

Migizy Odenaw Newsletter

Our new website address is ... 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

News From Chief and Council

Well a new year is upon us and 2006 looks to be an exciting and challenging year for the community of eagle Village First Nation.. We as a Council will continue to build upon the many programs and services offered to the population with a view to continue to meet the ever growing needs of our diverse population both on and off the reserve.

The recent election of the Conservative Government led by Mr. Harper has created some concern amongst First Nations across Quebec and Canada because he is not committed to honouring all the agreements arising from the First Minister's Meeting includes 5.1 billion dollars for improving programs and services offered to our populations in the areas of housing, health, education and economic development. The coming months will clear up much of the uncertainty as he names his cabinet and parliament resumes its work sometime in March. It will then become apparent what commitments the Government will honour and what new resources will be made available to communities across Canada including ours.

As a Council we will continue to dedicate much time to representing the community at the numerous meetings that are relevant to advance the issues that are important for the members.

Development will continue to a top priority as we must submit a 5 year capital plan to INAC which will include the next phase of infrastructure which will include development of 47 housing units. We are presently negotiating a new policing agreement, which we hope to conclude before March 31, 2006. The agreement will allow us to build a new police station that will meet our needs and safety rules.

The past year was filled with great joy, as many important projects were realized Migizy Gas, Child-care Center and also many challenges.

We wish to assure you that we will continue to work hard to meet the needs of the population. We want to create new opportunities and realize projects that are needed to meet the present and future needs of our community.



Congratulations to Migizy Gas ... One Successful Year of Business

Congratulations to the staff and management of Migizy Gas as they celebrated their "First Anniversary" on Tuesday January 17th, 2006. The day was celebrated with free coffee, customer discounts and draws. The community owned gas station has been the recipient of 3 awards during the past year at the local / regional level. It has been a great first year.

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Upcoming Events In The Community

Valentines Day

6 OZ STEAK OR CHICKEN SUPPER

Baked or Mashed Potato, Vegetables, Salad, Bread, Dessert, Tea/Coffee

February 14th, 2006 at the Eagle Village Community Hall

5:30 pm - 7:30 pm

(Take Out from 4:30 - 5:30 only)



Tickets can be purchased at: Band Office, Health Center, Migizy Gas

\$12.99 per person or \$20.00 per couple

Purchase your ticket before February 12th to have a chance to win a "One Night Romantic Stay" at the Sundown Ridge located on Highway 17 West, North Bay. Value ... \$150.00

Reservations and Advance tickets recommended.

For more information please call Gail Joly

(work) 627-3455 or (home) 627-3780

SPONSORED BY EAGLE VILLAGE FIRE DEPARTMENT

EAGLE VILLAGE SNOWMOBILE RALLY STOPS ARE CANCELLED

You can still come out and purchase a "hand" at the Community Hall on Saturday February 11th, 2006

12:00 pm - 7:30 pm

\$10.00 per hand and you can purchase more than one hand.

You must be 18 years of age or older to purchase a hand.

Soup and Sandwiches from 12:00 to 3:00 pm

Come out and enjoy an afternoon of games.

Cribbage, Euchre, Skip-Bo or even start a game of Texas Hold'Em

Chinese Supper

4:00 pm to 7:00 pm - Take Out Available

Egg Roll, Rice, Chicken Balls, Veggie Dish, Tea/Coffee

Dance

Roger Lariviere's Band "Trailer Trash"

8:30 pm to 2:00 am

NOTICE

AVOID THESE RÉSUMÉ BLUNDERS

A résumé in and of itself may not get you that killer job, but if you blunder in composing it, you might kill any chance for an interview. Here are some big and not so big blunders, to avoid when you begin to put your résumé together.

Lying About Your Experience Augmenting your credentials with a little fiction might help you get the job, but you almost certainly will be found out. This could cause you to be fired sometime down the road. Worse, you will have gravely harmed your reputation within your chosen industry. Industry people travel in the same circles. It's highly likely that your employer will someday bump into someone who knows the real you, so don't say you were on the honour roll if you were a C student. Even a little white lie can backfire.

Typos and Misspellings You send a very negative message about your quality of work and attention to detail if your résumé and your cover letter aren't perfectly clean. Don't rely on your computer's spell check function. Your computer won't know if you negotiated with unions or onions. Review each word carefully, and have someone else review it too. Even if you are a good word person, it's easy to miss a typo because you know what you intended to write.

Cutesy-Pie Layouts and Stationery Some people believe that their résumé will stand out in the crowd if they stray from the conventional layout. This might work well if you are sending your résumé for a creative job like a graphic artist and you know that someone is definitely going to look at it. It could work against you, too. In fact, some companies scan résumés into a computer for later review. If yours is too radical, it may not scan and you won't be considered at all. If you want to alter the colour of your stationery, make sure the cover letter and résumé are the same colour. And keep it conservative - no hot pinks.

Telling too much about yourself. Don't feel that you have to share personal information, and be careful what you do share. You might run into someone's bias, so avoid hitting those hot buttons. If you volunteered for the Conservative Party, your Liberal interviewer may not be so impressed. Working for environmental or political causes won't impress everyone the same way. If you list golf as a hobby, someone might think you would spend too much time on the course. Even mentioning leadership roles at your place of worship could keep you from getting an interview. You can always discuss and inform them about what's important to you once you are seated face to face, but don't deny yourself that opportunity.

COVERING THE BASICS IN COVER LETTERS

It's the age-old question from job seekers: Must every resume be accompanied by a cover letter? The answer, according to professional career counsellors, is a resounding yes. And not just any cover letter. It must be tailored to the specific job you are applying for. Experts say that it takes just seven seconds to make a first impression. Make the most of your seven seconds with a winning cover letter. It gives the reader a clear idea of who you are and encourages them to stay tuned for more information. Here are some tips to ensure you make a good first impression.

What makes a good cover letter? For starters, there must be no spelling errors or typos. Your cover letter should also be addressed to a specific person. Always avoid using "Dear Hiring Manager or To Whom It May Concern" by finding the name of the company's human resources contact or person responsible for the position.

Recruiters also recommend that job seekers state which job they are applying for in the very first paragraph. This will avoid any confusion as to what position you are interested in.

The body of your cover should reflect your personality. One of the objectives of a good cover letter is to make a personal connection with the reader. Gone are the days when you could simply change the name of the company in your salutation, attach it to your resume and fire it off to the post office.

A winning cover letter will require some research into the company's history and recent accomplishments. It should show the reader that you have some knowledge of their company .

When writing your letter, keep the requirements of the job in mind and address them specifically. Remember, it's not what the company can do for you; it's what you can do for the company that counts. Your letter should be brief, easy to read, and always include your full name, address and phone number in case your cover letter becomes separated from your resume.

Experts also suggest that you ask for an interview in your cover letter. You'll greatly increase your chances of winning a face-to-face interview if you follow up by phone after applying for a position for which you are qualified.

If you are still unsure about where to begin when writing a winning cover letter, your local library and bookstore has numerous guides that are filled with samples of dynamic cover letters that you can use as a guide. You can also search a variety of career and job sites on the Internet for samples of cover letters.

Eagle Village Elder's Club

Here's a little word from your Elders Club. A New Year is beginning, and we had our first meeting on January 24th, 2006 where fifteen members attended.

A new board was elected and here are the results;

President: Vicky Young
Secretary: Ghislaine Mongrain
Treasurer: Pauline Gautier

Discussions were regarding membership and ways to be active members:

- Membership dues remain at \$5.00 per year, and must be paid by February 15th, 2006
- In order to participate in any trips, you must be an active member for 1 complete year. Example you must participate in:
 - 3 activities out of 4
 - 4 activities out of 6
 - 6 activities out of 8 etc.
- A member that cannot participate because of health problem, must ask a family member to participate in his/her place. Ways to participate in activities:
 - Selling Tickets
 - Peeling potatoes
 - Working in kitchen
 - Washing dishes
 - Deliveries
 - Attending meetings
 - Etc
- The presence of active members will be taken at every event. This will give you the opportunity to come on the trips, shows and other outings.
- Those who want to come to our activities and are not an active member are welcome, but you will also be responsible for your own expenses.

So if you are interested in joining please come to the next meeting on ...

Tuesday February 7th, 2006
at the
Elders/Forestry Center
7:00 pm

The more the merrier !!

Happy New Year to everyone,
Health, Peace & Happiness to you and your family.

Yours truly, Eagle Village Elders Club

Little Chief's Committee

Texas Hold'Em Tournament

The Little Chief's Hockey Committee would like to thank everyone who came out and participated at the last Texas Hold'Em Tournament that was held at the Community Hall on January 8th, 2006. A special "thank you" to all of the volunteers who helped us during the day ... Mary Down, Maxine Noah, Carolyn Pariseau, Lee Ann Trudel, Claudia Lafrance, Tasha McGowan, Jennifer Chevrier, Wanda Fudge, Susan Polson, Lillian Young and everyone else who came out and gave us their help and support.

Thank You to all of the sponsors who donated prizes:
 John's Machine Service - North Bay - Rodney Belanger
 Crane Pro Services - Burlington - James DeEll
 Kinecor - Temiscaming - Ed Matson
 Flow Serve - North Bay - Hans Bekecshus
 Automobile Paquin Ltee - Temiscaming
 G&P Iron Welding and Iron Works - North Bay
 Noront Armature Service - North Bay - Fred Thompson

A special thanks to Sam Boyd who picked up the donations for the tournament.

Little Chief's Fundraising Bingo
Sunday February 19th, 2006

Doors Open at 5:00 pm - Bingo starts at 6:45 pm
\$30.00 Entry Fee

Early Bird, 50/50 Draw, Door Prizes To Be Won, Nevadas

Game One	Game Six
1 line - \$50.00 2 lines - \$100.00	1 line - \$50.00 2 lines - \$100.00
Game Two	Game Seven
1 line - \$50.00 2 lines - \$100.00	1 line - \$50.00 2 lines - \$100.00
Game Three	Game Eight
1 line - \$50.00 2 lines - \$100.00	1 line - \$50.00 2 lines - \$100.00
Game Four	Game Nine
1 line - \$50.00 2 lines - \$100.00	1 line - \$50.00 2 lines - \$100.00
Game Five	Game Ten
1 line - \$50.00 2 lines - \$100.00	1 line - \$50.00 2 lines - \$100.00
Letter "H" - \$1000.00	Full Card - \$2000.00

Stanley Cup Hockey Pool

The Little Chief's have a hockey pool for the final game for the Stanley Cup. Tickets are \$20.00 each and can be shared so hook up with a friend for a chance to win. 3 prizes to be one ... no overtime. On sale at the Migizy Gas Station.

First Period - \$250.00
Second Period - \$500.00
Third Period - \$750.00

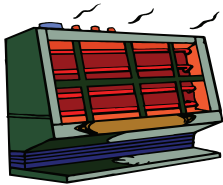
Fundraising money to be used to purchase hockey jerseys for Eagle Village Youth to use for tournaments, road hockey, ice hockey etc.

Eagle Village Fire Department

Winter Wonderland

Greetings everyone! Let me introduce myself: I am the Snowman. And yes, it's winter alright. But what do you expect, I just love winter! It's easy to see why. Winter can be a delightful season if you look at it from the right perspective. It is important to be prudent, however, even in such frisky temperatures. Many just forget. First of all, are you able to open your windows? Often, when it's cold, windows freeze up and it's very difficult to open them. What about your balconies? Piles of snow look great, but only in the backyard. The balcony must always remain clear of snow so that you can exit quickly should a fire break out in your home. From my vantage point (I live in the backyard) I see all the neighbours and many of them tolerate heaps of snow that obstruct their exits. **ZERO TOLERANCE!** Clear off your emergency exits!

Let's go inside (you, not me!). How cosy it is to nestle by the fire. Where do you put your ashes when the fire is out? In a carton box? Boy, oh boy, you must never do that! Ashes must be put in a metal container with a raised base, and it must be placed outside, far from any combustible materials. The ashes can stay hot for more than 3 days!!!



Others prefer space heaters to keep warm. Always keep them at a distance of at least 1 meter (3 feet) away from walls and other combustibles like curtains, draperies and furniture. If you are using a kerosene space heater, make sure it has cooled before refilling it, and do so outside of the building and far from any heat source. Always use the appropriate fuel for the unit and fill without exceeding the recommended level. If you use a kerosene space heater, it is a good idea to leave the window half-open to ensure a sufficient supply of fresh air.

As for electric space heaters, avoid using extension cords for these units. The grounding protection should never be cut. And please, use the appropriate fuse for the outlet used.

Some people get hives just from hearing the words "freezing rain". That's right "freezing rain"! So to help avert any problems caused by power failures, you can get yourself a portable generator. Before using a generator, make sure that your electrical installation has been made by a certified electrician and once in place, follow a maintenance schedule recommended by the manufacturer. It's a question of safety. Always place the generator completely out of doors, never in the garage even if you leave the door open. Air turbulence could force the exhaust gas back into the house and poison you! Also, make sure that the generator is far enough from the house and any openings such as windows, doors and air intake ducts. Check the exhaust pipe of your generator frequently because overheating could cause a fire. If it is red, turn the generator off and let it cool down! When you fill it up with fuel, always stop the motor and use appropriate fuel only. Pay special attention to electrical connections.



Now you're ready to face the severe conditions of winter. You will be warm and safe. A last word before leaving you: **"you can help your fire safety services by removing the snow around the fire hydrant on your lot"**. This is the responsibility of your municipality, but all it takes is a fire the day after a snow storm: if the firemen have to remove the snow first this could turn into a catastrophe!!

*On this note, the Eagle Village First Nation Fire Department and Councillor Gail Joly,
Wishes you a happy and enjoyable winter !!
Take advantage of all the fun activities like skating, skiing and walking. Enjoy the lovely winter wonderland !!*

Do you have what it takes to become a Foster Family?

For services, requests or if you would like
more information please contact:

Centre Jeunesse l'Abitibi Temiscamingue
819-627-2676 extension 229

Please ask for
Mariette Mathias - Resource Worker

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
Email: chr@eaglevillagefirstnation.ca

Eagle Village Police Department ... Victims of Criminal Acts

**A Better Understanding of Legal Proceedings
Quebec**

You were recently the victim of a crime and called police. The police conducted an investigation, traced a suspect and submitted a report to an Attorney General's prosecutor who, having deemed the evidence sufficient, determined the type of accusation to be brought before the court.

In the public interest, an Attorney General's prosecutor, representing the state, takes charge of the trial. Indeed, "your" complaint is now the State's "property", which explains why you may neither withdraw nor halt legal proceedings.

Is the defendant guilty of the crime of which he is accused? If so, what should his sentence be? The purpose of the criminal trial is to answer these questions.

During the entire proceedings, the victim is a vital collaborator in terms of the administration of justice. Victims have rights, especially with respect to being informed and appraising the court, when the sentence is handed down, of the consequences of the crime on their lives. Various types of recourse are also available to the victims. For more information, please consult the leaflet Victims of Criminal Acts, Recourse and Resources.

Main Principles Of Criminal Law

According to law, an accused person is presented innocent until proven guilty. Only under certain conditions stipulated in legislation may a suspect be deprived of his freedom during legal proceedings.

At the trial, it is the Attorney General's prosecutor who must establish beyond a reasonable doubt that the defendant is guilty.

The defendant is entitled to a full, complete defense and to be represented by an attorney. He may plead guilty at any time.

Court proceedings are usually public in order to ensure fairness. You may attend them if you so desire.

Court Appearance

During the court appearance, the defendant is apprised of the accusation brought against him and indicates whether he pleads guilty or not guilty.

If he pleads guilty, there is no need to hold a trial. The judge hands down a sentence according to the rules governing sentencing which are discussed later in this leaflet.

If the defendant pleads not guilty, the judge sets the date of the trial and that of the preliminary inquiry or of the submission of evidence, as the case may be.

The victim and the witnesses are rarely asked to be present at this stage or at the release hearing.

Release Hearing

When the defendant is in custody at the time of the court appearance, the judge usually conducts a release hearing on the spot or in the days that follow.

The judge must release the defendant unless the Attorney General's prosecutor objects to his doing so and proves that it is necessary for the accused to remain in custody for the duration of the proceedings for the protection or safety of the public or to

is necessary for the accused to remain in custody for the duration of the proceedings for the protection or safety of the public or to maintain confidence in the administration of justice. However, the judge may release the defendant by impose a number of conditions, for example, prohibit the accused from attempting to contact the victim or order him to stay away from the victim's residence or place of work.

If the accused fails to comply with these conditions, call the police. An accusation may be brought against him and the court may review his release.

Disclosure

Disclosure, also called the pro forma preliminary inquiry, is designed to inform the accused of the exact nature of the evidence supporting the accusation brought against him. Witnesses are not called at this stage, so, as a victim, you need not be present.

Preliminary Inquiry

The accused may renounce the preliminary inquiry if the Attorney General's prosecutor gives his consent.

At the time of the preliminary inquiry, the Attorney General's prosecutor submits to the court the main elements of his evidence. He questions his witnesses, who are then cross-examined by the defence counsel. The victim may be called upon to testify if need be.

If the judge considers the evidence to be insufficient, the accused is absolved of the charges brought against him. On the other hand, if the judge deems the evidence to be sufficient, he will order the accused to stand trial.

The Trial

After the bill of indictment has been read, the accused registers a not guilty plea. Then the Attorney General's prosecutor and the defence counsel each call on their witnesses and submit the material evidence to support the case of the prosecution and the defense. Both may cross-examine the opposing party to verify the validity of their testimony. The accused is not required to testify in his own defence or to call on witnesses.

Once all of the witnesses have been heard, the defence counsel and the Attorney General's prosecutor present their oral arguments. The defence counsel tries to show the judge or jury that the evidence submitted leaves reasonable doubt, while the Attorney General's prosecutor tries to convince them that, according to the evidence, the defendant is guilty beyond all reasonable doubt.

In the case of a trial before judge and jury, the judge then gives various instructions to the jury which, after deliberating in camera, must return a unanimous verdict concerning the guilt or innocence of the accused. In the case of a trial before a judge alone, the judge examines the evidence submitted to him and returns a verdict.

If the accused is found not guilty, he is acquitted. If he is found guilty, the judge delivers the sentence according to rules governing sentencing.

(Next month's Newsletter ... Sentencing and Appeals)

Sentencing

Eagle Village Youth Center

Notice To All Community Members

The Youth Center will no longer be open on the weekends effective FEBRUARY 11, 2006 to APRIL 2, 2006 due to:

- Youth disrespecting the building and the supervisors
- Shortage of funds
- More importantly – Drugs were found on the premises

Due to the number of problems the supervisors are encountering, a posting will be circulated, looking for an “ADULT” between the ages of 18 to 30, which is part of the criteria under the “Youth Work Experience Initiative” budget.

Please note the CAP program will still operate Monday to Thursday between the hours of (6 to 9 p.m.) CAP program will be closed Friday, Saturday and Sunday.

We have implemented several alternatives to avoid the closure however; however we are now forced to provide ADULT supervision.

Job Opportunity

If you are between the ages of 18 to 30, unemployed, out of school for at least a year and would like to apply for the weekend position at the Youth Center, please leave your resume at the front desk at the band office.

Community Notes

In Memoriam

Jessie (Jawbone) Grandlouis
February 1st, 2005

Mom, one year's gone by
since you said goodbye,
Diabetes took a toll on your health
but you fought hard to stay with us.
With the pain and suffering that you went through,
no one can understand how much we all miss you.
Loved but never forgotten and forever in our hearts.



Loved and missed by
all your daughters;
Lois, Rose, Lou-Ann
Frances, Darlene and
your son George Jr.
All your
Grandchildren
and sons-in-law

HAPPY VALENTINE'S DAY

Happy Valentine's day to my husband and our dad
for all the direction and support you've given us
throughout all these wonderful years as a family.

Love
Frances, Kayla, Roger Jr. and Bryan
XOXOXO



Happy Birthday to
Kim Constant
who celebrates her birthday
on February 17th
from
Tiddalow, Jason and Trent.
Happy Birthday to Tiddalow
who celebrates her birthday on
the same day as
her sister Kim !!

AS OF FEBRUARY 1ST, 2006 ... THERE WILL BE “NO SMOKING” AT ANY TIME IN THE COMMUNITY HALL

Keeping Teens Safe On The Information Highway

Young people are increasingly using new technologies such as cell phone text messaging, chat rooms, online games, instant messaging and the Internet as part of their regular socializing activities. ***An astonishing 99% of Canadian teens have access to the Internet and 70% of youth online use instant messaging to chat with friends.***

These new opportunities to connect come with new risks of being harassed, bullied and/or exposed to sexual predators online. In 2003, some 25 % of girls reported having contact with a stranger online that made them feel unsafe. Cyber-bullying in the form of intimidation in chat rooms, threats and harassment through instant messages, or hateful web sites, (for example, sites that let viewers vote for the ugliest kid in school), present new challenges to keep teens safe online.

Emotional and physical safety are not the only Internet safety issues for teens. Young people are now being constantly targeted by advertising strategies tailored to sell them things. The promise of “free cool stuff” in online contests and surveys, and even some games (known as 'advergAMES'), are often disguised marketing ploys to sell products and services to the lucrative youth market.

Fortunately, there is an abundance of good information available on how to stay safe and how to spot marketing schemes online. Young people can learn how to protect their identities as well as their personal information and they can learn how to recognize advertising tactics so that they can surf the Internet safely.

What to tell your teen about how to stay safe on the Internet:

- Always protect your privacy! Never give out personal information online (real name, names of friends or family, address, home telephone number, cell phone number, private email address, picture, school name, or even sports team name). Online friends can often feel very close, but they are still strangers and giving out personal information can make you vulnerable to sexual predators, scams and other people who may want to take advantage of you.
- Use a nickname, not your real name, and a nickname that is not going to attract the wrong type of attention e.g. *Spank-me69* will likely attract creepy people who are interested in sexual content.
- Keep to chat rooms that are moderated so bullying behaviour can be reported and stopped.
- Never meet an Internet friend alone - always have a parent/guardian or friend with you if you arrange to meet an Internet friend, and meet in a public place

- Don't open a message from someone you don't know or check first with your parents, guardian or other adult.
- Trust your instincts - if you find something that makes you feel uncomfortable or that you don't like, get out of the chat room or web site, turn the computer off and tell an adult you trust.
- Be wary of all online surveys as they are often just a mechanism to get consumer contact information to use for selling things. Also, marketing companies will often sell this information to other companies who want to sell you more things.
- Take initiative: Report all unsafe web sites to Internet service providers (ISPs), media or police. Report threatening behaviour to chat moderators or web site owners.
- Get help If you find you are a victim of cyber-bullying. Please talk to your parents, teachers or other adults, and remember there are many resources available for help, including the police.

“Cyber-bullying” is the sending or posting harmful or cruel text or images using the Internet or other digital communication devices. The stories are heart breaking. Teens who are:

- Sending cruel, mean, vicious, and sometimes threatening messages.
- Creating web sites that have stories, cartoons, pictures, and jokes ridiculing others.
- Posting pictures of classmates online and asking students to rate them, with questions such “Who is the biggest ____ (add a derogatory term)?”
- Breaking into an a person’s email account and then sending vicious or embarrassing material to others.
- Engaging someone in IM (instant messaging), tricking that person into revealing sensitive personal information, and forwarding that information to others.
- Taking a picture of a person in the locker room by using a digital phone camera and sending that picture to others.

Cyber-bullying is emerging as one of the more challenging issues facing educators and parents as young people embrace the Internet and other mobile communication technologies.

Cyber-threats are a related concern. A cyber-threat is online material that threatens or raises concerns about violence against others, suicide, or other self-harm.

There are two kinds: Direct threats are actual threats to hurt someone or commit suicide. Distressing material provides clues that the person is emotionally upset and may be considering hurting someone, hurting him or herself or committing suicide.

News From The Health Director ... A Year In Review

Health Plan

Having met 99 % of the established requirement that is encompassed in a comprehensive health planning process, we are now ready to sign a new “multi funding arrangement with Health as of April 1st 2006. Both Eagle Village Health staff & Health Canada transfer team has worked very hard to negotiate a fair deal that should better respond to our needs. Programs like “community links” along with “sports & leisure” will require a bit more direction since it is not one of the “traditional” programs that have been in place for many years.

Tabled Discussions

Over the past year we, the regions health directors, have tabled several subjects for discussion with our Regional managers of Health Canada. A review of the list of medication has thought us that the non-insured health benefit list is quite comprehensive. This list however seems to be transferring more & more of the normal (regular) prescription medication over to the exception list where a strict protocol between the exception centre, the pharmacist and the prescribing physician make it difficult for our members to receive their meds in an appropriate delay. Some pharmacists are now asking for money upfront while they wait for the decision from the exception centre. Talks are still ongoing to reduce the exception list. People receiving their meds from the CSST program, veteran affairs, provincial social assistance do not have such a list, why should we?

Over-the-counter medication is also a continuing item up for discussion. As a health Centre that has more than a prevention mandate, we are asking for a minimum amount of tools (o.t.c. meds) to work with. Health Canada has studied to death several meds that they are threatening to remove or have already done so for in their point of view, no longer prove to be effective. “These meds don’t cure you, they just make you feel better”. I say what’s wrong with that. Our brothers & sisters, who live in isolated or semi-isolated communities, benefit from a larger scale of meds because of their isolation. I am not aware of any other type of insurance coverage that discriminate on the grounds of where you live? But the non-insured health benefits do! We must continue to put forward our arguments and hope that someone in Ottawa can use some logic and help us improve our health, instead of focusing on just saving dollars.

Health Centre

At the health centre, we are preparing for the flu pandemic. Please read all the information that you will be receiving in the next few months. It is real, serious and nationally advertised so we must prepare well in order to deal with this as a community. We have taken over the footcare services and acquired the necessary equipment to so. Medical transportation is going well. Our members are bringing back their forms well completed.

In the very near future, we are hoping to add a dental hygiene program that will assist us in assuring our children get a good healthy start. Proper dental care and early problem detection can significantly reduce the amount of unnecessary procedures a child must go through early in his or her life.

We will continue to be an intrinsic part of our spring fair and we hope to you will continue to visit us and take back home with you, some valuable information.

Medical Transportation Information

As of January 1st, 2006 the rates for reimbursement for personal vehicle for medical transportation trips have increased from \$0.15 /km to \$0.17 / km. This is for all appointments that were scheduled in the new year. Claims submitted for reimbursement for appointments that took place during 2005 will be reimbursed at the old rate of \$0.15 /km.

Our fiscal year end is fast approaching therefore we are asking all community members to submit all of their “Medical Visit Attestation” forms for reimbursement as soon as possible. All claims for the current fiscal year April 1st, 2005 - March 31st, 2006 must be submitted no later than April 7th, 2006. After this date your claims for the current fiscal year (April 1st, 2005 - March 31st, 2006) cannot be processed for reimbursement.

If you have any questions please contact Cecile McKenzie at the Health Centre 627-9060. Thank You.

The NNADAP Corner ... "The Quit To Win Challenge"

Hey everyone ... it is that time of year again for the "Quit To Win Challenge" and participating in the challenge means:

- Commit to quitting smoking during 6 weeks, from March 1 to April 11 2006. You can quit smoking at any time starting from January 1 2006, as long as you don not smoke during those six weeks.
- Benefit from the support of a partner.
- Access many tools and resources to help you.
- Be eligible to win a prize.

Tools and resources to meet the challenge:

- When you register, if you provide your e-mail address and your forecasted date of cessation, you will receive 20 free e-mails as well as support and pep messages.
- Browse the website at www.defitabac.ca/firstnations to know more about it and to register.
- Get the Jean Coutu toolkit, which includes handy tools to help you quit smoking;
- Ask for your copy of the smoking cessation manual designed for First Nations "Healing from Smoking" at your health center;
- See your pharmacist or doctor to determine if you are eligible to a nicotine replacement therapy (chewing gums and/or patches) covered by the First Nations' non-insured health services;
- You can call the toll-free information /support hotline at 1 866 JARRÊTE (527-7383) for additional information and support.

Please note that if there is no Jean Coutu in your surrounding area, you can request your toolkit from your NNADAP Worker at the Health Center. It has no monetary value and cannot, under any circumstance, be sold or received through any other way than by showing a registration confirmation card. There is one toolkit per participant, while supplies last.

EXCLUSIVE PRIZES FOR PEOPLE PARTICIPATING IN THE FIRST NATION'S CHALLENGE:

For participants aged up to 18:

6 - \$1000 gift certificates at:

Les Galeries de la Capitale
Latulippe (fishing and hunting)
Walmart

Any other retailer chosen by the winner (subject to the FNQLHSSC's approval).

For participants aged 19 & up:

6 - \$1000 prizes in cash

Partners of a winner we also receive ...
a \$100 in cash

AND THAT'S NOT ALL!!

PROVINCIAL PRIZES FOR PARTICIPANTS:

1st Prize - Adults

1 dream vacation package (\$5000 value)
plus \$500 in cash for any destination

2nd Prize - Adults

1 gift certificate for a sports event, \$500 value

18 to 24 Year Olds

1 youth adventure trip package for 2, \$3400 value

1st Prize - Youth up to 17 yrs

1 digital camera

2nd Prize - Youth up to 17 yrs

1 CD-MP3 portable player

REGIONAL CHALLENGE PRIZES:

For participants -16 digital camcorders

For partners - 16 "book and CD" gift-certificates,
worth \$300 each

Starting on April 12 2006, potential winners will be contacted by phone to check if they have met the challenge. The FNQLHSSC reserves the right to check to see if they kept their commitment with their partner and/or to ask them to take a test. Signing a declaration under oath may also be requested. The names of the winner will be published in the FNQLHSSC's bulletins and at a press conference in May. To know the full rules of the "Quit to Win" Challenge for First Nations, contact First Nations Règlements Défi, 2064, rue Saint-Hubert, Montreal (Quebec) H2L 3Z5 or www.defitabac.ca.

ELIGIBILITY CONDITIONS FOR THE "QUIT TO WIN" CHALLENGE FOR FIRST NATIONS ...

- Be a First Nations member
- Live in the province of Québec
- Be a regular smoker as of December 31, 2005
- Commit to not smoking from March 1 to April 11, 2006 inclusively
- Find a partner, i.e. a non-smoking adult that you know

If you are interested you can register online at www.defitabac.ca/firstnations or send your registration form postmarked March 1st at the latest by fax to:

"Quit To Win Challenge For First Nations"
P.O. Box 292
Succurdale Rosemont
Montreal QC H1X 3B8

For registration forms or for more information please call Vicky at the Health Centre 627-9060.

The NNADAP Corner Cont'd

I WOULD ALSO LIKE TO SAY THANK YOU TO THE FOLLOWING PEOPLE FOR THEIR TIME IN HELPING OUT FOR THE NNADAP YOUTH DANCE WHICH WAS ON FRIDAY JANUARY 27th, 2006:

Dana Mitchell
Tracey Blackmore
Dale Down (DJ)

I would like to thank Tina, for always making sure that we have nice prizes for the monthly youth dances. Thanks Again!

I will be on holidays from February 27th – March 3rd, I will be back in the office March 6th.

I will be in Quebec City for an FASD Forum February 20, 21, and 22.

The next Youth Dance is scheduled for February 24th. (Tentative)



Sports and Leisure

Snowshoeing & Tobogganing

Once again we are scheduling tobogganing and snowshoeing between 6:00 pm and 8:00 pm two nights a week.

We will always meet at the Youth Centre first.

Hot chocolate will be served.

Snowshoeing will take place around the community.

Tobogganing will be either at Down's hill or beside Danny Raymond's home.

Your schedule is as follows:



Snowshoeing
February 6, 2006
February 13, 2006
February 20, 2006

Tobogganing
February 8, 2006
February 15, 2006
February 22, 2006



Don't Forget

*Wear proper outdoor gear and don't forget your toboggan!
Bring a friend and/or parent!*

**March Break Activities
February 27 – March 3, 2006**

Tentative Schedule will be as follows:

Monday, February 27, 2006
Swimming and Skating at the Centre

Tuesday, February 28, 2006
Ice Fishing - Local

Wednesday, March 1, 2006
Swimming and Skating at the Centre

Thursday, March 2, 2006
Matinee Movie at North Bay

Friday, March 3, 2006
Crafts and Board Games at the Dome

Permission Forms will follow.

Hey.....Gals and Guys ... It's another PD Day (Pedagogical Day)

Friday February 10th & Monday February 13th, 2006

Come and join us at the Community Hall – Dome

Anyone interested in a Skip-Bo Tournament! (Singles)

February 10, 2006 from 10:00 am - 5:00 pm.

On Monday, February 13, 2006 there will be a movie and board games to play from 1:00 pm - 4:30 pm and snowshoeing to follow in the evening from 6:00 pm – 8:00 pm.

The Shakedown On Salt



If you're confused about the connection between salt, blood pressure, heart disease and stroke, you are not alone. Hopefully this article will provide you with some clarity on the subject, as well as some practical tips on reducing dietary salt. Most Canadians have an average of three teaspoons of salt each day. Although the body needs some salt to function, people generally consume significantly more salt than the suggested one teaspoon per day.

Making The Connection

Approximately 35% of Canadians are salt-sensitive, which means excess dietary salt has the ability to raise their blood pressure, and subsequently increase their risk of heart disease and stroke.

Here's how: If your body isn't able to get rid of excess salt quickly enough (through sweating, for example) the volume of blood circulating through your arteries increases, which in turn, increases pressure on the artery walls.

Since so many people are salt-sensitive and we consume more salt than we need, the Heart and Stroke Foundation recommends Canadians reduce the amount of salt in their diet by cutting back on salt used in cooking, avoiding it at the table and choosing foods that contain less added salt.

Small Wonders

Surprisingly, it doesn't take much to make a difference. In fact, for people who have high blood pressure, and even for those who don't, reducing your salt intake by just one teaspoon per day can significantly reduce your blood pressure.

Because we live in an extremely high-salt environment, everybody will benefit from a reduction in blood pressure – including people with normal blood pressure.

Less Is More

Most foods actually taste great without any added salt. Salt is an acquired taste, so if you slowly reduce the amount you use in cooking and at the table, it won't take long for your taste buds to adapt.

But this is only part of the solution. Salt from the shaker or in cooking only represents 10% to 15% of total consumption, the biggest culprits, which account for 75% to 80% of total salt intake are processed foods, including canned goods, processed meats such as hotdogs, salami-style meats, bacon and prepared meals.

Uncovering Hidden Culprits

To find out how much salt is in a food, look for the words "salt" and "sodium" on labels. The percent daily value tells you if there is a little or a lot – 10% or less (240 mg) is considered lower in sodium.

Hidden culprits with high sodium to watch for include pickles, olives, mustard, ketchup, salad dressings and sauces. In addition, many over-the-counter medications including antacids, painkillers and laxatives have a high sodium count. If you are on a sodium-restricted diet, check with your doctor or pharmacist before taking any of these.

Tips for cutting back

- Eliminate or reduce the amount of salt you use when cooking or baking. Use other flavouring like garlic, lemon juice, herbs, onion or pepper. Prepare more foods "from scratch" instead of using packaged foods.
- Avoid salted snacks, prepared lunchmeats and highly salted processed foods.
- Limit your consumption of fast foods (often high in salt and fat). Most restaurant foods have more salt than foods prepared at home.
- Remove the saltshaker from the table.
- Eat more fresh vegetables and fruit and add spices and herbs for more flavour.
- Use fresh or frozen plain fish instead of canned or dried. If you use canned fish or beans, look for sodium-reduced products or rinse them with water.
- Make your own reduced-salt stock to use as a base for soup.
- Avoid using commercially softened water for drinking or cooking.
- Look for the Health Check® symbol on foods to help you make healthy choices. www.healthcheck.org

There are lots of things in life we can't control – our kids' inexplicable urge to test out swear words on their grandmother and, of course, everyone else's bad driving.

But there are many things in life we can control and uppermost among them is our heart health.

February is not only Valentine's Day; it is also Heart Month. Perhaps now is the time to start making healthier choices for a healthier heart. Eating low-fat foods, giving up cigarettes or controlling your stress are all steps you can take to prevent a heart attack. Each time you take away a risk factor you greatly reduce your chance of developing coronary heart disease. Making changes that reduces your risk for coronary heart disease is not always easy, but you will be rewarded with better health.

RISK FACTOR: HIGH BLOOD CHOLESTEROL

High blood cholesterol causes a buildup of fats in your coronary arteries. Reducing your cholesterol level by 25 per cent cuts your risk of heart attack in half. Reduce this risk factor by **HEALTHY EATING**. Limit meat, poultry, and fish to no more than 6 ounces per day. Go easy on spreads, dressings and sauces. Choose unsaturated vegetable oils. Try eating more oats, dried beans, brown rice, vegetables and fruit. **EXERCISE AND WEIGHT LOSS** may increase levels of the "good" cholesterol (HDL). Subsequent weight loss may also help improve your blood cholesterol levels

RISK FACTOR: SMOKING

Nicotine, carbon monoxide, and other substances damage the artery's lining. Smoking can also cause artery muscles to contract, reducing blood flow to the heart. Your risk drops to almost normal just three years after quitting. Reduce this risk factor by **QUITTING SMOKING**.

RISK FACTOR: HIGH BLOOD PRESSURE

High blood pressure can wear out the arteries and lead to coronary heart disease. The higher your blood pressure, the higher your risk for heart disease. Reduce this risk factor by **EXERCISE AND WEIGHT LOSS**, your heart won't have to work as hard to pump blood through your arteries. **REDUCE SALT** as it causes your body to retain water, which in turn increases the amount of blood in your arteries and this can raise the blood pressure in some people. Avoid salty foods! Remember to take your high blood pressure medication your physician has prescribed.

RISK FACTOR: DIABETES

With diabetes, your arteries may be more easily damaged because the "glue" between the cells is weaker. Reduce this risk factor by **KEEPING YOUR BLOOD SUGAR LEVELS NORMAL**. Be physically active every day. Reach and maintain a reasonable body weight. Limit foods high in fat or cholesterol.

RISK FACTOR: LACK OF EXERCISE

Active people have fewer heart attacks than people who are not active. Exercise may improve cholesterol levels and reduce high blood pressure and it's also a good way to lose weight. Reduce your risk by **STARTING AN EXERCISE PROGRAM**. Check with your doctor before beginning an exercise program.

RISK FACTOR: STRESS

Stress increases levels of the hormone epinephrine, which increases your blood pressure and heart rate. This in turn, could damage your artery linings. Reduce your risk by **CONTROLLING YOUR STRESS**. Determine how you react to stress each day. Learn some relaxation techniques that will help you to cope more effectively. (Source: Interior Health)

HEART ATTACK WARNING SIGNALS

Pain

- sudden discomfort or pain that does not go away with rest
- pain that may be in the chest, neck, jaw, shoulder, arms or back
- pain that may feel like burning, squeezing, heaviness, tightness or pressure
- in women, pain may be more vague

Shortness of Breath

- difficulty breathing or catching your breath

Nausea

- indigestion
- Vomiting

Sweating

- cool, clammy skin

Fear

- anxiety
- Denial



Signs may be mild or severe. If you or someone you know is having any of these signs, CALL 911 or your local emergency number immediately.

ANGINA In its most basic terms, angina is chest pain . It is sometimes described as "pressure" or "discomfort" rather than pain; it may also radiate to the throat, jaw, back, or arms. Angina usually follows a predictable pattern. Pain generally occurs at about the same point when exercising and/or under emotional stress . The pain usually comes on with physical activity and/or emotional stress and goes away with rest and/or nitroglycerin within three to five minutes. Angina is a warning signal. It is the heart muscle's way of telling the body that it is being forced to work too hard and needs to slow down.

Environmental Health

Roles and Responsibilities Regarding the Provision of Safe, Clean Drinking Water to First Nations Communities

In First Nations communities located in Canada, responsibility for ensuring safe drinking water on reserves is shared between First Nations Band Councils and the Government of Canada.

Chiefs and Councils are responsible for planning and developing their capital facilities which provide for the basic infrastructure needs of the community, including drinking water. They are also responsible for the day-to-day operation of water and wastewater systems on reserves, including sampling and testing drinking water.

Indian and Northern Affairs Canada provides funding for water services and infrastructures such as the construction, upgrading, operation and maintenance of water treatment facilities on First Nation reserves. The department also provides financial support for the training and certification of operators.

Health Canada, through its Community-Based Water Monitor program, helps First Nations communities establish drinking water quality sampling and testing capabilities to verify the overall quality of drinking water at tap. Health Canada provides funds to Chief and Council to employ drinking water monitors in the community who can provide a final check on the overall safety of the water. Health Canada trains these monitors to sample and test the drinking water for potential bacteriological contamination.

Currently, almost 500 communities have drinking water quality monitors, compared to four years ago, when there were just over 350 water monitors. The First Nations Water Management Strategy announced in 2003, aims to expand and improve the training of community-based drinking water quality monitors who can carry out regular testing of drinking water and help ensure continuing access to safe drinking water on reserves.

If a community does not have a community-based drinking water quality monitor, an **Environmental Health Officer**, employed by Health Canada or a First Nation, will sample and test drinking water quality, with the community's permission. Environmental Health Officers review, interpret and disseminate drinking water quality sampling results to First Nation communities. In all situations, if the water quality is found to be unsatisfactory, the Environmental Health Officer will immediately communicate the appropriate recommendation(s) to the **Chief and Council** for action, for example, issuing a Boil Water Advisory.

Boil Water Advisories are preventive measures, recommended by Health Canada, to protect public health from waterborne infectious agents that could be, or are known to be present, in drinking water. These announcements are a way to advise the public that they should boil their tap water for drinking and for other uses. It is the responsibility of the Chief and Council to actually issue a Boil Water Advisory in the affected communities. Chief and Council are also responsible for taking the necessary actions to communicate Boil Water Advisories to residents and other appropriate stakeholders, and to address the drinking water quality problem. Health Canada, Indian and Northern Affairs Canada and other stakeholders are available to provide advice and assistance.

A Boil Water Advisory may be recommended by Health Canada as a result of any of the following reasons:

A) on evidence of conditions such as:

- unacceptable levels of disease-causing bacteria, viruses or parasites in the water system anywhere from the source to the tap,
- unacceptable levels of turbidity

These conditions can occur for many reasons, including:

- inadequate filtration and /or disinfection during treatment,
- re-contamination during distribution

B) precautionary measure issued to residents in a specific area when there is concern that microbiological contamination may exist, for example, local emergency repairs in the distribution system.

*The number of Boil Water Advisories in First Nations communities across Canada fluctuates frequently, as water quality is not static. As of **December 16, 2005**, there were **74 Boil Water Advisories and 1 Boil Water Order** in First Nation communities across Canada. A Boil Water Advisory is recommended by an Environmental Health Officer and a Boil Water Order is issued by a Medical Officer under the authority of a provincial Public Health Act.*

The reasons why many First Nations communities are on long-term boil water advisories vary. The time required to perform upgrades or replacements to a water facility in a community may lead to long-term Boil Water Advisories. Many First Nations communities face the same challenges in providing safe drinking water as do other small, remote or isolated communities, such as difficulties in finding and retaining qualified water treatment plant operators. Reasons for long-term Boil Water Advisories may also include community decisions to lower or turn off the chlorinator because of community concerns about the taste of chlorine in drinking water after treatment. Health Canada is working with First Nations leadership to help communities improve their understanding of and responses to Boil Water Advisories, and to help communities address any associated problems. Following the recommendations in the recent report of the Commissioner of the Environment and Sustainable Development, the Government of Canada is strengthening the First Nations Water Management Strategy, including accelerating the development of a regulatory and testing regime for all reserves, and plans to have certified water operators available to support First Nation communities, while continuing to train local operators.

It should be noted that Boil Water Advisories and Boil Water Orders are issued in many non-First Nations communities across Canada, and are most notable in small remote or isolated communities.

February Is “Heart” Month ... “Keep The Beat” Heart Healthy Recipes

What’s good for your heart is great for your taste buds and you don’t have to lose flavor to gain health. Cooking up heart health requires no secret ingredients. It simply means making dishes that are lower in saturated fat, cholesterol, and total fat and reduced in sodium.

20 Minute Chicken Creole

- 4 medium chicken breast halves, skinless, boneless and cut into 1 inch strips
- 1 cup (14 oz) of tomatoes cut up.
- 1 cup of low sodium chilli sauce
- 1½ cups (1 large) green pepper, chopped
- 1½ cups of celery, chopped
- ¼ cup of onion, chopped
- 2 cloves of garlic, minced
- 1 tablespoon of fresh basil, or 1 teaspoon of dried
- 1 tablespoon of fresh parsley or 1 teaspoon of dried
- ¼ teaspoon of crushed red pepper
- ¼ teaspoon of salt
- Non-stick cooking spray as needed

Directions:

- Spray deep skillet with non-stick cooking spray. Preheat pan over high heat.
- Cook chicken in hot skillet, stirring 3 - 5 minutes or until no longer pink. Reduce heat.
- Add tomatoes with juice, low sodium chilli sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper and salt. Bring to a boil and reduce heat. Simmer covered for 10 minutes.
- Serve over hot cooked rice or whole wheat pasta.

**Makes 4 servings ... Each serving contains:
274 calories, 5 g of fat, 4 g of fibre, 30 g of carbohydrates**

Spaghetti With Turkey Meat Sauce

- 1 lb of ground turkey
- 1 can (28 oz) tomatoes, cut up
- 1 cup of green pepper, finely chopped
- 1 cup of onion, finely chopped
- 2 cloves of garlic, minced
- 1 teaspoon of dried oregano, crushed
- 1 teaspoon of black pepper
- 1 lb of spaghetti, uncooked
- Non-stick cooking spray as needed

Directions:

- Coat skillet with non-stick cooking spray. Preheat over high heat.
- Add turkey and cook, stirring occasionally for 5 minutes. Drain and discard fat.
- Stir in tomatoes with juice, green pepper, onion, garlic, oregano and black pepper and stir.
- Remove cover and simmer for added 15 minutes. (For creamier sauce, you can give it a whirl in the blender or food processor.)
- Meanwhile, cook spaghetti in unsalted water and drain well.
- Serve sauce over spaghetti.
- You can make sauce in advance, cool and freeze for a later use.

**Makes 6 servings Each Serving contains:
455 calories, 6 g of fat, 5 g of fibre, 71 g of carbohydrates**

Chillin’ Out Pasta Salad

- 2½ cups (8 oz) medium shell pasta
- 1 cup (8 oz) of plain non-fat yogurt
- 2 tablespoons of spicy brown mustard
- 2 tablespoons of salt free herb seasoning
- 1½ cups of celery, chopped
- 1 cup of green onion, sliced
- 1 lb of small cooked shrimp
- 3 cups (about 3 large) tomatoes, coarsely chopped

Directions:

- Cook pasta according to directions - but do not add salt to the water. Drain and cool.
- In a large bowl, stir together yogurt, mustard and the herb seasoning.
- Add pasta, celery and green onion and mix well. Chill for at least 2 hours.
- Just before serving, carefully stir in shrimp and tomatoes.

**Makes 12 servings ... Each serving contains:
140 calories, 1 g of fat, 1 g of fibre, 19 g of carbohydrates**

Baked Trout

- 2 lbs of trout fillet, cut into pieces (any fish can be used)
- 3 tablespoons of lime juice (about 2 limes)
- 1 medium tomato, chopped
- 1 medium onion, chopped
- 3 tablespoons of cilantro, chopped
- ½ teaspoon of olive oil
- ¼ teaspoon each of black pepper and salt
- ¼ teaspoon of red pepper (optional)

Directions:

- Preheat oven to 350°F.
- Rinse fish and pat dry. Cut fish into approximately six pieces and place in baking dish.
- In a separate dish, mix remaining ingredients together and pour over fish.
- Bake for 15 to 20 minutes or until the fish flakes or is fork tender.

**Makes 6 servings ... Each serving contains:
236 calories, 9 g of fat, 1 g of fibre, 2 g of carbohydrates**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2006			1	2	3	4
5 Terry is in Montreal for the Wanaki Centre (6th - 9th)	6 Helen is in Montreal for a meeting (6th - 9th)	7 David is in Quebec City a meeting (6th - 8th)	8	9	10	11 Snowmobile Rally cancelled !! See page 2 for more information.
12 Staff Holidays Jennifer C. Cecile	13	14 Eagle Village Fire Department's Valentine's Day Fundraising Supper	15 Glenda is in Quebec City for a meeting (15th - 17th)	16 Dr. Zivkovic is at the Health Centre	17	18
19 Staff Holidays Jennifer C., Helen Little Chief's Bingo Bingo	20 Vicky is in Quebec City for a meeting (20th - 22nd)	21 David is in Montreal and Quebec City a meeting (20th - 24th)	22	23 Dr. Brock is at the Health Centre	24 NNADAP Youth Dance	25
26 Staff Holidays Tanya, Melvin, Vicky, David Jennifer P.	27 Suicide Prevention Workshop	28	March Break Activities This Week !!			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2006			1 Staff Holidays Tanya, Melvin, Vicky, David Jennifer P.	2	3	4
5	6	7 NNADAP Workshop	8	9	10 Adult / Youth Cribbage Tournament	11 Snowmobile Rally
12 Staff Holidays Glenda Jennifer C.	13 Helen is in Montreal for a meeting (13th - 17th)	14 Vicky is in Maniwaki for a meeting (13th - 15th)	15	16	17	18 Texas Hold'em Tournament
19	20 Lisa is in Quebec City for a meeting (20th - 22nd)	21 Jennifer Pressault is in Montreal for a meeting (20th - 24th)	22 NNADAP Workshop	23	24	25
26	27	28	29	30	31	