

Migizy Odenaw Mazinaigan

www.evfn.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

Spring Is Here ... Upcoming Activities In The Community

Community Clean Up

Come out and join us on Sunday May 7th, 2006 for our Spring Clean Up. Meet us at the Community Hall at 9:00 am for gloves, rakes and bags. Clean up your own yards and place garbage at the end of your drive way for pick up. BBQ and Spring Fun to follow at the Community Hall in the afternoon.

Community Spring Fair

Come out and join us on Wednesday May 10th for our Community Spring Fair. This will take place at the Community Hall from 1:00 pm until 7:00 pm. This is an excellent opportunity to come out and ask questions and pick up information. Activities, information booths, fundraising community supper and many draws !!

Texas Hold'Em Tournament

Texas Hold'Em Tournament at the Community Hall on Saturday April 22nd, 2006. Starting at 2:00 pm and there is a limit of 200 poker players. Registration is \$25.00 and you must be 18 years of age or older to participate. Purchase a registration certificate in advance from Verna Polson or at Migizy Gas.

Monster Bingo

Come out and support our Monster Bingo on Sunday April 23rd at the Community Hall. Open at 11:30 am and the Bingo starts at 1:00 pm. \$40.00 Entry Fee. 1 line - \$125.00, 2 lines - \$200.00, 4 specials - \$500.0, Jackpot - \$1500.00. There will be no Bingo on Thursday April 20th ... Please join us at the Monster Bingo!



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News From The Education Department

The Eagle Village Education Department would like to say "Congratulations" to Onagoshi Haymond for winning a Bronze Medal in the Story Telling Contest at G. Theberge School. Way to go !!



CONGRATULATIONS

We would like to congratulate our mom (Gail Jawbone) on being selected at Canadore College as the recipient of the "Aboriginal Circle on Education Academic Perseverance Award"

Way To Go Mom, we love you and are all so very proud of you, keep up the great work!!

Your Family,

Jimmy Jr, Kim, Trent, Vicky & Jason XOXO

**REMINDER
FOR
POST SECONDARY STUDENTS**

It is that time of the year once again to renew your applications for post secondary funding to attend college and university in the fall (September 2006).

Due date is June 1st, 2006

Applications will be mailed out on March 10, 2006 for present students. If you or your child is a band member and is preparing for college in the fall please call Glenda at 819-627-9789 or call toll-free 1-888-229-3224 or e-mail at education@evfn.ca. I will be happy to speak to you and arrange to send an application.

Taxi Tem Inc.

**Employment Opportunity
Taxi Driver Positions Part and Full Time**

Requirements:

- Must have valid 4-C Drivers Permit and Pocket Number.
- Must supply a recent Drivers abstract.
- Communication skills in both English and French are mandatory.
- Show a friendly attitude, neat writing, courteous and a quick problem solver, good with counting money and minimal office skills required.

Duties:

- Drive Taxi in and around Kipawa, Temiscaming and area and the occasional out of town trip.
- Carry out daily Duties such as School run, General Deliveries, Restaurant deliveries, ECT.

Salary:

- To be discussed with Transport Coordinator.

Send or drop off your resume at:
Eagle Village First Nation Band Office
Roger Lariviere
Taxi Tem Transport Coordinator

Or mail to:
Taxi Tem Inc.
PO Box 336
Temiscaming QC J0Z 3R0



There will be NO garbage pick up on Thursday May 4th, 2006.

Please put your garbage out for pick up on Friday May 5th, 2006.

Sorry for the inconvenience !!

Migizy Gas

The Migizy Gas Station is now accepting resumes for employment positions at the Gas Station.

Please drop of your resume at the Gas Station or at the Band Office to the attention of Madeleine Paul.

You can also send your resume by mail to ...
P.O. Box 756, Temiscaming QC J0Z 2H0

Your Fuel Tax Remittance Claims from Migizy Gas will be ready shortly.

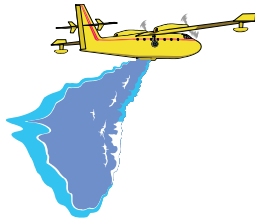
Due to the overwhelming amount of claims at the Ministry of Revenue Quebec Office , your Fuel Tax Remittance Claims will now be prepared every six months .

Spring Woods, Blazing Fires

Hi! Are you a human being? My dad told me you were strange animals. Who's my father? You met him last summer. He's Bois-Joli the Stag, king of the forest. I'm his son, Bois-de-Velours the Fawn. He told me that you humans have caused a lot of damage to our forests by starting fires too often.



Yesterday, I saw a really funny looking bird. Really big and all yellow! It made a terrible racket! Dad told me that it was a human invention: an airplane. You call it a "water bomber". and it's used to drop water on forest fires. Why, you ask, am I talking about fires this season? Did you know that forest fires are just as likely to happen in spring as in late summer or fall? Really! When it's sunny, hot and windy, the number of fires caused by people increases.



Generally residents who live near wooded areas start the fires. And all too often, unfortunately, these fires spread to the forests.

In summer and fall, most forest fires are caused by recreational activities in the forest. But as soon as the snow melts, the residents engage in a common springtime activity: burning. Campfires, bonfires, fireworks on national holidays, burning trees after clearing land for construction and burning the trash after cleaning up a vacant lot are examples. These fires may spread to nearby buildings and to the forest.



Did you know that nearly one quarter of forest fires are started by households burning something? In April and May, this burning causes half of all forest fires. In springtime, only a few hours of sunlight are enough to dry out the grass and any other surface combustible materials and make the neighbouring forest extremely vulnerable. Very early in the season, the danger of fire is greatest on cleared land, where there is more small dry fuel, because the grass hasn't grown yet. That's why you

where there is more small dry fuel, because the grass hasn't grown yet. That's why you should check the danger index as soon as it's available, generally around the middle of May, to find out the risks of forest fires. When the risk is moderate in the forest, it's higher in the fields. So you have to wait until the index-o-meter reads Low.

Also, before the middle of May, take time to inform the municipality that you intend to do burning and make sure that you get permission.

If you're allowed to burn, you must follow some very simple rules to avoid a disaster. First, check the wind speed and wind direction. Make a pile of material to burn that measures less than 2.5 metres (8 feet) and ensure that you have the necessary equipment and people on hand to control and put out the fire. Then clear a fire-break all the way down to the mineral soil. The width of your firebreak should be at least 5 times the height of the pile.

Why dig all the way down to the mineral soil? Because you must never burn on black earth, because it's made of decomposing vegetable matter. This matter is combustible and can burn deeply, making it harder to put out the fire. You have to dig and use a lot more water to put out a deep-seated fire. Finally and above all, watch the fire constantly until it finally goes out.

As you can see, it's easy and safe to think ahead. You'll protect your homes ...and mine too.

Be careful,
Eagle Village Fire Department & Bois-de-Velours

Do you have anything for the newsletter ??

To make a submission to the community newsletter please do so by mail, email or fax. We will be happy to include your announcements, articles, items for sale, personal biographies etc.

Please send to:

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

Eagle Village Housing Department

I would like to thank all the participants who attended the HRV's Indoor Air Quality Workshop. It was a very informative workshop. The week continued with all the construction workers and this was also very informative with hands on approach to installing HRV's. We were also able to visit a few homes to inspect the units already installed and see if they are functioning properly.

I have enclosed with the Newsletter an information pamphlet on Mold and I have additional information booklets at the office if anyone is interested.

Tanya McKenzie, Housing Administrator, Email: housing@evfn.ca

Little Chief's Committee

The Little Chiefs Committee would like to thank the following sponsors who donated prizes for the Texas Hold'Em Tournament held on March 18th, 2006 at the Community Hall.

- Automobile Paquin Ltee - Temiscaming
 - Club Top Spot, Eric Boissoneault - Temiscaming
 - Kinecor, Ed Matson - Temiscaming
 - Depanneur Stop 102, Marc Caruso - Temiscaming
 - Tembec - Temiscaming
 - Crane Pro Services, James Deell - Burlington
 - Johns Machine Service, Rodney Belanger - Sudbury
 - Mining Technologies International - North Bay
 - Flowserve, Hans Bekeschus - North Bay
 - Sudbury Valve Fitting & Contraol Ltd - Sudbury
 - Noront Armature Service , Fred Thompson - North Bay
- Special thanks to Sam Boyd for collecting the donations.

THE LITTLE CHIEFS COMMITTEE IS LOOKING TO RECRUIT NEW MEMBERS TO BE A PART OF THE COMMITTEE WE WILL ALSO BE LOOKING FOR A PRESIDENT, VICE PRESIDENT, SECRETARY AND TREASURER FOR THE COMMITTEE.

PLEASE COME TO OUR MEETING ON TUESDAY APRIL 18TH AT THE OLD TRAPPER'S BUILDING ... EVERYONE WELCOME !! WOULD LOVE TO HEAR IDEAS & SUGGESTIONS !!

Card of Thanks

We would like to extend our sincere thanks to our many friends and family for their many acts of kindness and sympathy shown to us on the passing of our beautiful twin boys, Ryland Jeffrey Michael Huard and Lucas Alfred Jerry Huard.

We would also like to thank all the people who helped in making it a beautiful service, to all the men who helped at the cemetery, to all the kitchen staff and to all the people who donated food. Thank you to my Great Uncle Roy and Stanley for helping our boys find their way home. All your help was greatly appreciated.

We would also like to send a special thank you to my Aunt Joan and Aunt Noella for their great support and understanding during this difficult time. Thank you both for planning the service, it was beautiful and will forever be a memory, we will keep dear in our hearts.

**Julie & Bruno
Dylan, Jayden,
Donovan & Christopher**



Happy Birthday to my husband Jason who will be celebrating on April 19th. Wishing you many more! Love Vicky ... XOXO

Happy Birthday to my Daddy !! Love Trent

Happy Birthday Dad (Jimmy Constant Sr.) who is celebrating his birthday on April 17th, 2006

Love Kim, Jimmy Jr. Vicky, Jason & Trent

A very special Happy Birthday to Irene Perrier who is celebrating her birthday on April 17th, 2006 Best wishes from all you Family and Friends

News From The Health Director

Meetings Attended

In March, I attended a NIHB Committee Meeting in Montreal and a Board of Director's Meeting for the FNQLHSSC in Quebec City. Many orientations and strategies were put on hold until the speech of the throne by the new Prime Minister, Steven Harper. Many of the promised monies from the previous Liberal Government may not come through. We are waiting for a more analytical report on the new Conservative plans on dealing with First Nations issues.

Community Spring Fair

Spring is here and we are starting to plan for our own Community Fair to be held in early May. Come out with your entire family and enjoy the informative booths and displays. Many prizes to be won.

On a more personal note, I would like to thank our Fire department for a job well done when responding to a vehicle fire in my garage.

Happy Birthday to our Health Director, David McLaren who is another year older on April 17th !!

Wellness Program

On Wednesday March 20th, Elders from here Eagle Village and Wolf Lake participated in an Elders Gathering, in Timiskaming First Nation. The goal of this gathering was to network as well as share information on traditional medicines language and environmental issues.

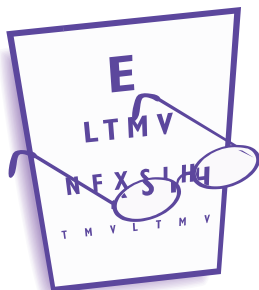
The workshops not only reminded the elders of the many traditions that their parents once thought them, but they also learned other techniques from neighbouring communities.



The most interesting part of the meeting was that the majority of it was conducted in the Algonquin language and consisted of several communities, such as Eagle Village, Wolf Lake, Timiskaming FN, Long Point, Wahgoshig, Pikogan (Amos), Lac Simon, Barrier Lake, Madachewan, and Kitci Sakik.

The workshops were also a reminder for some elders who do not practice speaking the language on a daily basis anymore, but by the days end, they were quite at ease with the speakers, I myself commented at the meeting that "Mi pidjinak kagwe anicinabe moan, kinisidotawic na e anicinabe moan?", and I am happy to say that they all did.

Is It Time For You To Have Your Eyes Examined?



The Eagle Village Health Centre is planning on having an Optometrist from Dr. Peroff and Dr. Leckie's Office visit the Health Centre for eye examinations sometime in the near future. If you would like to make an appointment to see the optometrist, please call Cecile at the Health Centre to submit your name. You will need to give her your date of birth and your medical card number.

For band members 18 years of age or older, you are eligible for an eye examination if it has been 2 years since your last visit to an optometrist. If you are under the age of 17 you can have your eyes examined every year.

April Is National Cancer Month

What is cancer?

Cancer is a group of many related diseases that begin in cells, the body's basic building blocks. To understand cancer, it is helpful to know what happens when normal cells become cancerous.

The body is made up of many types of cells. Normally, cells grow and divide to produce more cells as they are needed to keep the body healthy. Sometimes, this orderly process goes wrong. New cells form when the body does not need them, and old cells do not die when they should. The extra cells form a mass of tissue called a growth or tumor. Not all tumors are cancerous; tumors can be benign or malignant.

Benign tumors are not cancer. They can often be removed and, in most cases, they do not come back. Cells in benign tumors do not spread to other parts of the body. Most important, benign tumors are rarely a threat to life.

Malignant tumors are cancer. Cells in malignant tumors are abnormal and divide without control or order. Cancer cells invade and destroy the tissue around them.

Most cancers are named for where they start. For example, lung cancer starts in the lung, and breast cancer starts in the breast. Lymphoma is cancer that starts in the lymphatic system. And leukemia is cancer that starts in white blood cells (leukocytes).

What causes cancer?

Scientists have learned that cancer is caused by changes in genes that normally control the growth and death of cells. Certain lifestyle and environmental factors can change some normal genes into genes that allow the growth of cancer. Many gene changes that lead to cancer are the result of tobacco use, diet, exposure to ultraviolet (UV) radiation from the sun, or exposure to carcinogens (cancer-causing substances) in the workplace or in the environment. Some gene alterations are inherited (from one or both parents). However, having an inherited gene alteration does not always mean that the person will develop cancer; it only means that the chance of getting cancer is increased. Scientists continue to examine the factors that may increase or decrease a person's chance of developing cancer.

Although being infected with certain viruses, such as the human papillomavirus (HPV), hepatitis B and C (HepB and HepC), and human immunodeficiency virus (HIV), increases the risk of some types of cancer, cancer itself is not contagious. A person cannot catch cancer from someone who has this disease. Scientists also know that an injury or bruise does not cause cancer.

Can cancer be prevented?

Although there is no guaranteed way to prevent cancer, people can reduce their chance of developing cancer by following the below:

- Do not use tobacco products.
- Choose foods with less fat and eat more vegetables, fruits,

following the below:

- Do not use tobacco products.
- Choose foods with less fat and eat more vegetables, fruits, and whole grains.
- Exercise regularly and maintain a lean weight.
- Avoid the harmful rays of the sun, use sunscreen, and wear clothing that protects the skin.
- Talk with a doctor about the possible benefits of drugs proven to reduce the risk of certain cancers.

Although many risk factors can be avoided, some, such as inherited conditions, are unavoidable. Still, it is helpful to be aware of them. It is also important to keep in mind that not everyone with a particular risk factor for cancer actually gets the disease; in fact, most do not. People who have an increased likelihood of developing cancer can help protect themselves by avoiding risk factors whenever possible and by getting regular checkups so that, if cancer develops, it is likely to be found and treated early. Treatment is often more effective when cancer is detected early.

What are some of the common signs and symptoms of cancer?

Cancer can cause a variety of symptoms. Possible signs of cancer include the following:

- New thickening or lump in the breast or any other part of the body
- New mole or an obvious change in the appearance of an existing wart or mole
- A sore that does not heal
- Nagging cough or hoarseness
- Changes in bowel or bladder habits
- Persistent indigestion or difficulty swallowing
- Unexplained changes in weight
- Unusual bleeding or discharge

When these or other symptoms occur, they are not always caused by cancer. They can be caused by infections, benign tumors, or other problems. It is important to see a doctor about any of these symptoms or about other physical changes. Only a doctor can make a diagnosis. A person with these or other symptoms should not wait to feel pain because early cancer usually does not cause pain.

If symptoms occur, the doctor may perform a physical examination, order blood work and other tests, and/or recommend a biopsy. In most cases, a biopsy is the only way to know for certain whether cancer is present. During a biopsy, the doctor removes a sample of tissue from the abnormal area. A pathologist studies the tissue under a microscope to identify cancer cells.

St. John Ambulance Babysitting Course

**ST. JOHN AMBULANCE BABYSITTING COURSE
(FOR YOUTH 11 YEARS OF AGE AND OLDER)**

Saturday April 29th, 2006
Migizy Odenaw Childcare Centre
9:00 am - 4:30 pm

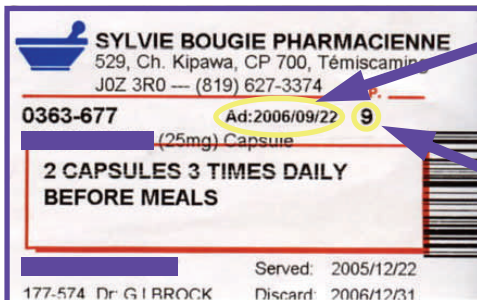
Participants are asked to bring a doll or stuffed animal large enough to perform hands on tasks for the course.

A lunch and two healthy snacks will be served to all participants. If your son/daughter prefers to bring their own lunch they are allowed or if your child has any allergies, please provide a lunch for them.

If you would like more information or to register please call ...

Patty Hunter 627-1000 or Sonia Young 627-3628.
The deadline for registration is
Friday April 14th, 2006.

Your Prescriptions



This is the expiry date

This is the number of repeats left

It is important to know that when you are renewing a prescription at the pharmacy please make sure you are aware of the difference between the expiry date and the number of repeats. If you reach the prescription expiry date before you can use all the repeats, your prescription is no longer any good. This is also the same if the number of repeats runs out before the prescription expiry date. You must see your doctor to have a new prescription made.

PLEASE NOTE THAT OUR MEDICAL TRANSPORTATION DRIVERS PICK UP PRESCRIPTIONS ONLY WHEN WE HAVE A MEDICAL TRIP DOWNTOWN. IF YOU WOULD LIKE TO HAVE A PRESCRIPTION PICKED UP PLEASE CALL US WELL IN ADVANCE ...

What Can You Do About ETS?

Environmental Tobacco Smoke (ETS) - also known as second hand smoke is one of the most dangerous cancer – causing agents to humans. In fact, just being near smokers exposes you to nearly as many of the harmful effects as smokers. The chart below will give you an idea of how much smoke you breathe in when you're around people who are smoking.

There are three basic things you can do to avoid the

| WHERE YOU ARE | FOR HOW LONG | EQUIVALENT NUMBER OF CIGARETTES SMOKED |
|-------------------------------------|--------------|--|
| HOME with a pack a day smoker | one day | |
| CAR with windows closed | one hour | |
| BASEBALL GAME sitting behind smoker | three hours | |
| RESTAURANT non-smoking section | three hours | |
| RESTAURANT smoking section | three hours | |

dangers of ETS. You can politely ask people to respect your rights as a nonsmoker. You can try to change your environment so that you are exposed to less smoke. You can try to change the laws about smoking.

ATTENTION BOYS AND GIRLS

We will be starting courses for making your own Regalia and Traditional Dancing in the month of May.

If you are interested in participating or if you have any questions please call Virginia at the Health Centre.



The Effects of Oral Health on Your Overall Health

The Issue

Oral health care is not only important to you for your appearance and sense of well-being, but it is also important for your overall health. Cavities and gum disease may help contribute to many serious conditions that includes heart disease, diabetes, respiratory diseases, and premature and low weight babies. Untreated cavities can also be painful and lead to serious infections.

Background

Maintaining good oral health includes keeping teeth free from cavities and preventing gum disease. Poor oral health can affect your appearance and self-esteem, and it has been linked to sleeping problems, and behavioural and developmental problems in children. Poor oral health care can also affect your ability to chew and digest food properly.

Good nutrition is important to helping build strong teeth and gums that can resist disease and help promote healing.

Smoking is a major risk factor for oral and dental disease, including oral cancer. Tobacco reduces blood flow to the gums therefore, the gums do not get the oxygen and nutrients needed to stay healthy and prevent bacterial infection.

Oral health care needs to be a priority throughout all stages of life, especially since older adults and seniors are keeping their teeth longer than they ever have before. However, older adults may have less access to oral health care services because of lower incomes and/or a lack of dental insurance.

Seniors living in long-term care facilities are at a particular risk of complications from poor oral health because of frailty, their poor health and increased dependence on others for personal care. In many cases, oral health care problems in residents can go undetected until there are acute symptoms, such as pain or infection.

Besides pain and discomfort, poor oral health care can also contribute to a number of serious health issues.

Health Risks Of Poor Oral Health

Gum disease is an inflammation of the gums, which may also affect the bone supporting the teeth. Plaque is a sticky colourless film of bacteria that constantly builds up, thickens and hardens on the teeth. If it is not removed by daily brushing and flossing, this plaque can harden into tartar and may contribute to infections in the gums.

constantly builds up, thickens and hardens on the teeth. If it is not removed by daily brushing and flossing, this plaque can harden into tartar and may contribute to infections in the gums.

Left untreated, gum disease can lead to the loss of teeth and an increased risk of more serious diseases, including heart disease and stroke. The bacteria in plaque can travel from the mouth into the bloodstream, and has been linked to the clogging of arteries and damage to heart valves. The same bacteria can also travel to the lungs, causing infection or aggravating existing lung conditions.

There is also a link between diabetes and gum disease. People with diabetes are more susceptible to gum disease, and it can put them at greater risk of diabetic complications.

Oral health is also important for pregnant women. Studies show that pregnant women with gum disease might be at a higher risk of delivering pre-term, low birth weight babies than women without gum disease. Babies who are pre-term or low birth weight have a higher risk of developmental complications, asthma, ear infections, birth abnormalities, behavioural difficulties and a higher risk of infant death.

Minimizing Your Risk

To maintain good oral health, you should take the following steps:

- Brush and floss your teeth daily.
- Visit your dental professional regularly to have your mouth examined. See your dental professional immediately if you notice any problems.
- Eat a healthy diet according to *Canada's Food Guide to Healthy Eating*.
- Do not smoke. If you do smoke, make sure to visit your dental professional regularly.
- If you are pregnant, be sure to eat healthy foods and maintain good oral health.
- Brush your children's teeth for them, until they have the dexterity to write their own name (not print). They should then be able to brush their own teeth with your guidance. (Health Canada)

Winners of the Nutrition Crossword were Mary Down and Jackie Honen. They each received a \$50.00 Gift Certificate for the Northgate Mall.

MARCH ACTIVITIES WERE A SUCCESS !!

FASD Information Session and Luncheon

I would like to thank those of you that came out for the Luncheon and FASD Session with Sophie McKeown on Tuesday March 7th, 2006 at the Eagle Village Community Hall.



Youth Workshop, Supper and Comedy Show

I would also like to say thank you to all the parents for encouraging they're children to come to the workshop with Moccasin Joe and for coming out for a fun evening of comedy. The winners of the door prizes at the Moccasin Joe Workshop, Supper and Comedy Show were: Karleigh Miness and Nancy Wilison. Congratulations!



Adult / Youth Cribbage Tournament

I would also like to thank the people that came out for the Adult/Youth Cribbage Tournament on Friday March 10th, 2006. It was very nice to see all the participants! These were our winners:



“A” Class Winners
Justin McKenzie
Marvin McKenzie



“A” Class Runners Up
Brandon Pariseau
Jennifer Chevrier



“B” Class Winners
Casey McKenzie
Anita Priseau

“B” Class Runners Up
Logan Haymond
Arlene Chevrier



“C” Class Winners
Shelly Grandlouis
Gail Jawbone



“C” Class Runners Up
Devon McKenzie
Lloyd Down Sr.

The winner of the 4 door prize draws were: Casey McKenzie, Mitchell McMartin, Jason McLaughlin and Justin McKenzie.

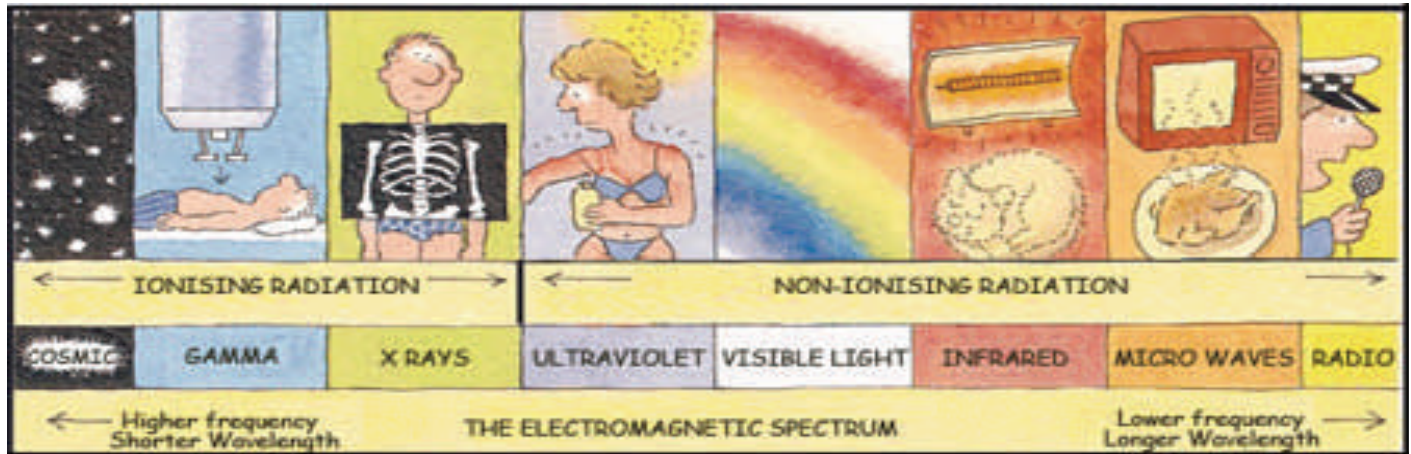
Congratulations to the Crib winners and to the door prize winners! Hope to see you all next time!

The next NNADAP Youth Dance will be on Friday April 21st, 2006 at the Community Hall at 7:00 pm !!

Environmental Health ... Radiation

Radiation is energy that comes from a source and travels through material or space. Every day, Canadians come in contact with radiation in both their living and work environments. Radiation can be classified as ionizing or non-ionizing. Ionizing radiation has the sufficient energy to remove electrons from atoms or molecules. The loss of an electron results in the formation of a charged atom, called an ion. The damaging effects of ionizing radiation result from this ability to change the chemical composition of matter with which it interacts. Radiation that has enough energy to move or vibrate atoms, but not enough energy to remove electrons, is called non-ionizing radiation.

Sources of naturally occurring radiation include:



- radioactive material found in rocks and soils
- cosmic radiation
- ultraviolet radiation from the sun

Radiation can also be generated by artificial sources, including:

- medical or clinical devices such as X-ray machines and ultrasound devices
- household or personal products such as microwave ovens and cellular telephones
- industrial or commercial equipment such as telecommunication towers and nuclear power generating stations
- nuclear fallout resulting from past military experimentation and weapons development

Ultraviolet Radiation

Ultraviolet (UV) radiation comes from a variety of natural and artificial sources, including the sun, welding equipment, lasers, tanning equipment, and certain lamps. Serving many beneficial purposes, UV can be used to kill germs, treat various skin conditions, and is necessary for the formation of vitamin D3 in our bodies. As with all forms of radiation, however, there are risks involved with UV. Overexposure to UV has been attributed to the following negative health effects: sunburns, premature skin aging, skin cancer, eye problems and the weakening of the immune system.

Clinical and Analytical Radiation

Clinical radiation focuses on the medical application of ionizing and non-ionizing radiation. Examples of this include, x-rays, electric and magnetic fields, and ultrasound are used to diagnose illness, treat various medical conditions, or monitor pregnancy. Analytical radiation refers to the radiation that is used for all non-medical purposes. For example, x-ray equipment can also be used to scan baggage at airports or to determine the composition and structure of materials.

Consumer Radiation

Consumer radiation refers to radiation-emitting devices used by consumers. For example, our microwave ovens, cellular telephones and televisions use electromagnetic and radio frequency radiation.

Recipes That Take Minutes To Make

**15 Minute Chicken and Rice Dinner****Ingredients:**

- 4 boneless, skinless chicken breasts
- 1 tablespoon of vegetable oil
- 1 can of condensed cream of chicken soup
- 1 soup can of milk or water
- 2 cups of Minute Rice Brand Rice, uncooked
- 2 cups of fresh or thawed frozen broccoli florets

Directions:

- Brown chicken in oil in frying pan on medium heat for 5 minutes on each side.; remove from pan.
- Add soup and milk or water to pan, bring to a boil.
- Stir in rice and broccoli, top with chicken and cover.
- Cook on low heat for 5 minutes.

15 Minute Taco in a Pan**Ingredients:**

- 1 pound of extra lean ground beef
- 1½ cups of water
- 1 package of taco seasoning mix
- 1½ cups of Minute Rice Brand Rice, uncooked
- 1 cup of Kraft Tex Mex shredded cheese
- 2 cups of shredded lettuce
- 2 cups of chopped tomatoes

Directions:

- Brown meat in large non-stick skillet and drain.
- Add water and seasoning mix. Stir and bring to a boil.
- Stir in rice and sprinkle with cheese and cover. Reduce heat to low, simmer 5 minutes. Top with lettuce and tomatoes.

10 Minute Broccoli Casserole**Ingredients:**

- 1½ cups of Minute Rice Brand Rice, uncooked
- 1½ cups of grated cheddar cheese
- 1½ cups of cut up broccoli
- 1½ cups of sliced mushrooms
- 1 can of cream of mushroom soup
- 1 can of milk

Directions:

- Combine rice, cheese, broccoli and mushrooms in a microwaveable casserole dish.
- Stir in the soup and milk.
- Cover and microwave on “high” power for 10 minutes, stirring once.
- Let stand covered for 5 minutes before serving.

You can also use other vegetables including cut up green or red peppers . You may want to sauté your vegetables beforehand.

20 Minute Beef and Broccoli Stir-Fry**Ingredients:**

- 1 pound sirloin steak, cut into strips
- 2 cups of broccoli florets
- ½ cup of Kraft Zesty Italian Dressing
- Cooked Minute Rice (follow direction on box)

Directions:

- Stir-fry steak and broccoli in dressing and serve over cooked rice.

5 Minute Cinnamon Raisin Pudding Cup**Ingredients:**

- ¼ teaspoon of ground cinnamon
- 2 tablespoons of raisins
- Jello Vanilla flavored ready to eat pudding snack
- Cool Whip Whipped Topping

Directions:

- Combine cinnamon and raisins in pudding and top with a dollop of Cool Whip.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|--|--|--|---|--|--------------------------------|
| April 2006 | | | | | | 1 April Fool's Day |
| 2 | 3 | 4 | 5 | 6 Bingo | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 Bingo | 14 The office is closed for "Good Friday" | 15 |
| 16 Easter | 17 The office is closed for "Easter Monday" | 18 Tanya wil be in Montreal for a Housing Meeting (18th - 20th) | 19 | 20 Bingo | 21 NNADAP Youth Dance | 22 Texas Hold'em Tournament |
| 23 Monster Bingo | 24 | 25 Dr. Zivkovic is at the Health Centre | 26 Dr. Brock is at the Health Centre | 27 Vicky will be in Ville Marie for NNADAP Meeting (27th & 28th) | 28 | 29 |
| 30 | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 1 | 2 | 3 NNADAP Youth Workshop | 4 Bingo | 5 | 6 |
| 7 Community Spring Clean Up | 8 Vicky is on holidays this week. | 9 | 10 Community Spring Fair | 11 Bingo | 12 | 13 |
| 14 | 15 | 16 Dr. Gurekas is at the Health Centre | 17 | 18 Bingo | 19 | 20 |
| 21 | 22 The office is closed for "Victoria Day" | 23 Dr. Brock is at the Health Centre | 24 Dr. Zivkovic is at the Health Centre | 25 Bingo | 26 | 27 |
| 28 | 29 | 30 | 31 | May 2006 | | |