age. CO2 and pressure water extinguishers should be checked every 5 years, dry chemical every 12 years.
- Inspect your fire extinguisher annually and service according to the manufacturer's instructions.
- Never "try out" an extinguisher. It will lose pressure and will not be dependable when you really need it. Recharge your extinguisher after every use. Replace disposable models after use.
- Ensure your fire extinguisher is easily accessible. It is best near an escape route exit. Attach it to a wall at waist height.
- When extinguishing a fire, direct and spray at the base of the fire, not further than 12 feet away. Spray in a side-to-side motion.
- Remember the PASS word:
 - Pull the pin or locking device.
 - Aim low, at the base of the fire.
 - Squeeze the handle.
 - Sweep the agent slowly and evenly at the base of the fire.
- Your extinguisher must be ULC certified.

WHEN IS IT SAFE TO FIGHT A FIRE?

- After everyone has left the building.
- After you have called the fire department.
- Quickly size up the situation and stay calm. Most fire extinguishers only last for 30 - 40 seconds.
- You know you have a class ABC extinguisher, and you already know how to operate it.
- Be sure you have your back to an accessible exit so you won't be trapped.
- Be sure you know how to use your extinguisher and it is in working order.
- The fire is small and contained in the area where it started.

REMEMBER

Portable fire extinguishers are not designed to fight a large or spreading fire. If you have the slightest doubt if you should fight the fire - DON'T, JUST GET OUT !!

(University of Alberta & University of Waterloo)

THE FIRST 125 PEOPLE TO STOP BY THE EAGLE VILLAGE FIRE DEPARTMENT'S BOOTH AT THE COMMUNITY FAIR ON FRIDAY MAY 14TH, 2004 WILL RECEIVE A FREE GIFT !!

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)

POLICE DEPARTMENT UPDATE

Welcome Back Officer Moore!! We would like to take this opportunity to welcome back Officer Stanley Moore. Officer Moore has been off on medical leave with an injury for the past year.

REMINDERS

Look Out for the Payment Due Date - Whether the payment notice you received concerns your vehicle registration or your driver's license, make sure the fee payment is made by the due date....to avoid problems. (SAAQ)



EAGLE VILLAGE PLAYGROUND

THE PLAYGROUND IS FOR CHILDREN 12 YEARS OF AGE AND UNDER ONLY !!
PLEASE REMIND YOUR CHILDREN THAT THE PLAYGROUND IS TO BE KEPT CLEAN AND FREE OF GARBAGE !!

BE TIRE SMART

Safety - Proper tire inflation is critical to the safe operation of a vehicle. Measure your tire pressure once a month.

Fuel Consumption - Proper tire maintenance helps vehicles operate more efficiently, reducing fuel consumption by an average of two "free" weeks worth of gas per year.

Environment - Tire maintenance improves fuel economy and tire life, as well as reduces emissions that contribute to climate change and other environmental problems.

Cost Savings - Routine tire maintenance will save you money by lengthening the life of your tires and by improving your vehicle's fuel efficiency.



TIRE SAFETY QUIZ

Seventy per cent of Canadian passenger cars and light trucks have at least one tire that is improperly inflated by at least 10 %. How smart are you about your tires? Answer True or False to the following questions ... (Answers on Page 14)

1. The correct tire pressure for your vehicle is on the tire sidewall. True False
2. You can tell if your tires are improperly inflated by looking at them. True False
3. You can only get an accurate measure of your tire pressure when the tires are cold. True False
4. Keeping your tires properly inflated will save you money. True False
5. Over-inflation of tires creates handling problems. True False
6. Driving speed has little effect on how long your tires will last. True False
7. If you replace your tires with a different quality of tire or a different brand of tire, you may have to inflate them to a different pressure. True False

(From the Canada Safety Council)

Elders Gathering In Lac Simon

I would like to thank all the speakers from our Language Group, Lillian Young, Mary Fudge, Noella Robinson, Joe and Rose Wabie who attended and participated at the Elders Gathering in Lac Simon on March 30 and 31, 2004. Other participants from the Wolf Lake First Nation included Gerald Robinson, Elizabeth St. Dennis and Andrew Paul. I would also like to acknowledge Stanley Moore a member from our Community who was part of the Drum Group. Traditional lunches were provided on-site which allowed the elders to reminisce about the olden days. There were a few workshops to discuss the writing system and where do we go from here? Ideas were exchanged and shared. A guest speaker from the University in Sudbury was invited to share her views as to how she proceeded with the writing system. Time was of the essence and once again we felt two days was not enough time to discuss various topics in detail. It was determined that each community was utilizing almost the same writing system; therefore, each community has agreed to continue their work on the writing system without making any modifications.

If you would like to be part of our language group we meet on a monthly basis at the old Day Care Center. The speakers work on translating words into the Algonquin Language. For more information you can refer to our web site or call me at the office.

Your work is greatly appreciated, Gail Joly

Listed herein are some everyday words:

<u>English</u>	<u>Algonquin</u>	<u>Pronunciation</u>
Hello	Kwey-kwey	
Good-bye or see you again	Minawatc Kawapamin	Mee-na-watch Cow-wa-min
Thank you	Mikwetc or Migwetc	Mig-wetc or Mee-gwetch
Welcome	Enabigis	In-a-b-gis
Welcome everyone	Pijan Mino	
Woman	Ikwe	Ee-kwe
Man	Inini	Ee-ni-nee

NEWS FROM THE HEALTH DIRECTOR ... DAVID MCLAREN

Vermiculite Insulation

I have received the results of the two samples of the greyish pebble-like insulation that remains in the attic of my home which is situated on Lot 6. Health Canada has informed me that it is indeed *Vermiculite Insulation* and it does contain an Asbestos product called Tremolite. My home is one of the first 2 dozen or so homes built in and around 1973.

We will be teaming up in the days to follow with Health Canada and Indian & Northern Affairs Canada (INAC). A preliminary assessment will be carried out in order to devise a strategic plan as to decide the next steps we will take in regards to dealing with this product. Until further notice, please follow the listed precautions cited in our Environmental Health Officer's article of this month's issue. Please do not attempt to identify this product in your homes until it can be done safely and please do not hesitate to call me if you should have any concerns.

Health Plan

and comment on our programming and other Health Plan related policies at the May 14th Fair.

Spring Fair

May 14th will be here soon! Come out and meet your community workers, friends and family. Come out and enjoy a fire-rescue demonstration, a play put on by our young aspiring actors (members) of our community. Don't miss our karate group who will be showcasing their discipline and skills.

Homecare Nursing

This is to inform our members that Ms. Helene Martin RN, will be introduced to the Homecare Program as of May 17th. Helene brings with her, 15 years of work experience in a large hospital setting. She is looking forward to the challenges of homecare nursing and working in our community.

Medical Transportation

I am please to announce to you that the NIHB Regional Branch has accepted our Medical Transportation Proposal. This means that we will continue to offer you quality courteous transportation services by our dedicated drivers. This also means that the rate of 12¢/km for use of personal vehicles for medical appointments will be increased to 15 ¢/km as of May 1st, 2004.

If you or someone you love has Type 2 Diabetes you need to read this ...

Over time, excess sugar in the blood damages small and large blood vessels, affecting circulation. When diabetes is poorly controlled, the consequences on your health can be serious. The complications affect mainly the eyes, kidneys, nerves and heart.

The deterioration of the small blood vessels of the retina can cause gradual loss of sight, leading to blindness. In fact, diabetes is the main cause of blindness among adults in industrialized countries. The deterioration of the blood vessels in the kidneys can lower their capacity to filter blood and eliminate waste. When the kidneys quit functioning, dialysis and a kidney transplant could become necessary. The deterioration of blood vessels and nerves can also lead to erectile dysfunction and this can even lead to impotence.

When the nerves are affected, there is gradual loss of feeling, especially in the extremities (hands and feet). This is by far the most widespread complication. Even the nerves of the stomach or intestines can be affected. Diabetics have lowered resistance to infection and injuries heal more slowly.

Too much sugar in the blood can also cause atherosclerosis (narrowing of the arteries) and affect the heart. Diabetics are more susceptible to developing high blood pressure or high blood lipids (too much fat in the blood), such as high cholesterol or triglycerides levels. They can have angina, a heart attack or a stroke, or they can get gangrene. Diabetics also have a two to four times greater risk of having cardiovascular disease.

The following table illustrates the desired blood sugar levels in the diabetic adult

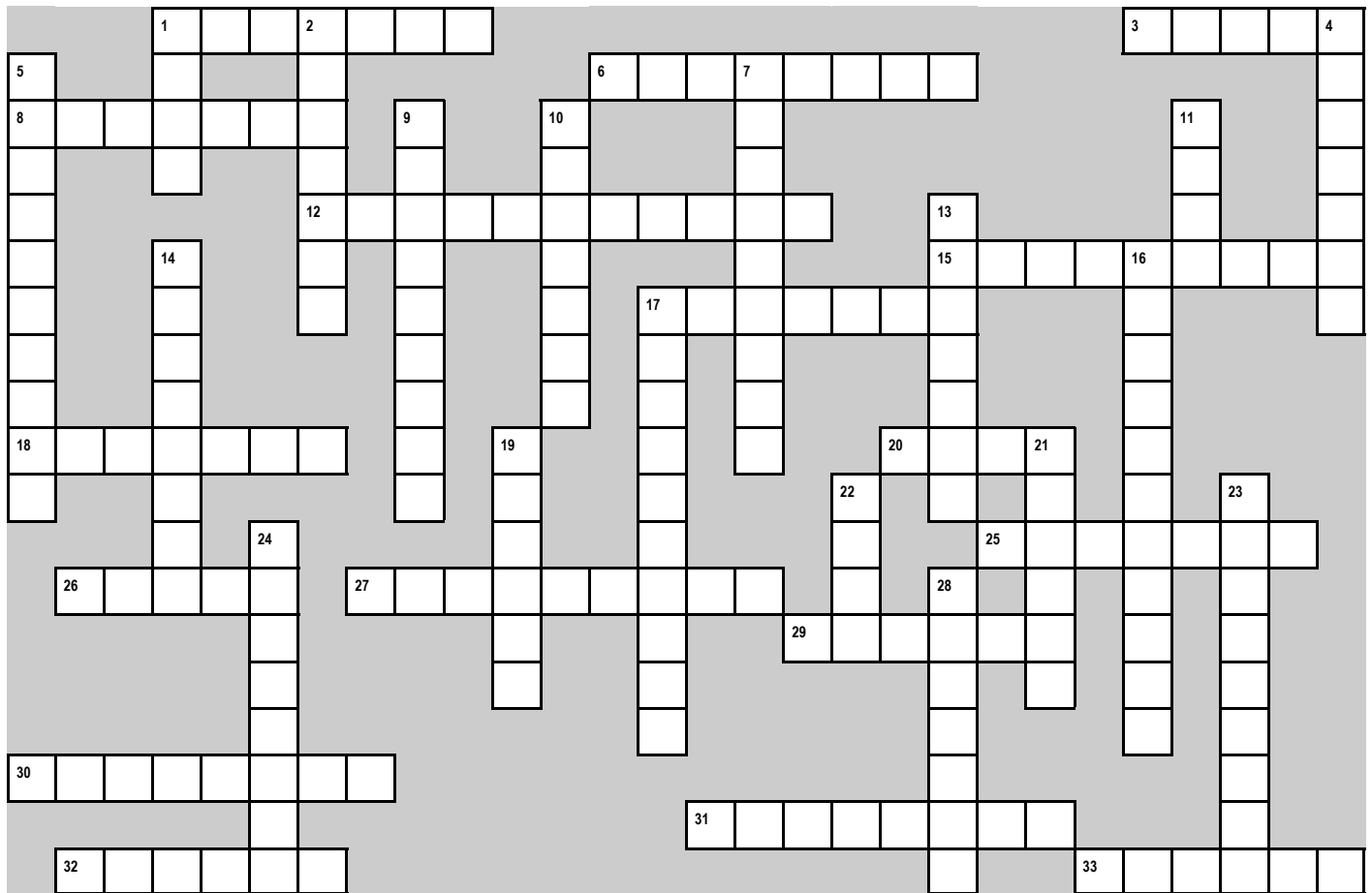
- These values are probably related to a minimum of complications developing.
- These values should be obtained by most diabetics, but they may not be adequate to prevent the onset of complications.

	IDEAL Normal values for a non-diabetic	OPTIMAL Desirable values (1)	SUB-OPTIMAL Changes may be needed to adjust level (2)	UNACCEPTABLE Changes need to occur to adjust levels (3)
Fasting blood sugar or before meals	3.8 - 6.1	4.0 - 7.0	7.1 - 10.0	More than 10
Blood sugar 1 to 2 hours after a meal	4.4 - 7.0	5.0 - 11.00	11.1 - 14.0	More than 14

- These values are associated with a high risk of developing chronic complications; therefore treatment and lifestyle need to be reevaluated.

IF YOU HAVE TYPE 2 DIABETES ...

**TO HELP DELAY THE ONSET OF COMPLICATIONS YOU NEED TO CONTROL YOUR BLOOD SUGAR !
THE FIRST STEP IN TAKING CONTROL OF YOUR DIABETES IS TO NOW WHAT YOUR BLOOD SUGAR
LEVEL IS !**



**NATIONAL DIABETES AWARENESS DAY ~ MAY 7TH, 2004
LONG-TERM COMPLICATIONS OF DIABETES CROSSWORD**

Please drop off your completed crossword at the Health Centre before
Friday May 28th, 2004 at 4:00 pm for a chance to win a prize.

For help with the clues please drop by the Health Centre and pick up pamphlets about diabetes.

ACROSS:

1. Diabetes is a _____ (popular) cause of death by disease.
3. Poor circulation can keep _____ from healing.
6. Damage to the sensory nerves can cause loss of sensation or _____ in the hands and feet.
8. High blood sugar and high blood pressure can damage blood _____. This can slow or stop the blood flow.
12. Sores that won't heal can lead to infection and even _____. (loss of a limb)
15. A urinary tract _____ occurs because bacteria in the bladder feed on high blood sugar.
17. If diabetes is left untreated or improperly _____, the high levels of blood sugar can lead to a variety of complications.
18. Cuts and bruises are slow in _____. (getting better)
20. Diabetic retinopathy occurs when blood vessels inside the _____ weaken. This leads to changes in vision.
25. Kidney damage causes _____ to spill into the urine. It can cause waste products to build up in the blood. These lead to tiredness, loss of appetite, swelling of the hands and feet, skin problems and confusion.
26. Maintaining your blood _____ levels within a normal range can help you reduce the risk of complications.
27. With careful management, complications can be delayed and even _____. (avoided)
29. Angina or heart _____ occurs when blood flow to the heart is blocked.
30. Regular _____ helps your body lower blood sugar levels, promotes weight loss, reduces stress as well as enhances your overall fitness.
31. Having high blood _____ or heart disease can increase your risk of complications.
32. Nerve _____ can make it hard to feel pain, pressure, heat or cold in the feet. You may not notice a foot problem until it is too late.
33. Learning to reduce stress _____ (amounts) in day to day life can help people with diabetes better manage their disease.

**Last months crossword winners ...
Jackie Honen & Kati Belliard !!**

DOWN:

1. Weight - _____, in overweight diabetics, is especially important in the control of Type 2 diabetes.
2. Heart _____ (illness) is 2 to 4 times more common in people with diabetes than without.
4. Quitting _____ may help prevent the onset of heart and blood vessel complications.
5. Being _____ (especially if you carry most of your weight around the middle) is considered a risk factor for developing diabetes.
7. High blood sugar levels will increase your risk of eye diseases. Diabetes is a leading cause of adult _____.
9. Diabetes is a major cause of erectile dysfunction or _____.
10. All people living with diabetes need to learn about their condition in order to make _____ lifestyle choices and manage their diabetes.
11. It is important for people with diabetes to check their _____ every day for blisters, cuts, bruises, ingrown toenails, corns, calluses or infection.
13. High blood sugar can destroy nerves causing _____ (prickling) in the hands, wrists, face, thighs or feet.
16. Having high _____ or other fats in the blood can be a risk factor for developing diabetes and its complications.
17. In type 2 diabetes, _____ is often required to assist the body in making or using insulin more effectively.
19. Neuropathy is a term used to describe damage to _____.
21. A _____ occurs when blood flow to the brain is blocked, or when a blood vessels in the brain tears.
22. Planning your _____ (meals) is important because what, when and how much you eat determines how well your body manages blood sugar levels.
23. A healthy diet, weight control, exercise, quitting smoking and reducing stress are all _____ choices that can help prevent or delay the onset of diabetes and its complications.
24. Blood vessel disease (peripheral vascular disease) occurs when blood flow to the arms, legs or feet is blocked. You may feel weakness, pain or _____ when you stand or move.
28. Extreme _____ (tiredness) or the lack of energy can be a symptom of diabetes.

TOP 10 MYTHS AND MISCONCEPTIONS ABOUT DIABETES

Everyone has one a well-intentioned friend or a family member who is a master of misinformation. The neighbour that gasps "you're eating that" or the cousin who confides "at least you don't have the serious kind of diabetes." Next time, make the occasion an opportunity for education rather than frustration.

1) Eating too much sugar causes diabetes.

There is absolutely no link between sugar consumption and diabetes diagnosis. Obesity is a risk factor for type 2 diabetes and insulin resistance, overweight individuals may be stereotyped as big "sweet" eaters, which could be one way this myth is perpetuated.

2) People with diabetes can never eat any sugar!

According to ADA guidelines, refined and natural sugars can be enjoyed by people with diabetes as long as the carbohydrates they contain are calculated into the total allowance of carb grams for the day. Many people are surprised to find that a 1/2 cup of potatoes will make blood sugar levels rise about 3 times higher than a teaspoon of refined sugar.

3) People with type 2 diabetes don't have to take insulin.

Sometimes even with the best efforts diet, exercise, and/or medication fail to keep blood glucose levels in an acceptable range in people with type 2 diabetes. Insulin injections give these patients the control they need to enjoy a healthy

4) Kids only get type 1 diabetes.

Unfortunately, rising rates of childhood obesity have resulted in an increase in type 2 diabetes in children, once considered an "adults only" disease. On the flip side, someone may be diagnosed with type 1 diabetes in adulthood (known as latent autoimmune diabetes in adults, or LADA).

5) Type 2 diabetes is not as serious as type 1 diabetes.

Both type 1 and type 2 diabetes can lead to the same array of diabetic complications, including high blood pressure,

heart disease, nerve damage, limb loss, kidney failure, and blindness if not treated properly. Diabetes of any type is nothing to be taken lightly.

6) You can be cured of diabetes if you're able to go off your medication.

A common misconception about diabetes is that when someone is able to manage the disease through diet and exercise and can control blood sugars without medication or insulin, they are "not diabetic" any longer. The only current "cure" for diabetes is a pancreas or islet cell transplant.

7) Borderline diabetes is nothing to worry about.

As the old saying goes, having borderline diabetes is like being borderline pregnant. It's either all or nothing. The term borderline diabetes actually refers to impaired glucose tolerance (IGT) a precursor condition to type 2 diabetes.

8) It's dangerous for people with diabetes to exercise.

Exercise is a basic cornerstone of diabetes management. While strenuous physical activity can drive blood sugars lower, there are certain precautions someone with diabetes should take before exercising. Exercise is critical to good blood glucose control and promotes a healthy body, mind, and spirit.

9) Having diabetes means a strict "diabetic diet."

People with diabetes are encouraged to eat the same wide variety of healthy foods as the rest of the world. They do need to pay close attention to food labels and amounts in order to keep their total daily intake of carbohydrates at an appropriate level. As previously mentioned, sugar is allowed, although it should be a small part in a balanced meal plan.

10) Women with diabetes shouldn't get pregnant.

A woman who maintains good blood glucose control both before conception and throughout pregnancy can enjoy a normal pregnancy and give birth to a completely healthy baby. Breastfeeding is also a viable option for a diabetic mother.

SPORTS AND LEISURE PROGRAM ...

Family Fitness = Quality Family Time

How about making a fun activity a part of your "togetherness" time? Not only will it bring you closer as a family but it also can help get everyone in the family in better shape. Take the time to enjoy and participate in regular activity by planning it into your family life - your kids will love it!

Here are some ideas to help get your whole family involved in staying fit and having fun:

- **Brainstorm:** Have each family member think of activities to do together and take some time to sit down and make a plan.
- **Schedule it:** Schedule a time each week for family activity.
- **Take turns:** Give everyone a chance to pick an activity for the family to do as a group.
- **Log it:** Keep a log of the activities you have done for future reference.
- **Play outside together:** Throw a frisbee, play a game of touch football, a game of one-on-one basketball, ride bikes, play volleyball, visit a park, go on a nature hike, etc.
- **Find an active family hobby or a chore:** Building things, fixing things, making craft or art projects washing cars, doing yard work, etc

- **Hold a weekly or monthly family fun night:** Try bowling, skating, hitting the gym together taking a walk after dinner, going to the batting cage or playing mini-golf.
- **Plan active vacations:** Head to the mountains, beach, river or national parks and go exploring!

Remember that it's important for everyone to feel successful and confident in their activity and always keep in mind special needs and preferences!

Get active your way ...

build physical activity into your daily life...

at home
at school
at work
at play
on the way



.... that's active living !

May is National Bike Safety Month!

Do you wear a helmet when you ride your bike? If your answer is "Yes," you're the best. On the other hand, if you said "No," don't put a foot on that bike pedal until you have a helmet on your head. Bike helmets are cool!

Now that you are equipped with a way-cool helmet, follow my ever popular "**Top Ten Bike Safety Rules**" and you'll be on the road to safe biking.

10. Never ride at dusk or at night.
9. Use the correct hand signals when turning to let drivers know what you're planning to do.
8. Walk, don't ride your bike across the street.
7. Cross only at the street corner, not mid-block.
6. When entering a sidewalk, path or driveway, stop completely. Look left, right, and left again.
5. When riding on the street, obey all traffic signals and laws.
4. Ride with the traffic flow, not against it.
3. Always stop at stop signs and stop lights.
2. Make sure to choose a safe area to ride your bike, like parks or bike paths.
1. Sparky's #1 bike safety rule is... **ALWAYS WEAR YOUR BIKE HELMET.**

For you older kids make sure you're wearing your helmets too! No matter how old you are make sure you put that helmet on.

NEWS FROM PATTY



Parenting Support Group



Since the Nobody's Perfect Workshop, we have had some feedback on continuing to meet and share parenting skills. Beginning in May, anyone interested in joining as support group that will consist of sharing parenting ideas, open discussions on child development, growing/learning with your child as he/she grows.

The topics of discussion will include:
A Positive Approach to Parenting, through Comfort, Play and Teach

Date: Tuesday May 17th, 2004

Time: 7:00 pm

Where: Eagle Village Band Office (Conference Room)

Snack and Refreshments will be served !! Everyone Welcome !!

Note: You did not have to take part in the Nobody's Perfect Workshop to be part of the support group

For more information contact Patty Hunter at 627-3455 or Virginia McMartin at 627-9060

I WOULD LIKE TO CONGRATULATE THOSE WHO PARTICIPATED AND SUCCESSFULLY COMPLETED THE ST.JOHN AMBULANCE FIRST AID AND CPR TRAINING THAT WAS HELD APRIL 17TH AND 18TH AT THE EAGLE VILLAGE COMMUNITY HALL ...

- | | | | |
|-----------------|-------------------|----------------|-----------------|
| Doug Chevrier | Jennifer King | Mark Trepanier | Julie Reynolds |
| Dale Down | Alison McKenzie | Gail Joly | Rhonda Reynolds |
| Lynn Grandlouis | Clifford McKenzie | Blake Joly | Debbie Mongrain |
| Wanda Hunter | Bobby Perreault | Verna Polson | Lois Hunter |



The Foster Family is a single person or a couple who accepts to receive in their home one or more children entrusted to their care by various institutions. The Foster Family provides the youth with a family environment: lodging, care, maintenance, security and education for an undetermined period of time.

We are looking for Foster Families across the whole territory to ensure that the youth being placed in a Foster Family remain in their original social environment. We know that it is very difficult to leave one's natural family. So imagine if the youth must also leave his friends, school, recreational activities and work in addition to being placed.

For more information or to become a Foster Family please call Mariette Mathias at Centre Jeunesse in Ville Marie 1-819-629-2676 Extension 229.

Vermiculite Insulation Containing Asbestos

Terry Perrier - Environmental Health Officer

The Issue

Some vermiculite insulation may contain asbestos fibres. These products can cause health risks if it is disturbed during home maintenance, renovation or demolition. However, there is currently no evidence of risk to your health if the insulation is sealed behind wallboards and floorboards, isolated in an attic, or otherwise kept from exposure to the interior environment.

Back Ground



Vermiculite is a mica-like mineral mined around the world and used in a variety of commercial and consumer products because it is fire-resistant and has good insulation qualities. Of concern is vermiculite ore produced by the Libby Mine in Montana from the 1920's to 1990. It was sold as Zonolite® Attic Insulation and possibly other brands in Canada during that time. Vermiculite from the Libby Mine may contain asbestos. The Libby Mine supplied the majority of the world market in vermiculite-based insulation.

Products made from vermiculite ore produced by the Libby Mine were not widely used after the mid-1980's and have not been on the market in Canada for more than 10 years. Not all vermiculite produced before 1990 contains asbestos fibres. However, to be safe as well as in the absence of evidence to the contrary, it is reasonable to assume that if your building has older vermiculite-based insulation, it may contain some asbestos.



The Health Risks Of Vermiculite Containing Asbestos

Although the overall percentages of asbestos in bulk vermiculite is low, the airborne percentages can increase if the material is disturbed. Asbestos poses health risks only when fibres are present in the air that people breathe. If asbestos fibres are enclosed or tightly bound in a product, for example in asbestos siding or asbestos floor tiles, there are no significant health risks. How exposure to asbestos can affect you depends on:

- the concentration of asbestos fibres in the air
- how long the exposure lasted
- how often you were exposed
- the size of the asbestos fibres inhaled
- the amount of time since the initial exposure

When inhaled in significant quantities, asbestos fibres can cause asbestosis (a scarring of the lungs which makes breathing difficult), mesothelioma (a rare cancer of the lining of the chest or abdominal cavity) and lung cancer. The link between exposure to asbestos and other types of cancers is less clear. Based on current information, there is no evidence that vermiculite currently available for horticultural purposes (example: potting plants) is a health risk when used as directed.

Minimizing Your Risk

The best way to minimize your risk of asbestos exposure is to “**avoid disturbing vermiculite - based insulation in any way**”. If the vermiculite-based insulation is contained and not exposed to the home or interior environment, it poses very little risk. If you are concerned that your home may contain vermiculite-based insulation please visit the “Need More Info?” section that follows in this article or the Health Canada Web site to get the most up-to-date information as it becomes available. If you know you have vermiculite-based insulation in your attic, take these precautionary steps.

- Do not allow children to play in an attic with open areas of vermiculite-based insulation and make sure anyone working in the attic knows about the possible presence of asbestos.
- Do not use the attic for storage if retrieving items from it may disturb the insulation.
- If you must go into the attic, walk on boards in order to minimize disturbance of the insulation and use an appropriate respirator mask. Do not remain in the attic any longer than is necessary.

- Common dust masks are not effective against asbestos fibres. For information on appropriate respirator masks, see the "Need More Info?" section.
- If you have vermiculite-based insulation and you decide to have it removed, speak to trained and qualified asbestos removal professionals to handle the insulation removal. They can be found by looking up experts in "asbestos abatement /removal." **NEVER** attempt to remove the insulation yourself.
- If you plan to remodel or renovate in a manner that would disturb the vermiculite, speak to professionals who are trained and qualified to handle asbestos removal before proceeding with the work to be done.
- Seal all cracks and holes in the ceilings of the rooms below the insulation (for example, apply caulking around light fixtures and the attic hatch) to prevent insulation sifting through.
- If you suspect you have vermiculite-based insulation in your walls, as a precautionary step, seal all cracks and holes. For example, apply caulking around window and door frames, along baseboards and around electrical outlets.

What To Do If You Suspect You Have Been Exposed To Asbestos

Asbestos related illnesses are usually associated with frequent and prolonged exposure to the asbestos. The time it takes to develop a disease from exposure to asbestos is usually long - up to decades. However, some steps you can take if you have concerns about exposure to asbestos are:

- Talk to your health care provider.
- Avoid or minimize further exposure to any form of asbestos.
- Stop smoking and avoid second hand tobacco smoke and other irritants that could affect your lungs. Exposure to cigarette smoke and asbestos greatly increases your chances of developing lung cancer.

Need More Info?

For up-to-date information on this issue, call 1-800-443-0395 or for more information on asbestos, visit the following sites:

- Health Canada's **Information on Home Insulation** Web site (<http://www.hc-sc.gc.ca/english/insulation/index.html>)
- It's Your Health article **Health Risks of Asbestos** (<http://www.hc-sc.gc.ca/english/iyh/environment/asbestos.html>)
- The Canada Mortgage and Housing Corporation publication **About Your House, Asbestos** (<http://www.cmhc-schl.gc.ca>)

INDIAN AND NORTHERN AFFAIRS AND VERMICULITE INSULATION

Today, May 6th, 2004, Health Canada posted on its web site, information about vermiculite insulation that may contain asbestos ...

What is Indian and Northern Affairs Canada (INAC) doing to determine the extent of the use of the vermiculite insulation that may contain asbestos on reserves?

- INAC's 10 regional offices are reviewing their records to attempt to identify if, when, and where vermiculite insulation that may contain asbestos, was used in the construction of houses on reserve.

How long will INAC's review take?

- We estimate the review will take several weeks because it means going through files dating between 1960 and 1990. Each region is conducting its own search as quickly as possible and will relay their findings to a national working group.

How many houses are on reserves across Canada?

- As of July 2003 there were 93,474 houses on reserves across Canada. This number is based on annual reports that are submitted to INAC by First Nation communities.

What is INAC prepared to do should the presence of vermiculite insulation be identified?

- In situations where records indicate that vermiculite insulation that may contain asbestos was used we will be working with our federal colleagues and First Nations to make sure the health of community members is not compromised.

The NNADAP Corner ... By Vicky Constant

How To Talk To Your Kids About Drugs

Be open and honest about your feelings. Try not to let your anger or fear get in the way and cool down before thinking about the best way to respond. Don't confront your kids when either one of you is "high" or drunk.

Choose the right time: Try to talk privately with your child during a quiet part of the day when you won't be interrupted.

Focus on the behaviors: Begin by telling your child that something is on your mind, which concerns you. Mention your specific concerns (e.g. certain changes in your child, or objects that may be used by your child to take drugs). Name-calling, scolding, and threatening can create bad feelings. When a serious problem arises, it is important to try to respect each other.

Don't be afraid to set standards and follow through: Take a firm stand regarding drug use. Often our children wish that we would say "NO" clearly and firmly. Set rules in your home and follow through with the consequences.

For the first time being, don't ask "why": If your child admits to using drugs, it will not help to ask why. It is very possible that your child does not know; they may have many reasons. If your child does not admit to drug use, don't push the issue for now. By having this discussion, you have already let the child know that you are concerned and that you are willing to talk about drugs. However, you can use this time to make sure your values and the house rules are well known.

Ask for help: Don't be afraid to get outside help. There are many confidential resources available to parents.



WHAT TO DO IF YOUR SON/DAUGHTER COMES HOME DRUNK OR STONED:

What To Do That Night ...

- **DO** try to remain cool and calm.
- **DO** talk to them and try to find out what they have taken.
- **DO** call a doctor or take them to the nearest hospital through the emergency department if they are seriously ill.
- **DO** tell them. "We will talk about this tomorrow".
- **DO** send them to bed and check them often during the night.
- **DO NOT** shout at, accuse or hurt them in any way. All this is quite useless and harmful when they are in this condition.

What To Do The Next Day...

- **DO** talk to them immediately.
- **DO** have them assume responsibility for their actions including clean up.
- **DO** try to find out what happened and who they were with.
- **DO** let them know you will not accept their behavior and you will be watching them closely in the future.
- **DO** set up guidelines for behavior with your child as well as curfews for going out with friends. Let them know you expect them to follow these guidelines.
- **DO** talk with them about other activities, so they can avoid taking drugs.
- **DO NOT** have your discussion with them if you are too angry to talk about it without losing your temper. Wait until you can discuss it calmly. No one gains anything from angry words.



WHAT ARE THE SIGNS OF DRUG USE?

You may begin to suspect that your children are using drugs if you notice that they are acting differently or if you find strange objects around the house. These changes may be the child is using drugs or they may not. Teenagers are often very moody. However a sudden serious change of character (not for the better) may be a sign that the child is using drugs. **Be careful not to jump to conclusions since many of these changes can also be signs of normal adolescence.**

Changes in Mood

Your child may be:

- less caring and less involved at home
- cranky or more difficult to get along with
- moody
- secretive and un-cooperative
- withdrawn, depressed

Physical Changes

Your child may:

- lose weight
- get red eyes
- have trouble talking or walking
- have difficulty sleeping

Changes in Behavior

Your child may:

- skip classes at school
- get bad grades



The NNADAP Corner Continued ...

- need more money (you may notice money is missing)
- lose his/her job
- change friends, and not be willing to bring them home or talk about them
- have trouble concentrating and paying attention
- spend more in his/her or away from home
- change interests and hobbies



THESE OBJECTS MAY BE USED BY YOUR CHILD TO TAKE DRUGS OR TO COVER UP THEIR USE OF DRUGS:

Objects/Equipment Used To Take Drugs:

- cigarette papers (for rolling joints)
- roach clips (for smoking joints)
- hash pipes (for smoking hash)
- glass water pipes (for smoking hash or crack)
- syringes (for injecting drugs)
- small scales (for weighing drugs)
- pills, powder, other substances that you can't identify

Objects/Equipment Used To Cover Up Drug Use:

- eye drops (to reduce blood-shot eyes caused by smoking pot)
- mouth wash (to cover up breath odours)
- incense (to cover up smell of smoking drugs, such as pot, hash in house)



WHY DO YOUNG PEOPLE USE DRUGS?

It may be easier to help your children stay away from alcohol and other drugs if you understand why younger people use them. They use alcohol and other drugs for many of the same reasons adults use alcohol and prescription drugs. Here are the most common reasons kids use drugs:

1. **Peer Pressure** – Children may give into pressures from other kids to try drugs. They may use a drug to feel like part of the crowd, or to act grown-up.
2. **Pleasure** – Many teenagers say they take drugs to feel good.
3. **Curiosity or Experimentation** – At first, kids may be tempted to try a drug to find out for them what it is like. Usually people who use a drug for this reason do not continue use for long periods of time.
4. **Boredom** – If they lack outside activities and interests after school, young people may want to try something new and exciting. The 9:00 to 3:30 routine may be as boring to children as the 9:00 to 5:00 routine is for many adults.

5. **Self-Esteem** – Young people, as well as adults, often use drugs to try to feel more confident about themselves. Drugs seem to make them feel more important and powerful.
6. **Coping With Stress** - Many young people do not yet have good problem-solving skills. Some of them use drugs to help cope with problems at school, in the family, with social relationships.
7. **Escapism** – Drugs appear to make things better than they really are. Problems don't seem as real or important.
8. **Social Culture** – Alcohol is part of our culture. Licensed restaurants assume you will want something from the bar before dinner, as do friends who invite you to their house. The message that alcohol goes hand in hand with social activities is constantly given to our children.
9. **Rebellion** – Since most adults do not approve of alcohol or drug use among children, young people may use drugs to rebel against parents or teachers.



The Blue Light Campaign has started throughout communities in Quebec, the campaign is to promote smoke free air in all the households of our community.



If you would like more information on the Blue Light Campaign, please attend our Community Fair on Friday May 14th at the Community Hall!!

There, you will find out more on what it's all about,

and if you support it you can pick up a blue light bulb to show that your home is smoke free, and a piggy bank to show how much you can save \$\$\$\$ if you quit smoking!

Look forward to seeing you there!!

Tire Quiz Answers (From Page 3)

1. **FALSE** The recommended pressure for your vehicle is listed on the vehicle placard often located on the inside post of one of the doors or inside the glove compartment, trunk, or fuel door. Your owner's manual will either give you the correct tire pressure or direct you to the placard's location. The maximum pressure is listed on the tire sidewall.
2. **FALSE** A visual check of your tires is not sufficient to measure tire pressure. Tires may be under or over-inflated by up to 20% and yet, you may not be able to tell just by looking at them. Using a good quality tire gauge is the best way to measure tire pressure correctly.
3. **TRUE** Tires are cold if they have not been driven for more than two km or have been stationary for at least three hours.
4. **TRUE** If tires are properly maintained, over the average life span of a vehicle, you can actually save yourself one to two sets of new tires because of lower wear and reduced fuel costs. Under-inflation of 20%, a common problem, reduces the life of the tire by 15% or roughly nine months.
5. **TRUE** An over-inflated tire rides on just the center portion of the tread. The smaller contact area means reduced grip on the road leading to a harsh ride, handling issues (such as steering and stopping problems), and increased wear on tires and suspension components.
6. **FALSE** Drivers whose average speed is 110 km/h will wear their tires about 25% faster than those driving at an average of 90 km/h. Frequent quick accelerations and abrupt stops can also increase tire wear.
7. **FALSE** As long as the new tires are the same size as the last set, you should inflate them to the same pressure. Tire quality and brand do not affect the recommended pressure.

Healthy Recipe**Chicken Cacciatore****(Prep Time - 25 Minutes)****Ingredients**

- 1 cup sliced mushrooms
- 1 cup tomato sauce
- 1 - 16 ounce can of whole plum tomatoes
- ½ cup of white wine or cooking wine
- ¼ teaspoon basil
- ¼ teaspoon oregano
- 1 bay leaf
- 2 teaspoons of minced garlic
- 1 chopped onion
- 4 half chicken breasts (skinless and boneless)
- 2 tablespoons of fat-free chicken broth

Directions

- Heat liquid chicken broth in a non-stick skillet and brown chicken, onion and garlic.
- Add all other ingredients except mushrooms. Bring to a boil, then cover and simmer about 30 minutes.
- Add mushroom, cook 10 minutes more.
- Remove chicken from pan and boil down sauce until slightly thickened.
- Serve over cooked rice or pasta.

Nutritional Analysis

217 calories
 3.5 gm fat
 15 carbohydrates
 28 gm protein

**From:****www.diabeticgourmet.com**

For your information ...

Computer Cleaning

Many computers are being infected by potentially harmful Viruses and/or Trojan Viruses. Dial-up Connections are being created and are costing the computer owners a lot of money, on their phone bill. If you think that your home computer may be infected, or if you would just like your computer scanned and cleaned call Donna Pariseau at work 627-9399 or at home 627-1816.



"Reasonable Rates"

Temiscaming Veterinary Clinic

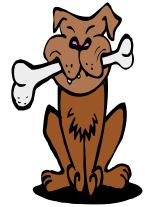
**Vaccination Days
for
Dogs & Cats**

**Friday May 14th
&
June 18th**

9:00 am - 4:00 pm

Union Hall - Temiscaming

**For an appointment call ...
819-728-2234**



SPRING COMMUNITY CLEAN- UP

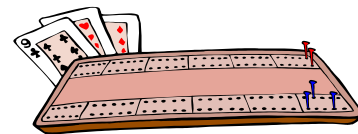


**Due to the surprise snow storm on
Sunday May 2nd the community
clean up has been rescheduled for**

...

Saturday May 8th, 2004

ADULT / YOUTH CRIB TOURNAMENT



SUN- DAY

JUNE 6TH, 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 !!

Please call Vicky or Virginia to register in advance

or for more information 627-9060 Ext. 224/225

"This is a Smoke-Free & Alcohol-Free Event!!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 David is in Montreal for a Meeting with Health Canada (May 3rd - 5th) Melvin is in Montreal for a Maintenance Meeting (May 3rd - 7th)	4	5 Karate 6:00 pm - 7:00 pm	6 Bingo	7	8 Youth Centre "Fundraiser Day" Community Spring Clean Up
9 Mother's Day	10 David is in Montreal for a Regional Health Director's Meeting (May 10th - 12th) Karate 6:00 pm - 7:00 pm	11 NO NURSES AT HEALTH CENTRE TODAY !! Pascale & Jackie will be in Ville-Marie today for Immunization Training	12 Dr. Broeck is at the Health Centre today. Karate 6:00 pm - 7:00 pm	13 Bingo	14 Community Spring Fair	15
16 Monster Bingo	17 Tina & Vicky in Montreal for FAS Training David in Montreal for Tobacco Advisory Circle (May 18th - 20th) Karate 6:00 pm - 7:00 pm	18 Roxane and Donna are in Kahnawake for a Computer Training Session (May 18th - 21st)	19 Dr. Zivkovic is at the Health Centre today.	20 Bingo	21	22
23 Vicky Constant (NNADAP) is on holidays this week	24 Band Office and Health Centre are closed today for the Victoria Day Holiday	25	26	27 Bingo	28	29
30	31	<h1>MAY 2004</h1>				