

# Migizy Odenaw Mazinaigan

www.evfn.ca



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## Annual Community Spring Fair



Once again this year we held our Annual Community Spring Fair. The programs and services from the Band Office, Health Centre, Police Department, Fire Department, Land Management and Migizy Gas set up information booths where participants could talk with the employees, pick up various information and participate in the various draws by completing surveys quiz's.

Participants were invited to stop by the Health Centre booth to have their Blood Pressure, Cholesterol and Blood Glucose tested.



The Eagle Village Fire Department hosted a demonstration for people to learn how to properly use their fire extinguishers and the Police Department had a very interesting display set up that was a real eye opener, it showed the different drug paraphernalia that has been confiscated here in our community.

A delicious meal was served by the Elder's Club for all of the Spring Fair participants and the day ended with the participation draws. The grand prize winners were Marilyn



## COME OUT AND CELEBRATE NATIONAL ABORIGINAL DAY

WEDNESDAY JUNE 21ST, 2006

EAGLE VILLAGE COMMUNITY HALL

Activities will begin at 4:00 pm and will include ...  
Community Health Plan Signing Ceremony  
Community Feast, Drumming  
Fireworks Display

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## From the Desk of Local First Nation Human Resources

**For those of you who were unable to attend our annual community information fair on Wednesday May 17<sup>th</sup>, 2006 you will find below an outline of stats and information for the operations of the LFNHR department for fiscal year 2005/2006...**

### **Information & Statistics for the Fiscal Year 2005/2006**

I would like to give you a little information on the operations of your Local First Nation Human Resources (LFNHR) department for the fiscal year 2005/2006 (April 1, 2005 to March 31, 2006). It has been a busy year with a lot of successful measures.

The LFNHR has in the past year provided services to 44 Eagle Village First Nation (EVFN) clients. These 44 clients received financial support for either a training measure or an employability measure. These clients are either associated to an employer or a training institute. In the cases where a client is on an employability measure they are associated to an employer and those clients who were on a training measure are associated to a training institute. As you can see providing services to clients also means providing services to employers and institutes. The LFNHR, this year, will make a greater effort to get information out to employers about how they can access our services and what we could offer them in the area of hiring first nation people. It will be very interesting to see what the results will be after an "information blitz" geared towards encouraging local businesses to hire first nation people will be.

These 44 clients do not include those clients who come in to ask for information, clarification or assistance with employment and training development matters, or anything that does not require a financial contribution, which is the A measure: Support & Guidance. Nor does it include the services provided to other first nation members who are not registered with EVFN, or services provided to non-native persons seeking general assistance. When I say we provide services to other first nation persons, I do not mean we are funding other first nation clients with our budgets, but that as a service provider we are committed to providing help to any person who walks in the office and is asking for assistance regarding employment and training issues. For instance this past year I have assisted 4 first nation persons not registered with EVFN, meaning I initiated a request on their behalf to their first nation community. As well, I have provided information services to non-native persons living in the area, usually pertaining to filing an on-line Employment Insurance application with Human Resources Skills Development Canada (HRSDC).

The budgets for the past fiscal year have all been expensed in full. There are no surpluses or deficits to report. We have 4 budgets to provide financial assistance to clients at the local

have 1 budget through the head office of the LFNHR, which is the First Nations Human Resources Development Commission of Quebec (FNHRDCQ), located in Kahnawake, Quebec. The Handicap (disability) budget is accessed through submitted proposals for clients living with a disability that is preventing or hindering their integrating into the labour force. If the proposal is accepted the community receives 50% of the total cost of the measure for that client, and the remaining 50% is funded locally. We also have the budgets for clients who live off reserve through the Urban Strategy department of the FNHRDCQ. The Urban Strategy holds the same budgets as the local level, so if you are an EVFN member who lives off reserve, in the province of Quebec, and interested in participating on a training or employability measure your funding would be accessed through this department. The Urban Strategy is responsible for the off-reserve clients of 22 communities and 4 urban points of service in the province of Quebec. If you are an EVFN member and live in the province of Quebec but are not near your community you can access these services through a Native Friendship Center, any other Local First Nation Commission, or by contacting this office directly.

For fiscal year 2005/2006 the CRF budget was \$165,011.00, this serviced 11 clients. The CRF budget also funds the administration costs of the LFNHR. We also use this budget to assist the various departments and organizations within the community by providing funding for workers at the various events held for our community members. The EIF budget was \$91,758.00 and serviced 20 clients. The CRF-Y budget was \$26,771.00, this created summer jobs for 7 students, and created 8 youth center supervisor positions throughout the year. The YWEI budget was \$9,220.00 and assisted 1 client on a training measure. We accessed the Handicap budget for 2 clients for a total of \$10,762.50 and under the Urban Strategy we accessed funds for 4 clients, \$12,851.45.

For fiscal year 2006/2007 the budgets will be: CRF \$156,262.00, EIF \$71,644.00, CRF-Y \$16,948.00, YWEI \$9,151.00, and of course access to the Handicap budget and the Urban Strategy budgets for off reserve clients.

The LFNHR will continue to be responsible for the determining, delivering and administering the mix of labour market programs and services that best meet the unique requirements and needs of our community and clients. These services will continue to be available to all registered Eagle Village First Nation members, on and off reserve, unemployed and employed.

The three measures that are currently being administered will continue to be administered to support or improve the development of the client's skills, capabilities and knowledge for integration into the labour market, or job skills maintenance. These three measures are:

A: Support & Guidance,

**From the Desk of Local First Nation Human Resources**

We will continue our “client-based” approach, and as well maintain the “open door” policy. We will also continue to support those on-going measures as needed in the community. Administration of the measures will follow processing and reporting procedures as outlined in our signed agreement with the government.

The LFNHR will be available to assist any member, in regards to employment and training development. The LFNHR will continue to be available for assistance with Employment Insurance related matters such as: applications, on-line services and assisting active ei clients with any difficulties they may encounter while receiving employment insurance benefits. The LFNHR will continue to keep members informed of labour market changes, EI Act changes and new programs, etc., through the community newsletter and on our community website.

If you have questions, need information or clarification to any of the topics mentioned in this update please feel free to contact me at the coordinates below.

Arlene Chevrier – LFNHR Manager  
Eagle Village First Nation

humanresources@evfn.ca



**Everyone’s Invited To A ...**

**Surprise ‘65” Birthday Party  
for Ernie Lafrance  
July 1st, 2006**

**at the  
Legion Hall in Temiscaming**

**4P:M: till ???**

**Pot Luck Supper.**

**DJ. Dance to follow supper.**

**Cash Bar**

**Best Wishes Only!**



**Eagle Village Education Department**

The Eagle Village education Department would like to take this opportunity to Congratulate our College Graduates, as a community, we are very proud of you and your achievements.



**College Graduates:**

Gail Jawbone - Radio Broadcasting - Canadore College, North Bay Ontario

Tanya Lafontaine - Small and Medium Enterprise Management - Algonquin College, Ottawa Ontario

Mathieu McKenzie- Ebenisterie/Carpentry – CEGEP Victoriaville

*(Mathieu has applied to enter Polymetier in Rouyn Quebec to work for full certification in Carpentry/Construction.)*

**REMINDER FOR POST SECONDARY STUDENTS** The Education Office needs final marks for the Academic Year 2005-2006 in order to close files. Please get your application in for the upcoming school year in order to hold on to your funding. If you have any question please call Glenda at 819-627-9789 or 1-888-229-3224 or e-mail at education@evfn.ca. I will be happy to answer any of your questions or concerns



Congratulations to the following secondary students who received awards on Thursday June 1st, 2006 at G. Theberge School

Pictured Left to right ...

Erin McKenzie - Secondary One - 75% Honor Roll Award

Kari Babin - Secondary One - Teacher’s Choice Award

Kasha Johnson - Secondary One - 75% Honor Roll and Achievement Award (80%)

Zachery Haymond - Secondary One - 75% Honor Roll and Achievement Award (80%)

Lucas Raymond - Secondary Two - 75% Honor Roll Award

## Eagle Village Police Department

**Impaired Driving Knowledge Check**  
( For the answers, please turn to page 6)

1. Your ability to drive starts being adversely affected with the first drink of alcohol. \_\_\_ True \_\_\_ False
2. You can be arrested and convicted under the Criminal Code for driving while impaired by medication or illegal drugs. \_\_\_ True \_\_\_ False
3. You must provide a breath sample (take a breathalyzer) on the request of a police officer. \_\_\_ True \_\_\_ False
4. Passengers are forbidden to drink alcohol inside a vehicle, as is the driver. \_\_\_ True \_\_\_ False
5. You can count on this: it takes the body as much time to metabolize alcohol as it took to drink it. \_\_\_ True \_\_\_ False
6. An initial impaired driving offence could end up costing the offender over \$3,000. \_\_\_ True \_\_\_ False
7. Motor vehicle operation despite licence revocation following an impaired driving conviction can result in on-the-spot vehicle seizure and its impoundment. \_\_\_ True \_\_\_ False
8. Drinking coolers (malt, wine or spirit-based) is a good way to avoid driving impaired because these drinks have less effect than other alcoholic drinks. \_\_\_ True \_\_\_ False
9. Drug consumption represents a risk for safe motor vehicle operation. \_\_\_ True \_\_\_ False

## Eagle Village Membership

## --- INFORMATION ---

**CERTIFICATE OF INDIAN STATUS*****Pilot Project Version (Plastic Card with a Magnetic Stripe)***

Indian and Northern Affairs Canada introduced a new and improved Certificate of Indian Status as part of the Indian Registration System/Certificate of Indian Status Project. Through this project, INAC issues a new secure and valid Certificate of Indian Status (with a magnetic stripe). Registered Status Indians who apply for a Certificate of Indian Status in person at the INAC Office in Gatineau are issued the new type Certificate of Indian Status (*with a magnetic stripe*).

The paper/laminated Certificate of Indian Status continues to be issued at all Indian Registration Offices throughout Canada and it remains the official Indian and Northern Affairs Canada document that identifies the cardholder as being a registered Indian *as defined by the Indian Act*.

Some Eagle Village First Nation-Kipawa band members obtained the new Certificate of Indian Status (*with a magnetic stripe*) when they applied for a certificate in person at the Indian Affairs Office in Gatineau, Quebec.

**ATTENTION:****Eagle Village First Nation Band Members who have the paper/laminated Certificate of Indian Status**

**Please note that your paper/laminated certificate is valid and you do not have to change your card. (If, however, your paper/laminated certificate indicates a Valid Until Date, you must renew your card upon the Valid Until Date. If your card does not indicate a Valid Until Date; you may renew your card five years after the issue date of the card.)**

**Also, the paper/laminated Certificate of Indian Status is the only type card issued at Eagle Village First Nation-Kipawa.**

*Joan St-Denis Indian Registration/Membership*

*(819)627-1962, Ext. 203*

*bandmembership@evfn.ca*

Eagle Village Housing Department

**Water Saving Tips  
For Your  
Lawn and Garden**

In the summer months, municipal water use doubles. This is the season when Canadians are outdoors watering lawns and gardens, filling swimming pools and washing cars. High summer peak demand places stresses on municipal water systems. As water supplies diminish during periods of low rainfall, some municipalities must declare restrictions on lawn and garden watering. By Applying some handy tips, your lawn and garden can cope with drought conditions and you can minimize water wastage.

**GENERAL TIPS**

Much of the summer peak demand is attributed to lawn and garden watering. Often water is applied inefficiently, resulting in significant wastage due to over watering, evaporation or run-off. Here are some general watering tips to help avoid wastage:

Before watering, always take into account the amount of water Mother Nature has supplied to your lawn or garden in the proceeding week. Leave a measuring container (empty it once per week) in the yard to help you monitor the amount of rainfall and follow the tips below to help determine how much water to add. Also bear in mind any watering restrictions that may apply in your municipality.

Water in the early morning, before 9 AM to reduce evaporation and scorching of leaves from the sun. Water on calm days to prevent wind drift and evaporation.

Set up your sprinkler or hose to avoid watering hard surfaces such as driveways and patios. If you're not careful, it's water and money down the drain.

Water slowly to avoid run-off and to ensure the soil absorbs the water.

Regularly check your hose or irrigation equipment for leaks or blockages.

Collect rainwater from your roof in a rain barrel or other large container and keep it covered with an insect screen. Direct the downspout of your eaves troughs into the rain barrel.

Choose an efficient irrigation system. A soaker hose placed at the base of plants on the ground then applies water to the soil where it is needed – rather than to the leaves-and reduces evaporation. Drip or trickle irrigation systems are highly efficient because they deliver water slowly and directly to the roots under the soil surface. This promotes deeper roots, which improve a plant's drought resiliency. If you use a sprinkler, choose one with a timer and that sprays close



**HAPPY  
GARDENING !!**

**HEY STUDENTS ... MARK YOUR CALENDAR  
"NNADAP SCHOOL'S OUT CELEBRATION"  
Tuesday June 27th, 2006  
Eagle Village Community Hall**



- 3:30 pm – 4:30 pm      **Slow-Pitch Game: Children ages 11 and over to play against the Eagle Village Staff. Children ages 10 and under activities at the Community Hall.**
- 4:30 pm – 6:00 pm      **Barbecue for all participants.**
- 7:00 pm – 10:00 pm      **Beach Party at the Community Hall (Prizes)**

**Answers to the Impaired Driving Knowledge Check**

1. **TRUE.** Your faculties begin to blur well before your blood alcohol count reaches the legal limit of 0.08 per cent. At .02 your driving ability starts to be affected and at .05 your chances of becoming involved in a fatal accident increase six-fold. Fatigue, stress and medication also alter driving ability.
2. **TRUE.** Canada's Criminal Code prescribes penalties for impaired driving, regardless of the substance responsible, be it medication, illegal drugs or alcohol.
3. **TRUE.** Refusal to submit to a breathalyzer is an offence under the Criminal Code. A conviction has the same legal consequence as being charged with impaired driving.
4. **TRUE.** Quebec's Highway Safety Code prohibits all vehicle occupants from drinking alcohol. Passengers are subject to a fine of between \$200 and \$300 to \$600.
5. **FALSE.** It takes the body much longer to break down and eliminate alcohol. The liver metabolizes on average 15 mg of alcohol an hour, depending on the individual, which is the usual amount in a drink (glass of beer, wine or liquor). The best approach is: If you drink, you can't drive! Think ahead of ways to avoid alcohol-impaired driving: have a designated driver, take an impaired driver escort service, take a taxi, etc.
6. **TRUE.** Minimum fine: \$600; Alcofrein driver education session: \$150; Summary behavioral assessment: \$159; Comprehensive assessment if summary is unfavorable: \$517; Cost of license reinstatement: \$300 after a first offence; Use of an ignition interlock during one year if summary assessment is unfavorable: installation charge \$135; monthly lease fee: \$95. (x 12 months); removal of device \$25. Total \$3,026. And that doesn't include a lawyer's fee or insurance rate impact.
7. **TRUE.** The vehicle can be seized and impounded for 30 days, at the owner's expense. The driver is liable to a fine of between \$1,500 and \$3,000.
8. **FALSE.** Watch out! Cocktails and wine coolers are not as light in their effects as they may seem. The punch from 50ml of alcohol is an exotic mix of fruit juices is still 50 ml of alcohol.
9. **TRUE.** The reality is that there is no safety threshold, up to which drug consumption and driving would be acceptable. The effects of ingestion of a drug on the human body depend on a conjunction of factors: age, weight, fatigue, stress, state of health, type of drug and its psychoactive ingredient, amount taken and method of administration. Further, it has been shown that combining drug and alcohol use yields a most dangerous result.
10. **TRUE.** The no alcohol rule is justified in that the risk of being killed in a road accident is higher for young drivers, given the same blood alcohol count. A male driver age 18 with a blood alcohol count of 0.08 is 52 times more likely to be killed in an accident than a sober driver the same age. The risk is thirteen times as high for a driver age 25.

**If you had between 8 and 10 right answers: Excellent!** You know that driving while under the influence of alcohol, drugs or medication is dangerous for all road users, and could have severe legal consequences.

**If you had between 4 and 7 right answers: Beware!** You may be knowledgeable as a driver, but you lack some important Notions about impaired driving.

**If you had between 4 and 7 right answers: Danger!** You should find out more about the effects of alcohol and other substances on driving.

**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@evfn.ca

**For all those who signed up for  
Aerobic Classes ...**

**Joanie is available on Mondays at 5:30 pm or at 8:30 pm .**

**Classes will begin as soon as we can select a time.  
Even as early as next week !!**

**Please call me at the Health Centre 627-9060  
with your preferred time ASAP Thank You ... Virginia**

Announcements



We would like to congratulate our mom, Gail Jawbone for her very big accomplishment; She graduated from the 2 Year Radio Broadcasting Program at Canadore College in North Bay on Friday June 2<sup>nd</sup>.

We would like to wish you all the best on your future endeavors. We love you lots mom and are so very proud of you !!!

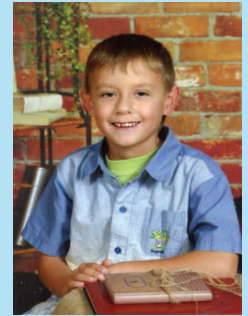
Love from ...  
Jimmy Jr, Kim & Vicky xOxOxO

Birthday Wishes

Happy Birthday  
Jordon McKenzie

Jordon turned "8" on  
June 5th, 2006.

Love from your  
Mom, Dad & Mathieu



Happy Birthday  
Gage McGregor

Gage will be turning 8 on  
June 25th, 2006.

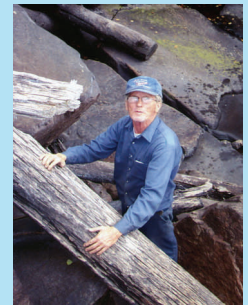
Birthday Wishes from  
Mom, Laurier,  
Kieran & Tori



Happy Birthday  
Lloyd Down Sr.

Lloyd will celebrating his  
65th Birthday  
on June 24th, 2006.

Love from all your  
Family and Friends



Congratulations to Jamie-Lee McKenzie, who is a volunteer at the Northeast Mental Health Centre (North Bay Campus), on her Award of Excellence for her dedication and commitment to the patients for the past year. Way to go



KEY TO HAPPINESS GROUP  
(Alcoholics Anonymous)

Meetings every Monday at 8:00  
pm  
in the Church Basement  
in Temiscaming.



Happy Birthday  
Ernie, Dad & Grandpa

Love from ...  
Kay  
your Children  
& Grandchildren  
xoxoxoxoxox

NOTICE TO ALL COMMUNITY MEMBERS

SUMMER HOURS

As of Monday May 15th, 2006 the Eagle Village Band Office and Health Centre will change to their Summer Hours Schedule

Monday to Thursday 8:15 am - 12:00 pm and 12:30 pm - 4:30 pm

Friday 8:15 am - 12:00 pm ... the office is closed in the afternoon



## Eagle Village Fire Department

## Fire Department Boundaries

Eagle Village Fire Department covers the following territory :

- Eagle Village First Nation, Kipawa
- Kipawa - around the bay as far as Miwapanee Lodge ; down Maniwaki Road as far as Pere-Pilon Street; and as far as #1 rue Principale (Richard Fortin) including garage, house and foundation.
- If you live in any of these areas and a fire occurs, you are to call our Police Department at **627-9624**.

In December, we provided each household in Eagle Village First Nation , with one of our magnets to display on your fridge or in a convenient area. I also provided the Municipality of Kipawa with our magnets that were to be included in your tax bill. If you did not receive one of our magnets please call me at 627-3455 and I will send you one or you can make arrangements to pick it up at the office.

In addition, when we respond to a fire call , it is the responsibility of the owner to pay this cost. If you live outside our Community we send the bill to the Municipality of Kipawa and it is my understanding they forward the bill to you.

Accordingly, you should have additional coverage incorporated in your insurance policy. For policy holders with Promutel Insurance (Jean Major), this additional coverage is under section (5 )(b) ) of your policy and reads as follows:

#### 5. ADDITIONAL COVERAGE

WE PROVIDE the following coverage AT NO EXTRA CHARGE. These additional charges DO NOT IN ANY EVENT INCREASE the amounts of insurance indicated in the <Coverage Summary>.

- Debris removal
- Fire Department service charges

WE WILL REIMBURSE YOU up to \$1,000 if you have incurred expenses when a fire department outside the locality where your property is situated is called to save or protect your property. No deductible applies to this protection.

### HERE IS A GREAT FIRE PREVENTION STORY TO READ WITH YOUR CHILDREN ...

#### Smoking, Smoke, Fire

My name is Geraldine. My neighbour Antoinette smokes. And she's quite a smokestack at that! Nothing can stop her from indulging in her vice. When she comes over, however, she knows that she can't smoke because I have asthma. So Antoinette has to smoke out on the balcony.

We had a little incident a while ago. Fortunately, no one was hurt. A fire broke out at her place. Guess what: her sofa caught fire during the night! A cigarette had fallen between the cushions. When it happened, her smoke alarm woke her – luckily it was working – and she was able to call the firefighters in time. Image what could have happened! It gives me goose bumps. We had to stay somewhere else for a few weeks until the owner of the building finished repairs.

While I was staying over at my daughter's, I was surfing the Internet and found a lot of information about how to prevent fires that are caused by smokers' materials, particularly cigarettes, cigars, matches and lighters. I learned that one in twelve fires in Québec is caused by smokers' materials and candles. That's 800 fires a year! 800 too many! All that just for a little "self-gratification". These items also cause the deaths of over ten people each year.



Almost everyone owns matches. Did you know that they should be stored up out of sight and out of reach of children at all times? I never thought about it until now and yet, my grand children come over quite often to visit. The number of fires that are started by young children is astounding. And in almost every single case, an adult is home at the time! The next time they come over, I'm going to ask them if they know what to do if they find matches or a lighter. I want to make sure that they are informed: not to play with these items and to tell an adult if they find any. In fact, children should never be left unsupervised. You just never know. They should also know how to dial 9-1-1 and the Eagle Village Police Department at 627-9624 . It's "super" important, as they would say.

I put together a little reminder list for Antoinette and have listed, among other things, that it's important to check between the sofa cushions before going to bed or leaving home. This reminder also goes for non-smokers. Sometimes, friends will come to visit and forget a lighter or drop a cigarette. You should also not allow anyone to place an ash tray on the side of an armchair. The ideal ash tray has a solid base and a row of serrated edges at the centre to prevent ciga-





I don't think that Antoinette smokes in bed, but I am nonetheless going to make a point in my list that she not smoke in bed. One of my sons-in-law smokes from time to time. I hope that he does not do it in the tool shed where he stores gas for the lawnmower. It's dangerous to smoke in an enclosed area that contains flammable or volatile substances such as solvents.

My main recommendation, and the first point on my list, is to always have a working smoke alarm in the home. It could save your life. People do not always die from fire, but from smoke. Things around us emit highly toxic gases when they burn. The smoke they produce can kill quickly. And if someone who smokes in their bedroom is staying in your home and if this person has limited mobility, they need supervision. If this person takes medication that affects reflexes and causes drowsiness, be extra vigilant!

There you have it, I think my list is complete. If you would like, do not hesitate to copy it. It could save a life! After this experience, I wonder if Antoinette has taken to smoking on her balcony!

### Teens Can Be Easy Targets Online

#### Would your child let a stranger into his or her online world?

You may never have heard of *blogging* and *social networking* sites but it's a safe bet, your kids have and these sites are all the rage among young Internet users but many parents and teens are unaware of the hidden dangers. Social networking sites such as *MySpace.com*, *LiveJournal*, *Xanga* and *Piczo.com* (to name a few) is a place where Internet users keep in touch with friends and express their creativity by designing personalized profiles and blogs. A Blog is short for weblog, which is a journal (or newsletter). It all seems like innocent fun, and it can be but many teenagers are posting pictures, names, addresses, schools, and even phone numbers, and not only information about themselves but also information about their friends and family and almost always without their parent's knowledge.

Lately in the news there have been a lot of reports about online sexual predators and Internet child porn. Online Predators will troll blogging and social networking sites looking for vulnerable victims and then establish contact with kids through conversations in chat rooms, instant messaging, e-mail or discussion boards. Online predators try to gradually seduce their targets through attention, affection, kindness, and even gifts, and often devote considerable time, money and energy to this effort. Predators are aware of the latest music and hobbies likely to interest kids. They listen to and sympathize with teenager problems and will even pose as a teen themselves. Eventually the predator will gradually introduce sexual content into their conversations or show them sexually explicit material, and may even try to set up a face-to-face meeting which can lead to harassment, stalking or worst.

Parents think kids are safe at home behind a computer screen but once a picture is posted on the Internet or any type of information it can be viewed by millions of people, and how many of those people are a predator searching for their next victim? Kids might feel they are aware of predator dangers, but in reality they can be quite naive about online relationships and eventually may reveal personal information when they feel they can trust a person. Building this trust can take from 15 minutes to several weeks - not a long time for a skillful predator to wait. The TV show "Dateline" has been running a series of investigations "To Catch a Predator" and you can visit the website [www.dateline.msnbc.com](http://www.dateline.msnbc.com) to learn more about these investigations and also other useful information on keeping teens safe.

If your kids are using blogging or social networking sites you should view their profiles and blogs to ensure that no personal information or photos have been posted. Talk to your kids about the possible dangers of online predators, do the things you would normally do in

world. Get your children more about blogging, social and other information by websites

<a href="http://www.BlogSafety.com">www.BlogSafety.com</a>
<a href="http://www.bewebaware.ca">www.bewebaware.ca</a>
<a href="http://www.protectkids.com">www.protectkids.com</a>
<a href="http://Isafe.org">Isafe.org</a>



<a href="http://www.SafeTeens.com">www.SafeTeens.com</a>
<a href="http://www.wiredsafety.org">www.wiredsafety.org</a>
<a href="http://www.Safekids.com">www.Safekids.com</a>
<a href="http://www.netsmartz.org">www.netsmartz.org</a>

the real to know children's cy- and learn safe blog-networking useful information visiting such as:

## An Update from the Health Director ... David McLaren

**Meetings Attended**

I attended a Board of Directors Meeting for the FNQLHSSC in Quebec on May 8<sup>th</sup>, and continued on 9<sup>th</sup> and 10<sup>th</sup> as part of a working group for preparation work for the Socio-Economic Forum to be held this fall in Lac St Jean.

I also attended an Information Meeting held by Centre Jeunesse de l'Abitibi Temiscamingue in regards to our Tripartite Social Services Agreement involving us, Long Point First Nation and Timiskaming First Nation. A working committee was established to address some shared concerns and work plan issues. One of the strategies is to have the presence of a part-time social worker and educator for our community starting sometime this September.

**Community Fair 2006**

I would like to thank all the participants for the effort they put forth in providing our people with the most information possible about all of their activities and programs. A special thanks goes out to you, our members, for making this fair another success. Should you have any requests or suggestions for next years' format please let us know. After all we are doing this for you.

**Notice to the Members**

Our nurse, Helen Martin has decided to follow her husband Martin to other adventures on the North Shore. Her last day is on June 20<sup>th</sup> and Homecare Nurse Jennifer Presseault will try to pick up the slack while a posting is completed. I want to thank Helen for her fine work and her dedication she demonstrated while acting as our Nurse. On behalf of the entire Staff and Council, I wish her and

## June is Stroke Awareness Month

***Stroke is the fourth leading cause of death in Canada. Do you know the signs of stroke and how to prevent it? Are you at risk for a stroke? Did you know that there are some things you can do to reduce your risk of having a stroke?***

This month's theme aims to remind Canadians about the warning signs of stroke, which include sudden weakness, trouble speaking, sudden loss of vision, and sudden severe and unusual headaches or dizziness. You can reduce your risk of stroke by being aware of and addressing the underlying risk factors, which include hypertension, smoking, obesity, physical inactivity, high cholesterol and diabetes.

This sudden loss of brain function takes the lives of nearly 16,000 Canadians every year, making it the fourth-leading cause of death in the country. After the age of 55, the risk of having a stroke doubles every ten years. According to the Heart and Stroke Foundation of Canada, as Canada's population ages, the occurrence of stroke is expected to increase unless prevention improves.

***What is a Stroke?***

A stroke is a sudden loss of brain function. It is caused by the interruption of blood flow to the brain, either due to a blockage (ischemic stroke) or because of a bleed (hemorrhagic stroke). The lack of blood to the brain causes brain cells to die. A stroke

**Risk Factors**

**Uncontrollable factor:** Age, gender, ethnicity, family history and having a prior stroke are the five major risk factors of stroke that cannot be changed.

**Controllable factors:** We can control our lifestyles to reduce our risk of stroke. Lifestyle changes include eating healthy, exercising, choosing not to smoke and reducing our daily cholesterol. By maintaining a healthy weight, reducing stress and having your blood pressure checked regularly, you could reduce your risk of stroke

**Know the Signs**

Being aware of the signs of stroke could save your life or the life

Weakness	Sudden weakness, numbness or tingling in the face, arm or leg.
Trouble Speaking	Sudden temporary loss of speech or trouble understanding speech.
Vision Problems	Sudden loss of vision, particularly in one eye, or double vision.
Headache	Sudden severe and unusual headache.
Dizziness	Sudden loss of balance, especially with any of the above signs.

of someone you love. Watch for these signs:

**(Call 911 if you have any of these symptoms)**

The risk of stroke can be reduced, even if uncontrollable risk factors exist. The best practice is to live a healthy lifestyle to the

Test Your Sugar IQ ...

This was the Quiz that was distributed by the Health Centre for this year's Spring Fair. We are hoping that those who did not complete it, will give it a try and for those who did, try again and see if you can get them all correct. There were 91 Sugar IQ Tests completed at the Spring Fair and only 2 members got a perfect score. Congratulations to Maxine Noah and Devon McKenzie!

QUESTION	# OF RIGHT ANSWERS	# OF WRONG ANSWERS
1	36	55
2	27	64
3	33	58
4	39	52
5	55	36
6	16	75
7	18	73
8	71	20
9	27	64
10	41	50

- What is sugar?
  - a carbohydrate
  - sucrose
  - a product of photosynthesis
  - all of the above
- Eating sugary foods does not lead to hyperactivity or other behavioral problems in children?
 

True or False
- How many calories are in one teaspoon (4g) of sugar?
  - 9
  - 16
  - 25
  - 40
- Low carbohydrate diets are more effective than other diets?
 

True or False
- Based on Canada's Food Guide to Healthy Eating, which of the following food groups provide sources of both carbohydrates and sugars?
  - Grain Products
  - Milk Products
  - Fruits and Vegetables
  - All of the above
- Eating sweet foods causes a rush in your blood sugar which is followed by a low
 

True or False
- On an average, what percentage (%) of total calories do Canadians consume from sugars added to food?
  - 5%
  - 12%
  - 20%
  - 30%
- Athletes have higher requirements for carbohydrates (sugar and starches).
 

True or False
- On the food label, the claim "no sugar added" must meet which of the following criteria:
  - No sugars (e.g. sugar, honey, fruit juice) have been added to this product
  - No sweetener (e.g. aspartame, sugar alcohols) have been added to this product
  - No sugar is in this product
- Sugar is added to foods to provide sweetness.
 

True or False

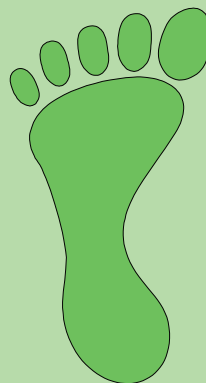
(ANSWERS ON PAGE 15)

**IMPORTANT HEALTH CENTRE INFORMATION**

There will be no nurse at the Health Centre on July 3rd, 4th, and 5th, 2006.

The Optometrist will be at the Health Centre in

**FOOTCARE**



As many of you already know, I will be leaving my position as Community Health Nurse.

For anyone interested in having foot care done prior my departure can do so till June 20<sup>th</sup>. Remember to call the Health Centre for an appointment.

## The NNADAP Corner ... Do You Know What Smoking can Do To Your Body?

**Why is tobacco such a stimulant?**

The nicotine in tobacco stimulates the release of adrenaline, causing an increase in blood pressure and heart rate. It also raises the oxygen demand for the smoker's muscles, particularly the heart.

**Can smoking cause wrinkles?**

Yes. Although it is not clear yet exactly how, smoking can cause premature wrinkles. As a result, smokers often look older than non-smoker who is the same age.

**How does smoking alter blood pressure?**

Nicotine raises blood pressure, and high blood pressure greatly increases a person's risk of heart attack and stroke (the loss of blood supply to a muscle group, organ, or the brain). Strokes can cause paralysis, and both strokes and heart attacks can result in death.

**How does smoking cause emphysema?**

Emphysema can result from any substance in the lungs that cause irritation and swelling – cigarette smoke is its most common cause. Emphysema damages tiny air sacs in the lungs, and this damage can lead to shortness of breath, difficulty breathing, and eventually death.

**Does smoking cause cancer?**

Yes. Smoking can cause many different cancers, including those of the mouth, esophagus, voice box, bladder, kidney, pancreas, stomach, lip, tongue, and lung. Smoking is the most common cause of lung cancer, which is the leading cause of cancer death in both men and women.

**Can smoking do other damage?**

Yes. The damage done by smoking is extensive and almost impossible to list. Including in the list are bronchitis, cavities, hardening of the arteries, headaches, hypertension, and an increased risk of osteoporosis. And second-hand smoke is just as damaging to your health.

**How can I stop smoking?**

Some smokers gradually cut back on cigarettes; others go "cold turkey". Many have succeeded with help from a smoking cessation program or nicotine replacement therapy. Find the method that is best for you, and accept help from your family and friends.

**Is pipe or cigar smoking better than cigarette smoking?**

No. In fact, cigars contain more nicotine than cigarettes. Both cigar and pipe smoking greatly increase your risk for mouth and throat cancers.

**What are the benefits of quitting tobacco?**

You'll save money, and more importantly, you'll save your health. Within 24 hours of you last cigarette, your chance of having a heart attack decreases. Within 5 years, your risk of death from heart disease returns to that of a nonsmoker.

**Are there any other benefits of quitting tobacco?**

Your ability to taste and smell will be enhanced. Your lung capacity will increase. Your risk of cancer, including cancers of the lung, mouth, bladder, and kidney, will decrease. You will stop endangering other around you with secondhand smoke.

**Does smoking by a pregnant woman hurt her unborn child?**

Yes. Babies born to smoking women have a lower average birth weight, weaker lungs, and a higher risk of problems than those born to nonsmokers. Regardless of birth weight, the risk of sudden infant death syndrome (SIDS) is much higher than that of unexposed infants.

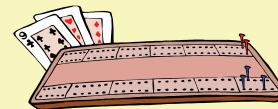
**Does my smoking hurt other around me?**

Secondhand smoke is as harmful as voluntary smoke. All of the health risks of smokers are the same for non-smokers who are regularly exposed to secondhand smoke. These health risks include lung cancer and cardiovascular disease.

**How can I avoid the temptation to smoke?**

Recognize and deal with your urges to smoke: avoid situations that may cause stress; stay busy; visit places that don't allow smoking; spend time with nonsmoking friends; exercise. Re-

*Adults and Youth find a partner and join up ..*  
**ADULT / YOUTH CRIBBAGE TOURNAMENT**



**Sunday June 11<sup>th</sup>, 2006**  
**Eagle Village Community Hall**  
**Doors open at 11:30 am**  
**Registration from 12:00 pm – 1:00 pm**  
**Tournament Starts at: 1:30 pm**  
**Entry Fee - \$10.00 per Team**  
**100% PAYOUT & GREAT PRIZES**  
**Lunch provided for participants !!**  
**"Alcohol and Smoke Free"**  
**Please call Vicky or Virginia 627-9060**  
**for more information or to register a team.**

Sports and Leisure

As some of you may be aware, the youths of our community competed in a few baseball games which were held in Timiskaming First Nation on Monday May 22nd, 2006. This time around 2 age groups participated, the teens 12—15 and a younger 7-11, and while up there I was told that they may have a younger team, 4—6 years which will also be interested in competing, so keep your eyes open for future notices. (I may need some volunteers)



As for the event, the temperature was somewhat cold but we had a great turn out of parents and supporters, the players were greeted by opposing players and coaches, and a barbecue was provided on behalf of the parents of the hosting community.

Unfortunately not all of the teens were able to attend, but the team still showed a great effort and improvement since our last game, the score was 8 to 3 after the 4 innings of play, as for the younger group, although they were somewhat nervous, they played a GREAT game, their first time pitcher Jason Goulet and catcher Kacie McLaren showed their determination and almost had a not hitter game.

I would like to say that I am proud of all the PLAYERS, and I am looking forward to our next game when Timiskaming First Nation will once again, visit us and play here in our community on June 25<sup>th</sup>, 2006. I strongly believe that these

sporting events are a great experience for the youths.

The Wellness Program

**DO YOU REMEMBER THE GRASSY TRIPS?**

Community feasts, kids swimming, roasting wieners, evening card games and good fishing, etc... We are thinking of reviving these trips on an annual basis. As First Nation People we must continue to show that we were the first occupants of the land and that we continue to use the territory on a regular basis. The great fishing lakes and beautiful forests that once provided us with everything we needed to exist and survive can still provide us with both an awesome opportunity for recreational activities and a chance to reflect on where we want to go in regards to the development that is currently happening on our territory.



Therefore, if you are interested in participating in a Community Weekend Camping Trip where you just have to bring your own camping gear and that all meals are provided and prepared by volunteers at the campsite, please call the Health Center to leave your name. (627-9060)

*This is a great opportunity for our community to get together and socialize with friends and family, and take in some fishing and*



**Our Annual Youth Hunter's Point Camping Trip**

Just to let everyone know ...

**we are in the planning stages for this years Annual Youth Camping trip to Hunter's Point.**

Tentative Dates ...

**Children 10 and Under - July 24th to 28th**

**Children 11 and 17 - July 31st to August 4th**

**Please call Tina or Terry at the Health Centre if your children are interested in**

## Environmental Health ... West Nile Virus

**The Issue**

Canada had its first confirmed cases of West Nile (WN) virus in 2002. For most Canadians, the risk of illness from West Nile virus is low, and the risk of serious health effects is even lower. Nevertheless, it is important to know the symptoms of illness related to infection and how to minimize your risk, especially if virus activity is reported in an area near you.

**Background**

The evidence to date shows that most people with West Nile virus contracted it from the bite of an infected mosquito. A mosquito becomes infected when it feeds on the blood of a bird that carries the virus. About two weeks later, the infected mosquito becomes capable of spreading the virus.

In 2002, scientists discovered other ways that West Nile virus could be spread, such as through blood transfusions and organ/tissue transplants. The risk of getting WN virus through these procedures is considered to be quite low. There is evidence that the virus can also be spread through breast milk, and from a pregnant mother to her unborn baby. In addition, laboratory workers who handle specimens with WN virus can become infected through needle punctures or small cuts.

There is no evidence to suggest that you could get WN virus by touching or kissing an infected person, or from being around a health care worker who has treated an infected person. There is no evidence that the virus can pass from infected animals, such as horses or pets, to people. However, it is still important to follow standard health and safety practices if you are going to handle dead birds or animals. The same is true if you work with animals at risk for WN virus infection, such as horses, or flocks of domestic birds. For example, you should cover open wounds and wear protective gloves.

**Symptoms and Health Effects of West Nile Virus**

Anyone who is exposed to mosquitoes in an area where WN virus has been detected is at some degree of risk for infection. Most people who become infected have no symptoms, and do not get sick. When infection does cause illness, symptoms generally appear within two to 15 days. In mild cases, people may have flu-like symptoms, including fever, headache, and body aches. Some may also develop a mild rash, or swollen lymph glands.

Some individuals, including older people, have weaker immune systems. This puts them at greater risk for serious health effects, such as meningitis (inflammation of the lining of the brain or spinal cord), and encephalitis (inflammation of the brain). In these cases, symptoms could include the rapid onset of severe headache, high fever, stiff neck, vomiting, drowsiness, confusion, loss of consciousness, muscle weakness, and paralysis.

The long-term effects of serious cases are not fully understood, but studies to date show that prolonged health problems are possible. These can include physical effects (long-term muscle weakness and paralysis, fatigue, and headache), cognitive effects (confusion, depression, problems with concentration, and memory loss), and/or functional effects (difficulty with preparing meals, going out, shopping).

Although individuals with weaker immune systems are at greater risk for serious health effects, WN virus can cause severe complications for people of any age and health status. This is why it is important to reduce your risk of becoming infected.

**Minimizing Your Risk**

Your chance of being bitten by a mosquito capable of spreading West Nile virus is small. However, if there are reports of infected mosquitoes, infected horses or dead birds in your area, you should take immediate action to minimize your risk of mosquito bites.

- Limit the time you spend outdoors at dawn and dusk, when mosquitoes are most active.
- Wear light-colored long-sleeved shirts, long pants, and a hat when outdoors.
- Use insect repellents. Read and follow the manufacturers' directions for safe use.
- Make sure that door and window screens fit tightly and have no holes.

You can also take steps to reduce mosquito populations around your home and property. Mosquitoes need standing pools of water to breed, so remove standing water from such items as pool covers, saucers under flower pots, pet bowls, and wading pools. Empty and clean bird baths twice a week. Also, clean eaves troughs regularly to prevent clogs that can trap water.

**Government of Canada's Role**

The Public Health Agency of Canada is working with its partners on a coordinated approach to reducing the risk of exposure to West Nile virus through education, surveillance, prevention and response. The approach was developed by a number of partners, including Health Canada, the provincial Ministries of Health, other federal and provincial departments and agencies, and the Canadian Cooperative Wildlife Health Centre. These partners provide educational information on WN virus through brochures, fact sheets, media briefings, news releases, and Web sites. The surveillance activities focus mainly on identifying the presence of WN virus in birds, mosquitoes, and horses. If the virus is detected in animals in a particular area, it means that people who live nearby are at increased risk of becoming infected. In these instances, provincial and municipal health authorities will implement local prevention and response measures, including advice to the public about how to minimize risks.

## Test Your Sugar IQ .... Answers to the Quiz

1. **ANSWER IS “D”** 'Sugar' refers to sucrose, a carbohydrate found naturally in fruits and vegetables. Sucrose is the major product of photosynthesis, a natural process that turns sunlight into energy. Sucrose is the most abundant sugar found in nature, and occurs in the greatest quantities in sugar cane and sugar beets. While the term 'sugar' refers to sucrose, the term 'sugars' can also be used to describe sucrose, as well as other types of sugars found in nature such as glucose, fructose and lactose.
2. **ANSWER IS “True”** Although many believe that sugar can lead to hyperactivity and other behavioural problems in children, several comprehensive scientific reviews have concluded that no evidence exists to link sugar intake to hyperactivity in normal children or those with Attention Deficit Hyperactivity Disorder (ADHD).
3. **ANSWER IS “B”** There are 16 calories in a level teaspoon of sugar (1 tsp = 5 ml or 4 g). This compares to 36 calories for the same amount (4 grams) of fat or oil (e.g. butter, margarine, canola oil).
4. **ANSWER IS “FALSE”** Low-carbohydrate diets have been popularized without detailed evidence of their effectiveness or safety. Among published studies, weight loss while using low-carbohydrate diets was principally associated with decreased caloric intake and increased diet duration but not with reduced carbohydrate content. Also, much of the initial weight loss comes from water loss when stored carbohydrate (glycogen) is used for energy. The truth is that body fatness depends on the amount of calories eaten and the amount expended through daily activities. Scientific studies have shown that eating more carbohydrate-rich foods actually leads to a healthier diet and to lower body weight over the long term.
5. **ANSWER IS “D”** Foods in each of these food groups naturally contain carbohydrates, including sugars and starches. When a sugar-containing food is eaten, the body cannot tell whether the sugar in the food came from a fruit or vegetable or whether it was spooned from a bowl. Sugar, regardless of its source, is broken down in the same way - all carbohydrates (sugars and starches) in foods become glucose.
6. **ANSWER IS “FALSE”** People often mistakenly think that eating sugar-containing foods causes a dramatic rise in blood sugar followed by a crash, causing tiredness and food cravings. In fact, in healthy people, blood sugar levels are kept within a narrow range, and tiredness and food cravings are very rarely due to low blood sugar. Studies in humans have shown that sugar actually causes a smaller increase in blood sugar than eating certain starchy foods such as mashed potatoes and white bread.
7. **ANSWER IS “B”** Canadians consume approximately 12% of their energy (Calorie) intake as added sugars, equivalent to about 60 g of added sugars per person per day. This is considered a moderate amount and well within current dietary guidelines. "Added sugars" include all sugar, corn syrups, honey, and maple syrup added to foods. It does not include sugars that naturally occur in fruits, vegetables and dairy products. This estimate is based on disappearance data (all sugars, syrups and honey "available for consumption") and US dietary survey data because there are no national survey data available in Canada. Disappearance data are higher than actual intakes because they do not account for sugars lost in food processing (e.g. bread, wine), wastage, and used for non-food purposes.
8. **ANSWER IS “TRUE”** People who are very active (e.g. athletes) have particularly high carbohydrate (sugars and starches) requirements, and should consume at least 60% of their calories from carbohydrate-containing foods. During low intensity exercise, the body gets most of its energy from body fat. As the intensity of exercise increases, so does the percentage of energy coming from carbohydrate. Carbohydrate is stored in muscles in the form of glycogen, and the more glycogen people have stored in their muscles, the longer they can exercise before feeling tired. This can be accomplished by eating carbohydrates before, during and after high intensity exercise.
9. **ANSWER IS “A”** "No sugar added" means that the product must not contain added sucrose or any other sugars as ingredients, such as honey, maple syrup, fruit juice, fructose, etc. The food may however, contain artificial sweeteners such as sucralose and aspartame, or sugar alcohols. Sugar alcohols are carbohydrates that are partially digested and absorbed, and therefore provide calories. Despite the "no sugar added" claim, the food product can contain sugars naturally present (e.g. from fruits, milk).
10. **ANSWER IS “FALSE”** Sugar performs a variety of functions in food products, in addition to providing a sweet taste and flavour. For example, it is a natural preservative, as sugars attract water which helps to prevent food from spoiling. Sugar is

For more information about Sugar , visit the Canadian Sugar Institute Nutrition Information Service ...  
[www.sugar.ca](http://www.sugar.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JUNE 2006</b>				1	2	3
4 EVPD Bicycle Safety Workshop	5	6	7	8 David will be in Rouyn for a Meet- ing	9	10
11 NNADAP Adult/Youth Cribbage Tournament	12 Glenda will be in Quebec City for the FNEC Assembly (12th - 15th)	13 Terry will be in Maniwaki for a Meeting (13th - 14th)	14 David will be in Ottawa for a meet- ing with Health Canada (14th - 15th)	15	16	17
18 Father's Day  Monster Bingo	19	20 Dr. Brock is at the Health Centre	21 Aboriginal Solidarity Day	22 Band Office and Health Centre are closed today.	23 Band Office and Health Centre are closed today.	24 St. Jean Baptist Day
25 <u>Holidays</u> Gail Joly Tanya McKenzie Melvin McKenzie	26	27 NNADAP End of School Celebration	28 Arlene is in Quebec City for Regional Meeting (27th - 30th)	29 David will be in Ottawa for a Police Governance Meet- ing (27th - 29th)	30 Band Office and Health Centre are closed today.	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <u>Holidays</u> Gail Joly Tanya McKenzie Melvin McKenzie David McLaren	3  <div style="background-color: yellow; text-align: center;">There will be no Nurse at the Health Centre on July 3rd, 4th, and 5th.</div>	4	5	6	7	8
9 <u>Holidays</u> Tina Chevrier Gail Joly	10	11	12	13	14	15
16 <u>Holidays</u> Vicky Constant Tina Chevrier Claudette Jawbone	17	18	19	20	21	22 10th Annual Boat Rally
23 <u>Holidays</u> Lisa Chevrier Joan St-Denis Claudette Jawbone David McLaren	24 Hunter's Point Camping Trip Week One	25	26	27	28	29
30 <u>Holidays</u> Joan St-Denis Glenda Moore	31 Hunter's Point Camping Trip Week Two	<b>JULY 2006</b>				