

Migizy Odenaw Newsletter

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An Update From Chief Lance Haymond

I would like to take the opportunity to inform all members of some of the issues we are dealing with as the council. You are already aware of the projects that we have completed this year including the gas station, daycare and the acquisition of the taxi business, these initiatives have resulted in the creation of approximately 21 new full-time permanent jobs for our members. We now must continue to look for new opportunities where, we together as a community will benefit from the development that is continuing to happen on our traditional territory.

You need to be aware that in the majority of developments we are excluded and receive no benefits whatsoever, this has to change. We can no longer depend on jobs in the forestry sector alone, as there will be a 20% cut in the amount of wood that will be harvested. This means that there will be very few new jobs in forestry and the mills, and most likely job losses which will affect everyone.

As most of you are aware, I attend a lot of meetings on behalf of Eagle Village and in some cases for the region of Quebec. I am a strong believer and my experience tells me that to affect change for the community and to improve programs and services we have to be where the decisions are being made and that is at the regional or national level. I am very outspoken at these meetings and I argue on behalf of our community to ensure that we benefit the greatest from budgets. Housing and Health are two of those areas we have been working on. The government has announced new funding in these two areas, 295 million for housing and 700 million in health. In the last three weeks I have attended meetings across this country in relation to the housing file, we are trying to determine how to distribute these new dollars and as a region we want to continue to receive 12% of the national budget, this means that for Eagle Village, we will receive 2 new houses a year. These are the types of issues that I feel a leader should be doing and I am committed to making sure we benefit from new monies and being involved means being at the meetings where the decisions are being made. (continued on page 2)

EAGLE VILLAGE FIRST NATION ELECTIONS NOMINATION MEETING

Friday April 22nd, 2005 from 4:00 pm to 7:00 pm at the Community Hall

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Education Department

REMINDER FOR POST SECONDARY STUDENTS

It is that time of the year once again to renew your applications for funding to attend college and university in the fall (September 2005). Due date is June 1st. If you did not receive your application by mail please call Glenda at 819-627-9789 or if you are out of town 1-888-229-3224 or e-mail at education@eaglevillagefirstnation.ca. I will be happy to send you an application.

SECONDARY STUDENTS HONOUR ROLL LIST

Congratulations to the students who made the honor roll list for the past semester at G. Theberge School. They are:

Carolyn Joly,
Darlene McLaren
and Derek McKenzie.
Congratulations and Great Work!

Human Resource Department

CONGRATULATIONS MITCHELL MCMARTIN

Special congratulations to Mitchell McMartin who has successfully secured employment in his field of study.

Mitchell graduated from the Correction Worker Program at Canadore College in December 2004.

He is now employed at the Youthdale Treatment Center in Magnatawan, Ontario.

Language Department

Algonquin Language

Thirteen Moons

March = Sugar Moon

The third moon of Creation is Sugar Moon. As the maple sap begins to run, we learn of one of the main medicines given to the Anishnabe which balances our blood, and heals us. During this time, we are encouraged to balance our lives as well as we would our blood sugar levels, using Divine Law.

April = Sucker Moon

The fourth moon of Creation is Sucker Moon, when sucker goes to the Spirit World in order to receive cleansing teachings for this world. When it returns to this realm, it purifies a path for the Spirits and cleanses all our water beings. During this time we can learn to become healed healers.

An Update From Chief Lance Haymond

(continued from page 1)

With the gas station project we will finish paving the land around the gas station, install the pump on the dock and build extra docks so that we have places for our members to park their boats. We will also install a new dock at the sewage treatment plant and a system to pump out boats that have septic tanks; this will ensure that we are protecting Kipawa Lake, as it is our source of drinking water for the community.

We have also been working on a hydro project with Wolf Lake First Nation and the municipalities for the Gordon River; this project will be an alternative to TABARET. We will be majority owners and the revenue we receive will go towards community development initiatives.

I will continue to put articles in the newsletter on a monthly basis to inform all members what we are doing, the meetings we are attending and what they are for. It is important for everyone to understand that we are committed to improving the lives of our members and that I will do whatever is necessary to ensure that we benefit from all these new initiatives.

In closing, as most of you are aware we are in the middle of an election process, I would like to take this opportunity to thank everyone for their support and also to inform you that I will again put my name forward as a candidate for Chief and I look forward to being able to continue to offer you my experience and dedication to achieving positive results for our community. The election date is June 3, 2005 and I encourage all members to exercise their right to select the leadership of Eagle Village First Nation.

NEWSLETTER and NOTICE DELIVERY

We are currently looking for a person to deliver notices and the newsletter door-to-door.

They will be expected to deliver notices/newsletters every 2nd week.

Will pay \$25.00 per delivery.

Call the Health Centre to leave your name if you are interested.

Harmonization ... An Article From Chief And Council

What is Harmonization? In the context we are talking about it is harmonization between the use of the forest and for members of Eagle Village First Nation and minimizing the impacts of forestry cuts on our traditional territory. By traditional territory I mean all areas that our members use outside the reserve boundaries.

Before we would receive all the maps where the forest companies planned to cut for the year and we are asked to make our concerns known, it was an impossible task as we have no expertise and a lack of knowledge of who is being impacted. To help with this situation we have secured funding from the Ministry of Natural Resources, Tembec and the First Nation Forestry Program to implement a project where we can hire professionals to help us identify the users of the land, mainly our trappers, hunters and fishermen.

In the coming weeks we will be having workshops to explain the project but it mainly consists of meeting with as many members as possible and identifying where and who will be impacted by the forestry operations and minimizing those impacts. We will also build up a data base where we will know who has what trap line and ensuring that the trappers and members have a say in the type of forestry that will be done. We will also identify all-important areas such as historical sites, graveyards, and old homesteads etc., where no forestry activities will take place.

In the short to medium term it will not change the way we are operating but in about 3-5 years we will be co-managing and working with the industry to minimize the impacts before they develop their harvesting plans. We will also continually be updating the data base for our own use and this same data can be used for the land claims if we go in that direction, we already know the historical use of the land and with this project we will know the current and future use of the territory.

It by no means is a perfect process but it is much better than the reality we are currently living. We need to continually improve and adapt to the changes that in most instances are beyond our control. As I have stated earlier we need to be proactive in dealing with these issues. We need to be prepared and as members we need you to supply us information and need you to support this process so that in the end we will have a say in how forestry affects us and ensuring that the impacts are minimal as we will never be able to stop all forestry as many members depend on this industry for their livelihood.

Taxi Tem News

On March 14th, 2005 Eagle Village acquired L'Auberge Taxi. The business is now called Taxi Tem and is located within the Band Office. Taxi Tem looks forward to providing services to Eagle Village, Kipawa, Temiscaming and surrounding areas 24 hours a day, 7 days a week. Our objective is to deliver a prompt and courteous service while providing employment opportunities for Band Members. If you have any questions or have any inquiries please do not hesitate to call. Please note that the new telephone number is:

Taxi Tem 627-3331

New From Migizy Gas

New Employees

The staff at Migizy Gas would like to welcome our newest employees Margaret Johnson as Gas Attendant and Alice McKenzie as Assistant Manager. Alice is on an employability measure through the Human Resources Department. Her measure was transferred from another employer to Migizy Gas.

Tax Forms

Please note that all tax forms for the application for tax refund will be ready starting the beginning of May. You can pick up your completed form at the Gas Station and you will be responsible for mailing it. However, please keep in mind not all forms may be ready at the beginning of May, we will begin in alphabetical order and as soon as they are ready they will be available at the cash. Please ask the cashier for your form.

**MIGIZY GAS
BUSINESS HOURS**

Store and Gas
Open Daily
6:00 am - 11:00 pm

Restaurant
Sunday to Wednesday
6:00 am - 10:30 pm
Thursday, Friday, Saturday
6:00 am - 11:00 pm
Breakfast Served
6:00 am - 11:00 am

News From The Health Director

Meetings Attended

I attended a meeting on March 22-23 in Montreal with the regions' Health Directors. Several valuable presentations were made including one on renewal of spending authority. At this meeting, Health Canada informed us that they were successful at obtaining several new authorities (means of spending) that should help first nations in regards to more program flexibility and reporting requirements.

The Health Directors also received some information as how the whole process of laws and funding requests are done. Although this system is extremely complex and somewhat discouraging at times, strong grassroots commitments are being heard through various forms of lobbying, political strategies & connections, media awareness and so forth. Notwithstanding the time factor, we will continue to strongly advocate for the health & welfare of our people by the means deemed necessary and in cooperation with all influential parties

Pharmacy Pressure Tactics

As you may not have been made aware of, all First Nations Health Centers received a notice on Friday afternoon April 1st in regards to all Quebec pharmacies' refusal to process our medical prescriptions. Given the short notice we receive in this matter, the Health Center personnel devise a contingency plan that would not have affected us in the same way it would have other communities who are not close to a bordering province. Pharmacy Bougie were put on notice should they opt to apply pressure tactics that would hold our people hostage for the mere fact that Health Canada had not signed a contract with the Ordre Des Pharmaciens Du Quebec. This however was done on Tuesday April 5th.

2005 Community Fair

Dear members, keep your agenda's clear for our community fair, which will take place on Monday May 16th. There will be afternoon and evening exhibits combined with a community feast and special draws. For more information please consult next months' newsletter. Hope to see you all there!!!

Important Information

**MEDICAL VISIT ATTESTATION FORMS
(Medical Claims for Medical Appointments)**

All Medical Visit Attestation claims for appointments during the current fiscal year April 1st , 2004 - March 31st, 2005 must be submitted for reimbursement before Friday April 15th, 2005.

After this date your claims cannot be processed for reimbursement. Please bring all claims to the Health Centre.

MEDICAL TRANSPORTATION FOR MEDICAL APPOINTMENTS

If you need to use Medical Transportation for your medical appointments you must call the Health Centre to make the appropriate arrangements. Although the Band has purchased L'Auberge Taxi it is still a separate service from Medical Transportation. All Eagle Village Band Members must call the Health Centre (627-9060) during office hours (8:30 am - 4:30 pm) to make arrangements. If you are attending an appointment out of town (example if you have an appointment in North Bay or Ville Marie), please call the Health Centre a minimum of 24 hours before your appointment to ensure that you will have a ride.

The only time that you call Taxi Tem directly for Medical Transportation is on the weekends or during the evening after the Health Centre has closed for the day. This should be for emergency calls only. For more information please call the Health Centre.



News From Patty

I would like to congratulate those who participated and successfully completed the St. John Ambulance Babysitting Course...Way to go!!

- Tanner Miness
- Philip Dandy
- Sarah St-Denis
- Cole Courchesne
- Shannon Monette
- Amber Chenier
- Alexandra Neubert
- Dominic Lariviere
- McKaylii Jawbone
- Brittany Roy
- Spencer Benoit Gagne

AS A PARENT ALWAYS BE AWARE OF WHO AND WHERE YOUR CHILD IS BABYSITTING!!



Eye Examinations At The Eagle Village Health Centre

APPOINTMENTS WITH THE OPTOMETRIST

Dr. Peroff/Dr. Leckie will be visiting our Health Centre in the near future for eye appointments.

If you would like to make an appointment please call the Health Centre (627-9060).

When you call to make an appointment you will need to provide us with your medical card number.

To verify if you are eligible to have your eyes examined or to have new glasses, please call your optometrist's office to verify the date of your last appointment.

You are entitled to the following from Health Canada ...

Eye Examinations

- Every 2 years for the age group 18 to 64.
- Every year for clients under 18 years old.
- Every year for clients over the age of 65.

Eye Glasses

(Lenses and Frames)

- Every 2 years for clients 18 years and over.
- Every year for clients under 18 years old.



You are allowed a maximum of \$46.00 for your eye glass frames, if they cost over \$46.00 you are then responsible to pay the difference.

Your lenses are paid in full by Health Canada with the exception of tint and invisible bifocals for which you must pay if you chose to have these options.

If you have any other questions concerning vision care, please contact the Eagle Village Health Centre or your optometrist.

Social Services



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.

Fitness Fun For Families

Physical Activity Gets Everyone Moving

- Be active together as a family. Parents are strong role models for children.
- Look for free and low-cost physical activity areas near home such as parks, trails for hiking, walking and biking, public swimming pools, and tennis courts
- Be safe. Have everyone use appropriate safety equipment, like bike helmets, shin guards, wrist guards and elbow and kneepads to prevent injuries.
- Try for 60 minutes of physical activity every day.

Active Play For Kids 1 - 5 Years Old

- Provide time for physical activities for your child everyday.
- The type of active play depends on your child’s development and age.
- Encourage, but don’t push too hard if your child doesn’t want to do something.

Things You Can Do With Your Child:

- Kick, toss/catch a ball - Jump, skip or run - Pedal a tricycle Tumble
- Swim - Dance to music - Swing - “Tag and your it” Crawl through a homemade obstacle course
- Build a sandcastle - Pick up toys - Go for a walk
- Help around the house or in the garden

Fitness Fun For Kids 6 - 12 Years Old

- Try for 60 minutes of physical activity every day.
- Look for programs and classes that focus on abilities rather than age, since kids mature at different rates.
- School-ages kids can play on teams as well as participate in individual activities.
- Encourage children to try different activities to find their likes and dislikes.

Things You Can Do With Your Child:

- Bike - Hike - Baseball or Softball - Soccer - Tennis - Swim
- Gymnastics - Basketball - Kickball - Walking - Jog - Fly a kite
- Skateboarding - Work out - Work in the garden - Play frisbee
- Dance - Jump rope - Rake Leaves -Walk the dog
- Wash the car - Play Hopscotch - Roller/in-line Skating
- Play Tag - Twister - Limbo

Fitness Fun for Teens

- Try for 60 minutes of physical activity every day.
- Try different activities to find your likes and dislikes.
- Look for programs and classes that focus on developing your abilities.

Things You Can Do:

- Hike - Ride a Bike - Learn a new sport - Weight training - Swim - Dance - Start a fitness program - Rake Leaves
- Baseball or Softball - Play tennis - Snowboard or Ski - Roller or in-line skating - Plant and maintain a garden
- Fly a Kite - Go Bowling - Wash a car - Jump rope - Walk or Jog - Kickboxing - Canoe trips - Skateboarding - Ice skating
- Play Frisbee - Martial arts classes - Take your pet for a walk.

Hockey Tournament in Amos



Five youth from Eagle Village First Nation joined forces with six other youth from other First Nation Communities to form a Pee Wee Team for the Pikogan Native Hockey Tournament in Amos, Quebec. They left on March 31st and came home on Sunday April 3rd after being defeated in the semi-finals. They did an awesome job!! This was an excellent opportunity for our youth to meet players from other communities. This was a fun-filled weekend where friendships were formed.

The “Little Chief’s” Team Players:

- Logan Haymond (Eagle Village First Nation)
- Lucas Raymond (Eagle Village First Nation)
- Tyler Polson-Young (Eagle Village First Nation)
- Kieran McGregor (Eagle Village First Nation)
- Tanner Miness (Eagle Village First Nation)
- Justin McMartin (Long Point First Nation)
- Jordy Desjardins (Timiskaming First Nation)
- Andrew King (Timiskaming First Nation)
- Jamie King (Timiskaming First Nation)
- Thearan Commanda (Nippissing First Nation)
- Peter Quedent (Garden Village)
- Coach - Richard Miness (Eagle Village First Nation)
- Assistant Coach - Denis Commanda (Nippissing First Nation)
- Assistant Coach - Tony Quedent (Garden Village)
- Team Manager - Virginia McMartin (Eagle Village First Nation)



ECZEMA ... THE ITCH THAT RASHES**Dry, flaky skin appears over red, inflamed areas, causing intense itching and burning.**

Eczema is an allergic condition that affects the skin. Another name for eczema is dermatitis. Dermatitis is inflammation of the skin. There are several different types of dermatitis, but the one people usually mean when they say eczema is atopic dermatitis. Atopic refers to a lifelong tendency to allergic conditions such as asthma and hay fever.

Eczema can be triggered by just about anything coming in contact with the skin. It occurs in people who are extra sensitive to skin irritation. Dry, flaky skin appears over red, inflamed areas, causing intense itching and burning.

CAUSES

Eczema can be a difficult, frustrating condition. The natural human desire to scratch or rub an itchy rash just makes the condition worse, and treatments can be slow and are not always completely effective.

The exact cause of eczema is not known. Although it is activated by the immune system and is related to allergic reactions, it is not the same as other allergic reactions.

- ◆ Contact with the external trigger (allergen) causes the skin to become inflamed. The duration of the contact is not important. Eczema can develop on first contact (in days to weeks) or over time with repeated contact (in months to years).
- ◆ Common triggers of eczema include the following:
 - Soaps and Creams
 - Detergents
 - Weather (hot, cold, humid, or dry)
 - Environmental allergens and Bacteria
 - Jewelry and Clothing
 - Food handling and Gloves
 - Sweating and Rubbing
 - Emotional or mental stress
- ◆ Severe forms of eczema are caused by powerful allergic responses to external agents that cannot be eliminated from the environment.
- ◆ Risk factors for eczema include the following:
 - People with severe eczema usually also have hay fever and asthma.
 - Eczema is probably hereditary and often is found in other family members.
 - Eczema is not contagious.
- ◆ Risk factors for an eczema flare include the following:
 - Illness
 - Physical or mental stress
 - Exposure to skin irritants

SYMPTOMS

Medical professionals sometimes refer to eczema as "the itch that rashes."

- ◆ Usually the first symptom of eczema is intense itching.
- Ø The rash appears later. It is patchy and starts out as flaky or scaly dry skin on top of reddened, inflamed skin.
- Ø The rash itches or burns.

- ◆ The rash appears later. It is patchy and starts out as flaky or scaly dry skin on top of reddened, inflamed skin.
- ◆ The rash itches or burns.
- ◆ If it is scratched, it may ooze and become crusty, especially in young children.
- ◆ In adults, the patches are more likely to be brownish, scaly, and thickened.
- ◆ Some people develop red bumps or clear fluid-filled bumps that look "bubbly" and, when scratched, add wetness to the overall appearance.
- ◆ Painful cracks can develop over time.
- ◆ The rash can be located anywhere on the body but is most often found on the face and on the arms and legs, particularly in creases and on hands and feet. This pattern makes sense because the face and extremities are in contact with external agents more than any other part of the body.
- ◆ The itching may be so intense that it interferes with sleep.

HELPFUL TIPS

Removing whatever is causing the allergic reaction is the easiest and most effective treatment. This may be as simple as changing your laundry detergent.

If the allergy-causing agent cannot be removed or identified, the next step is to lessen the allergic inflammatory response.

- ◆ Apply a non prescription steroid cream along with anti-itching lotion. The cream must be applied as often as possible without skipping days until the rash is gone.
- ◆ Clean the area with a hypoallergenic soap every day. Apply lubricating cream or lotion after washing.

Avoid physical and mental stress. Eating right, light activity, and adequate sleep will help you stay healthy, which can help prevent flare-ups.

Do not expect a quick response. Eczema is easier to control than cure.

WHEN TO SEEK MEDICAL CARE

If eczema is worsening (spreading, increasing redness, painful, hot) despite multiple daily applications of steroid cream over several days, call your family doctor.

If you are so uncomfortable that your sleep, work, or other daily activities are disrupted, you need a more effective treatment and should see your family doctor.

Generally eczema is not an emergency and should not be handled in a hospital emergency department. Exceptions include the following:

- ◆ When the skin becomes so irritated that it breaks down and becomes infected; if the rash has become red, hot, and painful; if red streaks are coming from the rash; or if you have a fever, an emergency department visit may be necessary if you cannot see your family doctor within 24 hours.
- ◆ Any person with a weakened immune system or certain medical conditions (such as diabetes, on chemotherapy, alcoholism, AIDS, older than 70 years) and symptoms of infection should go immediately to a hospital emergency department.

(BIBLIOGRAPHY: E-MEDICINE CARE)

IMPORTANT MESSAGE FOR PARENTS

Just a little note to inform you (parents/guardians), that in the area it is known that some youths are experiencing with “inhalants”, which can be very dangerous to their health. So please, keep a close eye on certain household products such as: cooking spray, hairspray, spray deodorant, nail polish remover, etc. These are just a few of the common household products that these youths are experiencing with, for the purpose of getting “high”. If you suspect that your child may be experiencing with this, please talk with them about it and express how dangerous this can be to their health.

Do You Know... Solvents & Aerosols

Solvents and aerosols are drugs that were never meant to be drugs. They are made by the chemical industry to be used in all sorts of products – in gasoline, shoe polish, paint removers, model airplane glue, nail polish remover, spray deodorants, hairsprays, and insecticides. These are only a few of the hundreds of products that contain them.

But people, especially young people, found that a whiff of these chemicals could give them a “buzz”. And so, solvents and aerosols also became “drugs”. Because they are breathed in (inhaled) – like some other drugs, such as ether, amyl nitrate, and nitrous oxide – scientists call them “inhalants”.

How do solvents and aerosols affect you?

Fast. In seconds after sniffing, you will feel the effects. That’s because the drug floods into your bloodstream directly from your lungs and then quickly goes into the brain and liver, the organs with the largest blood supply.

The result for many users is an immediate “high”. They become giddy, outgoing, and full of confidence. They hear and see “things”, objects around them take on strange sizes, shapes, and colors, and time and space seem to shrink and expand.

Physically, the effects of sniffing are no fun at all. Sneezing, coughing, vomiting, and diarrhea are common; so are slurred speech, double vision, drowsiness, muscle pain – and a hang-over after the effects wear off.

Is solvent and aerosol abuse dangerous?

Sniffing solvents and aerosols can kill you or leave you permanently damaged. Here’s why.

- In a typical way of sniffing inhalants, users put a solvent-soaked cloth in a plastic bag, which they hold tightly around their nose and mouth. Some users have suffocated when they fell asleep or passed out.

Some users suffer heart failure if stress or strenuous exercise follows several deep inhalations (“sudden sniffing

- Some users suffer heart failure if stress or strenuous exercise follows several deep inhalations (“sudden sniffing death”).
- Some users have overdosed either accidentally or on purpose.
- The feeling of being all-powerful can make users reckless and violent, and they can purposely or accidentally hurt or kill themselves or others.
- Some users don’t get high; they just get depressed. Some have attempted suicide.
- People who use solvents regularly for a long time can damage their liver, kidneys, lungs, heart, brain, and blood. Sometimes this damage heals when drug use is stopped; sometimes it is permanent.
- Some users have suffered severe brain damage. Their brains have actually shrunk, and their ability to think and to control their movement has been seriously affected.

Can you become addicted to aerosols and solvents?

YES ...

Young people especially can become psychologically dependant on these chemicals if they use them often. Solvent use becomes a more and more important part of daily life and very hard to stop. Users also become tolerant to the chemical, and need to keep taking more and more to get high. Although they can become physically dependant, the withdrawal symptoms when they stop are usually quite mild.

(Source: Addiction Research Foundation)

For more information on alcohol, tobacco and other drugs, contact the ARF Drug and Alcohol Information Line:

Ontario toll-free: 1-800-INFO-ARF (1-800-463-6273)

Toronto: (416) 595-6111

Website: <http://www.camh.net>

The NNADAP Corner ... Just For Teens

If you're a typical teenager, you've probably been wondering what happened to those fun-loving, wonderfully smart parents you used to have. Instead, they've been replaced by a couple of unreasonable, old-fashioned, never-smiling old goats that seem bent on making sure your life is miserable.

The truth of the matter is that your parents are wondering what happened to that lovely, obedient, affectionate, innocent child they had just a short while ago.

Here then is the classic dilemma- what happens to you and your parents as you struggle to grow emotionally. We'll get back to your parents later, but first, let's look at what is happening to you.

There is no doubt that there is dramatic change in your emotions, as you grow older. In your life as you experience more things, there are more things to think about, and therefore more things to feel about. As a baby, you only knew a couple of basic feelings: "I'm hungry, I'm thirsty, I'm cold, I'm hot, I'm hurting, I'm lonely." These feelings gave you two distinct emotions: I'm comfortable or I'm uncomfortable."

As you get older and developed a greater understanding of situations in your life, you could add a few more defined feelings - "I'm jealous", "I'm mad", "I'm hurt", "I'm excited", "I'm scared". Then you had much greater spectrum of emotions ranging between "I'm happy" and "I'm sad".

Now as an adolescent, you can count on your feelings becoming even more finely tuned and identifiable - "I'm in love", "I'm depressed", "I'm embarrassed", "I'm secure", "I'm confident". These feelings give you an even greater dimension of varying emotions from "I'm ecstatic" to "I'm suicidal". As you relate to every experience you have during the day, your mood reflects your every immediate emotion. You have not yet learned to control this new range of feelings. Just as you were clumsy in co-coordinating your new growing body, you are also going to be awkward with this new range of emotions until you've grown into them. A typical day can have you crying and laughing at different times of the same day, sometimes within seconds of each other.

The reason for mood swings in an adolescent is that as the body is producing new hormones at a rapid rate, often an imbalance can occur. This hormone imbalance can cause emotional upheaval to an otherwise stable person. The new hormone activity affects so many parts of your body that it should not be surprising that it also affects your emotions. Thus, just as your body changes almost from moment to moment, so do your feelings. Something that you cried about yesterday might seem very funny to you today, and vice versa. As a result some of the people in your life may not understand how you are feeling and may not know from one day to the next how you are going to react to different situations. It is hard for them to predict something you can't predict yourself.

you are feeling and may not know from one day to the next how you are going to react to different situations. It is hard for them to predict something you can't predict yourself.

Knowing this might help you understand yourself a little better and help you handle situations differently. Ask yourself, "Why am I getting so angry?" or "Should I really be this upset? Is my emotion appropriate to the situation, or could my hormones be interfering with a rational reaction?" Being aware of the influences your hormones are having on you can help you balance out your feelings.

(Source: The Teenage Survival Handbook)



NNADAP YOUTH DANCE



Saturday
April 16th, 2005

Eagle Village
Community Hall

7:00 pm - 10:00 pm

HOPE TO SEE YOU THERE!!

UPCOMING NNADAP ACTIVITY...

"Smoking Awareness Walk"
Tuesday May 3rd, 2005

Children can participate in a craft night activity to make posters for the walk. This will take place on Tuesday April 25th.

For more information or if you are interested in participating in the walk please call Vicky at the Health Centre.

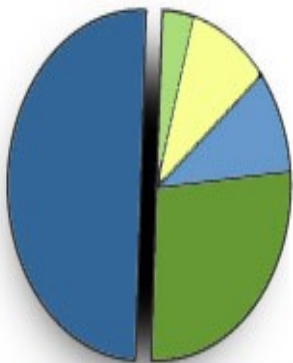
Volunteers welcomed!!

Environmental Health ... One Tonne-Challenge

About the One-Tonne Challenge

-] Here's the Challenge: reduce your annual greenhouse gas emissions (GHGs) by one tonne. The average Canadian produces five tonnes of GHGs each year so one tonne is a reduction of about 20 per cent.
-] Getting started is easier than you think. It's as simple as making a personal commitment to use energy and resources more efficiently in your daily life to reduce your emissions.
-] One tonne sounds like a lot, but think of this: If you drive a car, about half of your total GHGs likely come from driving. Driving less or using other forms of transportation, such as car pooling, public transit or walking, will significantly reduce your fuel consumption and emissions. And it'll save you money, too.
-] Home energy is another big source of your GHGs. Making smart decisions about heating, cooling and appliances will add to your energy savings.

Personal GHG Emissions From Energy Use in Canada



Passenger Road Transportation	49.9%
Space Heating and Cooling	29%
Water Heating	11.1%
Appliances	7.5%
Lighting	2.4%

Why Take the Challenge?

Why you? Every time you drive a car, take out the garbage, or do anything else that uses energy from fossil fuels you contribute to greenhouse gas emissions (GHGs) that cause climate change. For the average Canadian, that's more than 5 tonnes of GHGs a year.

Add it up. Together, individual Canadians contribute more than a quarter of the country's total greenhouse gas emissions.

By using energy more efficiently in your daily activities, you'll not only reduce GHG emissions but also other emissions that contribute to air pollution and smog. We know that smog-causing pollutants are increasing our health care costs, affecting productivity and contributing to crop damage. Your efforts to reduce GHGs will give us cleaner air and healthier communities.

Many Canadian households already protect the environment through recycling, reducing and re-using. Now it's time to take the next step to slow climate change.

Take the Challenge

Governments, communities, industry and business are all doing their part to reduce GHGs. You can, too. The One-Tonne Challenge is your challenge to take action on climate change by reducing household waste, using less energy and using it wisely.

After all, if we're part of the problem, we can be part of the solution. You can make a difference.

For more information and to take the challenge go to www.climatechange.gc.ca.

A Word From Mental Health

REMINDER FOR OUR ELDERS

Just a reminder to all Elders that we will begin planting the veggies and flowers on the 18th of April, in order to be able to transplant them in June.

The flowers will be planted in hanging baskets which will then be hung on all the hydro around the community, this is part of our plan to "spruce up the community".



Enjoy Fish And Chicken In a Healthy Tasteful New Way...

Herb Cheese Fish Topping

Here is an easy-to-make, delicious topping for your favorite fish. The recipe makes enough for four 3-5 ounce fish servings or a 400-500g (1 pound) package of fresh or frozen fish.

Place your fish (thaw first if frozen) in a flat pan or baking dish. Add the ingredients in a bowl and mix with a fork. Spread the topping on your raw fish fillets and bake until cooked: about 20 minutes in a 400F oven, or about 10 minutes in a microwave.

Ingredients:

- 1/3 cup of grated cheese (a favorite is the grated Four Cheese Blend)
- 2 tablespoons of dried bread crumbs
- 1 teaspoon of basil
- 1 teaspoon of dill
- 3 tablespoons of light mayonnaise

Per serving of topping:
68 calories, 5.2 total fat, 3.2 grams of carbs

Check out www.kraft.ca for great recipe ideas !!

Chicken Salad Fiesta

If you have left over cooked chicken on hand, half your work is done. You can buy roasted or barbecued chicken at the deli counter of your supermarket.

Another option is to cook 1½ pounds of boneless/skinless chicken breast.

Ingredients:

- 1/2 teaspoon of fresh minced garlic
- 1 tablespoon of olive oil
- 1 to 2 tablespoons of lemon juice
- 1 cup of mild or medium salsa
- Salt and pepper to taste
- 1/2 cup of finely diced red pepper
- 1 cup of frozen corn kernels thawed
- 2/3 of a cup pitted black ripe olives (optional)
- 4 cups of cooked diced chicken

Directions:

In a large bowl, combine the garlic, olive oil, lemon juice, salsa, salt and pepper. Stir in the red pepper, corn and olives.

Add the chicken and toss to mix, cover and chill for up to 3 days.

Serve with shredded lettuce in a tortilla wrap, on a fresh whole grain roll or stuffed into pita bread.

Leftovers 101 - Storing and Reheating

Whether it's a doggie bag from your favourite restaurant, last night's meatloaf or an extra carton of take-out food, leftovers are finding their way into our meal-time repertoires more and more. And let's face it -- most of us love leftovers. Not only does the food often taste better the next day (thanks to flavours melding together), but it gives busy cooks a night off from preparing a whole new meal.

Here's a mini course in storing and reheating leftovers. Practice these guidelines and leftovers will remain your best culinary friend:

-] Refrigerate or freeze leftovers within 2 hours.
-] Cool down leftovers quickly. Before refrigerating or freezing: slice large cuts of meat and store in serving-size packets; use small containers to store stews and chilis.
-] Label leftovers with the current date. Eat or freeze within 3 to 4 days.
-] Check the refrigerator once a week and discard old leftovers. When in doubt, throw it out!
-] Reheat leftovers until piping hot all the way through.
-] To ensure even reheating in a microwave oven:
 - Cover food with a vented covering
 - Rotate food halfway through cooking time
 - Stir food halfway through cooking time (even if oven has turntable)
 - Stir food again after cooking is completed
 - Allow food to stand for 5 minutes after cooking
-] Never reheat leftovers in a slow-cooker. The gradual heating promotes bacterial growth.

**KITCHEN EQUIPMENT
"Cutting Board"**

Cleaning and Sanitizing

All boards should be washed in hot soapy water and sanitized after each use to prevent cross contamination. Dry well before storing to avoid mold or mildew. Rubbing a board with coarse salt or lemon juice may help to remove stubborn stains.

Wood versus Plastic

Cutting boards can harbor bacteria in the cracks and grooves caused by knives. Therefore, it is best to select a board with a smooth, durable and nonabsorbent surface, which can easily be cleaned. Plastic is less porous than wood, making it less likely to harbor bacteria and easier to clean.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 2005					1	2
3 CPR / FIRST AID COURSE	4 CPR / FIRST AID COURSE	5 CPR / FIRST AID COURSE	6 Karate	7 Bingo	8	9
10	11 Fire Training (11th - 14th) Karate	12	13 Karate	14 Bingo	15	16 NNADAP Youth Dance
17	18 Fire Training (18th - 21st) Karate	19 Tanya will be in Montreal for a meet- ing (18th - 21st)	20 Dr. Zivkovic is at the Health Centre	21 David is in Quebec for FNQLHSSC Board of Director's Meeting (21st - 22nd)	22 NOMINATION MEETING 4 PM - 7 PM	23
24	25	26 NNADAP Craft Night	27	28 Bingo	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 SMOKING AWARENESS WALK	4 Karate	5 Bingo	6	7
8	9 Karate	10	11 Dr. Gurekas is at the Health Centre Karate	12 Bingo	13	14
15	16 EAGLE VILLAGE COMMUNITY FAIR	17	18	19 Dr. Brock is at the Health Centre MONSTER BINGO	20	21
22	23 Band Office and Health Centre closed for Victoria Day	24	25 Dr. Zivkovic is at the Health Centre	26 Bingo	27	28
29	30	31	MAY 2005			