

# Migizy Odenaw Newsletter

www.eaglevillagefirstnation.ca



Eagle Village First Nation  
P.O. Box 756  
Temiscaming, Quebec  
J0Z 3R0  
Tel: (819) 627-3455  
Fax: (819) 627-9428



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) 627-9624/8229  
Fax: (819) 627-3277

## Migizy Gas Receives An Award

It is with great pleasure to announce that “Migizy Gas” won first place in the “Entrepreneurship Contest of Quebec” at the local level in the Social - Economic Category.

We will now advance to the next level, which is the Regional Level where the winners will be announced at a Gala on May 5th, 2005 in Rouyn, Quebec. Chief Lance Haymond and Madeleine Paul our Gas Station Manager/Councillor will be attending the Gala on behalf of Migizy Gas.

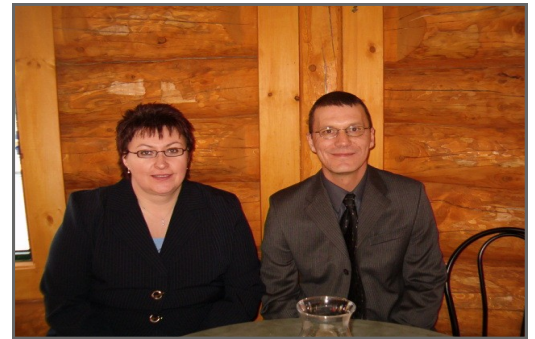
Migizy Gas was selected for the award for two reasons. The first being that it is a “community” owned business venture and secondly for its architectural design. The building structure is very impressive from both the interior and exterior perspectives. This project was the result of a lot of hard work and dedication. Congratulations.

## What is the Quebec Entrepreneurship Contest?



Since its creation seven years ago, the Quebec Entrepreneurship Contest has come to be recognized as the biggest contest of its kind in Quebec. It is designed

to promote the development of entrepreneurship in Quebec by rewarding student entrepreneurship as well as business creation. With this goal in mind, the contest seeks the involvement of representatives from the world of education, the business community and community organizations. It is open to all residents of Quebec.



Pictured above:  
Madeleine Paul - Gas Station Manager/Councillor  
Chief Lance Haymond

Pictured below:



## Inside this issue:

Migizy Gas Receives An Award	1	Fall Prevention	7
An Article From Chief & Council	2	The NNADAP Corner	8
Regulations Results & Nomination Results	3	Health Of Aboriginal Women & Elder's Club	9
Community Notices & Housing Department	4	What Is Climate Change?	10
Upcoming Community Activities	5	Healthy Recipes for Mother's Day	11
News From The Health Director	6	Calendar for May and June 2005	12

## An Article From Chief And Council

I would like to continue to give you more information on the issues and meetings that I have attended on behalf of the community. As I had mentioned in the last newsletter to improve the quality of life of our members, we need to be where the decisions are being taken, where programs and new monies to support them are being decided. If we are not there telling Government and their agencies what we need, who is going to do it for us? If I, and the Council just sat and administered programs that we have without trying to improve or advance issues we would be criticized for doing nothing, besides we already have managers in place to administer our programs.

We have made considerable progress over the past few years by being active in all areas and please be aware that I do not do this alone, the Council and Staff also deserve recognition for our situation and reputation that we have earned. Our community is recognized as a leader in a number of areas from good management to leading the country in dealing with issues such as removal of asbestos from our homes. As a result of this good reputation we are invited to speak, give presentations and share our experiences with the other First Nation communities across the province and across this country.

As leadership we are learning new things everyday and gaining more experience on how to apply that new knowledge to advance the issues of this community. When Governments create new programs and funding, we need to understand how these things work and how we can use them to meet the needs of our population. Do we know everything? No, we don't however we are committed to learning and understanding the big picture. Is there room for improvement? Yes there is and one of these areas that we need to improve is communicating everything that we are doing as Chief and Council so you as members all have the same information. We will continue to use the newsletter and web site to get more information to the people.

There are so many issues that are going on and sometimes we get overwhelmed but we keep going and doing what is in the best interest of this community. As I had mentioned in the last issue we have had many successes as a result of the approach of being where the decisions and discussions are taking place and using that knowledge to advance our issues. Our priorities are to continue to build our own institutions and facilities such as the Gas Station, Daycare and Forestry etc., while at the same time creating the maximum number of new jobs for our members. In the future we need to look at facilities for our Elders, which is a priority, additional facilities for our children and perhaps our own school.

As leadership, we would like to meet all the demands and requests from our members but we can't and sometimes we have to make hard decisions. I believe that is why you elect us as the leadership of this community, to make the decisions that are in the best interest of Eagle Village First Nation.

I also want to inform you that I sit on many regional boards and I also represent the Quebec Region on three National Committees. I am a part of the following committees:

I also want to inform you that I sit on many regional boards and I also represent the Quebec Region on three National Committees. I am a part of the following committees:

Regional

- Chief's Strategic Committee
- Childcare Committee – Political Rep.

National I, represent the Quebec Region on the following National Committees of the Assembly of First Nations :

- Chief's Committee on Housing
- Chief's Committee on Health
- Chief's Committee on Employment and Training

I just wanted the opportunity for everyone to understand what we are trying to do on your behalf and we greatly appreciate the opportunity that you as members have given us as leadership to advance the issues that are important to our community's development.

**Meetings Attended by Chief Haymond – April****Chiefs Committee on Housing**

March 29 2005 - Vancouver BC

- Allocation of new 295 million for housing

**Assembly of First Nations - National Chiefs Meeting**

**March 30 & 31 2005 - Vancouver BC**

- Implementing First Nations Government
- Housing and Health

**Indian Affairs and CMHC & ANFQL**

April 6 - 8 2005 - Trois Riviere, QC

- Meetings to discuss how the new housing dollars will be distributed in Quebec Region

**Housing Stake Holders Meeting**

April 12 - 14 2005 - Ottawa, ON

- Further discussion on how the new dollars for housing will be used, what programs they will be allocated under and how will they be developed at a community level.

**Assembly of First Nations Policy Conference**

April 19 - 21, 2005 - Ottawa, ON

- Housing, Education and Environment

*Please note that all these meetings are on housing which is an important file for Eagle Village First Nation as we will need new housing units to meet our backlog of people waiting for a home. The cost to cover these meetings is paid by AFN. The only cost to the community is my time.*

**Upcoming Meetings****ANFQL**

May 2 & 3, 2005 - Ottawa, ON

- We will be on Parliament Hill lobbying and meeting politicians from all parties to sensitize them to Quebec's needs in housing and education

**Assembly of First Nations of Quebec and Labrador**

May 19 - 21, 2005 - Quebec, Qc

- Quarterly chief's meeting

Regulations For Docks

Please be advised that we met with the Game Wardens on Monday April 25th, 2005 to discuss the construction of new docks. The wardens are there to apply the law for new dock construction and rehabilitation of existing docks and they asked us to inform our population of the rules:

1. If you are building a **new** dock with piers you must get a permit from the government.
2. If you are building a floating dock, no permit is required.
3. If you use posts, metal or cement, you require no permit
4. If you refurbish an existing dock and piers, you may do so without a permit if you do not change the bottom of your pier that is on the ground. You may rebuild up from the piece on the ground. If the piece on the ground is replaced you must get a permit for the work.

*If you have any questions please contact the band office and request to speak to a member of Council.*

Nomination Results

The nominations for the one Chief position and three Councillor positions was held on April 22nd, 2005 at the Eagle Village Community Hall. This is a summary of the nomination results. Please note that the high-lighted candidate has officially declined his nominated.

NAME OF NOMINEE	POSITION NOMINATED FOR	NAME OF NOMINATOR	NAME OF SECONDER
Lance Haymond	Chief	Roger Duguay	Wallace Tepiscum
Lance Haymond	Chief	Wallace Tepiscum	Bryan McKenzie
Lance Haymond	Chief	Bryan McKenzie	Mary McKenzie
Lance Haymond	Chief	Mary McKenzie	Marion Samuel
Lance Haymond	Chief	Marion Samuel	Sheila Chevrier
Lance Haymond	Chief	Sheila Chevrier	Patsy Gardiner
Lance Haymond	Chief	Patsy Gardiner	Tina Chevrier
Lance Haymond	Chief	Georgette Fudge	Wanda Fudge
Lance Haymond	Chief	Emma Down	Flora Paul
Doris Hunter	Chief	Theresa Hunter	Priscillia Durocher
Joanne Morrison	Chief	Irvin Hunter	Theresa Hunter
<b>Terry Perrier</b>	<b>Chief</b>	<b>Priscillia Durocher</b>	<b>Theresa Hunter</b>
Madeleine Paul	Councillor	Arlene Chevrier	Vicky Young
David McLaren	Councillor	Arlene Chevrier	Vicky Young
Tony McLaughlin	Councillor	Georgette Fudge	Wanda Fudge
Gail Joly	Councillor	Noella Fortin	Roxane McKenzie
Debbie Hunter	Councillor	Theresa Hunter	Irvin Hunter
Jerry St-Denis	Councillor	Jimmy St-Denis	Joan St-Denis
Roxane McKenzie	Councillor	Alison McKenzie	Jennifer Chevrier

Eagle Village Fire Department



**Congratulations to the following Eagle Village Firemen:**

Clifford McKenzie, Nathan McMartin, Blair Fudge  
 Alison McKenzie, Travis Joly, Dale Down  
 John Dandy Jr, Bobby Perreault, Doug Chevrier  
 Ronnie Raymond, Corey Davidson, Mark Trepanier  
 They completed a re-cap of modules 1 to 6.

**MIGIZY GAS BUSINESS HOURS**  
 627-3392

**Store and Gas**  
 Open daily from 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

**Gift Certificates now available !!**

Education Department

**REMINDER  
FOR  
POST SECONDARY STUDENTS**

It is that time of the year again to renew your funding applications college and university in the fall (September 2005).

Due date is June 1st, 2005.

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.

Community Notice

**PLEASE DRIVE WITH CAUTION**

PLEASE BE CAREFUL WHEN DRIVING AROUND THE COMMUNITY ESPECIALLY BY LAKEVIEW STORE.

IT'S SPRING TIME WHICH MEANS THE KIDS ARE OUT AND ABOUT ON THEIR BIKES.

PLEASE WATCH FOR CHILDREN AROUND THE PARK AND COMMUNITY HALL,

**COMPLAINTS ABOUT DOGS**

THERE HAVE BEEN NUMEROUS COMPLAINTS ABOUT DOGS DIGGING IN GARBAGES AND DOGS DOING THEIR BUSINESS IN PEOPLE'S YARDS. UNLESS YOU ARE PLANNING ON FOLLOWING YOUR DOG TO PICK IT UP ... PLEASE RESPECT YOUR NEIGHBORS AND KEEP YOUR DOG TIED.

IF YOU ARE HAVING PROBLEMS WITH DOGS FROM OFF-RESERVE PLEASE CALL THE MUNICIPALTY.

Karate Demonstration

Come out and support our youth at the ...

**KARATE COMPETITIONS**

**Saturday May 7th, 2005**

**Gymnasium at EGT School**

**10:00 am - 5:00 pm**

**Entry Fee**

**\$3.00 for adults \$1.00 for children**



Housing Department



Hello Members,

I am the new Housing Administrator for Eagle Village First Nation. I commenced this position on February 14th, 2005. For those of you who do not know me, My name is Tanya McKenzie and I am originally from Eagle Village First Nation.

Since I have been in this position I have been very busy familiarizing myself with the administration policies and procedures. I attended a workshop in Notre Dame du Nord "Better Building - Better Maintaining" (construction view) and recently I attended the Housing Symposium in Montreal where the theme was "Better Building - Better Maintaining" (administrative view). Some of the topics that were covered included:

- Air exchange maintenance
- R2000 homes
- Home air tightness
- Home ownerships
- Heated floors
- Foundations
- Wall composition



This was also a great opportunity for me to meet with representatives from other First Nations to share ideas and experiences.

I plan to submit articles in the newsletter in the future to share information that I obtain. I look forward to serving you and not only help build homes but also help build our community.

If you would like to contact me, please feel free to call or email my office.

Tanya McKenzie - Housing Administrator  
Office Phone - (819) 627-3679  
Email - housing@eaglevillagefirstnation.ca

*Once again Eagle Village is pleased to announce the second annual ...*

## “COMMUNITY FAIR”

**Monday May 16<sup>th</sup>, 2005**

**at the Community Hall from 11:00 am to 8:00 pm**

This is an opportunity to come and learn about the programs and services available to you from the Health Centre, Band Office, Police Department and Fire Department  
Check out the Fire Department Demonstration

**Many great prizes to be won !!**

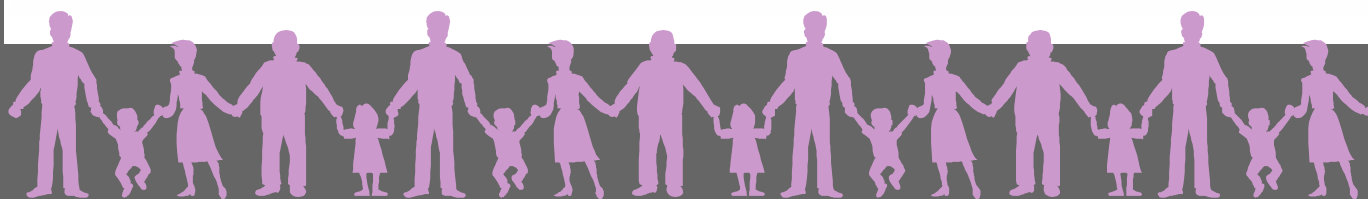
**Eagle Village Elders Club Fundraiser at the Community Fair**

### Lunch

Soup, Sandwiches, Beans, Bannock

### Supper

Hot Turkey Sandwich, with Mashed Potatoes, Veggies, and Dessert



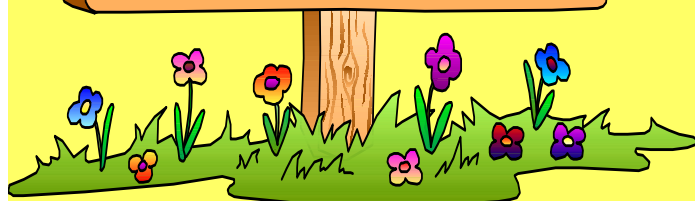
### ELDER'S CLUB FUNDRAISER

Garage Sale,  
Bake Sale & BBQ  
Saturday May 7th, 2005  
12:00 pm - 5:00 pm

You can rent a table for the garage sale for \$5.00 if you have any items that you would like to donate to the Elder's for their garage sale table please call Virginia at the Health Centre to arrange pick-up.

(Day) 9060 (Evening) 1872

Rain or Shine  
Hope to see you there!!



### COMMUNITY CLEAN-UP

SATURDAY MAY 7TH 2005  
9:00 AM - 1:00 PM

PLEASE MEET AT THE COMMUNITY HALL  
GLOVES ,GARBAGE BAGS AND RAKES WILL BE  
DISTRIBUTED

IF YOU ARE AVAILABLE TO MAKE TRIPS TO  
THE DUMP ... LET US KNOW  
CALL THE HEALTH CENTRE 627-9060

ALL PUBLIC AREAS NEED TO BE  
CLEANED ...  
COMMUNITY HALL  
PARK, BALL FIELD ETC

CLEAN YOUR OWN YARDS AS  
WELL AND PLACE YOUR  
GARBAGE AT THE END OF YOUR  
DRIVE WAY FOR PICK-UP

FREE  
HOT DOG/HAMBURGER  
AND BEVERAGE AT THE ELDER'S  
BBQ FOR  
CLEAN-UP PARTICIPANTS



News From The Health Director - David McLaren

**Meetings Attended**

I attended a Board of Directors Meeting with the FNQLHSSC on April 21<sup>st</sup> & 22<sup>nd</sup>. Program and budget reviews were the main subjects discussed.

On April 26<sup>th</sup>, the Zone Nursing Supervisor, the Wendake Pharmacist and the Drug Distribution Program Coordinator were at our Health Centre for an internal audit of our facilities. During their visit, they made us aware that by June 2006, we will be subjected to more cuts on our (OTC) over-the-counter medication supply. Rest assured that we will do everything in our power to minimize, if not eliminate these cuts that will affect everyone in more ways than none. This subject will be brought to the table of all Health Director for discussions and strategy development

On May 3<sup>rd</sup> we expect a visit from the members of Health Canada's National & Regional Offices. The purpose of their visit is to commence negotiations on our 5-Year Health Plan. This process is relatively new for all parties involved.

**2005 Community Fair**

As a reminder, keep your agenda's clear for our Community Fair, which will take place on Monday May 16<sup>th</sup>. There will be afternoon and evening exhibits combined with a community feast and special draws. Band members will also have the opportunity to submit their name for a position as a member of our Health Committee for the next 2 years. For more information please call the Health Centre.

Screening Clinic At The Community Fair



**Come to the Health Centre Booth at the Spring Fair  
for our  
Cholesterol, Blood Glucose and Blood Pressure Screening Clinic**

**You can come out and be tested and have the chance to take home a free gift !!**

**Early detection is key to helping you live a long and healthy life !!**

New Changes Coming For The Community Newsletter

Starting with next month's June 2005 newsletter we will be making some improvements and changes. You can expect to see an additional four pages of information added to the newsletter. We hope to include a section for :

- Want Ads
- Items for Sale
- Obituaries
- Birth Announcements
- Engagement Announcements
- "Congratulation" Announcements (this could be for a new job, promotion etc).
- Children's Activity Page
- Elder's Biographies
- Traditional Medicines
- Future activities and upcoming events

It is our hope that our off-reserve members from across Canada and those living in the USA will become more involved in the newsletter. We would like you to send us by mail/email your own personal stories, biographies, articles and pictures. We would like to get to know what you are doing, where you live, about your family, your links to Eagle Village etc.

To make a submission to the newsletter please do so by mail, email or fax. Send to the following:

Tina Chevrier  
Eagle Village Health Centre  
3 Ogima Street  
Kipawa QC J0Z 2H0  
Phone: (819) 627-9060  
Fax: (819) 627-1885  
chr@eaglevillagefirstnation.ca

News From The Community Health Nurse ... Fall Prevention

**The Facts**

- 1 in 3 seniors will experience a fall each year, and half of those more than once.
- 40% of seniors' falls result in hip fractures.
- 20% of injury-related deaths among seniors can be traced back to a fall.
- Seniors are injured **at home** more than any other location. The bathroom and stairs are particularly dangerous.

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that many injuries due to falls can be prevented. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself. You **can** prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Act on it!

**Bathroom**

- Use a rubber bath mat for tub and shower. Install it when the tub is dry.
- Install grab bars by the toilet and bath to help you sit and stand. Make sure they are well anchored.
- Use a raised toilet seat, and a bath seat in the shower if you need them.
- Wipe up moisture or spills immediately.

**Living Room and Bedroom**

- Reduce clutter! Get rid of loose wires and cords as well as any other obstacles.
- Consider a cordless phone to avoid rushing to answer.
- Have good lighting throughout the house and install night lights.
- Make sure the path is clear between the bedroom and bathroom.
- Scatter mats are tripping hazards. Get rid of them or make sure they are non-slip.
- Move slowly out of your bed or chair. Getting up suddenly can make you dizzy.

**Kitchen**

- Store kitchen supplies and pots and pans in easy-to-reach locations.
- Store heavy items in lower cupboards.
- Use a stable step stool with a safety rail for reaching high places.
- Always wipe up any spills immediately to prevent slipping.
- If you use floor wax, use the non-skid kind.
- Ask for help with tasks that you feel you can't do safely.

**Stairs**

- Make sure your stairs are well lit.
- Have solid handrails on both sides of the stairway.

- Remove your reading glasses when you go up or down the stairs.
- Never rush up or down your stairs. It's a major cause of falls.

**Exterior**

- Keep front steps and walkway in good repair and free of snow, ice and leaves.
- Keep front entrance well lit.
- Put gardening implements such as hoses and rakes away when not using them.

**Eat Healthy Meals**

- Nutritious meals keep up strength, resistance and balance. Eat lots of vegetables and fruits.
- Don't skip meals. It can cause weakness and dizziness.

**Keep Fit**

- Engage in physical activity every day. It's your best defense against falls.
- Walk. Try Tai Chi. Do what you can to maintain your flexibility and balance.
- Build your muscle and bone strength by doing "resistance" activities or exercises (such as weight lifting). Consult your doctor before you embark on an exercise program.
- Have your hearing and vision checked regularly.

**Use Medication Wisely**

- Ask your doctor or pharmacist about possible side effects of prescription drugs or over-the-counter remedies.
- Read directions carefully so you're aware of potential reactions with other medications.
- If your medication causes dizziness or sleepiness, adjust your activities so you aren't at risk of falling.
- Don't mix alcohol and medications. Alone or in combination with drugs, alcohol can cause falls.

**Use Safety Aids**

- Don't be embarrassed to use aids to daily living – they can keep you safe and active.
- Wear your glasses and hearing aid.
- Consider using a walker or cane. If you use a cane, make sure that it's the correct height and that it's rubber-tipped for safety.
- Find out about other gadgets that can make your life safer: reachers, anti-skid soles, hip protectors, etc.
- Use them!

**Should You Fall...**

- Attempt to land on your buttocks to prevent more serious injuries.
- Don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up.
- Don't let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.

(Source: Public Health Agency of Canada)



The NNADAP Corner

**QUIT TO WIN CHALLENGE  
& SMOKE-FREE FAMILY OBJECTIVE**



I would like to congratulate **Marlyn Joly** for participating in the Smoke-Free Family Objective by pledging to keep her living environment smoke-free and to stop smoking for 6 weeks from March 1<sup>st</sup> to April 11<sup>th</sup>, 2005. Way to Go!

Although Marilyn's name was not pulled for the prize draws, the Health Center would like to acknowledge her dedication, and hard work to keep her pledge by presenting her with a mug and T-Shirt. Congratulations Marilyn!

I would like to thank all the children who came out to the Youth Dance on Saturday April 16<sup>th</sup>, and to the parents for volunteering to help out as well. Your time was very much appreciated, thanks! It was a great success with 55 youth in attendance !!

**NEXT .... NNADAP YOUTH DANCE**



**Saturday May 14th, 2005  
Eagle Village Community Hall  
7:00 pm - 10:00 pm**



**HOPE TO SEE YOU THERE!!**

**Important Date ...**

**Tuesday May 31, 2005  
is  
"World No Tobacco Day"**

Have you ever tried to quit before? Did you know that on average, smokers try 4 or 5 times before they quit for life? Some people do it on the first or second try, while others take many, many tries. Never stop trying until you finally quit.

**Source:**  
Healing From Smoking Booklet  
(FNQLHSSC)



**For Teens Only...**

**"You And The Law"**

Although the law tends to be more lenient to the young and especially first time offenders, by law, anyone who commits a crime is to be held accountable and therefore punishable for their crimes.

Although breaking and entering, vandalism and traffic violations are common crimes, theft, especially shoplifting, is becoming more and more common among teenagers. Stores, in retaliation to rising costs and lost profits are more inclined to call the police and prosecute even first time offenders. It has been noted that a lot of shoplifters have no need to steal the things they have picked up. Some have been caught with more than enough cash on them to pay for the items they have stolen.

Getting arrested isn't fun. It's scary and embarrassing, not only to you, but also to your parents. Your sentence could be anything from an apology to a fine, in-home probation/supervision, foster care probation/custody, or a jail term. Frequent or serious offenders can also be transferred to the adult system which means much more severe punishment. Having a criminal record, especially as an adult is not a joke. It stays with you for the rest of your life. It could restrict your chances of getting certain jobs, and keep you from traveling outside of the country.

(Source: The Teenage Survival Handbook)

**EVERYONE WELCOME  
TO OUR  
"SMOKING AWARENESS WALK"**

There will be a Smoking Awareness Walk beginning at the Community Hall on Tuesday May 3rd, 2005.

**The agenda is as follows:**

**5:45 pm - 6:00 pm  
"Video for children - Tobacco"**

**6:00 pm - 6:30 pm  
Guest Speaker**

Christine Tremblay from the Temiscaming Health Center will be speaking about the dangers of smoking and the effects of second-hand smoke on a person's health.

**6:30 pm**

**"Smoking Awareness Walk"**

Please come out and show your support by joining in the walk. See the beautiful posters made by our youth.

**PRIZES TO BE WON !!  
(Four \$50.00 Gift Certificates for North Gate Square)**

The Health of Aboriginal Women

**Current Situation**

- Life expectancy for Aboriginal women is 76.2 years versus 81 years for non-Aboriginal women.
- Aboriginal women experience higher rates of cancer of the cervix, circulatory problems, respiratory problems, diabetes, and hypertension than the rest of the general female population.
- Current evidence shows that diabetes is three times as prevalent in the Aboriginal communities as in the general population and most Aboriginal diabetics are women (approximately 2 to 1).
- Aboriginal women represent a higher percentage of cases of HIV/AIDS than non-Aboriginal women (15.9% versus 7.0%). Within female Aboriginal AIDS cases, 50% are attributed to IV drug use, in comparison to 17% of all female cases.
- The birth rate for Aboriginal women is twice that of the overall Canadian female population. As well, Aboriginal mothers are younger - about 55% are under 25 years of age (versus 28% for the non-Aboriginal population) and 9% are under 18 years of age (versus 1% for the non-Aboriginal population).
- Mortality rates due to violence for Aboriginal women is three times the rate experienced by all other Canadian women. For Aboriginal women in the 25 to 44 age group, the rate is five times that for all other Canadian women.
- Women are often the victims of family dysfunction which results from the alcohol or substance abuse. Hospital admissions for alcohol related accidents are 3 times higher among Aboriginal females than they are for the general Canadian population.
- Over 50% of Aboriginal people view alcohol abuse as a social problem in their communities. Fetal Alcohol Syndrome (FAS) has emerged as a health and social concern in some First Nations and Inuit communities.
- Suicide rates remain consistently higher for the Aboriginal population than the general Canadian population, in almost every age category. Over a five year span (1989 - 1993), Aboriginal women were more than three times as likely to commit suicide than were non-Aboriginal women.

(Health Canada [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca))

News From Patty

I would like to congratulate those who participated and successfully completed the St. John Ambulance First Aid and CPR course.

The Childcare Centre is moving along wonderfully. The contractor has a few more jobs to complete and then we will be starting to move in the equipment. Interviews have taken place for a Secretary/Bookkeeper and the Educators. In next months newsletter I will be posting the names of the people who will be filling those jobs. If you would like to reserve a spot for your child or have any questions concerning the Childcare Centre, please call the Band Office (627-3455) and ask for Patty.

Thank You ~ Patty Hunter

Elder's Group

Planting has begun for the Community Garden and Hanging Baskets that will be hung on the hydro polls in the community. The Elder's Group got together on April 27th to start planting seeds.



A special "Thank You" to Linda Harris an Eagle Village Band member from North Bay, Ontario. She read in the newsletter that we were starting our community garden and wanted to share some of hers. She dropped off some of her plants at the Health Centre when she was here in Eagle Village. Your gift was greatly appreciated.

The Elder's Group

We hope to see everyone at our upcoming fundraisers !!



**THANKS FOR YOUR PARTICIPATION !!**

A special "Thank You" to all the children who came out to the NNADAP "Craft Night". The children made posters to wear for the "Smoking Awareness Walk" on May 3rd, 2005. They did an awesome job with their posters.

Vicky Constant ~ NNADAP Worker



Environmental Health ... What Is Climate Change?



Climate change is a change in the "average weather" that a given region experiences. Average weather includes all the features we associate with the weather such as temperature, wind patterns and precipitation. When we speak of climate change on a global scale, we are referring to changes in the climate of the Earth as a whole. The rate and magnitude of global climate changes over the long term have many implications for natural ecosystems.

A natural system known as the "greenhouse effect" regulates the temperature on earth. Human activities have the potential to disrupt the balance of this system.

As human societies adopt increasingly sophisticated and mechanized lifestyles, the amounts of heat-trapping gases in the atmosphere have been increased. By increasing the amount of these gases, humankind has enhanced the warming capability of the natural greenhouse effect. It is the human-induced enhanced greenhouse effect that causes environmental concern. It has the potential to warm the planet at a rate that has never been experienced in human history.

**The Earth is Getting Warmer**

Modern temperature records only go back to about 1860. But scientists study sediment cores from the bottoms of oceans and lakes, tree rings, glacier ice cores, and other data sources to learn about changes in climate over thousands of years.

An international scientific consensus has emerged that our world is getting warmer. Abundant data demonstrate that global climate was warmed during the past 150 years. The increase in temperature was not constant, but rather consisted of warming and cooling cycles at intervals of several decades. Nonetheless, the long-term trend is one of net global warming. Corresponding with this warming, alpine glaciers have been retreating, sea levels have risen, and climatic zones are shifting.

- The 1980s and 1990s are the warmest decades on record, with 1998 the warmest year
- The 10 warmest years in global meteorological history have all occurred in the past 15 years
- The 20th century has been the warmest globally in the past 1000 years.

Climate scientists around the world agree that average global temperatures could rise by 1.4 to 5.8 degrees Celsius by the end of this century. This increase will not be distributed evenly around the globe; in Canada, this could mean an increase in annual mean temperatures in some regions of more than 5 degrees.

Climate change is more than a warming trend. Increasing temperatures will lead to changes in many aspects of weather, such as wind patterns, the amount and type of precipitation, and the types and frequency of severe weather events that may be expected to occur. Such climate change could have far-reaching and/or unpredictable environmental, social and economic consequences.

Sports and Leisure Program



**COMING SOON .... "STEPS" WALKING CLUB**

Find out what it is all about and register at the Community Fair.

Free "Walking Starter Kit" for all participants.  
(limited number)

Stop by the Sports and Leisure Booth  
at the Community Fair  
on Monday May 16th, 2005  
and have a chance to win a great "fishing" prize !!



Treat Your "Mom" To A Healthy Mother's Day Breakfast...

**Egg McMuffin**

**Ingredients:**

- English muffin - 1 (split in two)
- Bacon - 2 slices
- Egg white - 2
- Skim milk - 2 tbsp
- Butter flavoured cooking spray
- Fat-free cheese - 1 slice
- Salt and pepper - add to taste

**Directions:**

Spray the two halves of the muffin with the butter flavour spray, and toast until lightly browned.

Sauté the bacon for 1 minute to cook it. Then place on half of the English muffin.

Mix egg whites, milk, salt, and pepper. Pour into a non stick pan coated with the butter flavour oil spray. You should use an egg ring to make it a nice shape.

When done, place on top of the bacon, and place the slice of cheese on top. Then top off with the other half of the muffin.

"No matter how old a mother is, she watches her middle-aged children for signs of improvement."

Florida Scott-Maxwell

**Banana - Oatbran Muffins**

**Ingredients:**

- 1/4 cups flour
- 1 cup oat bran
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup skim milk
- 1/4 cup unsweetened applesauce
- 1 teaspoon vanilla
- 2 very ripe bananas, chopped

**Directions:**

- Preheat oven to 400 degrees F.
- Combine dry ingredients in large bowl.
- Whisk milk, applesauce and vanilla in medium bowl.
- Add milk mixture to dry ingredients, stirring just until combined.
- Mix in bananas.
- Divide batter among 12 muffin cups (spray muffin pan with non-stick spray first).
- Bake until toothpick inserted in centre of muffins comes out clean, about 20 minutes.
- Transfer to a rack to cool.
- Serve warm or at room temperature.

**Breakfast Frittata**

**Ingredients:**

- 2 teaspoons vegetable oil, divided
- 2 small red bell peppers or green bell peppers, cut into strips (about 1 cup)
- 1/2 cup red onion strips
- 1/3 cup green onions, sliced
- 6 small red potatoes, thinly sliced (about 1= cups)
- 4 egg whites
- 1 large egg
- 2 tablespoons skim milk
- 1/4 teaspoon salt

**Directions:**

Preheat the broiler.

In a 9 or 10-inch non-stick, heat-proof skillet, heat 1 teaspoon of oil over medium heat. Add bell peppers and red and green onion; sauté until vegetables begin to soften, about 4 minutes.

Add potatoes; cook until lightly browned, about 4 minutes.

In a medium bowl, whisk together egg whites, egg, milk, and salt. Add remaining oil to skillet and reduce heat to low.

Pour in egg mixture. Cover and cook until eggs are set around the edges but the center is still loose, about 8 minutes.

Using a rubber spatula, gently loosen egg mixture from sides of pan.

Place skillet on the broiler rack; broil 4 inches from heat until frittata is golden brown, about 1 minute. Gently slide frittata onto a plate; cut into wedges.

Want to give something really special to your mom for Mother's Day? Short on cash? Still want to do something really cool? Something she'll never forget?

Give the gift of your time and a little creativity! Flowers wilt. Candy melts. But doing something special is a present your mom will talk about forever. Give a hug, make a card, make her breakfast !!

**Fruit 'n' Juice Breakfast Shake**

**Ingredients:**

- 3/4 cup pineapple juice
- 1/2 cup low-fat vanilla yogurt
- 1/2 cup strawberries, stems removed and rinsed
- 1 very ripe banana, peeled

**Directions:**

Break banana into small pieces and put in the blender with pineapple juice, yogurt, and strawberries.

Secure lid and blend until smooth.

Divide shake between two glasses and serve immediately.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Smoking Awareness Walk	4  Karate	5  Bingo	6	7 Community Clean - Up  Garage Sale & Bake Sale
8 Mother's Day	9 Optometrist is at the Health Centre today  Karate	10 Optometrist is at the Health Centre today	11 Dr. Gurekas is at the Health Centre Glenda at G. Theberge School Karate	12  Bingo	13 Glenda will be at Nipissing for a meeting today.	14
15	16 Eagle Village Com- munity Fair	17 Glenda at G. Theberge School	18 Glenda will be at Nipissing for a board meeting to- day.	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	<b>MAY 2005</b>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JUNE 2005</b>			1 Tina will be in Montreal for NIICHRO Meeting (June 1st - 3rd)	2	3 Election Day	4
5	6 Glenda is in Gesgapegiag for FNEC General Assembly (June 6th - 10th)	7	8	9	10	11
12	13	14	15	16	17	18
19 Father's Day	20 Band Office and Health Centre is closed for Aboriginal Solidarity day	21 Aboriginal Solidarity Day Celebration	22	23	24 Band Office and Health Centre is closed for St. Jean Baptiste Holiday	25
26	27	28	29	30		