

# Migizy Odenaw Mazinaigan

www.evfn.ca



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



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



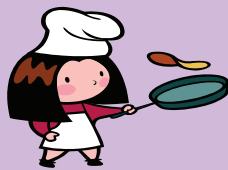
Eagle Village Police Dept.  
P.O. Box 27  
Kipawa, Quebec  
J0Z 2H0  
Tel: (819) 627-9624/8229

## Annual Spring Clean Up In Eagle Village First Nation

Thank you to everyone who came out and participated in our Annual Community Spring Clean Up on Sunday May 7th, 2006. There were many truck loads taken to the dump and once again our community looks great. Over fifty people came out to help with the spring clean up this year including many youth. Thank you to Lloyd Down for opening up the dump for us and a special thanks to Virginia and Georgie McMartin, Donald Lariviere, Tom Mongrain and Joey Grandlouis for using your trucks to haul the garbage to the dump. Also held on this day was a community barbecue hosted by the Eagle Village Fire Department and a Bake Sale and Bootle Stall Game organized by the Elder's Club. The afternoon ended with a baseball game between the youth from Eagle Village and the youth from Timiskaming First Nation. Thanks to everyone who came out to show their support for these two community organizations.



As some of you may have noticed, new garbage cans have popped up around the community. These were made by community member, Wilford Young. Please encourage your children to use these garbage cans to help keep our community clean. They can be found outside at the Community Hall, the Youth Center, Migizy Gas, Migizy Odenaw Childcare



**Eagle Village Elder's Club**  
**MOTHER'S DAY PANCAKE BREAKFAST**  
Sunday May 14th, 2006  
Eagle Village Community Hall from 9:00 am - 1:00 pm



**NOTICE TO ALL COMMUNITY MEMBERS ...**  
**GENERAL BAND MEETING**  
Monday May 15th, 2006 at 6:30 pm  
Eagle Village Community Hall

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## An Update From Chief Lance Haymond

Hello everyone, I thought I would write a short article to bring you all up to date on the many issues affecting us and our community.

I have been debating with myself as to how I am going to write this article, I want to be firm and direct yet I do not want to offend anyone by my comments but things must be said. As a part of the leadership of this community we are constantly faced with making decisions that directly affect you as members.

There are many issues that are on going and some are only project but each one is important, I do not have enough space in this article to write everything I want so I will write an additional article that will be added into the newsletter. I want to give you an overview of what we have been doing and an idea of what issues we will be working on in the future.

The biggest challenge that lays ahead for us as Council besides the on going issues is how we are going to ensure that all members have information, how and what issues they must be consulted on, the frequency, etc. We intend to become totally transparent and accountable to you the membership, we will accomplish this by continuing to use the newsletter, we will use the website and technology to help. We intend to put all information in the newsletter and the website, including the audited financial statements, general meetings will also be held as a part of the information process.

We want to become more accountable to you, the population because as it stands now we are more accountable to the government but we have taken great steps to be less accountable to government with the negotiations and signing of our new health and policing agreements, more flexibility with the budgets and less reporting to the government.

The federal budget was a huge disappointment as all the work that led to the Kelowna agreement was pushed aside and the much needed investment in health, housing and education are no more, 5.1 billion of new investment gone, replaced by 450 million announced in the new budget. This new budget also put our daycare at risk as the National Daycare Program has been replaced by a taxable credit of \$100 per month and the saddest part is that most the population will not be eligible as you must file an income tax return to claim your credit, the one area we all benefit is the reduction of the GST. This is a good budget if you are not a First Nation citizen but for us it is a horrible example of what we I will face under the new conservative government. This means that more time, effort and energy will be required to get our issues on the priority of the government. The new government has also agreed to the residential school package but it will be awhile before any money flows to the survivors, as more information on this issue becomes available, we will ensure that is widely available.

**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 Police Department

**Reporting of Criminal Files Registered in the Court System (Public Information)**

As of May 1<sup>st</sup>, 2006 the Eagle Village Police Department will publish in our monthly newsletter, the name of any person that has been charged with a crime by our police department. Once the file has been accepted by the prosecutor, it is now public information. A brief description of the charges and conditions given to the suspect will be reported.

Please take note that any person who is given a court date, is not automatically guilty of the charge against him/her. The court, after examining the proof and beyond reasonable grounds, finds the suspect guilty of the crimes committed by verdict of the court, at that moment, he/she will be officially charged with that crime. That person must then provide police with fingerprints and photos (mug shot) which reports shall be submitted to the RCMP National data system for future use and entered into the CRPQ system.

**Informants/Sources**

This topic was recently brought to my attention. People expressed their concern to assist police, basically when providing information that shall assist police to do additional drug raids. I have explained in past newsletters, that the police will protect the informants and/or source at all times. Please rest assured that the informant/source's name will be kept with utmost confidentiality and the information received shall be used solely for the purpose of deterring the illegal sales of narcotics in our community.

Our commitment is to better the lifestyle and image of the community. Your involvement in our investigations will surely improve our efforts. In the past, we have had several drug raids done with your assistance and I commend you for making a difference to your community.

**Motorist/Pedestrians/Cyclists**

Summer is quickly upon us, this also brings many pedestrians and cyclists to use our roads, I ask all motorists to please

## Community Spring Fair



## From the Desk of Local First Nation Human Resources

**Changes to the Employment Insurance Program**

In recent months there have been changes to the Employment Insurance Program. These changes have been taking place over the last 6 months. HRSDC has initiated several pilot projects in participation with 23 economic regions, of which we are one, with the purpose of improving the Employment Insurance Program.

If you have applied for EI benefits recently you will have noticed some changes in the application questions. One of those questions refers to your earnings. If you have any weeks in which your earnings (before deductions) are less than \$225.00 per week you may qualify for the **“Best 14 Weeks”** initiative. This pilot project was implemented on October 30, 2005 and will end on October 30, 2008. It allows your EI benefit rate to be calculated using your “best 14 weeks or highest 14 weeks” of insurable earnings in the last 52 weeks. HRSDC hopes to remove Employment Insurance Program features that may be discouraging individuals from accepting work.

If you have ever drawn Employment Insurance benefits you are well aware of, or if you will be applying for EI benefits in the future, you should be aware of the procedure in place to declare any earnings during your reporting period. It used to be that you could earn up to \$50.00 per week or 25% of your EI benefit rate, whichever was higher, before deductions started on your benefit rate when you “work-while-on-claim”. HRSDC has implemented an initiative called **“Increase the Allowable Earnings”**. This pilot project will allow an individual to now earn \$75.00 per week or 40% of their EI benefit rate before deductions start. This increase in how much you can earn before deductions start is HRSDC’s effort in encouraging individuals to take work without a reduction in their EI benefit rate, or to encourage the “working-while-on-claim” feature of the Employment Insurance Program. This initiative started on December 11, 2005 and will end on December 6, 2008. To meet the criteria for this initiative you must be applying for regular, fishing, parental or compassionate care benefits. You must live in one of the 23 participating economic regions and claiming benefits for any week between December 11, 2005 and December 6, 2008.

For those individuals who are in the labour force for the first time or are re-entering the labour force after an absence of 2 years or more, you will benefit from the pilot

is 10% and over. The unemployment rate is based on the data from the 1996 and 2001 Census. I receive updated charts pertaining to this initiative monthly, these charts tell me what the unemployment rate is for a given 2 week period, there are two (2) 2-week periods per chart totaling a month. When you apply for EI benefits the number of hours you need to qualify will be based on where your end date of employment falls within these two 2-week periods. For instance, if your end date of employment is May 9, 2006 according to the unemployment rate chart for that period, which is, the period of May 7, 2006 to June 10, 2006, you will need a minimum of 560 hrs for a second claim (you will have drawn EI benefits within the last 52 weeks), or 840 hours if you are a new client or are applying after being out of the labour force for 2 years or more. This initiative started December 11, 2005 and will end on December 6, 2008. To meet the criteria for this initiative you must be applying for regular EI benefits, living in one of the 23 participating economic regions, have accumulated between 840 and 909 insurable hours and are applying for benefits between December 11, 2005 and December 6, 2008.

Keep in mind that if you have any penalties from a previous claim you may be required to obtain more than 560 hours for a second claim with a 52 week period or you may need to have more than 840 hours for a new claim. If you do have penalties you will be informed by the EI agent who has your file. For those individuals who are new EI benefit clients (*applying for the 1<sup>st</sup> time*), you will be required to be linked with an EI employment program. When you apply for benefits you will be invited to participate in employment measures. The new client who has between 840 and 909 insurable hours will qualify for benefits and a notice will be sent inviting the client to contact an “employment assistance services provider”. A list of employment centers will be supplied to the client by Services Canada. The Regional Employment Insurance Consultant with First Nation Human Resources Development Commission of Quebec (FNHRDCQ) is currently taking the necessary steps to ensure that the local commissions (LFNHRs) are designated as “employment assistance services provider”. This will mean that if you are a first time EI client and you are asked to contact an employment assistance services provider the LFNHR can be designated as that service provider. I will be informed by the FNHRDCQ when we have received the “employment assistance services provider” status. At that time, I will inform you, so that you may seek assistance locally to ful-

## From the Desk of Local First Nation Human Resources ... Continued

responsibility of Quebec's ministry of Emploi et Solidarite sociale and Revenue Quebec. This change is in place due to the new **Quebec Parental Insurance Plan (Q.P.I.P.)** implemented in January 2006 by the Quebec government. You may have noticed or been informed by your employer about this new program as it lowered the EI premium rate that you pay into every week. Prior to January 2006 your EI premium rate was 1.95%, that was lowered to 1.53% (our region – North West Quebec) and the new Q.P.I.P rate is .416%. Essentially you are being deducted on your salary for about the same amount prior to January 2006. In January 2006 you started paying into both of these programs instead of just the Employment Insurance. Under this new program the number of hours worked is no longer referred to, but rather, there is reference to **minimum insurable earnings of \$2000.00 and a maximum of \$57,000.00**. Therefore, the 600 hours no longer represents a criteria pertaining to maternity leave, paternity leave, parental leave or adoption leave. Revenue Quebec is responsible for source deductions while Emploi et Solidarite sociale is in charge of managing the plan, the benefit payments and client relations.

To access Client Services and to receive benefits under the new Q.P.I.P. you can contact an agent at 1-888-610-7727. You may also complete an application for benefits using the Internet. To do this you must first register for "on-line services" in order to complete the application. To register go to the internet site: <http://www.rqap.gouv.qc.ca/demande-de-prestations/comment-s-inscrire.asp> (ctrl+clic for access).

The benefits for Sick Leave and Compassionate Leave are still under HRSDC and the criterion of 600 hours still applies to those programs.

If you have questions, or would like to clarify or request assistance to find information regarding the above pilot projects initiated by HRSDC please do not hesitate to contact me.

**Arlene Chevrier – LFNHR Manger**  
 LFNHR Notes  
 (819) 627-1980  
**humanresources@evfn.ca**

**Summer Student Jobs**

We are at that time of year again when school is almost out and summer employment is on the minds of our student population. The objective of the Summer Student Program is to help students to obtain work experience in their field of study and/or for job skills development.

As in previous years we will try to hire all eligible students under this program. To be eligible you must be a registered member of Eagle Village First Nation (EVFN), enrolled as a full-time student in a recognized secondary or post-secondary institute and returning to full-time studies in the Fall of 2006. You must have a Social Insurance Number. As well, if you are attending Adult Education you may also apply for a summer student position. You must be enrolled on a full-time basis and returning to your studies on a full-time basis in the Fall of 2006.

**Note to Employers**

Summer Student Jobs are not only available to the students to apply for; we welcome any requests from Employers looking to hire a summer student. Please feel free to contact me if you are an employer who is interested in employing students for the summer. I can be reached at 627-1980. The funding allocated for this program is for registered members of Eagle Village First Nation (EVFN), therefore if you are an employer who is interested in hiring a student, that student must be registered with EVFN, even if you are not.

**Note to Student**

If you know of an employer who may be willing to hire you as a summer student, please come to see me and we can begin the process of initiating a summer position with that employer or you can take the initiative to approach the Employer you are interested in working for and have that Employer contact me in regards to a summer position for you.

**HIGHSCHOOL STUDENTS SHOULD CONTACT EITHER ME OR GLENDA MOORE TREPANIER TO APPLY FOR A POSITION AS A SUMMER STUDENT. WE DO HAVE A LIST STARTED OF THE ELIGIBLE STUDENTS IN THIS AREA BUT WOULD LIKE CONFIRMATION OF YOUR AVAILABILITY, AND PROOF OF YOUR INTENTION TO RETURN TO YOUR STUDIES AS A FULL-TIME STUDENT IN THE FALL OF 2006.**

Eagle Village Housing Department

**ABOUT YOUR HOUSE**

**CMHC Garbage Bag Airflow Test**

**There are times when you need to know the airflow from your furnace registers, bathroom exhaust fan or clothes dryer exhaust.**

For example, if a house has one cold room in the winter, it is useful to find out if this is because your furnace isn't supplying enough warm air. If you installed a new bathroom exhaust fan, you could use the test to see if it is working properly.

This article will explain to you how to do the CMHC Garbage Bag Airflow Test. The test is a quick way to estimate airflow, by determining how long it takes to fill a common plastic garbage bag.

It is not a precise measurement, but it is a vast improvement over no measurement at all.

**How to do the test ...**

Here's how to use the test to measure airflow from a register or exhaust:

- Tape the mouth of the garbage bag to a bent coat hanger or a piece of cardboard to keep it open.
- Crush the bag flat
- Place it over the register or exhaust hood
- Count how many seconds it takes for the bag to inflate
- Find the air flow from the register or exhaust from one of the following tables

If you want to measure air going out, you can hold an inflated bag against an exhaust grill, and count how many seconds it takes for the bag to deflate. Deflation testing is not as accurate as inflation testing, but it is still a reasonable test. Low airflow is difficult to measure by deflation testing.



**Small Green  
garbage bag  
(glad 66 x 91 cm)**

| Time to inflate | Flow of air into the bag |
|-----------------|--------------------------|
| 2 seconds       | 35 L/s (75 cfm)          |
| 4 seconds       | 20 L/s (40 cfm)          |
| 10 seconds      | 10 L/s (20 cfm)          |

*For deflation, add a second. Therefore, 35 L/s would take about three seconds 20L/s about 5 seconds*

| Time to inflate | Flow of air into the bag |
|-----------------|--------------------------|
| 2 seconds       | 100 L/s (210 cfm)        |
| 4 seconds       | 50L/s (105 cfm)          |
| 6 seconds       | 35 L/s (75 cfm)          |
| 10 seconds      | 20 L/s (40 cfm)          |

*Deflation times for the big orange bag are about the same as inflation times.*

**How to use the test ...**

Using the examples mentioned above, if the measured airflow from a forced air register is less than 10 L/s, the furnace is delivering only a small amount of heat to a room.

If you install a 100 cfm exhaust fan, and the fan inflates a standard bag in less than two seconds, you have the rated exhaust flow for the fan.

CMHC's Garbage Bag Airflow Test is also useful if you have changed your heating or cooling systems, or if you have made major renovations to your house.

To find more about your house fact sheets plus a wide variety of information products, visit the CMHC Web site at [www.cmhc.ca](http://www.cmhc.ca). You can also reach them by phone at 1-800-668-2642.

**Letter to the Community**

**Our Pets**

As a community it is very visible that we enjoy and love our four legged furry friends such as cats and dogs.

When we brought these cute little moving balls of fur home we were both happy and excited. Everyone in the home wanted ownership. We played for hours with these sweet little puppies or kittens, they made us laugh, love and we were very gentle. We ensured that someone in the house knew the pets whereabouts at all times. As a family we made sure our pets were always safe, we even went as far as to take him/her outside to do its business for fear that they may get hurt outside or we wondered if they could possibly get beaten up or even killed.

Why is it that we stopped caring for our pets so suddenly? In our community we have dogs and cats everywhere. These pets are not tied, but left loose to run the community as they please. When we drive by on Wagosh Crescent we need to stop to let the dogs cross the street. The dogs will also come right up onto your porch and look in your window, eat your pets food and not to mention the droppings they leave for you in your yard or what garbage they decide to pick at while leaving.

Why are our pets roaming away from home? I thought we loved them when we brought them home.

**Safety in our Community**



Now that spring is here and summer is just around the corner, please note that it is important to remember that the kids are out and about on our streets, playing and riding their bikes. Please drive with caution especially by the Community Hall, Youth Center and Playground.

When backing out of the parking area at Lakeview Store please check your

**MARK YOUR CALENDARS**

Boat Rallies this summer will be held on

...

Saturday July 15th, 2006



**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

**ALGONQUIN ANISHINABEG NATION TRIBAL COUNCIL**

**Resume Writing and Interview Preparation Training Session**

Thursday May 18th, 2006  
 9:00 am - 12:00 pm

Eagle Village Band Office Boardroom

Session given by:

Angela Benedict - Human Resources Advisor - AANTC

Come out and learn the secrets of getting through a successful interview. Discover the commonly made mistakes and learn how to avoid them. The training session will help assist you in properly preparing for job opportunities; preparing your resume, cover letter and the interview process.

By the end of this training session, participants will be able to understand:

- What makes a resume stand out;
- How to create an effective cover letter;
- What information you should or should not include in your resume;
- How to prepare for an interview;
- How to research information relating to the position and/or organization;
- The interview process (i.e. point based system);
- Learn how to answer questions properly;
- How to get through the selection process successfully.

For more information please contact Angela at the AANTC (819) 449-1225 or by email ange-lab@anishinabenation.ca.

## Eagle Village Fire Department

**Spring... a Time to be Careful!**

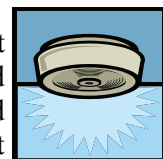
Spring is here and, like nature, seems to bring us back to life. One sign of this is an irresistible urge to clean house. As if cleaning, putting things away and throwing things out can make winter leave more quickly.

Among the host of activities scheduled in this period are cleaning up the garage or the shed. People have to make room to put away the snow blower and dust off the lawn mower. Among the various objects you find here and there, it's possible that you'll come across hazardous products that it would be a good idea to dispose of properly (leftover paint from last summer, an almost-empty gallon of gasoline, pesticides, etc.).



For people who love gardening, this is a period for cleaning the lawn and the flower beds. They'll often make a big pile of decomposing old leaves and small tree branches fallen during the winter. You may even think of setting fire to it, right in the middle of the yard. **Forget about it! It's dangerous!** Lazy people will want to do the same with the weeds on their land. Yes, it's happened before! Making a bonfire to get rid of the stubble on the lawn can cost a lot more than renting a dethatcher! Remember that in many municipalities, the by-laws prohibit open fires. Instead, it's recommended that you compost it yourself – why not make the effort? – or check whether your municipality will do it for you – more and more municipalities dispose of green materials. While waiting for the truck to pass by, avoid storing your waste beside the house: it's an additional fire hazard and an open invitation to firebugs!

When you do your spring cleaning (many people are already preparing for the July 1 moving day), don't clutter your balcony or patio with boxes and various objects. If a fire breaks out in your home, you'll find that you were well advised to keep your second exit clear. Also, how long has it been since you checked whether your smoke alarm was working? And don't tell me that it doesn't have a battery! Go on, I'll wait for you... Just press the test button for a few seconds. If everything is in order, your alarm will go off immediately. You can also check it with smoke from a candle that you've just put out or an incense stick. You've done it! Good for you!



**If your battery does not work or if you have not changed the battery please come to our booth at the Community Fair, on Wednesday, May 17th, 2006 and we will provide you with a new battery.**



Now let's talk about one of the summer's pleasures: the barbecue. What could be more enjoyable than a good meal cooked on the barbecue, sitting around the patio table watching the sunset (or your children wolfing down the hamburgers you've lovingly prepared). To do this, you need a barbecue and, of course, a full cylinder of propane. Propane cylinders **ABSOLUTELY** must be transported in the upright position. Make sure that the safety valve is tightly closed and keep a window open. Cylinders of 45 pounds or less must have a weathertight cap. And of course, you've secured the hazardous object so that it can't move and doesn't overturn in the car.

You're home safe and sound. Now that you've taken the barbecue out of the shed, you have to inspect it: remove all the moving parts and clean the inside and outside with soapy water. Spray the connections with soapy water to check for the presence of potential leaks. If bubbles form when you open the gas, there's a leak. While it was stored, the barbecue may have been visited by spiders who left cocoons and webs. This obstructs the gas flow to the burners, causing a loss of performance and creating a risk of fire in the controls. To reduce this problem in good weather, place your barbecue in a sunny area (with its protective cover) instead of a cool, damp place. **MPOR-TANT:** When using the barbecue, don't push the "on" button more than twice, or you'll cause a significant risk of explosion!

Finally, clean the gas pipe thoroughly after each use to remove all traces of food that could potentially attract small animals. Caution is also essential when shutting down the barbecue. First close the fuel outlet (cylinder valve). Then, and only then, can you shut the control buttons.

**Migizy Gas**

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

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

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

**Your Fuel Tax Remittance Claims from Migizy Gas will be ready shortly. You can pick them up at the Gas Station**

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

**Miscellaneous Notes**



**This is a picture from the Youth Friendship Baseball Game held on Sunday May 7th, 2006 here in the community. Our team hosted the youth team from Timiskaming First Nation. Our Youth will meet them again on Monday May 22nd, in their community.**

**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

**Birthday Wishes**



*We would like to wish our Granny Josephine Constant a very Happy Birthday!! She will be celebrating on Wednesday May 17<sup>th</sup> !!*

*Love from:  
Jimmy Jr., Kim, Vicky and Trent x0x*



**Happy Birthday Daddy !! (Robbie Young)**

**Our Daddy is turning 40 on Sunday May 7th !!**

**We love you Dad ...  
Kendra & Trysta**

**Happy Birthday Nanny !! (Elizabeth Honen)**

**Our Nanny will be celebrating her "60th" birthday on Tuesday May 16th !!**

**Love you lots ...**



**Happy "4th" Birthday Adin**

**Adin will be 4 years old on Wednesday May 17th !!**

**Love from your:  
Mom, Step-dad & brother Aiay**

**Look who's turning "18"!!**

**Happy Birthday Derek McKenzie who will be celebrating on May 22nd**

**Love  
Mom, Dad & Devon**



Migizy Odenaw Childcare Centre

**I would like to congratulate those who participated and successfully completed the St. John Ambulance Babysitting Course. Way to go!!**

**Andrew Morin , Carly McLaughlin , Tyler McLaughlin  
Brooklyn Fay, Billie Chevrier, Kaily Goulet  
Kenra Young and Tyler Pariseau**

**AS A PARENT ALWAYS BE AWARE OF WHO AND WHERE**



2006 Census Information For Eagle Village Members



[www.recensement2006.ca](http://www.recensement2006.ca)

[www.census2006.ca](http://www.census2006.ca)

**RECENSEMENT · CENSUS**

**2006 Census – Statistics Canada**

**The 2006 Census is beginning in Eagle-Village - Kipawa  
Count yourself in!**

Every five years, Statistics Canada conducts a national Census of population. 2006 is a Census Year.

Lois McBride is the crew leader for the four Algonquin communities of Temiscamingue which include Eagle-Village, Timiskaming, Winneway and Wolf-Lake (Hunter's Point). Mrs. McBride will be contacting the local employment offices to recruit census enumerators. In May and June, these census enumerators will visit each household of their respective communities to conduct an interview to complete the census questionnaire.

The questions will cover such topics as basic population information, language, mobility, education, household activities, labour market activities, income, etc.

The Census is important. It provides essential information to the planning of various services such as day-care centres and schools, employment and training programs, social and health care services.

Census Enumerators all carry Statistics Canada Id cards. And remember, under the authority of the *Statistics Act*, your personal information is kept confidential.

For more information on the 2006 Canadian census, go to [www.census2006.ca](http://www.census2006.ca).

**The Census is a time to make your voice heard!  
Count yourself in!**

## An Update From The Health Director ... David McLaren

**Meetings Attended**

Throughout the month of April, I spent a great deal of my time attending Local Organization Meetings as member of Council and as Health Director. Although Regional and National files are extremely important as they often dictate the policies and funding that flows down to the communities, we must not loose focus on the things that affect us day-to-day. It's finding the right balance between them both, that remains as a challenge for us all.

The new government under Steven Harper's direction will be very challenging for all First Nations across our country. The Health field will be no different. Promised funding by the Liberal Party was not perfect but it was most certainly a step in the right direction. Chief Haymond along with his links with the Regional and National Organizations will keep us abreast of the situation following the dissection of the new government budget speech.

**Pharmacy and Medication Issues**

Every two years or so, Health Canada must sign a contract with the Ordre Des Pharmaciens Du Quebec in order for us to receive our prescribed medications. The contract negotiation process has already started and once again, I feel that we will be held between a rock and a hard place come next spring. Because we are a border town next to the Province of Ontario, I've begun to explore the potential of obtaining services through some North Bay pharmacies for prescriptions written by all our local doctors and not just from the two most senior ones. This will not solve the problems that will occur for other more isolated communities, but I must look at solutions that will benefit our peo-

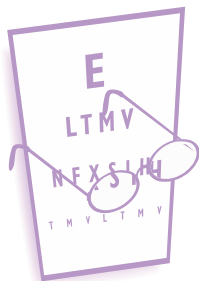
pros and cons of this initiative must however be assessed on both a practical and political side. Maintaining your good health through your doctors prescribed medications and the capacity to obtain such medications in a timely fashion should be the driving force behind our mandate.

**Community Fair 2006**

Dear members, please keep your agenda's clear for our Annual Community Fair which will take place on Wednesday May 17<sup>th</sup>. There will be afternoon and evening exhibits combined with a community feast and special draws. As usual, we will have some screening clinics set up along with flyers and pamphlets filled with valuable information. This is also a great opportunity for you to meet and discuss things with the dedicated people who work hard at providing services or assistance to the members of this beautiful community. Hope to see you all there !!!

**Miscellaneous**

I wish to inform you that as an elected member of Council, we have successfully completed the negotiation process with both the Solicitor General of Canada and the Provincial Ministry of Public Security in regards to our own Policing Agreement. It was not an easy task by any means but with the political savvy of Chief Haymond and my past experience in policing, we were able to secure enough funding to improve our situation with the strong possibility of including another full-time officer. Things are improving on the policing front. Constables Moore and Lariviere along Chief of Police McMartin have demon-

**Do You Need To Have Your Eyes Examined?**

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

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

## KEY TO HAPPNISS GROUP (Alcoholics Anonymous)

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

## The NNADAP Corner

**You Develop Your Independence**

Having independence means having the freedom to be yourself. You will become more independent as you grow older. You will be allowed to make more choices for yourself. The amount of independence you will be given is directly related to how responsible you are with the freedoms you already have. Do you know what it means to be independent in a good and responsible way?

**Independent people have meaning in their lives.** Decide what you want out of life and what makes you feel good as a person. Set goals and work towards them.

**Independent people believe in themselves.** Have confidence in yourself and in your own values and decisions. If you believe you can't, you're right. If you believe you can, you're right!

**Independent people learn new skills.** Learn how to do new things, and you will be able to enjoy life more. You will achieve a sense of accomplishment that will give you even more confidence in yourself and your abilities.

**Independent people are in control of themselves.** Be in control. Understand that you have the right to stand up for what you believe in and for what is right. You do not want to hurt yourself, your family or others. Be proud to be the person you know you should be.

A person who is independent will be also able to deal with every area of life. You will be able to make responsible choices. The more responsible choices that you make, the more freedom you will have to make more choices!

**Why Do Some People Take Drugs**

**Anyone can be a drug user. Each drug user will always have different reasons for using different drugs. Following are some common reasons people have for using different drugs. Discuss them with your friends. Are any of them good reasons to use drugs? Can you think of any other reasons people might use drugs?**

**People try drugs out of curiosity.**

Curiosity is natural when you are young. You may have friends, family or know people who use drugs. You may want to know how drugs will make you feel. Be careful because your curiosity can lead to a habit.

**People use drugs because they feel emotionally pressured.**

Some people may use drugs to relieve emotional pressures like loneliness or depression. Others might use drugs because they feel bored. Some may use drugs just to get even or go against their parents' wishes. Sometimes it's just because they feel left out. However drug use is only a quick fix it does not solve your problems.

**People may use drugs because they feel pressured by the people who are around them.**

Taking drugs may seem normal or safe when you see the people around you using drugs. Sometimes your favorite athlete, movie star, musician, even a family member or parent may use drugs. Learn from their mistakes and don't copy them. They are giving you a false impression that drug use is all right, however they should be telling you it is addictive and illegal.

**Non-Prescription Drugs**

Non-prescription drugs are drugs that can be bought without having a prescription. They are used to relieve minor sickness without consulting a doctor. In Canada, more than 1,500 different kinds of non-prescription drugs are sold.

They include:

1. **ANALGESICS** – taken to help relieve pain.
2. **ANTACIDS** – taken to help relieve upset stomach, indigestion and heartburn.
3. **COUGH AND COLD REMEDIES** – taken to help relieve various cold symptoms.
4. **LAXATIVES** – taken to help relieve irregularity or constipation.



**THE NEXT  
NNADAP YOUTH  
DANCE  
IS TENTATIVELY  
SCHEDULED FOR  
FRIDAY MAY 19TH,  
2006  
AT THE  
COMMUNITY HALL**

The Wellness Program



I am looking for anyone interested in sewing (basic sewing skills). As most of you are aware we will be having a workshop on “Regalia Making” beginning on the 3<sup>rd</sup> week in May.

Ms. Dawn Wabie will be coming to teach us how to make a Traditional, Fancy or Jingle dress for the girls, and also Traditional and Grass for the boys. I will be displaying the different types of Regalia’s at the community fair. But in order for this to be successful we will be looking for anyone interested in volunteering their time, along with their sewing machines to help.

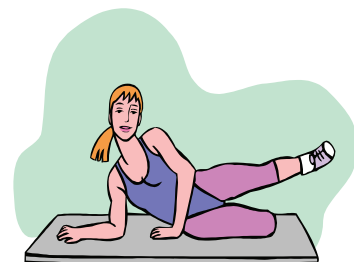
Sports and Leisure

There is a possibility of having a weekly Aerobic Program at the Eagle Dome.

Miss Joani Morin is trained and qualified to offer this course.

If you are interested please call me at the Health Centre, you will need to bring your own weights (1 to 5 pounds) also we need a minimum of 10 people registered to begin, the cost is \$55.00 for 10 courses.

This is a great way to get out and enjoy some physical activity. Virginia 627-9060



Miscellaneous

**Recipe For Happy, Healthy Families**

*Ingredients*

|                     |                          |                   |
|---------------------|--------------------------|-------------------|
| <i>Self-Esteem</i>  | <i>Curiosity</i>         | <i>Love</i>       |
| <i>Independence</i> | <i>Responsibility</i>    | <i>Discipline</i> |
| <i>Affection</i>    | <i>Basic Life Skills</i> | <i>Hope</i>       |
| <i>Imagination</i>  | <i>Playfulness</i>       | <i>Trust</i>      |
| <i>Courage</i>      | <i>Cultural Values</i>   | <i>Creativity</i> |
| <i>Respect</i>      | <i>Family Tradition</i>  | <i>Kindness</i>   |
| <i>Risk-Taking</i>  | <i>Self-Worth</i>        | <i>Security</i>   |

Blend *Curiosity, Love* and *Trust* to promote *Self-Esteem*.

To *Basic Life Skills* add a dash of *Imagination* and a pinch of *Discipline*, to taste.

Carefully fold in *Hope, Playfulness* and *Security* to create an atmosphere of diversity and *Self-Worth*.

While waiting for *Independence* to rise, vigorously stir *Responsibility* and *Respect* until well-mixed.

Combine *Family Traditions* and *Respect* for other’s *Cultural Values*; celebrate in the mixture.

Sprinkle generously with *Creativity* and *Kindness*.

Toss *Courage* and *Risk-Taking* gently;

fold with more *Responsibility* and *Affection*.

Repeat any of the steps, daily, to maintain a nurturing healthy relation-

Its that time of year again ....

**DIABETES , CHOLESTEROL  
BLOOD PRESSURE  
SCREENING CLINIC**

Please come to the  
Health Centre Booth  
at the

**Community Spring Fair**

on

**Wednesday May 17th, 2006**

**1:00 pm – 7:00 pm**

to have your

**blood glucose, blood pressure  
and cholesterol checked.**

**Prevention is the key to a  
long and healthy life.**

## Environmental Health ... Protect Your Eyes With Sunglasses

**The Issue**

It is important to protect your eyes against damage from the sun. For most people, an inexpensive pair of sunglasses will do the job.

**Background**

The sun produces many different kinds of light. The kinds most likely to injure the eye are:

- Ultraviolet (UV) radiation, which is invisible and also referred to as UV rays
- Bright or intense light
- Blue light

**About UV Light and Blue Light**

UV rays carry more energy than visible light rays, so the eye is at a greater risk of damage from the absorption of UV radiation than from the absorption of other kinds of light. There are two types of UV rays that reach the earth's surface, UV-A and UV-B rays can cause, or speed up the progress of several diseases of the eye or its supporting structures. UV-B rays have also been linked to skin cancer. Most of the damage caused to eyes by UV-B and UV-A rays happens over a long period of time and cannot be reversed. Sensitivity to ultraviolet radiation varies from one person to the next.

Blue light is visible light in the blue portion of the colour spectrum. For example, the intense glare of light reflecting off snow or water contains blue light. Our eyes cannot focus clearly in blue light. Some scientists believe that routine exposure to blue light after a long period of time may age the retina and increase the risk of blindness in some people over the age of sixty.

**How Light Can Damage Our Eyes**

All light is a form of energy. When our eyes absorb any type of light, the process creates heat or chemical reactions in the eye tissue. These reactions can cause permanent damage to the eye if its natural ability to heal itself is overwhelmed. Different parts of the eye absorb different kinds of light. For example

- The surface layers of the outer part of the eyeball (the cornea and the conjunctiva) absorb UV-B rays
- The lens absorbs mainly UV-A rays
- The retina (this is the light-sensitive lining at the back of the inner eyeball) absorbs visible light

If eyes are overexposed to ultraviolet radiation, the front portion of the eyes may be damaged. If visible light is too bright or too intense, or if someone stares directly at the sun,

sunlight over many years may increase the risk of you developing cataracts. Cataracts cause a gradual clouding of the natural lens of the eye.

**Wear Sunglasses to Protect Your Eyes**

Wearing sunglasses makes sense. Properly chosen sunglasses will protect your eyes against damage from UV rays, bright light, and blue light. It is safer to drive while wearing sunglasses, as they help reduce glare and improve contrast in bright sunlight. Choose sunglasses with lenses that are dark enough to keep your eyes comfortable, but not so dark that they reduce your vision. If you spend a lot of time outdoors in intense glare from sunlight bouncing off snow or water, you should wear sunglasses that block blue light. Medium to dark lenses with a grey, or a slightly brown or a green tint, will filter out most blue light.

Most sunglasses have plastic lenses. These lenses are tougher than glass and less likely to shatter. If you buy plastic lenses, look for a pair with a scratch-resistant coating. Also check the lenses for distortion by putting the sunglasses on and looking at a rectangular pattern, such as floor tiles. If the lines stay straight when you move your head up and down as well as side-to-side, then distortion is acceptable. Sunglasses are made with different kinds of lenses to meet different needs:

- Regular lenses reduce the brightness of everything evenly
- Polarizing lenses are designed to cut reflection glare, they are good for driving and outdoor activities in the snow or on water
- Photochromic lenses change with the intensity of UV light by turning darker when outdoors and lighter when indoors. If you wear these for driving, choose sunglasses that are fairly dark
- "Flash" or mirror lenses reflect all or part of the light instead of absorbing it. They offer no performance advantage as they scratch easily. You should choose a pair with a scratch-resistant coating

You cannot tell how much UV protection sunglasses will provide for you by their price, by their color, or by the darkness of their lenses. Look for a label that lists the type and amount of the protection:

**Cosmetic sunglasses** have lightly tinted lenses for use in sunlight that is not harsh. They block from 0 to 60 percent of visible light and UV-A rays and between 87.5 and 95 percent of UV-B rays. They are not usually recommended for daylight driving

**General purpose sunglasses** block from 60 to 92 percent of visible light and UV-A rays and between 95 and 99 percent

## Healthy Recipes Containing "Fruit" ... Have You Had Your Recommended Servings Of Fruit Today?

**Mixed Berry Salad**

This salad combines high fiber fruits with a little yogurt. Other fruits that could be used are apples, pears, blackberries, cherries, peaches, plums, and grapes.

- 2 tablespoons low-fat yogurt (try key-lime or lemon)
- Juice of 1/2 lime (about 1 tablespoon)
- 1 tablespoon fresh mint leaves, torn
- 1 cup cubed cantaloupe
- 4 medium strawberries, stemmed and quartered
- 1/4 cup raspberries
- 1/4 cup blueberries

Whisk the yogurt, lime juice, and mint together in a medium bowl. Add the fruit and toss to combine. Serve.

**How to Pick a Watermelon**

Watermelons are the treat of summer: refreshing, watery and sweet, just one bite quenches your thirst. Choose a watermelon with the scent-and-pressure method instead of thumping (which is rumoured to distinguish good melons from others, but does not). Ripe melons will yield slightly to applied pressure and not smell sour, a sign of over-ripeness. Once purchased, store at 55 degrees Fahrenheit, for 7 to 10 days. Melons do not ripen or become sweeter once they are picked, so choose well.

Also, look for dark green melons with distinct coloration and markings. Watermelons, especially the oblong-shaped ones, have a white patch along one side. This is where the watermelon rested in the ground, and is normal. This spot becomes more cream-coloured as the watermelon ripens.

Once a melon is cut, it can be refrigerated for about one week, wrapped in plastic or in an airtight container. Keep watermelons away from apples, tomatoes, and bananas, all of which will speed the deterioration of the watermelon.

Wash watermelons in soapy water to make sure all the dirt

**Crystal Light Strawberry Granita**

- Empty contents of 1 envelope of Crystal Light Raspberry Ice Low Calorie Drink Mix into blender container.
- Add 1-1/4 cups water and 4 cups frozen unsweetened strawberries; cover and blend until smooth. Pour into dessert glasses and serve immediately.

**Cooked No-Sugar Berry Spread**

- 2 cups of crushed blueberries
- 1 cup of crushed strawberries
- 1½ tablespoons of lemon juice
- 1 box of CERTO Pectin Crystals
- 10 packets of powdered low calorie sweetener
- 1/4 cup raspberries
- 1/4 cup blueberries

Measure prepared fruit into a large saucepan. Stir in lemon juice and fruit pectin crystals.

Place saucepan over high heat and stir until mixture comes to a full boil. Boil hard 1 minute, stirring constantly. Remove from heat. Immediately add low calorie sweetener.

Stir and skim foam for 5 minutes to prevent floating fruit.

Pour quickly into warm, sterilized jars filling up to 1/4-inch (0.5 cm) from rim. Seal while hot with sterilized 2-piece lids with new centres. Store in freezer. If used

**Fruit Fact**

For the largest part fruit consists of water just like the human body does .... 80% of our body is water so does 80% of fruit consist of water!

If you think about it, it's logical for the human body to consume food that contains as much water as the body itself. The nutrition that meets that requirement is fruit. There is no other food than fruit on this planet that contains on average 80% water.

Vegetables also contain a lot of water and are therefore

**Mini Frozen Strawberry Cheesecakes**

**SPRINKLE** 1 Tbsp. *HoneyMaid* Graham Crumbs in each of 12 large muffin papers and set aside. Add 1 envelope unflavoured gelatine to 1/4 cup cold milk. Let soften 5 minutes.

**BEAT** 2 tubs (250 g each) *Philadelphia* Strawberry Light Cream Cheese Spread with 2 sachets *Sweet'N Low* Brand Sugar Substitute and 1 tsp. vanilla.

**BEAT** in gelatine mixture and another 1/2 cup milk. Pour into muffin cups. Freeze overnight. Remove muffin pa-

| Sunday  | Monday  | Tuesday                                   | Wednesday                                  | Thursday        | Friday                   | Saturday |
|---|---|---|--|-----------------|--------------------------|----------|
|   | 1   | 2   | 3  | 4               | 5                        | 6        |
| 7<br>Community Clean Up                                 | 8<br>Vicky Constant is on holidays this week                          | 9<br>David is in Quebec City (8th - 11th) | 10   | 11              | 12                       | 13       |
| 14<br>Mother's Day<br>Elder's Club<br>Pancake Breakfast | 15<br>Band Meeting<br>Joan St-Denis is on holidays this week          | 16<br>Dr. Gurekas is at the Health Centre | 17<br>Community Spring Fair                | 18              | 19<br>NNADAP Youth Dance | 20       |
| 21  | 22<br>Victoria Day<br>Band Office and Health Centre are closed today. | 23<br>Dr. Brock is at the Health Centre   | 24<br>Dr. Zivkovic is at the Health Centre | 25              | 26                       | 27       |
| 28  | 29  | 30  | 31   | <b>MAY 2006</b> |                          |          |

| Sunday                                       | Monday                                 | Tuesday                                 | Wednesday                       | Thursday  | Friday  | Saturday                    |
|--|--|---|---------------------------------|---|---|-----------------------------|
| <b>JUNE 2006</b>                             |  |   |                                 | 1   | 2   | 3                           |
| 4  | 5                                      | 6                                       | 7                               | 8   | 9   | 10                          |
| 11<br>NNADAP Adult/Youth Cribbage Tournament | 12                                     | 13                                      | 14                              | 15  | 16  | 17                          |
| 18<br>Father's Day                           | 19                                     | 20<br>Dr. Brock is at the Health Centre | 21<br>Aboriginal Solidarity Day | 22<br>Band Office and Health Centre are closed today. | 23<br>Band Office and Health Centre are closed today. | 24<br>St. Jean Baptiste Day |
| 25   | 26<br>NNADAP End of School Celebration | 27                                      | 28                              | 29  | 30<br>Band Office and Health Centre are closed today. |                             |