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FASD Awareness Day



Eagle Village along with Wolf Lake invited FASD Consultant Evike Goudreault to come and speak on the issue of FASD, which took place here at the Community Hall. On the morning of Tuesday October 3rd we started off with an opening prayer given by Community Elder Noella Robinson and then a walk lead by the Eagle Village Police Department to bring about awareness on the topic of Fetal Alcohol Spectrum Disorder.

Afterwards we enjoyed a delicious lunch that was put on by the Elder's Club. And in the afternoon Evike Goudreault did her presentation on the effects of drinking alcohol during pregnancy. We finished up the day with participation draws.

Thanks to all of the participants: Secondary School Students and Teachers, Daycare, L'Envol, Parents, Centre Jeunesse and Community Members

I would also like to send out a special thank you to the Elder's Club for the delicious meal, the EVPD for leading our walk and to Noella Robinson for saying the opening prayer. Thank You!

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From the Secretariat of the Assembly of the First Nations of Quebec and Labrador Michael Benedict, Fiscal Advisor

Application of the exemption of the 9% provincial sales tax levied on drivers licenses and license plates in Quebec

The Société de l'assurance automobile du Québec (SAAQ) has recently confirmed that it will be able to apply the exemption of 9% Québec sales tax levied on drivers licenses and license plates in Québec as of November 1st, 2006.

Since the publication of the bulletin regarding *Consumer Taxes* (bearing number TVQ.512-1 dated January 31, 2005 and entitled Payment of the tax on an automobile insurance premiums by Indians and Indian Bands) by the ministère du Revenu du Québec (MRQ), status Indians of Québec residing on a reserve and Band Councils no longer have to pay the 9% provincial tax on drivers licenses and license plates.

Until now, the administration of this tax exemption was performed by the MRQ because the SAAQ's computer systems were not capable of identifying the status Indian clientele residing on a reserve.

In the next few days the SAAQ will send a letter and document entitled *Administration of the exemption regarding the tax on insurance premiums for status Indians* to Band Councils.

Inside this issue:

Eagle Village Education Department

Update for New Band Members

The students who will become new Band Members of Eagle Village First Nation after September 7th, 2006 will not receive school supplies cheques. Secondary student attending G. Theberge School will receive a student allowance depending on the day of the month that they become our new Band Members. For example: if you receive your band card before the 15th of the month then you are then entitled to your allowance cheque for that month. If you receive your band card after the 15th, then you will get your monthly allowance beginning the following month. The Education Department is presently waiting for the Elementary and Secondary Education Policy to be reviewed and accepted by Chief and Council. Once accepted, parents that qualify for services will receive

Eagle Village Membership Department

ON-RESERVE POPULATION SURVEY 2006

The Eagle Village First Nation-Kipawa Band Council and Staff regularly obtain population statistical data from the Indian Registration/Membership Office. In order that I may update the population data and provide accurate statistical data of our on-reserve population, I will be doing a telephone survey of the Eagle Village First Nation-Kipawa population beginning on November 1st, 2006. I expect to be finished this survey by the end of the month of November. The telephone survey questions will be as follows:

1. As of November 1, 2006, state the names and birth dates (or birth year) of all persons who ordinarily reside in your home.
2. If there are any persons residing in your home that are not Eagle Village First Nation-Kipawa band members, state if he/she is:
 - i) Not yet registered but is eligible to be a registered Indian. Please state the name of the Band he/she will be registered with.
 - ii) Registered with another Band. Please provide the name of the Band and his/her registry number.
 - iii) Not registered and not eligible to be registered (Non-Indian).
3. The final part of the survey is a verification of your mailing address.

An individual is considered to be an on-reserve resident if he/she ordinarily resides on the reserve; or, if he/she is temporarily absent from the reserve (individuals who are attending an educational institution; individuals who are employed seasonally or short-term; and individuals who are in short term institutional care).

Personal information obtained from this survey is considered confidential. Only statistical data of the survey will be provided for various Eagle Village First Nation-Kipawa programs.

Address listings are provided, when requested, to the various programs of the band for general mail-outs (band elections, etc), the newsletter, personal invitations to different events, etc. If you have a change of address and/or telephone number in the future, please inform this office so that you can be contacted on matters of importance.

Your cooperation in the survey is appreciated. Thank you.

Eagle Village Maintenance Department

Disposal of Your Used Cooking Oil and Grease



Again, it is the time of year when weather gets cold and along with the cold weather comes freezing cooking oil and grease. We have already had an alarm at the lift stations due to floats stuck in solidified grease and cooking oil. Please put old cooking oil and grease in a can and throw it in your garbage for disposal.

Also on a different note I would like to put on a "Moose Party" for our Band members. The afternoon would be for the kids and the evening for the adults. This would be just a one day event that could include a Moose Calling Contest, Portaging Race, Canoe Carrying Race, Obstacle Course, Moose Antler Contest for the Biggest, Nicest, and of course the Ugliest. The date I have planned is Saturday November 4th. Maybe we could have a band or DJ for the adult party in the evening. Please let me know what you think or contact me if you have any other ideas or suggestions. Please call me at the Band Office during the day or at my home during the evening



From the Desk of Local First Nation Human Resources

CONGRATULATIONS TO ...

Congratulations to William Jawbone, for the successful completion of his Training Session in the Second Year Masonry Apprenticeship Program on September 15th, 2006. William has accepted a placement in Calgary, Alberta. I wish you all the best in your new employment with Cal-Terra Fence and Construction. Way To Go William!

Congrats to Eddy Young and Gary Young, both have successfully completed their First Year Masonry Apprenticeship program on September 22nd, 2006. Good Luck in your first year placement at Meth's Masonry in North Bay, Ontario. Job Well Done Guys!

Congrats to John Robinson who has successfully completed the Heavy Equipment Operator training program with the 5th Wheel Training Institute on October 6th, 2006. Good Luck with all Future Endeavours John!

To all our Adult Education Students have a great year and remember that it is through hard work and the determination to succeed that we obtain our goals and objectives. The Future Is Yours For The Taking!

INFORMATION REMINDERS

For those persons seeking employment opportunities don't forget to check the EVFN website for postings that have been received by the LFNHR. Employment opportunities are posted at the band office entrance as well.

Also a reminder that if you are looking for work in a certain trade or occupation, in any given region, you can find employment opportunities by using the Internet. If you are not comfortable with using the Internet I can assist you or if you do not have a computer available to you, you can go to the CAP (Youth Centre) and use a computer there, the CAP is available during office hours if you prefer to utilize this service when the Youth Centre is not open for the kids.

I have packages available pertaining to finding employment if you are interested you can come by the office and pick one up, you can also visit any CLE (local employment centre) nearest you, our area CLE is located in Ville Marie. For those who do not need the package and are ready to explore on the Internet you can go to the website www.emploi.quebec.net/anglais, and remember this service gives you access to two tools of choice: LMI Online, for all information relating to the labour market; and Online Placement, for help in finding work. These free online services are available around the clock and will increase your chances of finding employment quickly. Use Them!

NEW NEWS

A significant number of part-time, seasonal workers as well as those who occupy short-term employment are faced with a situation where their benefits end before they find new jobs. In order to help the workers who have less employment opportunities, HRSDC has a new pilot project called the "Extended EI Benefits", this pilot project applies to those whose claims for regular benefits starts between June 11, 2006 and December 9, 2007. The pilot project increases income support by providing access to 5 additional weeks of benefits to EI claimants, up to a maximum of 45 weeks of benefits.

The pilot project applies to our economic region which is 18-Nord-ouest du Quebec, including the following communities: Abitibi-winni, Eagle Village First Nation, Kitcisakik, Kitigan Zibi, Lac Simon, Long Point, Wolf Lake. The other economic regions that will be able to access this new pilot project are 19-Bas-St-Laurent-Cote-Nord, 17-Centre du Quebec, 12-Trois-Rivieres and 10-Gaspesie-Les ile.

Community	Unemployment rate of the community. Stats Canada - 1996	Unemployment rate of the community. Stats Canada - 2001	Unemployment rate for the period of Aug. 6th - Sept. 9th, 2006	Minimum # of Hours	Minimum # of Weeks
Eagle Village First Nation	16.9 %	21.7 %	12.2 %	455 hours	29 weeks

EMPLOYMENT INSURANCE RATE – ECONOMIC REGION 18 (NORD-OUEST DU QUEBEC)

*If you are in the work force for the first time, you are considered a new entrant and will require 840 hours in the last 52 weeks to qualify for benefits. If you are applying for maternity, sickness, parental or compassionate benefits you will need 600 hours of work.

The Employment Insurance Rate for the previous period of July 9, 2006 to August 5, 2006 was 11.4%, the minimum number of hours required was 590, and the minimum weeks payable was 28.

This information is basically for people who are, have or will be applying for employment insurance benefits, your benefit rate is determined based on the above employment insurance rates during the specific periods outlined. I receive updated rates every month, they are based on 4 week periods. The next updated chart will be for the period beginning September 10, 2006 to October 7,

Eagle Village Police Department

Are Winter Tires Mandatory?

This winter, bite into the snow! Are you convinced that winter tires are better than all season tires? You're right! But they have to be of good quality and in good condition. How can they bite into the snow if they've lost their teeth?

A tire's teeth are the grooves in its tread. The deeper they are the better the traction will be. In Fact, winter tires are specially sculpted to prevent snow from accumulating in the grooves. They should be at least 4.8 mm deep, allowing them to:

- "Grip" the snow;
- Discharge snow and slush quickly;
- Reduce braking distances;
- Accelerate safely.

By "Biting" into the snow, your tires keep you on the road. On icy surfaces, the softer rubber of winter tires will stop you from skidding.

Tire pressure varies by about 1 pound/in² when the outdoor temperature rises or falls by 6 Celsius. The colder it is, the more it drops. Once a month, check or have someone cold-check the pressure of all four tires. A pressure drop of as little as 10% can make driving more hazardous.

Tires inflated to the right pressure:

- Reduce fuel consumption;
- Hold the road better (handling, grip);
- Don't wear as quickly.

What is the right pressure?

The one recommended by the vehicle's manufacturer!

are no guarantee against accidents. Adapt your driving to weather and road conditions:

- Slow down;
- Maintain more distance from other vehicles.

Did you know that?

- Winter tires in good condition let you reduce braking distance by up to 25%;
- Winter tires maintain their elasticity to as low as -40 Celsius;
- In Quebec, studded tires are permitted from October 15 to May 1 on vehicles of less than 3000 kg;
- ONLY ONE tire under inflated by 6 pound/in² can increase fuel consumption by 3%

In Quebec, the motor of transportation recommends that winter tires be used during the winter driving period. There is no law at this point where it states that all vehicle must be equipped with such tires for that period. The proper procedure is to check with your insurance company to see if your insurance policy will accept coverage in the case of an accident when driving with 4 season tires. Some insurance companies requires winter tire to be used during the winter.

4 season tires are acceptable but it does not provide the best grip in regards to handling, stopping and acceleration. Again, check with your insurance company.

In Ontario, only certain areas are permitted to use studded tires from October 15 to May 1. There are two different types of studded tires, simply ask any Ontario tire dealer to inform you of the type that is allowed for that particular region. If you need more information regarding studded tires for Ontario driving call 705-472-7900.

Firearm Safety Course

Officer Stanley Moore will be offering a Gun Safety Course on October 21, 2006 at the Community Hall, starting time is set for 08:30 hrs and should be done by 16:30 hrs. This past Spring Fair some people have requested a firearm course, as some people signed a sheet to reserve their spot, they have priority and will be contacted by Officer Moore to see if they are still interested in taking the course, it will be approximately \$60.00 for the course. Officer Stanley Moore can accommodate up to 17 candidates for this course. Call the Eagle Village Police Department for more information 819-627-8229.

ATTENTION ALL COMMUNITY MEMBERS

SUMMER HOURS ARE OVER

Please note that the Band Office and Health Centre are now open on Friday afternoons.

Office Hours are Monday - Friday
8:30 am - 12:00 pm 1:00 pm - 4:30 pm

Do you have anything for the newsletter ??

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

We will be happy to include your announcements, articles, items for sale, personal biographies etc.

Please send to:

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

Eagle Village Housing Department

HOME MAINTENANCE SCHEDULE 2006

Regular Maintenance Is the Key

Inspecting your home on a regular basis and following good maintenance practices is the best way to protect your investment in your home. Whether you take care of a few tasks at a time or several all at once, it is important to get into the habit of doing them. Establish a routine for yourself and you will find the work is easy to accomplish and not very time consuming. A regular schedule of seasonal maintenance can put a stop to the most common and costly problems, before they occur. If necessary you can use a camera to take pictures of anything you might want to share with an expert for advice or to monitor or remind you of a situation later.

By following the information noted here, you will learn about protecting your investment and how to help keep your home a safe and healthy place to live.

If you do not feel comfortable performing some of the home maintenance tasks listed below, or have the necessary equipment, for example a ladder, you may want to consider hiring a qualified handy person to help you.

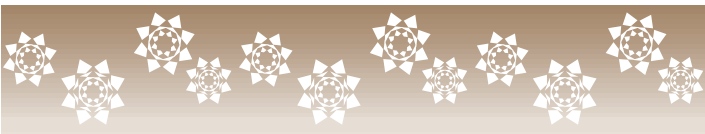
Seasonal Home Maintenance

Most home maintenance activities are seasonal. Fall is the time to get your home ready for the coming winter, which can be the most gruelling season for your home. During winter months, it is important to follow routine maintenance procedures, by checking your home carefully for any problems arising and taking corrective action as soon as possible. Spring is the time to assess winter damage, start repairs and prepare for warmer months. Over the summer, there are a number of indoor and outdoor maintenance tasks to look after, such as repairing walkways and steps, painting and checking your chimney and roof.

While most maintenance is seasonal, there are some things you should do on a frequent basis year round:

Timing of the seasons varies not only from one area of Canada to another, but also from year to year in a given area. For this reason, we have not identified the months for each season. The maintenance schedule presented here, instead, is a general guide

	Clean humidifier two or three times during the winter season.
	Vacuum bathroom fan grille.
	Vacuum all fire and smoke detectors, as dust or spider webs can prevent them from functioning.
	Vacuum radiator grilles on back of refrigerators and freezers, and empty and clean drip trays.
	Check gauge on all fire extinguishers; recharge or replace them if necessary
	Check fire escape routes, door and window locks and hardware, and lighting around outside of house; ensure family has good security habits.
	Check the basement floor drain to ensure the trap contains water. Refill with water if necessary.
	Monitor your home for excessive moisture levels, ex. condensation on your windows which can cause significant damage over time and pose serious health problems and take the corrective action.
	Check all faucets for signs of dripping and change washers as needed. Faucets requiring frequent replacement of washers may be in need of repair.
	If you have a plumbing fixture that is not used frequently, such as a laundry tub or shower stall, run some water briefly to keep water in the trap.
	Clean drains in dishwasher, sinks, bathtubs and shower stalls.
	Test plumbing shut-off valves to ensure they are working and to prevent them from seizing.
	Examine windows and doors for ice accumulation or cold air leaks. If found, make a note to repair or replace in the spring.
	Examine attic for frost accumulation. Check roof for ice dams or icicles. If there is excessive frost or staining for the underside of the roof, or ice dams on the roof surface, contact CHMC for advice.
	Check electrical cord plugs and outlets for all indoor and outdoor seasonal lights to ensure fire safety: if worn, or plugs or cords feel warm to the touch, replace them immediately.



WINTER CHECKLIST

	Ventilation system, such as heat recovery ventilator, filters should be checked every two months.
	After consulting your hot water tank owners manual, drain off a dishpan full of water from the clean-out valve at the bottom of your hot water tank to control sediment and maintain efficiency.

Eagle Village Fire Department



THE EAGLE VILLAGE FIRE DEPARTMENT CELEBRATES

The Eagle Village Fire Department kicked off "Fire Prevention Week" on Wednesday, October 4th by having a "Wing Night" at the Eagle Village Community Hall. We would like to say "Thank You" to all the participants who came out and supported us even though we had a mishap at the Hall. A special thanks to Pat Parisien, Tina Raymond, Vicky Young and Lee-Ann Trudel who volunteered their time to help make our Wing Night a success!



YOUTH FIRE PREVENTION DAY

Over 30 youth came out to participate at our Fire Prevention Activity held on Friday, October 6th. The kids were treated to lunch and had fun playing "Fire Bingo". They also watched videos on Fire Safety, tried on the fire fighters bunker gear and received a bag of goodies on safety subsequent to leaving.

We would also like to say "Thank You" to the parents who stayed and helped out; to Pat Parisien for making sure the kids were fed and also to Tina Raymond for being our Bingo Caller and helping us with all the other activities. All of your help made our day a success !!

Youth from Kipawa and Jawbones Bay were invited to participate, as the Eagle Village Fire Department services not only our

Ontario Residences - Keep your family safer on all levels.



Just a reminder that the new Ontario Fire Code requires you to have a working smoke alarm on every story of your home. If you don't you could risk a \$50,000 fine, and your personal safety.

More information on the amended

Fire Prevention Week is actually the week of October 8 to 14, 2006 and features the theme **Change the battery, if you care!**

Once again, the emphasis will be on **smoke alarms** and changing the battery as the best means to protect residents of a building in the event of fire.

Unfortunately, even today, far too many people continue to die in fires **because their homes did not have a smoke alarm or because it did not work.**

Statistics show that children under age 5 and the elderly are at greater risk. The number of fire-related deaths among the elderly is still too high, since in recent years one-third of all fire victims have been over age 65. In 75% of cases, a smoke alarm was not in the home or did not work. The Ministère and its partners have therefore decided to focus attention on children and the elderly and to continue public education efforts.



EAGLE VILLAGE FIRE DEPARTMENT TRAINING

In September, some of the fire fighters of the Eagle Village Fire Department received training for "CPR Medical First Responder". Pictured here from left to right is Dale Down, Clifford McKenzie, Lily Duguay, Travis Joly, Doug Chevrier, Mark Trepanier and Ronnie Raymond. Missing from this picture is Eric Young. In April, John Dandy Jr., Alison McKenzie and myself, Gail Joly, also received this training.

On October 6th, 7th and 8th, Eric Young, Lily Duguay, Mark Trepanier and Travis Joly trav-

Eagle Village Fire Department

AUTUMN FIRES



Gold and scarlet - the shades of summer that signal its end. Nature is aflame, swathed in a fiery multi-coloured blaze, before settling down for a well-deserved rest. Above the rich hues of this treetop tapestry, our lucky fine-feathered friends take to the skies, headed southward in search of warmer climates. Alas, we who are left behind must also prepare to confront the severe cold of winter: there are shrubs to cover, fallen leaves to rake, summer paraphernalia to be cleaned and stored. Only then, will we be ready. But now, let's discover a day in the life of Albert...

This morning, Albert got up on the right side of the bed. After a hearty breakfast, he is ready to get the day off to a good start. He has a long to-do list, starting with fallen leaves to be raked. Fortunately, Albert knows not to burn them in his backyard. Instead, he has a composting bin that he finds very useful for improving his flower beds and garden. He is also aware that fire is a hazard.

Now, the pool. As Albert is a cautious type of person, he stores the pool maintenance products in his shed, safely removed from other stored items. His barbecue will also hibernate, under the protective shelter of a slipcover, once the propane tank has been removed and placed behind the shed in an upright position, out of children's reach. The lawnmower is next on the list. The gasoline can is stored in the shed, away from the pool maintenance products, with the cap tightly secured. Gasoline must not be stored on balconies or in the basement of a home.



Yesterday, Albert's winter firewood was delivered. He began storing it outside at a safe distance from the house and inspected the logs to ensure they have wide cracks at both ends, which indicates the wood is very dry. During the period the wood stove is in use, he only will bring a few loads indoors at a time. Once all the wood is stacked, Albert will cover the logs to protect them from adverse weather conditions. Wet wood does not burn well and increases creosote

build-up.

Our friend is also knowledgeable about the proper use of his back-up heating unit. He first had it inspected by a professional. He also split the wood into smaller sized logs, to ensure more surface exposure to flames and therefore cleaner burning. He is also aware of the importance of sufficient air flow through the chimney so the flames will burn clean and bright, and thus enable complete combustion, with less smoke. Of course, less smoke means less creosote. Creosote refers to droplets of liquid found in the smoke released by burning wood. As it cools, this liquid hardens and coats flue linings, thereby increasing the risk of fire. He does not burn too many logs simultaneously: it is better to burn fewer and add wood more often. His chimney was cleaned last spring because he knows deposit build-up in the chimney interacts with summer's humidity to cause corrosion of steel components.



Because Albert often likes to get a fire going (so charming and cosy), he installed a carbon monoxide detector because he knows smoke detectors cannot offer protection from the toxic CO fumes released by his unit. Speaking of detectors... today, while drinking his morning coffee, Albert remembered the Fire Prevention Week commercial he saw at the movie theatre last evening. The topic was detectors... No battery... can be a tragedy. So, his to-do list includes "check smoke detector functioning."

Albert knows that proper use of this device involves installing one on each floor of his home, including the basement. A smoke detector should be placed in hallways, near bedrooms, at least 10 cm from the wall when installed on the ceiling, and 10 cm from the ceiling for wall installations. There should also be one in Albert's bedroom since he sleeps with the door closed. Another smoke detector should be installed one meter from the doorway of rooms in which steam and cooking vapours regularly circulate, such as the bathroom, laundry room or kitchen. In this way, the device will be less likely to ring unnecessarily. If Albert hears intermittent "beeps", he knows the battery needs to be replaced. He realizes a smoke detector's operational life is approximately 10 years, and that the manufacturers recommendations are indicated on the device box.



Stop

For Your Safety ...



Drop



Roll

Sparky is showing you what to do if your clothes catch fire. Why? Because if you Stop, Drop and Roll you will put out the flames. Make sure to have your hand cover your face - just like Sparky - and roll and roll until the flames are out.

To minimize a burn injury when your clothes catch fire, STOP, DROP and ROLL. Burns are among the most painful of injuries. The hands, groin, face and lungs are at particular risk because they are delicate structures and easily injured. The healing process is

Community Birthday and Anniversary Wishes



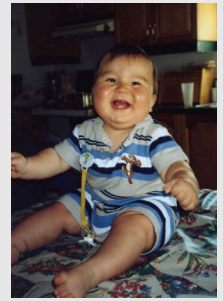
*One year has passed since our wedding day,
But the memories will forever be in my heart as if it were yesterday ...*

Happy 1st Anniversary Jason !!

*Love,
your wife Vicky*

*We would like to wish a very
Happy Birthday
to our son Trent, who will be celebrating
his 4th, birthday on October 11th !!*

*Lots of love from
Mommy and Daddy
XOXO*



*Birthday Wishes
to my Godfather Travis !!
He celebrated his birthday on
October 3rd !!*

*From your Godson,
Trent McLaughlin
XOXO*



*Happy Birthday to our nephew
Justin
who turns 18 on October 11th !!*

*From
Auntie Roxane and Uncle Billy
and your cousins
Jamie-Lee, Dylan & Meghan*



*Happy 4th Birthday
to my
one and only nephew
Trent !!*

*Love you lots ...
Auntie Kim
XOXO*

*Happy "22nd" Birthday
to
Travis Joly !!*

*From your ...
Bois Franc Friends !!*



*Happy Birthday to our Memère,
Diane McKenzie*

*Love your grandchildren
Jamie-Lee, Dylan and Meghan*



*Happy Birthday to Diane
McKenzie !!*

*Wishing you a great Birthday
on October 26th !!*

*Love from
your daughter, Roxane
and son-in-law, Billy !!*



*Happy "7th" Birthday Megan !!
Wishing you a great day on your Birth-
day
October 19th !!*

*Love
Uncle Norman and Auntie Mary*

*Happy Birthday to my Dad
Bobby Perrault
He celebrated his birthday on
October 1st !!*

*Love your daughter,
Brianna !!*



Community Birthday and Anniversary Wishes



Happy Birthday to our Gran Cecile !!

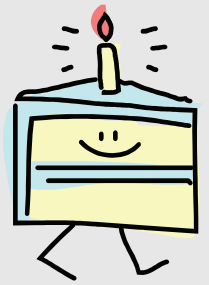
*She celebrated her birthday on
October 7th !!*

Love from Derek and Devon

Happy 25th Birthday Mitch !!

*Mitch will be celebrating his Birthday
on October 27th !!*

*Love from
Mom, Dad, Troy, Nate and Jenni*



Happy Birthday Daddy

*I love you lots and wish
you a great Birthday !!*

Love your angel ... Samara



*Happy Belated Birthday to my wife
Frances Grandlouis*

*She celebrated her birthday on
September 29th !!*

From your loving husband Roger



*Happy "15th" Birthday to
Boy-Boy Grandlouis*

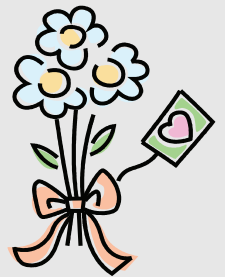
*He will be celebrating his birthday
on October 14th !!*

*Love from
Mom, Dad, Kayla and Bryan*

*Happy Belated Birthday to our Mom
Frances Grandlouis*

*You are the greatest Mom
in the world and we love you lots !!*

Kayla, Boy-Boy and Bryan



Birthday Wishes to ...

*My sister, Marilyn Peer on October 22nd
My nephew, Tommy John on October
10th*

and our friends,

*Pat Parisien on October 10th
and Clarence Dandy on October 10th*

From ... Jane and Joe



*Happy Birthday to a fellow
Ottawa Senators fan ...
Mitchell McMartin*

Hope you have a great birthday !!

*From your fellow
Sens Fan Club Members !!*

Birthday Wishes

*Happy Birthday to our nephew Lu-
cas !!*

*He will be turning 15 on October
15th !!*

Wishing you a great birthday !!

Love you lots ...



*Happy Birthday to my
grand-daughter Megan !!*

*Wishing you a fun-filled birthday
on October 19th !!*

*Love and miss you lots ... Gran
XOXO*



The Little Chiefs Committee

TEXAS HOLD'EM



TOURNAMENT

Saturday November 25th , 2006
Eagle Village Community Hall
Starts at 2:00 pm sharp !!
Must be 18 years of age or older !!

Thank You

A Great Big Thank You to all of "the bunch" who came out to celebrate my 60th birthday.

It was greatly appreciated and I will treasure it forever.

A special Thank You to Jenny & Conrad and Doug & Lee for planning such a fun birthday celebration.

Love you all a lot !!



The Little Chiefs Committee would like to say "Thank You" to the following people/businesses who helped make our last Texas Hold'Em Tournament a success.

Thanks to the youth who came out to help set up and clean the hall after the Tournament ... Tyler, Brandon, Cameron, Lucas, Logan, Zachery, Erica and Olivia.

Thanks to the cooks who volunteered their time in the kitchen and for the delicious meal they prepared ... Suzanne, Diane, Vicky, Janet and Chantale.

Thanks to Mandy, Dora, Dana, Sam and Eddie for all of your help. It was much appreciated.

Thank you to Migizy Gas for selling our tickets and for the prize donation.

Thank you to Donna and Kyle for making sure we had a computer for the tournament.

We had 90 players and our congratulations to Robbie Young who finished second !!

We hope to see everyone at our next tournament !!
Verna, Jennifer and Danny

MINI-MONSTER BINGO AT THE COMMUNITY HALL
SUNDAY OCTOBER 22ND, 2006



REMINDER

PLEASE REMEMBER TO DRIVE WITH CAUTION ON HALLOWEEN NIGHT BECAUSE THE TRICK OR TREATERS WILL BE OUT AND ABOUT !!

TO ENSURE THAT YOUR CHILD/CHILDREN CAN BE SEEN !!PLEASE USE REFLEC-

An Update from the Health Director ... David McLaren

Meetings Attended or in the Making

On September 6th, 2006 I represented Chief and Council for a meeting with the upper management of Tembec Inc. including CEO, Mr. Jim Lopez. The industry is going through some tough times but Tembec is confident that they can survive this trying period. Tembec Inc. also reiterated their commitment in partnership with First Nations. I attended a Board of Directors Meeting with the FNQLHSSC that was then followed by their Annual General Assembly on September 12th and 13th Quebec City. On the Board of Directors, I now hold the title of Vice-President of the Health Sector.

New Community Health Nurse

I would like to inform you that as of October 2nd, 2006 we now have a new Community Health Nurse. Her name is Shirley Commanda-Quedent. Mrs. Quedent is an Algonquin from Kitigan Zibi (Maniwaki) and has been in the nursing field for the past 20 years. Shirley brings with her a deep understanding of First Nations needs and knows first hand the health issues we all face. I am sure that all members will join me in welcoming Nurse Quedent to our community.



St. John's Ambulance Babysitting Course



This award-winning course teaches the skills necessary to care for infants, toddlers and pre-schoolers. It emphasizes safety, dealing with emergencies, and first aid basics.

**WHEN:
Saturday November 4th, 2006**

**WHERE:
Migizy Odenaw Childcare Centre**

**TIME:
9:00 am - 4:30 pm**

If you would like to register your child or wish to have more information, please contact Patty at 819-627-1000 between 8:00 am and 3:30 pm

**DEADLINE TO REGISTER:
Friday October 27th, 2006**

NOTICE TO ALL COMMUNITY MEMBERS

Legal Aid Services will now be available at the Eagle Village Health Centre on the following dates ...

**Wednesday October 11th
Wednesday October 15th
Tuesday November 7th
Wednesday November 22nd
Wednesday December 6th**

To make an appointment please call Nathalie Samson

Hello Everyone,

I am very honoured and happy to be working for you as Community Health Nurse in Eagle Village.

Firstly as a personal note: I am originally from Maniwaki, (K i t i g a n Z i b i)



and have been a Registered Nurse since 1984. I was fortunate to find a temporary place to stay in Eagle Village during the next few months. My husband Tony and 13 year old son Peter are living in Garden Village, Nipissing First Nation as Peter will be finishing his Grade 8 in Sturgeon Falls next June. Plans to completely relocate our whole family is still taking place. Like many, we are also a "Hockey Family". I also have a daughter and

am a proud Kokomis of two beautiful grand-daughters Destiny and Trina.

My Community Health Nursing experiences have been in various communities such as Kitigan Zibi, Wikwemikong in Manitoulin Island, Wabun Tribal Council in Timmins, Thunder Bay area and recently I Nipissing First Nation.

My role as Community Health Nurse in Eagle Village will be "Primary Nursing Services with a focus on Prevention". I will also be delivering other Public Health Promotion and Prevention programs such as the Diabetes, Canadian Prenatal Nutrition, and Communicable Diseases (Immunization) programs.

This month, the priority is my orientation with the Home Care Nurse Jennifer Pressault and with the rest of the Health Team. Another important priority is the planning and preparation of the Flu Shot Clinics which will be offered in November. Further information on the Flu Shot Clinic dates will be announced at the next newsletter.

I have already met some community members (children and youth) at the Fire Prevention and FASD Workshops held last

The NNADAP Corner



**Cocoa leaves,
the source of cocaine,
has been used
for thousands of years.**

What is Cocaine?

Cocaine is a powerfully addictive stimulant that directly affects the brain. Cocaine has been labeled the drug of the 1980s and '90s, because of its extensive popularity and use during this period. However, cocaine is not a new drug. In fact, it is one of the oldest known drugs. The pure chemical, cocaine hydrochloride, has been an abused substance for more than 100 years, and coca leaves, the source of cocaine, have been ingested for thousands of years.

Pure cocaine was first extracted from the leaf of the *Erythroxylon coca* bush, which grows primarily in Peru and Bolivia. In the early 1900s, it became the main stimulant drug to treat a wide variety of illnesses. Today, cocaine is a Schedule II drug, meaning that it has high potential for abuse, but can be administered by a doctor for legitimate medical uses, such as a local anesthetic for some eye, ear, and throat surgeries.

There are basically two chemical forms of cocaine: the hydrochloride salt and the "freebase." The hydrochloride salt, or powdered form of cocaine, dissolves in water and, when abused, can be taken intravenously (by vein) or intranasal (in the nose). Freebase refers to a compound that has not been neutralized by an acid to make the hydrochloride salt. The freebase form of cocaine is smokable (crack).

Cocaine is generally sold on the street as a fine, white, crystalline powder, known as "coke," "C," "snow," "flake," or "blow." Street dealers generally dilute it with substances such as cornstarch, talcum powder, and/or sugar, or with such active drugs as procaine (a chemically-related local anesthetic) or with such other stimulants as amphetamines.

How Do People Get Addicted to Crack?

Cocaine is a **highly addictive** substance. People whom take it can become physically and psychologically dependant upon it to the point where they can't control their cravings. Researchers have found that cocaine-addicted monkeys will press a bar more than 12,000 times to get a single dose of it. As soon as they get it, they will start pressing the bar for more.

Crack and other addictive drugs chemically alter a part of the brain called the **reward system**. When people smoke crack, the

as eating and having sex. But in crack users, dopamine keeps stimulating those cells, creating a "high" – a euphoric feeling that lasts anywhere from five to 15 minutes. But then the drug begins to wear off, leaving the person feeling let-down and depressed, resulting in a desire to smoke more crack in order to feel good again.

The brain responds to the dopamine overload of the crack high by either destroying some of it, making less of it or shutting down its receptors. The result is that, after taking the drug for a while, crack users become less sensitive to it and find that they must take more and more of it to achieve the desired effect. Eventually, they cannot stop taking the drug because their brains have been "rewired" – they actually need it in order to function. How long does it take to become addicted? That varies from person to person, and an exact number is difficult to pin down, especially when physical addiction is paired with psychological addiction.

Of course, not everyone reacts the same way to extended use. Some users actually become more sensitive to crack as they take it. Some people die after taking a very small amount because of the increased sensitization.

When an addicted person stops taking crack, there is a "crash". He or she experiences the symptoms of withdrawal, including:

- Depression
- Anxiety (nervousness/uneasy)
- Intense cravings for the drug
- Irritability (touchiness/bad temper)
- Agitation (nervous/stressed)
- Exhaustion (over-tired)
- Anger

Side Effects of Crack Use



While crack is creating a feeling of exhilaration in the user, it is also leaving a number of other significant and potentially dangerous effects on the body. People who take it even a few times are at increased risk for **heart attack, stroke, respiratory problems and severe mental disorders**.

As crack moves through the bloodstream, it first leaves the user feeling energized, more alert and more sensitive to sight, sound, and touch. Heart rate increases, pupils dilate and blood pressure and temperature rise. The user may then start to feel restless, anxious and/or irritable. In large amounts, crack can make a person extremely aggressive, paranoid and/or delusional. The effects on the heart rate and breathing, crack can cause a heart attack, respiratory failure, strokes or seizures. It can also affect the digestive tract, causing nausea, abdominal pain and loss of appetite.

The NNADAP Corner

potentially fatal substance that produces a more intense high than crack alone but also raises heart rate and blood pressure more than crack alone, leading to its potentially deadly results.

What are the short-term effects of cocaine use?

Cocaine's effects appear almost immediately after a single dose, and disappear within a few minutes or hours. Taken in small amounts (up to 100 mg), cocaine usually makes the user feel euphoric, energetic, talkative, and mentally alert, especially to the sensations of sight, sound, and touch.

Short-term effects of cocaine addiction:

- Increased energy
- Decreased appetite
- Mental alertness
- Increased heart rate
- Increased blood pressure
- Constricted blood vessels
- Increased temperature
- Dilated pupils



It can also temporarily decrease the need for food and sleep. Some users find that the drug helps them to perform simple physical and intellectual tasks more quickly, while others can experience the opposite effect.

The duration of cocaine's immediate euphoric effects depends upon the route of administration. The faster the absorption, the more intense the high. Also, the faster the absorption, the shorter the duration of action. The high from snorting is relatively slow in onset, and may last 15 to 30 minutes, while that from smoking may last 5 to 10 minutes

The short-term physiological effects of cocaine include constricted blood vessels; dilated pupils; and increased temperature, heart rate, and blood pressure. Large amounts (several hundred milligrams or more) intensify the user's high, but may also lead to bizarre, erratic, and violent behavior. These users may experience tremors (shakes), vertigo (dizziness), muscle twitches, paranoia, or, with repeated doses, a toxic reaction closely resembling amphetamine poisoning. Some users of cocaine report feelings of restlessness, irritability, and anxiety. In rare instances, sudden death can occur on the first use of cocaine or unexpectedly thereafter. Cocaine-related deaths are often a result of cardiac arrest or seizures followed by respiratory arrest.

What are the long-term effects of cocaine use?

Cocaine is a powerfully addictive drug. Once having tried cocaine, an individual may have difficulty predicting or controlling the extent to which he or she will continue to use the drug.

- Restlessness
- Paranoia
- Auditory hallucinations

An appreciable tolerance to cocaine's high may develop, with many addicts reporting that they seek but fail to achieve as much pleasure as they did from their first experience. Some users will frequently increase their doses to intensify and prolong the euphoric effects. While tolerance to the high can occur, users can also become more sensitive to cocaine's anesthetic and convulsion effects, without increasing the dose taken. This increased sensitivity may explain some deaths occurring after apparently low doses of cocaine.

Use of cocaine in a binge, during which the drug is taken repeatedly and at increasingly high doses, leads to a state of increasing irritability, restlessness, and paranoia. This may result in a full-blown paranoid psychosis, in which the individual loses touch with reality and experiences auditory hallucinations.

What are the medical complications of cocaine abuse?

There are enormous medical complications associated with cocaine use. Some of the most frequent complications are cardiovascular effects, including disturbances in heart rhythm and heart attacks; such respiratory effects as chest pain and respiratory failure; neurological effects, including strokes, seizure, and headaches; and gastrointestinal complications, including abdominal pain and nausea.

Cocaine use has been linked to many types of heart disease. Cocaine has been found to trigger chaotic heart rhythms, called ventricular fibrillation; accelerate heartbeat and breathing; and increase blood pressure and body temperature. Physical symptoms may include chest pain, nausea, blurred vision, fever, muscle spasms, convulsions and coma.

Different routes of cocaine administration can produce different adverse effects. Regularly snorting cocaine, for example, can lead to loss of sense of smell, nosebleeds, problems with swallowing, hoarseness, and an overall irritation of the nasal septum, which can lead to a constantly inflamed, runny nose. Ingested cocaine can cause severe bowel gangrene, due to reduced blood flow. And, persons who inject cocaine have puncture marks and "tracks," most commonly in their forearms. Intravenous cocaine users may also experience an allergic reaction, either to the drug, or to some additive in street cocaine, which can result, in severe cases, in death. Because cocaine has a tendency to decrease food intake, many chronic cocaine users lose their appetites and can experience significant weight loss and malnourishment.

Research has revealed a potentially dangerous interaction between cocaine and alcohol. Taken in combination, the two drugs are converted by the body to cocaethylene. Cocaethylene has a longer duration of action in the brain and is more toxic than ei-

Environmental Health ... Road Traffic and Air Pollution

The Issue

Automotive vehicle engines produce a number of air pollutants that pose risks to your health.

Background

Cars, buses and trucks are a source of air pollution. When their engines burn fuels (gasoline or diesel), they produce large amounts of chemicals that are emitted in engine exhaust. In addition, some of the gasoline used by engines vaporizes into the air without having burned, and this also creates pollution.

Stringent regulations on engine performance and fuel formulation have brought about a decline in the amount of air pollution produced by individual vehicles. The overall amount of air pollution caused by road traffic in Canada has also gone down. However, there is still cause for concern because:

- The number of vehicles on Canada's numerous roads and highways has increased over the years; and,
- More people are driving sport-utility vehicles known as SUV's, which consume more fuel than cars and therefore cause more air pollution.

The Health Effects of Traffic-Related Air Pollution

The following is a summary of the main pollutants produced by road traffic and the way they may affect your health:

Nitrogen oxides: These are created when vehicle engines burn nitrogen that is present in the air and nitrogen compounds found in fossil fuels. Nitrogen oxides can irritate airways, especially your lungs.

Carbon monoxide: This gas is produced by incomplete combustion of gasoline and diesel fuel. All engine exhaust contains a certain amount of carbon monoxide, but the amount will increase if your vehicle engine is poorly maintained. Carbon monoxide decreases the ability of your blood to carry oxygen.

Volatile organic compounds (VOCs): These are a large family of carbon-containing compounds that evaporate easily. Engine exhaust contains a number of different VOCs. Some of them, such as benzene and 1,3-butadiene, are cancer-causing agents, although the risk at current levels in the environment is small.

Fine particulate matter: These tiny particles contain many substances, including metals, acids, carbon, and polycyclic aromatic hydrocarbons. Some of these particles are emitted in vehicle exhaust, while others are formed in the atmosphere through chemical reactions between the various pollutants found in exhaust. Particulates are known to aggravate symptoms in individuals who already suffer from respiratory or cardiovascular diseases.

Ground-level ozone: This is not emitted directly by vehicle engines, but is formed by chemical reactions between nitrogen

months. Ground-level ozone irritates airways and can trigger reactions in people who have asthma.

Ground-level ozone should not be confused with the ozone layer in the stratosphere, which provides protection from the sun's ultraviolet rays.

The air pollution from road traffic causes two types of effects on health:

Acute Effects: These effects occur rapidly (in a few hours or days) following exposure to high levels of pollutants. In certain cases, air pollution may worsen symptoms for people with existing heart and lung conditions. Scientific research carried out in Canada and in other countries has shown that the number of deaths and hospitalizations related to respiratory and cardiac conditions increases when the levels of ground-level ozone or fine particulate matter increase.

Chronic Effects: These occur over time following extended exposures (months or years). Scientific studies in Europe have shown that children living in areas with higher traffic density have more respiratory symptoms than other children.

Minimizing Your Risk**You can help to minimize risks for all Canadians by taking steps to reduce traffic-related air pollution.**

- Whenever possible, use public transit, bicycle or walk instead of using your vehicle.
- If public transit is not available, try to car pool.
- Take fuel efficiency into account when you buy a vehicle. Natural Resources Canada produces a Fuel Consumption Guide. To obtain a copy, see the Need More Info? section below.
- Turn off the engine of your car when you stop for more than 10 seconds, unless you are in traffic or at an intersection.
- Keep your vehicles well maintained.

In addition, you can take steps to help minimize your risk of health effects from traffic-related air pollution:

- Pay attention to air quality forecasts in your community, and tailor your activities accordingly. Avoid or reduce strenuous outdoor activities when air pollution levels are high, especially in the afternoon during summer months when ground-level ozone reaches its peak. Choose indoor activities instead.
- Avoid or reduce exercising near areas where traffic is heavy, especially during rush hour.



Recipes for your Freezer Full of Moose Meat

Moose Meat Vegetable Soup

- 3/4 pound of moose meat, cubed
- 1 tablespoon of vegetable oil
- 1 cup of diced onion
- 1 package (16 ounces) frozen mixed vegetables
- 2 cans (14½ ounces each) diced tomatoes, un-drained
- 2 cups of cubed peeled potatoes
- 2 cups of water
- 1 tablespoon of sugar
- 2 teaspoons beef bouillon granules
- 1 teaspoon of salt
- 1/2 teaspoon of pepper
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon of hot pepper sauce

In a Dutch oven or large sauce pan, brown moose meat in oil. Add onion; cover and simmer for 10 minutes until tender. Add remaining ingredients; cover and simmer 1 hour longer until

Bachelor Moose Meat Chile

- 1 boneless moose roast (3 to 3½ pounds)
- 1 tablespoon of vegetable oil
- 2 medium onions, chopped
- 1 medium green pepper, chopped
- 2 cloves of garlic, minced
- 1/4 to 1/2 teaspoon crushed red pepper flakes
- 4 cans of diced tomatoes, un-drained
- 1 cup of water
- 1 can (12 ounces) tomato paste
- 1 tablespoon sugar
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon of pepper

Cut meat into 1/4 inch pieces. In a 4 quart Dutch oven, brown meat in oil; remove with a slotted spoon and set aside.

In the same pan saute the onions, green pepper, garlic and the red pepper flakes until the vegetables are tender. Return the meat to the pan. Add the remaining ingredients; and bring to a boil. Reduce the heat; cover and simmer for a minimum of 3 hours or until the meat is tender.

MOOSE MEAT TIPS

Moose meat should be cooked as you would a very lean piece of beef.

When butchering moose meat you always cut across the grain, never with the grain. This will keep the meat the most tender.

Moose Meat ... Meat Pie

- 1 pound of ground pork
- 1 pound of ground moose meat
- 3 cups of water
- 2 medium onions, chopped
- 1 medium carrot, chopped
- 2 tablespoons of beef gravy mix
- 2 teaspoons of dried thyme
- 2 teaspoons of ground mustard
- 3 cloves of garlic minced
- 1 teaspoon of rubbed sage
- 1 teaspoon of pepper
- 1/2 teaspoon of salt
- 3 cups of hot mashed potatoes (prepared without added butter or milk)
- Pastry for double-crust pie (9 inches)
- Milk

In a large skillet, cook pork and moose meat over medium heat until no longer pink. Stir in water, onions, carrots, gravy mix, thyme, mustard, garlic, sage, pepper and salt. Bring to a boil. Reduce heat; simmer uncovered for 1 hour or until vegetables are tender, Stir occasionally. Drain. Drain. Stir in potatoes.

Line a 9 inch deep-dish pie plate with bottom pastry; trim even with edge. Add meat mixture. Roll out remaining pastry to fit top of pie. Make decorative cut-outs or slits in pastry; place over filling. Trim, seal and flute edges.


Brush pastry cut-outs with milk; place cut-outs on the pie. Bake at 400° for 15 minutes. Reduce heat to 350°; bake for 35 - 40 minutes longer or until golden brown.

Moose Meat Meatballs

- 1 medium onion, finely chopped
- 1/2 cup of uncooked instant rice
- 1 teaspoon of salt
- 1 pound of ground moose meat
- 3/4 cups of water
- 1/3 of a cup of packed brown sugar
- 1/3 cup of ketchup
- 1/3 cup of tomato soup, undiluted
- 1 tablespoon of ground mustard
- 2 teaspoons of paprika

In a bowl, combine the first four ingredients. Crumble moose meat over mixture and mix well. Shape into 1½ inch balls. Place in a greased 8 inch square baking dish. Combine the remaining ingredients; pour over meatballs.

Bake, uncovered, at 375° for 35 - 45 minutes or until meat is no longer pink.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>Holidays</u> Terry Lance	2	3 FASD Information Session	4 EVFD Wing Night	5 Bingo	6 Youth Fire Prevention Day Activities	7
8 <u>Holidays</u> Claudette	9 The Band Office and Health Centre are closed for the Thanksgiving Holi- day	10	11 Legal Aid Services will be available at the Health Centre	12 Dr. Brock is at the Health Centre Bingo	13	14
15	16	17	18	19 Bingo	20 NNADAP Youth Dance	21
22 Little Chief's Bingo	23	24	25 Legal Aid Services will be available at the Health Centre	26 Bingo	27 Adult Halloween Party	28 Kid's Halloween Party
29 <u>Holidays</u> Terry	30 Dr. Zivkovic is at the Health Centre	31 	OCTOBER 2006			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER 2006			1 <u>Holidays</u> Terry	2	3	4 Eagle Village Moose Party at the Community Hall
5	6	7 Legal Aid Services will be available at the Health Centre	8	9	10 The Band Office and Health Centre are closed for Remembrance Day	11 Remembrance Day
12	13	14	15	16	17 Dr. Gurekas is at the Health Centre	18
19 Elder's Club Penny Sale	20	21	22 Legal Aid Services will be available at the	23 Dr. Brock is at the Health Centre	24	25 Little Chief's Texas Hold'Em Tournament
National Addictions Awareness Week ... Watch for more information about the week's						
26	27 Arlene will be in Montreal for training (27th - 30th)	28	29	30 Dr. Zivkovic is at the Health Centre		