

Migizy Odenaw Newsletter

www.eaglevillagefirstnation.ca



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Eagle Village Health Centre
3 Ogima Street
Kipawa, Quebec
J0Z 2H0
Tel: (819) 627-9060
Fax: (819) 627-1885



Eagle Village Police Dept.
P.O. Box 27
Kipawa, Quebec
J0Z 2H0
Tel: (819) 627-8229/9624
Fax: (819) 627-3277



Outdoor Activities
"Foot Rally"



Movie Night
Galaxy Theater - North Bay



Skip Bo Tournament
Brother Against Brother Game

This year's March Break ...

This year we organized some old and new activities.
Swimming, Skip Bo Tournament,
Annual Foot Rally,
Movie in North Bay, Girls Sleepover etc...

Each event went very well, we had a lot of children and parent participation.

We would like to also thank all the volunteers who came out and gave their time to make this a success.



March Break
Skip Bo Tournament

"A" Class Winner - \$50.00
Kendra Young

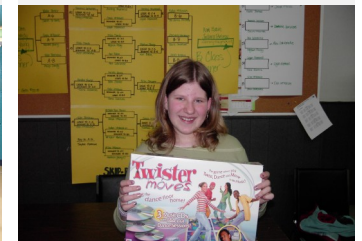
"B" Class Winner - \$25.00
Zachery Haymond

"C" Class Winner
Twister Moves Game
Erin McKenzie

Girls Sleepover
"Makeover Fun"



Temiscaming Rec Center
"Swimming Fun"



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JUST FOR LAUGHS

Big Chief Forget - Me - Not

An Australian travel writer touring Canada was checking out of the Vancouver Hilton, and as he paid his bill he asked the manager, "By the way, what's with the Indian Chief sitting in the lobby? He's been out there ever since I arrived."

"Oh that's 'Big Chief Forget - Me - Not'," said the manager. "The hotel is built on an Indian Reservation and part of the agreement is to allow the Chief free use of the premises for the rest of his life. He is known as 'Big Chief Forget - Me - Not' because of his phenomenal memory. He is 92 and can remember every slightest detail of his life."

The travel writer took this in, and as he was waiting for his cab he decided to put the Chief's memory to the test.

"Ello, mate!" said the Aussie, receiving on a slight nod in return. "What did you have for breakfast on your 21st birthday?"

"Eggs," was the Chief's instant reply, without even looking up.

Indeed the Aussie was impressed. He went off on his travel writing itinerary, right across the country to the east coast and back, telling others of Big Chief Forget - Me - Not's great memory. One local noted to him that "How" was a proper greeting for an Indian Chief and not "Ello Mate".

On his return to the Vancouver Hilton six months later he was very surprised to see 'Big Chief Forget - Me - Not' still sitting in the lobby, fully occupied with whittling away on a stick.

"How" said the Aussie.

MIGIZY GAS BUSINESS HOURSStore and Gas

Open Daily from 6:00 am - 11:00 pm

Restaurant

Sunday, Monday Tuesday, Wednesday 6:00 am - 10:30 pm

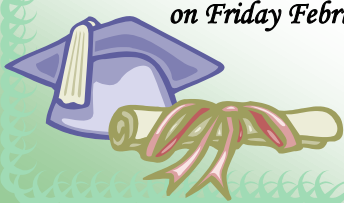
Thursday, Friday, Saturday 6:00 am - 11:00 pm

Breakfast Served 6:00 am - 11:00 am

HUMAN RESOURCE DEPARTMENT

Congratulations to Jennifer King

*Jennifer completed the
"Administrative Assistant Program"
at the Native Education & Training College
in North Bay, Ontario
on Friday February 25th, 2005*



*Best wishes for
continued success in
all your
future endeavors !!*

Kid Friendly, Fun and Educational Websites

The Bonus Room -- Super Site for Kids.
www.bonus.com

Kids Astronomy -- A dynamic children's astronomy website, with lots of fun things to do! www.kidsastronomy.com

Kids R Crafty -- Coloring pages, dot to dots, ABC activities and a whole lot more -- available in French and English.
www.kidsrcrafty.com

KidZone -- Fun facts, photos and printable activities for Kindergarten through Grade 6. www.kidzone.ws

Cool Plays -- Is the cool place for kids to have fun while learning! We feature free interactive online spelling games, puzzles, nursery rhymes, stories, science games and much more! www.coolplays.com

Fact Monster -- This website from Information Please offers an online dictionary, encyclopedia, almanac and homework help with sections on people, sports, the world, the United States, science, and numbers.
www.factmonster.com

Canadian Kidz -- Different resources and lots of fun for the whole family.
www.canadiankidz.com

Edu4Kids -- A place where they can come and play drill games to better their skills and to learn. www.edu4kids.com

Up To Ten -- Educational Games www.kidsgames.org.com

How Stuff Works -- This site was recently selected as "Reference Site of the Year" for current and practical content on equipment, technological tools, weather, and nutrition. www.howstuffworks.com

Amazing Kids -- Kids can show just how incredibly amazing they are on the Amazing Kids! website. Enter cool contests or nominate yourself for the Amazing Kids! of the Month award. Submit your artwork, writing, comics or your animation for our online galleries, or you can even find a mentor. www.amazing-kids.org

Kid's Corner -- Puzzles, games, art, Kids Speak, and links. Kids Speak is intended as an area "where kids 0 to 16 can exchange ideas, thoughts, get to know each other, have fun and become pen pals, as safely as possible." Has links to other fun-for-kids sites. www.kids.ot.com

Brain Pop -- This active and fascinating site offers movies online about health, science and technology. It also has special current event movies, scavenger hunts and fun brain squeezers for kids of all ages to enjoy. www.brainpop.com

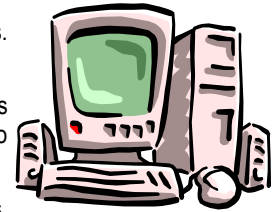
Funology -- Science fun for kids with jokes, games, magic tricks, trivia, recipes, and much more. www.funology.com

Ology -- Stories, games, and all kinds of activities for kids ages 8 to 12. www.ology.amnh.org

Room 108 -- Encourages reading by providing interactive picture books, math and educational activities. www.netrover.com/~kingskid/108.html

Learn Vocabulary -- Learning vocabulary can be great fun for everyone! Compete for prizes in monthly word puzzle contests. www.syndicate.com

Vocabulary -- Participate in these FREE vocabulary puzzles to enhance vocabulary mastery www.vocabulary.com



EAGLE VILLAGE FIRST NATION - JOB OPPORTUNITIES

**EAGLE VILLAGE FIRST NATION
JOB OPPORTUNITY
GAS ATTENDANT FOR GAS STATION**

Under the supervision of the Gas Station Manager, and in accordance with the policies adopted by the Band Council, the incumbent will be responsible for pumping gas, for customer service, for cleaning and for all other tasks written in the job description.

Salary: \$7.50 / hour

Requirements:

- High School Diploma would be an asset;
- Experience in operating gas pumps;
- Selected candidate must be well organized, structured, reliable, honest, punctual, sociable and service oriented;
- Good communication skills;
- Knowledge of the Algonquin language and French would be an asset.

“Priority is given to an Eagle Village First Nation member”

Please submit your Curriculum Vitae, including two most recent references, March 18th, 2005 before 4:00 pm to:

**Migizy Gas
c/o: Madeleine Paul
P.O. Box 756
Temiscaming, QC J0Z 3R0
Tel: (819) 627-3392 Fax: (819) 627-9428**

Note:

Only the pre-selected candidates will be contacted and interviewed.

**Le Centres Jeunesse de l’Abitibi-Temiscamingue
JOB OFFER
(PERMANENT)**

Position: Social Assistance Technician / Social Worker
(competition #8458 - union 1459)

Location: Kipawa

Status: Part-time 26 hrs / week

Description:

Under authority of immediate supervisor (native sector), you will be responsible for carrying out duties according to social work practices.

Requirements:

Candidates should possess a College Diploma in Social Work or related field. Bilingual (French/English) written / spoken mandatory.

Conditions:

Salary, social advantages and other benefits according to collective convention.

Duration of Posting:

From March 2nd, 2005 - March 16th, 2005

All interested applicants, please submit resume to:

**Madame Isabelle Matte
Service des ressources humaines
Centre Jeunesse de l’Abitibi-Temiscamingue
700, boul. Forest
Val d’Or, Quebec
J9P 2L3
Tel: (819) 825-0002 Fax: (819) 825-5132**

EAGLE VILLAGE ELDER’S CLUB

We now have gathered to form an Eagle Village Elder’s Club. There are now 36 members in the new club. The first meeting took place on January 26th, when the Health Centre sponsored a luncheon on our behalf. It was decided by the members at the last meeting that the age to join the Elder’s Club would be 50 years plus. Anyone wishing to join please call Virginia McMartin at 627-9060 at the Health Centre.

The Eagle Village Elder’s Club would like to thank everyone who supported our very first fundraiser, an afternoon of snacks and a Spaghetti Supper for the Sno-Pitch Baseball Tournament on February 13th, 2005. Thank you all for your support.

~ Kitci Migwetch from all of the Members ~

COMMUNITY NOTICE

**Community
Social Gatherings**

We are looking for any ideas or suggestions from the community for activities or events that could take place on Monday nights.

Please call the Joyce
at 627 - 9060 at the Health Centre
if you have any suggestions.

MIGIZY ODENAW CHILD CARE CENTRE JOB POSTINGS

**Migizy Odenaw Childcare Centre
Job Posting**

**Secretary-Bookkeeper
Full-time Position (35 hours per week)**

Mandate

Under the authority of the Director of the Childcare Centre, the secretary-bookkeeper is responsible for the Centre's secretarial and accounting tasks. She/He supports the director in ensuring that the Childcare Centre operates efficiently.

Tasks

Perform secretarial tasks such as word processing, filing, reception, and management of emails, faxes and mail, parent services as well as other related duties.

Apply and respect internal accounting controls, and look after the following elements:

- Bookkeeping and bank reconciliation
- Follow-up on accounts receivable
- Follow-up on accounts payable
- Prepare financial statements and reports
- Administration of material resources

Qualifications and Requirements

- Diploma in secretarial or administrative studies.
- Relevant work experience.
- Good knowledge of accounting practices.
- Knowledge of computers and accounting software programs.
- Ability to communicate and to create positive relationships with parents and staff members.
- Commitment and flexibility
- Good communications skills in English is essential, bilingualism English/French would be an asset
- Post interview background verifications will be performed
- Priority will be given to Eagle Village Band Members

Salary:

Commensurate with experience and training, according to the MESSF scale.

Note:

A detailed job description can be obtained from the Childcare Centre.

Please forward your resume by Thursday March 10th, 2005 before 4:30 pm to:

Patty Hunter, Director
Migizy Odenaw Childcare Centre
P.O. box 756
Temiscaming PQ J0Z 3R0

**Migizy Odenaw Childcare Centre
Job Posting**

**Educator
Full-time Position (35 hours per week)**

Mandate

Under the authority of the Director of the Childcare Centre, the educator is responsible for children in all aspects of their overall development, their hygiene, health, welfare and safety. The educator is also in charge of planning and applying the educational program for the age group assigned to her/him.

Tasks

Ensure quality educational services for children, and in particular:

- Plan and implement the educational program in order to ensure proper child development
- Plan and carry out transitions and routines
- Provide services to children with special needs
- Ensure and promote the health and safety of children
- Ensure quality communications with parents
- Cooperate with fellow team members and contribute to the Child Care Centre's team spirit

Qualifications and Requirements

- Diploma or Certificate in Early Childhood Education
- Relevant work experience in childcare may be considered
- Good communications skills in English is essential, bilingualism English/French would be an asset
- First Aid/CPR certificate
- Skills: love of children, patience, spontaneity, flexibility, resourcefulness, good communications with children and adults, friendly attitude and self-confidence
- Priority will be given to Eagle Village Band Members
- Post interview background verifications will be performed

Salary:

Commensurate with experience and training according to the MESSF scale.

Note:

A detailed job description can be obtained from the Childcare Centre.

Please forward your resume by Thursday March 10th, 2005 before 4:30 pm to:

Patty Hunter, Director
Migizy Odenaw Childcare Centre
P.O. box 756
Temiscaming PQ J0Z 3R0

NEWS FROM THE HEALTH DIRECTOR

Meetings Attended

I attended a meeting on February 17th and 18th as part of a National Committee on Capacity Building. This table allows us to bring recommendations to our funding source as to our problems encountered for reporting purposes and to the general administration of their programs. Health Canada's renewal of authorities procedure includes several of our recommendations.

I also attended a Social Services Forum hosted by the FNQLHSSC in Quebec City. Several communities presented their accomplishments in regards to the handling in their own way, of the Youth Protection Act and the Laws relating to the Young Offenders. Although some of their initiative are commendable and suited for a large or agglomeration of communities, they are not suited for a community of our size.

On March 3rd in Wendake Quebec, I attended a Regional Advisory Committee meeting for the services received under the Non Insured Health Benefits (NIHB) Program. Several key people were on hand (Regional Chief Ghislain Picard) to help us deal with the problems we encounter on a community level. Very often, our efforts to safeguard our right to health services need strong political support in order to bring about change on a national level.

Key issues we are dealing with include:

- Reporting requirements for medical transportation. We remain focused on only giving the strict necessary of information to Health Canada so we can abide by the O.C.A.P. ownership, controls & access principles.
- Counter acting against a 27 million \$ cut forecasted over the next 3 years from within the NIHB programs. This program represents the base of our health system. Without the proper primary care supported by prescription drugs, over-the-counter medication, medical transportation services, medical supplies and non-insured medical services, all the community prevention efforts done across this country by our First Nations' Health Centers' will be inevitably discouraging.
- Orthodontics is another major problem in our Quebec Region. When the Order of Quebec's Orthodontists (braces, bridges) recommend to their people to not deal with First Nations and the NHIB program, we have a serious problem. Luckily for us, we deal mostly with Ontario professionals who have not taken such a drastic stand. Most of the problems originate from the extended taxing efforts the orthodontists' have to do in order to prove that the First Nation's client is in need of specialized treatment and to the fact that Health Canada can take up to 90 days to pay for services.
- Drug lists are being compared as we speak. Our committee recommended that a comparison study be conducted so we can compare the differences between our plan and those of other federal beneficiaries or RAMQ recipients. Differences will be addressed accordingly. The multitude of non-covered prescription medications you have forwarded to my office was included to the list we presented to the NIHB manager for further explanation and correction. I thank all the members who brought those meds to our attention. You will be notified of any changes to the system.

The Vermiculite file has taken up a lot of both the Health and Band Administration time. Lance and I knew that in taking care of business on a local basis would entail some regional & national responsibilities. Dozens of our operational booklets have been distributed to communities that are dealing with Asbestos in their homes along with organizations like Indian and Northern Affaires, APTN and the AFN.

**ST. JOHN AMBULANCE
BABYSITTING COURSE**

SATURDAY MARCH 19TH, 2005
9:00 am - 4:30 pm
EAGLE VILLAGE COMMUNITY HALL
LUNCH AND SNACKS WILL BE SERVED
YOU MUST BE 11 YEARS OF AGE OR OLDER
FOR MORE INFORMATION OR TO REGISTER
PLEASE CALL PATTY AT 627-3455
DEADLINE TO REGISTER IS MARCH 11TH !!

**FIRST AID AND CPR
COURSE**

EAGLE VILLAGE COMMUNITY HALL
SUNDAY APRIL 3RD, 2005
8:30 AM - 5:00 PM
MONDAY AND TUESDAY APRIL 4TH AND 5TH
6:00 pm - 10:00 pm
TO REGISTER OR FOR MORE INFORMATION
PLEASE CALL PATTY AT 627-3455

HAVE YOU EVER HAD A HEADACHE AND WONDERED WHY??



Sometimes you don't have to think very hard to figure out why you have a headache. Maybe you have consumed red wine or cheese or you may have lingered in a smoke-filled room, all of which can trigger migraines. You may be tired from lack of sleep or stressed from a tough day at work. Such circumstances can give rise to tension-type headaches or migraines, the most common types of headache.

However, many other headaches are less common and are brought on by a variety of factors that may surprise you. The following headaches described below represent only a few of the more than 150 types of headaches recognized by the International Headache Society, which maintains a comprehensive guide for classifying headache and facial pain. In some cases, headaches are directly related to a specific action. They typically resolve after the offending factor — for example, alcohol or ice cream — is gone, and they usually have no lasting impact on your health. However, some headaches can be symptoms of serious problems, which need to be checked out by a doctor.

Primary Cough Headache Coughing, sneezing, laughing or bending over may cause this type of headache, most likely by increasing blood pressure in the veins in your head. The headache typically comes on suddenly and lasts for a few seconds to several minutes. The pain is often described as sharp or stabbing and is typically located on both sides of your head and at the back of your skull. You're most likely to experience this type of headache if you're age 40 or older and male — these headaches affect roughly three times as many men as women. If you experience such headaches, it's a good idea to see your doctor — particularly if they're frequent, severe, long-lasting or represent an increasing pattern. Your doctor may recommend a magnetic resonance imaging (MRI) exam. This exam can help determine whether you have a primary cough headache, which isn't serious, as opposed to another sort called a *secondary* cough headache. Secondary cough headaches can occur as a result of serious problems, including brain tumours and brain malformations.

Ice Cream Headache One of the few good things about an ice cream headache is that it's often gone in the time it would take you to say its medical name — "headache attributed to ingestion or inhalation of a cold stimulus." Well-known causes of this condition are eating ice cream quickly or gulping a cold drink. Inhaling cold air can cause them, too. The headache feels like a sharp, stabbing pain in your forehead. The pain peaks about 30 seconds after it begins, and it's almost always gone in less than two minutes. Cold material moving across your palate and the back of your throat is what brings on this type of headache. One possible mechanism is that this temporarily alters blood flow in your brain, causing the brief headache. You may be more susceptible to these if you're prone to migraines.

Monosodium Glutamate-Induced Headache Monosodium glutamate (MSG) is a food additive that can trigger headaches. Since it's often found in Chinese foods, an MSG-induced headache is sometimes referred to as "Chinese restaurant syndrome," though the additive is also an ingredient in many processed meats and tenderizers. The ingredient. The headache is typically dull and constant and may

be at the front or both sides of your head. You're also likely to feel other symptoms, including flushing, pressure in your face; a burning feeling in your chest, neck or shoulders; dizziness; and digestive some discomfort. An "MSG" headache typically will begin within 30 minutes of consuming the ingredient and the headache typically goes away within 72 hours after eating a food containing MSG.

External Compression Headache This condition, sometimes known as "swim-goggle headache" results from continuous pressure on your forehead or scalp, such as from a tight hat, headband or — not surprisingly — swim goggles. The pain is constant and hurts the worst where the object is pressing on your head. A simple solution relieves the pain: Remove the head wear causing the pressure. If you leave the troublesome item on your head for too long, your headache could turn into a migraine. Hangover headache — if you've ever felt the pain caused by drinking too much alcohol the night before, you're not alone. This malady, technically known as "delayed alcohol-induced headache," is a pulsating pain that's felt in the front and on both sides of your head. It may worsen when you move around. Excessive drinking may cause these delayed headaches through a variety of means. Alcohol contains ethanol, which is a chemical that causes blood vessels to expand, which can give you a headache. The ethanol may also cause dehydration, which contributes to headaches. Ingredients called congeners, which gives many types of alcohol their flavour, also can cause headaches. These are found in larger amounts in dark liquors, such as brandy, tequila and whiskey, than in clear liquors such as vodka and gin.

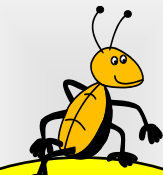
Primary Exertional Headache You might experience an exertional headache after prolonged physical exercise, such as weightlifting, dancing, running, bowling or football. It's more likely to occur if you're exercising in hot weather or at a high altitude.

Like the cough headache, these headaches sometimes occur as a result of increased pressure in your head, particularly if the exertion is from lifting weights. While straining to heave a weight, you may inadvertently do what's called a *Valsalva maneuver*, which is the term for trying to exhale while holding your breath. This act — which also can play a role in primary cough headaches — increases pressure in blood vessels in your head. Exertional headaches cause a throbbing pain that gradually builds in intensity and is felt on both sides of your head. The pain can last from five minutes to 48 hours. Headaches after exertion can be a benign issue, but they also can point to a serious underlying cause, such as bleeding in the brain or a separation in the lining of an artery in your brain. If you have an exertional headache, see your doctor for an evaluation, particularly if it's your first headache of this type.

The next time you're squeezing your aching temples with one of these unusual headaches, keep in mind that what would be really unusual is if you managed to make it through an entire year without having some sort of headache. 90 percent of men and 95 percent of women have at least one during a year's time.

Knowing more about why these unusual headaches develop and how to treat them and avoid them — may help you prevent your share of them.

Everything you NEVER
wanted to know about
HEAD LICE ...



WARNING:
The following information
will make your head itch !!

Anyone with hair can get lice ...

Lice like everyone! As much as the thought of lice may disgust you, the fact is that if you have a child, and they have hair, they can get lice. It has nothing to do with cleanliness or housekeeping abilities. So, let's get to know the enemy.

Head lice are extremely tiny critters than can only live on a human head. An adult will glue up to ten nits, or eggs, a day onto the hair shafts and continue to do this for about 10 days. After a week, the nits hatch into a nearly invisible nymph stage, and a week later the mature adults begin laying nits.

Lice have six legs with hooks on the end. Once these guys get onto a head, they hold on for dear life. Lice are experts at playing Hide and Seek. They can be the colour of the hair, hide behind the hair shaft and move an amazing one inch in 5 seconds. Don't be surprised if you never actually see a louse on your child.

About chemical treatment: Nix®

Nix® and similar treatments can be purchased without a prescription. Although it is the most effective of the chemical treatments, it will not kill lice that have become resistant.

Wash the hair with a mild shampoo that contains NO CONDITIONER, such as baby shampoo. Following the instructions on the box, apply Nix®. Comb the hair with a clean lice comb to remove the nits. Dry hair as usual. Repeat Nix® treatment in seven days. REMEMBER: Since lice may be resistant to Nix® and other pesticides, you must perform daily nit combing for 14 days after using these products to assure complete removal of lice and nits.

Caution! Do not use Nix® when open sores are present and/or on children who are less than two months of age. Pregnant/ breastfeeding women should consult their health care provider before using Nix®. Never mix Nix® with other lice treatments. DO NOT USE any other cream rinse, shampoo containing cream rinse, hair spray, mousses, gels, mayonnaise, or vinegar on the hair for at least one week AFTER using Nix®, because they may weaken the action of Nix®. Chlorine in pool water may also deactivate Nix® leading to some treatment failures. Never use Nix® on eyebrows and eyelashes. Apply petrolatum jelly for a few days and pluck off nits with fingers. It is an insecticide and can be poisonous if used improperly.

**Never use
Nix®
more often than
recommended !**

Sometimes head lice resist one product. If you find head lice moving in the hair 24-48 hours after the first treatment, use a different head-lice product immediately. Repeat this treatment seven to ten days later

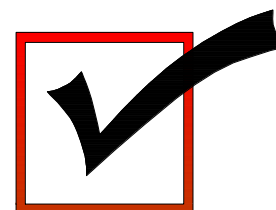
What should be cleaned?

Head lice do not survive for long once they are off the scalp. Head lice do not pose a risk to others through contact with furniture or carpets. There is no evidence that a major cleaning of the house or car is necessary.

On the day you start the treatment, wash in hot water all dirty clothes, bedding, towels, brushes and combs. Items that cannot be washed, for example their pillows or stuffed animals, can be placed in a plastic bag for ten days or in the freezer for 48 hours. Your child's car seat may be vacuumed as a precaution.

Success Checklist

- Check all family members for lice or nits. The school can help.
- Go to drugstore and purchase lice treatment. Read instructions and precautions before purchasing.
- Apply lice treatment exactly as instructed. **This is REALLY important !!**
- Remove all nits.
- In very hot water, wash combs, brushes, hats, towels, pillow cases, clothing, etc.
- Kill lice and nits on large items by heating them in the dryer, dry cleaning, bagging for two weeks, or freezing.
- Vacuum carpets, furniture and car interior.
- Inform parents of others in contact with your child. VERY IMPORTANT!
- Re-treat in 7-10 days. Inspect hair 1-2 times a week for the next four weeks.



**Not sure if treatment is needed or treatment was effective?
Do not hesitate to visit the nurse at the Health Centre.**

Study Shows ... A laugh a day keeps the doctor away !!

A good belly laugh doesn't just make you feel good: it just might make your blood vessels work better, a new study has found.

The study's researchers found that emotions may be closely linked to blood vessel function. And they came to their conclusion after monitoring volunteers as they watched both funny and dramatic films.



Laughter appears to cause the tissue that forms the inner lining of blood vessels, the endothelium, to dilate or expand, in order to increase blood flow, the researchers at the University of Maryland School of Medicine in Baltimore found.

Emotionally-wrenching movies that produced mental stress, on the other hand, caused vasoconstriction-tightening of the blood vessels, which reduces blood flow.

The researchers say the findings suggest that laughter may do your cardiovascular system some good while mental stress will slow down blood flow.

"Given the results of our study, it is conceivable that laughing may be important to maintain a healthy endothelium, and reduce the risk of cardiovascular disease," says study leader Dr. Michael Miller, director of preventive cardiology at the University of Maryland Medical Center.

"At the very least, laughter offsets the impact of mental stress, which is harmful to the endothelium."

The beneficial changes that laughter brought were similar to the benefit seen with aerobic activity, says Dr. Miller.

"We don't recommend that you laugh and not exercise, but we do recommend that you try to laugh on a regular basis.

"Thirty minutes of exercise three times a week, and 15 minutes of laughter on an average daily basis is probably good for the vascular system."

The study looked at 20 volunteers who had normal blood pressure, cholesterol and blood glucose levels. Each volunteer was shown a 15 - minute segment of a movie - either a comedy, or drama. The drama was the opening scene of "Saving private Ryan", while the comedy was "King Pin." Forty - eight hours later, they were shown the other movie.

Brachial artery flow was reduced in 14 of the 20 volunteers following the movie clip that caused mental stress. In contrast, beneficial blood vessel relaxation, or vasodilation, was increased in 19 of the 20 volunteers after they watched the comedy.

The NNADAP Corner

Thank You

I would like to thank everyone who attended the Valentine's Dinner on Saturday February 12th, it was great success; hope you all enjoyed it !
The winner of the "One Night North Bay Get-Away" was Jason McLaughlin. Congratulations Jason !

A special thanks to the cooks: Pat, Janine and Terry for preparing such a delicious turkey dinner !!

A big thanks to the girls for they're hard work in serving this delicious meal and helping the cooks in the kitchen. Great job !!

The Youth Dance that was scheduled for Friday March 4th, 2005 is cancelled. It will be rescheduled at a later date.

THE NNADAP CPRNER ... JUST FOR TEENS

RUNNING AWAY

When you were six and the bully next door stomped all over the castle you had built in the community sand box, you cried and thought that was the worst thing that had ever happened to you. Your mom wouldn't go over and yell at him to avenge the wrong that had been done to you so you felt unloved and persecuted. That's when you decide you'd show everyone by running away. Yes, that's it. You'd run away and live on a deserted island. They'd never see you again. Boy, would they ever be sorry! The bully would probably get the electric chair or something! Of course, as it turned out, you were back by lunchtime and in fact, no one had even noticed you had been gone.

When you were ten and your goldfish died, remember how you went into mourning? You couldn't help yourself from crying, because you had really loved little Freddy. Remember how you made the little coffin out of a film canister and you had to bend his tail over to make him fit? How you tried to invite your family to the "funeral" and all your father could say was, "If you take him out of that film canister, he'll make good fertilizer for the garden." It was pretty obvious to you that they didn't care very much about you or your goldfish, and that's when you decided you'd show everyone by running away. Yes, that's it. You'd run away and live on a deserted island. They'd never see you again. Boy, would they ever be sorry! Dad would probably get "Unfit Father of the Year Award" or something when they found out what he'd said!

Of course, as it turned out, when you were packing your bag, you suddenly remembered you had run out of fish food for Freddy at least three weeks ago and you had meant to get more...

Most people think of running away at some time in their lives. When you were a child, running away was more a case of "getting even" with someone you felt had "done you wrong", usually your parents. Looking back, you probably think it's funny how serious you thought things were then. What seemed a real tragedy then, was just one of those things that happen. You grew older, and suddenly the problem was trivial.

A lot of you may see running away as a problem solver. Even adults, with secure jobs and families, sometimes long to just "disappear" and leave their problems and responsibilities behind. The difference is that when you are an adult, you are expected to be able to solve your own difficulties.

Someone who runs away are considered immature, and often a failure by their own admission. (They couldn't take the heat, so they got out of the kitchen.) But often, the things that seem so important and overwhelming one day, can be handled and solved efficiently the next day, after a good night's sleep and a calm, rational view of the whole situation. Some problems take a little more handling than a good night's sleep, but the fact is, all things pass into time and even your worst troubles now have a solution. Solving your problems is a mature act in itself. Problem-solving means asking the question, "How

do I change the things that are wrong?" Running away is not problem solving; running away is problem leaving. Problem leaving is like having a messy room in your house and instead of cleaning it up, moving into a room. As you accumulate more mess,

and move into more rooms, your garbage doesn't go away, but you start running out of clean rooms. In other words, you run out of options. Problem solving means you keep all those rooms available to you.

Although more and more teenagers see running away from home as a cure-all for the problems they are encountering in their life, if you step back and look at the situation logically, you see that running away solves little, if anything, and opens up a whole new set of problems. Firstly, our society does not approve of youth being unsupervised. Until you reach at least the age of sixteen, you are a fugitive on the streets if you do not reside with a legal guardian. The law requires that you attend school, and jobs are not readily available to teenagers. What then, are your options if you are on the street?

Unless you are lucky enough to be able to lie your way into a respectable job and get away with it, prostitution is your most likely form of employment, because "Johns" don't ask questions. If you manage to stay away from the pimps, it would probably be because you found an alternate means of support, like drug trafficking. In other words, because of your age, there is not a legitimate place for you yet in society, so the only way to survive is often by illegal means. Of course, once you have embraced the wrong side of the law, you are twice as vulnerable to being picked up by the police and obtaining a criminal record. Problems, upon problems. The hole you were trying to escape from just keeps getting deeper. More messy rooms.

So what do you do? Sometimes life at home is intolerable and you feel like you have to get away. If you don't think you can find a solution yourself, there is always help from somewhere. Sometimes you have to look in a couple of different places, but if you persevere, help is available. If you are thinking of running away, we'll assume that you are not getting along very well with your parents at the time, so how about someone else? Are you close to your grandparents? Maybe you can talk to them and they can help you find some solutions. What about your school guidance counselor? Your best friend's parents? Your priest or religious leader? Your youth club leader? Go to the people who care about you. They are supposed to be your resources. They are there to help. If all else fails, there is a toll-free number that is available 24 hours a day to you called Kids Help Phone. There are people there who will just listen to you, or can refer you to somebody in your own area. The number is 1-800-668-6868. Try all of these options before you consider running away. You owe it to yourself to find a solution that will not put your life and your future in jeopardy.

**"JUST FOR TEENS" ARTICLE
SUBMITTED BY VICKY CONSTANT
NNADAP ~ 6279060**

MARCH IS NUTRITION MONTH

CAUTION:

Portion sizes may be larger than they appear....

With the emphasis on getting more for your money many people have lost sight of standard portion size. Eating large portion sizes can lead to overeating resulting in overweight and obesity.

How will do you know your portion sizes?

Weather you're grocery shopping, cooking, eating on the run, or dining out, you have to make quick decisions on how much to buy, make or eat. It can be challenging at times to make wise choices!

Using Canada's food guide to healthy eating as your guide, guess how many servings are in each of the following foods?

1. How many servings of Grain Products are there in a 12 inch submarine bun?
A. 2 servings B. 5 servings C. 6 servings
2. About how many servings of Meat and Alternatives are there in the meat patty of a quarter pound burger?
A. 1 serving B. 2 servings C. 3 servings
3. About how many servings of vegetables and fruit are there in a 360 ml bottle of juice?
A. 1 serving B. 2 servings C. 3 servings

4. How many servings of Grain Products are there in a spaghetti dinner in a typical restaurant?
A. 2 servings B. 4 servings C. 6 servings
5. How many servings of Milk Products are there in 1 slice (25g) of processed cheese?
A. None B. 1/2 serving C. 1 serving

Answers:

1. (C) Yes indeed! A 12 inch submarine bun gives you 6 servings of Grain Products. Since CGHE recommends 5 - 12 servings per day, if you are on the lower end of energy requirements, this could be more than your entire days supply of Grain Products. Think of sharing it with a friend.
2. (B) A quarter pound (120g) burger gives you approximately 2 servings as one serving of Meat and Alternatives is 50 - 100g. Since CFGHE recommends 2- 3 servings per day, this burger might just be all you need for the day! Try a small burger instead.
3. (C) One serving of juice is 125 ml. This bottle of juice counts as 3 of the recommended 5 - 10 Vegetables and fruit for the day.
4. (C) A common restaurant portion size of spaghetti is 3 cups which equals 6 servings of Grain Products. Eyeball the portion size you need and take the rest home.
5. (B) One slice of processed cheese equals 1/2 serving of Milk Products. Get the rest of the recommended 2 - 4 servings from other foods such as milk and yogurt.

KEEP YOUR EYE ON PORTION SIZE ... USE THESE VISUAL IMAGES TO HELP YOU

Canada's Food Guide to Healthy Eating recommends every day for adults ...	Specific Food	Portion Size	Looks Like
Grain Products	Pasta, Rice, Bagel	125 mL (1/2 cup) 1/2 small	1/2 baseball 1 hockey puck
Vegetables and Fruit	Fresh fruit such as an apple Dried fruit Baked potato	1 medium piece 60 mL (1/4 cup) 1 medium	1 baseball 1 golf ball Computer mouse
Meats and Alternatives	Meat, poultry, fish Cooked kidney beans Nuts such as peanuts, almonds	50 - 100 g cooked 125 - 250 mL (1/2 - 1 cup) 75 mL (1/3 cup)	Deck of cards or palm of hand 1/2 - 1 baseball Cupped palm of hand
Milk Products	Yogurt Chhese	175 g (3/4 cup) 50 g (2 ounces)	175 g (6 ounces) yogurt container 3 dominoes

Urban Legend

Forwarded emails warning that non-prescription medicines containing phenylpropanolamine hydrochloride may have an adverse health effects were accurate at the time they were issued but are now outdated.

Phenylpropanolamie (PPA) is no longer being used in nasal decongestant in prescription and over the counter cough and cold, and sinus remedies, and some combination allergy medications. The decision was made in June 2001 by Health Canada and, since then, products have been reformulated by either the removal of PPA or replacement of it with a safe and effective alternative nasal decongestant.

If you have any doubts, you can check for "phenylpropanolamine" on the list of ingredients on the product label or consult with a pharmacist or a physician.

A Healthy Menu for Easter Holiday Dinner...

MASHED POTATO LAYER BAKE

Ingredients:

- 4 large white potatoes, peeled, chopped and cooked
- 2 large sweet potatoes, peeled, chopped and cooked
- 1 tub (250 g) Philadelphia Chive and Onion Spreadable Cream Cheese, divided
- 1/2 cup of sour cream, divided
- 1/4 tsp. each salt and pepper
- 1/4 cup Kraft 100% Parmesan Shredded Cheese, divided
- 1/4 cup Kraft Double Cheddar Shredded Cheese, divided

Directions:

Preheat oven to 375°F. Place white and sweet potatoes in separate bowls. Add half each of the cream cheese and sour cream to the potatoes in each bowl; season with salt and pepper. Mash with potato masher or fork until creamy.

Stir half of the Parmesan cheese into the bowl of white potatoes. Stir half of the cheddar cheese into bowl of sweet potatoes. Alternately layer half of each of the white potato mixture and sweet potato mixture in 2-L clear glass casserole dish. Repeat layers.

Bake for 15 minutes, sprinkle with remaining cheeses, continue baking 5 minutes or until cheeses are melted.

Per 1/2 cup serving:
180 calories, 8.1 total fat, 185 mg of sodium
EXCELLENT SOURCE OF VITAMIN A

MAPLE WALNUT GLAZED HAM

Ingredients:

- 1 cup of orange marmalade
- 1/4 cup of low sodium soy sauce
- 1/4 cup of firmly packed brown sugar
- 1 fully cooked boneless ham (3 lb)
- 1 cup toasted walnut pieces

Directions:

Mix marmalade, soy sauce and brown sugar.

Bake ham as directed on label, brushing with 1/4 cup of the marmalade mixture for the last minute 20 minutes of the ham baking time.

Place remaining marmalade mixture in small saucepan; bring to boil on medium heat, stirring occasionally.

Per serving
340 calories, 15 total fat, 1 gram of dietary fibre

BROCCOLI AND CAULIFLOWER SALAD

Ingredients:

- 1 medium head of cauliflower, cut into florets, blanched
- 1 medium bunch of broccoli, cut into florets, blanched
- 1 medium onion, finely chopped
- 1 cup grated Cracker Barrel Old Cheddar Cheese
- 1/2 cup Oscar Mayer Real Bacon Bits
- 1 cup Miracle Whip Dressing
- 1 tsp. mustard

Directions:

Toss cauliflower, broccoli, onion, cheese and bacon bits in large salad bowl.

Mix dressing and mustard.

Pour over salad; toss to coat. Cover and refrigerate until ready to serve.

Per 1/2 cup serving:
123 calories, 9.8 total fat, 1.7 grams of dietary fibre
EXCELLENT SOURCE OF VITAMIN C

ORANGE DREAM CHEESECAKE

Ingredients:

- 1/4 cup Honeymaid Graham Crumbs
- 2/3 cup boiling water
- 1 pkg. (10.2 g) Jell-O Light Orange Jelly Powder
- 1 cup 1% cottage cheese
- 1 tub (250 g) Philadelphia Light Cream Cheese Spread
- 2 cups thawed Cool Whip Light Whipped Topping

Directions:

Sprinkle crumbs onto bottom of 8- or 9-inch spring form pan or 9-inch pie plate sprayed with no stick cooking spray.

Stir boiling water into jelly powder in large bowl at least 2 minutes until completely dissolved. Cool 5 minutes. Pour into blender container. Add cheeses; cover. Blend on medium speed until well blended, occasionally scraping down side of blender container; pour into large bowl.

Add whipped topping; stir gently until well blended. Pour into prepared pan; smooth top with spatula. Refrigerate 4 hours or until set. Remove side of pan just before serving. Store leftover cheesecake in refrigerator.

Per 1/8 of cheesecake
149 calories, 8.3 total fat, 307 mg of sodium

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Melvin Glenda , Joan Terry, Virginia are on holidays this week		1	2	3 Bingo	4	5
6 Helen is in Winnipeg for training this week	7 Vicky is in Quebec City for a NNADAP Regional Meeting (7th - 11th)	8 Dr. Brock is at the Health Centre today	9 Karate	10 Bingo	11	12 Snowmobile Rally
13 Tina, Jennifer are on holidays this week.	14 Karate	15 Dr. Gurekas is at the Health Centre today	16 Arlene is at an HRD Meeting in Montreal (15th - 16th) Karate	17 MONSTER BINGO	18	19 Babysitting Course
20 Cecile, Jennifer are on holidays this week.	21 Karate	22	23	24 Bingo	25 Health Center and Band Office are closed for Good Friday	26
27	28 Health Center and Band Office are closed for Easter Monday	29	30 Dr. Zivkovic is at the Health Centre today	31 Bingo	MARCH 2005	

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 Karate	12	13 Karate	14 Bingo	15	16
17	18 Karate	19	20	21 Bingo	22	23
24 31	25	26	27	28 Bingo	29	30